

# NSELENI COMMUNITY HEALTH CENTRE



health

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

## NSELENI CHC NEWSLETTER

Volume 4 Issue 15

Jan– March 2014



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# LAUNCH OF TEENAGE PREGNANCY AWARENESS

Family Health Team noted that there is an increase in Pregnancy rate and especially Teenage Pregnancy in their community. Looking at the pregnancy statistics they plan to have Teenage Pregnancy Campaigns. During these events there was only one message “Prevention of Teenage Pregnancy”.

The key objective of the Teenage Pregnancy Health campaign was to develop and share information which specifically targeted the teenagers. All local schools in the catchment area were invited together with their educators. The message was delivered in form of drama or stage play, dialogs, music, poetry and there was less speeches. Each school presented its item during the event.

These are some of the facts that one was able to identify during the items that were presented by teenagers themselves: Reproductive ignorance; the earlier occurrence of menarche; risk- taking behaviour; psychological problems; peer influence; coercive sexual relations; dysfunctional family patterns; poor use of health services; socio-economic status; the breakdown of cultural traditions; and the cultural value placed on children. It was also noted that early pregnancy may represent a rational life choice for certain adolescent women.

These events were also blessed by the presence of other departments and Stakeholders, SAPS, Social Development, Education, SANCA and SASSA and RBM. They also passed their words of support in this campaign. Build teenagers’ knowledge of the key lifestyle choices that can prevent teenage pregnancy outcomes. By delivering information about diet, smoking, alcohol, drugs and sexual health, raised awareness among teenagers of specific behaviors that can help prevent pregnancy outcomes, safety and security, maximise the uptake of the campaign information materials by providing them free to all teenagers in the catchment area.

The statistics of Pregnancy that was presented by Sokhulu Clinic as from December was 19, in January it was 23 and in February it was 40. We believe that these figures will go down after this event.

## OCLILWANE CLINIC



## SOKHULU CLINIC



Sr.N.P Ntuli, Family Health Nurse , Sokhulu Clinic





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Lets view some photos of Teenage Pregnancy



**uNkkz.M Mkhwanazi** edlulisa amazwi okukhuthaza abantwana ekutheni bagweme ukuzimbandakaya ebudlelwaneni obungagcina sekubayengele ophathe lwokwenza uncansi.

**uNkkz. B Phungula** umphathiswa we-Youth Friendly Services eNseleni CHC esenza izinto adume ngazo uma uke wamthinta ngabantu abasha nangokugwema ukukhulelwa nokukhulelisa “ Cha uyayenza into yakho Mama osuke enganazindlebe qha ongakuzwa.”



Fighting Disease, Fighting Poverty, Giving Hope



# VALENTINES DAY

It's Valentine's Day! Someone rightly said, "There is no remedy for love but to love more." With all the gooey love talk surrounding us this day, is it really just about the romance, love and tête-à-tête candy hearts? I wanted to dig out the back-story to find out how it all began. Presenting, a lowdown on Valentine's Day.

## 1) Who was "Valentine" after all?

Historians suggest that Valentine's Day was initiated during the third century in Rome. According to the popular story, Emperor Claudius II outlawed marriage for young men as he believed single men made better soldiers. However to contradict his views, a young priest named Valentine secretly continued to perform marriages for young lovers. Emperor Claudius sentenced Valentine to death when he learned about his love-deeds. In jail, he fell in love with the jailer's daughter. Before he was put to death, he inked his last love letter to his beloved and signed it "From Your Valentine", an expression still in use! Later, February 14th was declared as a day to honor Valentine.

## 2) Dream up your spouse!



In the medieval times on Valentine's Day, girls used to eat certain special foods to dream of their future spