

HERITAGE CELEBRATION AT NTSHONGWENI CLINIC

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October 2009

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SNIPPETS IN PICTURES



Far Left: Mrs. Mazibuko (Teacher Charles Memorial School) Sister Dlamini (Ntshongweni clinic), Rev. J.T Hadebe (Ethekwini Chaplain), Mr. Kunene (community board member), Sister (Ntshongweni Clinic) Ms. Bhengu and Ms. Sister Mabhida (Ntshongweni clinic)



Ntshongweni clinic celebrated Heritage Day for the first time in style on the 25 September 2009. Ntshongweni community gathered in the hall next to the clinic to celebrate the day in style.

Modeling and singing in their traditional attires. This event was viewed by the management of the institution as an important part of human resource development. Mr. Moyo (ward counselor) who welcome everyone and highlighted the importance of the heritage day.

Whilst busy striving to provide

superb quality service delivery for our clients, staff also need to join together and enjoy themselves. On this day, it was clearly obvious that many people have not yet forgotten their origins, no matter what lifestyle they are living. Many of them reminisced about their traditional good old days, especially older people.

Mrs. Z. Zuma who was the guest speaker of the day had advise the youth in particular about not to forget their origins and culture, she also told the youth to give respect to all adult.

Different traditional cuisines were displayed, including: African , bhatata, imifino,

madombolo, inyama yosu. Jeqe, isitambu and amahewu (Sweet potatoes, green herbs, dumplings, offal meat, Steam bread, samp, fermented porridge.)

The purpose was to unite the community and employees, and to remind them of their origins as well as letting them understand various traditions in the workplace.

This is part of intercultural communication which is something very important in the workplace. The event could not be complete without entertainment of Scathamiya ,traditional dance and school choir from Charles Memorial School.

EDITORS NOTE



I will start by saying it is with great pleasure to write for you again, its been quite sometime since we have issue Hlengimpilo News.

We are now approaching the end of the year according to the calendar. This year has been noted with many surprises developments in politics and country economic. On that note Hlengimpilo News also want to welcome our new President of SA and his whole cabinet including our MEC Dr. S. Dlomo and Head of Department Dr. S.M Zungu.

We have come so far in fighting these plague, Government and Department of Health has made huge

effort in fighting the diseases and poverty.

Huge money has been spent in TB/HIV drugs, a lot of campaigns, awareness has be conducted and it is crucial for us health workers to continue spreading the word.

Hlengisizwe CHC progress and new development has been notice in -In this issue you will read more about new programmes mother 2 mother site, parking area. However, we have so far walked a very long mile in our service delivery and this is witnessed not only by strategic plans, but more tangible developments that are now in place. This is a milestone well achieved. Cooperation between the management and staff as well as all our stakeholders has made this achievement possible

We request more of your assistance to perform our functions to the best of our abilities, please send your ideas, your news, your thoughts and comments, they are very important to us. Thank for all those who contributed for Hlengimpilo News.

Shob Shabalala

Vision, Mission and Core Values

Vision: To improve the health status of all persons in Outer West Sub-Health District

Mission: Hlengisizwe Community Health Centre is committed to render an integrated, co-ordinated and comprehensive service based on Primary Health Care approach.

Core Values:

- Service Standard
- Information
- Consultation and transparency
- Open Communication

Hotline numbers for assistance
 National Blood Service: 0800 567 567
 2010 Volunteer: 0800 525252
 NYDA : 08600 YOUTH (96884)
 Social Development : 0800 220 230
 HIV/AIDS Helpline : 0800 012 322

Haemophilia Foundation: 021 785 7140
 Swine Flu Hotline : 0861 DOH CDC or 0861 232
 Query : HINI@health.gov.za

Public Relation Office

Would like to thank You For your contributions!!

- DR Prinsloo—Hlengisizwe CHC
- Mr. Khoza—TB Tracer
- Sr. Mlambo— Children Clinic Hlengisizwe CHC



TB DOOR TO DOOR CAMPAIGN



Ethekwini Health District TB Coordinator Mrs. Mchunu give TB education

increased number of informal settlement has created various social challenges and health hazard. There is an increase in the number of treatment defaulters.

People were encouraged to visit clinic for early check ups. Such campaigns have a huge impact as many people were given more clearer understanding about TB

This day would not have been success without an involvement of Senzokuhle NGO, Peaceville and Ntshongweni Community Health Workers, who participated tirelessly in this campaign.

People were told that should it happen that someone is diagnosed with TB, they must visit local clinic and take medication for the full six months. Also should anyone cough more than two weeks and show the symptoms of TB must visit the clinic for check up. The team also insisted on community to send patients to a local clinic first before sending them to hospital. The local clinic will diagnose a patient and write them a referral note to the nearest hospital when necessary.

Paceville clinic team together with Ethekwini District team have once again declared war against TB by conducting TB door to door awareness campaign.

This in particular has been noted by the deploying of TB tracers dealing with TB patients in their homes, They trace defaulting patients and educate even those who are not infected with TB, going house to house. This is yet another milestone achieved by the department in its stride to fight TB.

This year TB teams have targeted Ezibuse Area to conduct the awareness due to rising number of cases and defaulters. The team were headed by Mrs. Mchunu, Mrs. N. Mazibuko and Mrs. Mazibuko. The teams gathered at Peaceville clinic to prepare the war against TB. More than 100 households were visited at Ezibuse area. More cases were discovered such as mentally and physically challenged and were they were referred for assistance.



On the second day the teams headed to Georgedale area where 154 households were visited where 570 adults and 334 children were educated about TB. The



TB tracer Mr. S. Mncwango educating the family about TB

UP CLOSE WITH DR.Y PRINSLOO- HLENGISIZWE CHC



DR Y. PRINSLOO

Can you tell us more about yourself?

I love being a doctor, but another passion of mine is the outdoors, whenever my husband and I have the opportunity we act like tourists in our beautiful country, whether its taking a game drive in the Kruger Park or scuba diving in Sodwana, we always make the most of our free time.

Can you tell us what does your job entails?

Patients must be able to trust me with their lives and general well being. In particular as a doctor I must make the care of my patient my first concern. Good clinical care includes

- an adequate assessment of patient’s condition, based on the history and clinical signs including, where necessary, an appropriate examination.
- Providing investigations or treatment where necessary.
- Referring the patients to another practitioners when indicated

really rewarding because I am able to effect positive change and make a difference to people in the community.

Where and what did you study

I was accepted to the University of the Free State where I studied towards a MBChB degree (Baccalaureus in Medicine and Baccalaureus in Surgery) I graduated in 2006.

How do you deal with challenges

How do you eat an elephant? One bite after another? I apply the same techniques when dealing with challenges: I take a step back

Assess the situation then take it one step at a time. I try to learn something from each situation and avoid similar problems in future.

What are your achievements in terms of work so far?

Honestly, surviving my internship training. It was a very challenging period of my life. It was a combination of long working hours, sleep deprivation, a lack at eating and the pressure at taking sole responsibility for patient’s care. I have not been qualified for many years, but I believe that every day is an opportunity to learn (whether about yourself from a patient or a colleague)

• In an emergency I must offer everyone at risk the treatment I could reasonably be expected to provide.

What do you like the most about your job?

I enjoy the opportunity to help my patients, it’s a chance to improve some one’s life. Being involved in medicine is

To young people who want to follow your career, what advice can you give and what skills they must acquire?

- Know yourself if you faint at the site of blood, then being a doctor might not be ideal for you, but remember there are other fields in medicine which you could consider e.g. dietician, physiotherapy, dentistry etc.
- Obtain as much information about the career find out whether you would enjoy the work day after day. Try to speak to a school counsellor/ attend a career expo even consider working at your local GP
- Obtain the skills to achieve your goal: school subjects must include mathematics/ biology and physical science, you must obtain above average grades and apply to as many medical schools at university as possible and above all remember

“ A man can succeed at almost anything for which he has unlimited enthusiasms”- Quote by Charles Schwabs



RECENT APPOINTMENTS



Dr. Y. Prinsloo
Medical Officer



P. CELE CPN
CNP



C.P Mthethwa
HIV/AIDS Counsellor



N.H Buthelezi
Nursing Assistant



Z. Majola
HIV/AIDS Counsellor



T.K Mbhele
Medical Officer



S.J Miya
HIV/AIDS Counsellor



I. N Sibiya
HIV/AIDS Counsellor



T.S Xulu
PN



Y. Maharaj
ARV Pharmacist



N.E Ntshangase
ARV Pharmacist ass.



C.Z Maphumulo
PN



M. Khomo
Enrolled Nurse



T.M Ngqabayi
CPN



M.T Ndlamlenze
Pharmacist Assistant



P.N Goge
Enrolled Nurse



N. Gumede
Pharmacist Assistant Learner



N.C Mngadi
H.R Inserve



N. Khuzwayo
Enrolled Nurse



N. Khoso
Pharmacists Assistant

Hlengisizwe CHC Mother 2 Mother SITE

So much has been done to improve the life of pregnant mothers to protect the lives of unborn children from the HIV. Mothers have to do the HIV test so that the HIV mothers are given counseling as it is necessary for them to get ongoing support.

Hlengisizwe CHC mother to mother programme has started from December 2008 and a trained councilors are offering ongoing counseling to HIV mothers

Mrs. H. Kweyama who's a site co-ordinator for the programme at Hlengisizwe CHC s through a rigorous curriculum, and return to clinics and maternity wards as Mentor Mothers to educate and support expecting and new HIV-positive mothers.

The m2m programme is one of the fastest growing public health organizations in the world, Acc who supervise the counseling the programme is running smooth

judging by the increasing number of both

HIV positive and negative mothers accessing their service.

“We are now trying to engage their partners to be part of the programme”.00.30

In South Africa, where up to 35% of pregnant women are HIV positive, and 70-80% of pregnant women could have access to PMTCT treatment, only 20% take advantage of it.

Most people still do not have knowledge of this service. It is this reason why the organization is planning to run some story lines

in SABC programmes like soul city. For more information, people can call 0800-

668 4377 or log on to www.m2m.org

HEALTH CORNER

BOOST YOUR IMMUNITY

To keep your immune system fighting fit have enough vitamin A and betacarotene in your diet. They help to protect you from disease and help you to recover faster if you're ill.

Betacarotene is converted into vitamin A when its in the body. The best food sources for betacarotene are pumpkin, butternut, carrots and squash. To increase your intake of vitamin A, eat dairy products, green and yellow vegetables, pawpaw and mangos

Hlengimpilo News will be testing your familiarity with your colleagues on dress codes, style, physical appearance etc. In this issue we have put this lady on the sports.



GUESS WHO IS THIS?

Hlengisizwe CHC staff are not allowed to take part in this competition, for answers contact communication department after the competition's closing date 30 October 2009

HEALTH CALENDAR 2009

September 2009

- Albinism Awareness Month
- National Heart Awareness Month
- 7-11 Pharmacy week
- 7-11 Back Week
- 8 World Rabies Day
- 12 World Oral Health Day
- 14 National Attention Deficit Hypersensitivity Disorder Day 9ADHD0
- 14-18 Infection Control
- 14-18 Stroke week
- 21 World Alzheimer's Day
- 21- 27 World Retina Week
- 28 World Heart Day

OCTOBER 2009

- Mental Health Awareness Month
- 1. International Day for Older Persons
- 1 National Inherited Disorders Day
- 5-9 Eye care awareness week
- 8 World Sight Day
- 9 Partnership against AIDS anniversary
- 9-13 National Nutrition Week
- 10 World Mental Health Day
- 12 World Arthritis Day
- 12-20 World Bone and Joint Week
- 14 International Day for Natural Disaster Reduction
- 15 National Foetal Alcohol Syndrome Day
- 15-19 Obesity week
- 16 World Food Day
- 17 World Trauma Day
- 17 International Day for the Eradication of Poverty
- 20 National Down Syndrome Awareness Day
- 20 World Osteoporosis day
- 23 National Iodine Deficiency Disorder Day
- 24 World Polio Day

ITS HARD TO SAY GOOD BYE!! FAREWELL MS. ZAMISA



Sister Mdluli says her farewell speech

Everyone knows when a person arrives we all become excited but when comes the time of departure only sadness and tears.

Here at Hlengisizwe we chose to

bid Farewell to Ms. Zamisa by giving her a surprise farewell party.

Miss. Zamisa has worked at maternity section and has served the Department Health for many years. Colleagues remembered all good time and great experience they shared with her. “She was a good person at heart, she was a very dedicated person when it comes to her work, we all have many years

to learn from her” said Ms. Mdluli

The Manager Nursing(Mrs. B.I Zulu) confirmed that she was every good and hard working person, she also mentioned that Ms. Zamisa was more like a mother to everyone. Her colleagues from maternity section had prepare a stage play where every actor had play Ms. Zamisa’s role of her real life during the day at work. The play was fill with laughter as they show how Ms. Zamisa’s day was at work, as the play continue people were sharing jokes and others were crying.

Miss. Zamisa will be remembered by her warm heart and love for other people mostly for her love of her patients.



Stage play by maternity staff

VITAMIN A CAMPAIGN



Staff Nurse giving the baby drops of vitamin A

was not satisfactory, it is believed that another round of this campaign will be done soon.

The statistics are:

Social Mobilisation was done by Community Participation through loud hailing to all the wards. The Community Health Workers and Facilitators also use loud hailers to announce the campaign to the community. Posters were mounted at crèches, preschools and mo-

bile points. The storage area a Hlengisizwe CHC

Coverage: 4246

The coverage was Target Population 80%

Points:

Hlengisizwe CHC ,KwaShozi Store Siyazama Creche ,Siyaphikelela creche Kweyama Area

Salvation Area ,Thembeke Crechre + Pre Masikhulumisane crèche

Mseni Area, Kwenameni Pre, Khu-

lakahle Creche, Ekuthuthekeni Creche, Khalawemuke pre,Nkosi tuck shop, Langelihle crèche, Ntokozweni Creche+pre, Nhlalakahle crèche,Kwashange Store,Thandolwabantana creche, Mthombowlwazi, Nophindela crèche,Ekwandeni area, VV area,Khulothandweni crèche, Sobhuza creche , Isidingo Creche,Khanyile area, Gambushe Store, Elangabini Pre , Emaxulwini, Shange store, Madlanduna store, Sbusisiwe CHC+Pre

(Parents must bring Road to Health Cards)

Information supplied by: Mr. Mndeni Nkala Facility Information Officer (Hlengisizwe Chc) and Sister Mlambo.

Vitamin A Campaign is the KwaZulu Natal’s Intergrated Nutrition Programme Campaign developed with the aim of administering vitamin A drop to all children under five years of age. Vitamin A is important as it helps with normal growth and development, protects children from sickness and it also reduce the affect of infection like measles and diarrhea.

Hlengisizwe CHC and clinic, visited preschools and to give children Vitamin A. Because the statistics



Sister Mlambo giving the child a vaccine

KEY STRATEGIC DEVELOPMENT IN SOME AREARS



1. Major renovation which started in June 2009 at Mpumalanga Clinic
It has given Mpumalanga Clinic a major facelift. This work was supposed to be finished in 2008 , but due to unforeseen circumstances, it has been delayed for months.

Although most of the job is being done internally, but there is also some external work to be completed such as sheltered parking bay for the staff and the ambulances and the paving of the walkway

The painting currently done internally and externally including new roof, plumbing, fans, doors with burglar guards, electricity and ceiling boards.

1

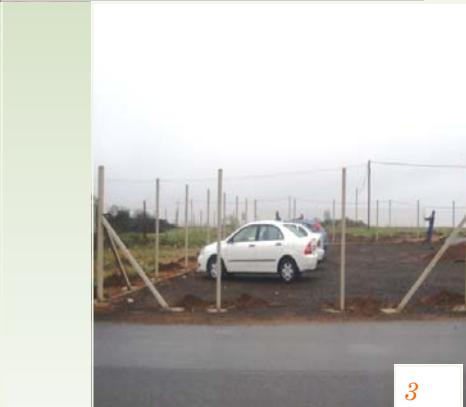


2



2

2. The m2m new site is completed.



3



3

3. New upgrade of staff and patients parking site. The cars for the staff and patients will be in a safe parking area which is monitored by the security 24 hours.



4



5

4. The TV installation in all arrears of the institution has made patients be able to get current affairs while they are waiting to be consultant.

5. New construction of Boomgates will give more secure security to the staff and patients vehicles

Sports Corner

Our netball and soccer team has put Hlengisizwe CHC on the map by proving to be the best in the soccer tournament that was held at recently at Pinetown Stadium.

Hlengisizwe CHC netball team has scoop a second title while the soccer team came first. The soccer stadium stadium was buzzing with soccer entertainment, it was a fine fun day which took the whole day.

This was during the six team tournament which included KwaDabeka CHC, Hlengisizwe CHC, Hillcrest Hospital, Wentworth Hospital, Don McKenzieHospital and St Mary' Hospital. Since Hlengisizwe CHC has joined other health facilities in the soccer & netball sports category, has made a remarkable effort to be noticed and

recognized as one of the best playing teams in the department. The team is preparing for onother tournament which will be held before the end of the year sponsored by Old Mutual.



Hlengisizwe CHC netball team



Hlengisizwe CHC during the tournament

TICKLING LAUGHS

Double injury

A woman gets on a bus with her baby. The driver says, "That's the ugliest baby I've ever seen. Ugh"

The women goes to the rear of the bus and sits down, fuming. She says to a man next to her, "The driver has just insulted me!"

"That was uncalled for," the man says." You go up there and tell him off. Go ahead, I'll hold your mon-key for you."



INGREDIENTS

- 4 Cloves garlic, minced
- 3 Green onion, chopped
- 1 Tablespoon sugar
- 1 Tablespoon Chinese five spice powder
- 2 Tablespoons fish sauce
- 2 Tablespoons soy sauce
- 2 Tablespoons sweet chilli Sauce (Salt is optional)
- 16 wings
- 2 Limes quartered

FIVE SPICE CHICKEN WINGS

- Prep time : 20 min
- Cook time: 45 min
- Ready in : 9 Hrs 5min

DIRECTIONS

1. Whisk together the garlic, Green onion, Sugar, Five spice powder, Fish sauce, Chilli Sauce and salt in bowl.
2. Arrange the chicken pieces in a shallow non-metallic bowl.
3. Spoon the sauce mixture over the chicken to evenly coat.
4. Cover the dish with a plastic wrap and refrigerate eight or over the night.
5. Preheat over 425 degree f (220 degrees c)
6. Arrange the chicken pieces on the prepared baking sheet and bake in preheat oven until crispy.



RECEIP

PEACEVILLE CLINIC TB DOOR TO DOOR CAMPAIGN



NTSHONGWENI CLINIC HERITAGE DAY CELEBRATION

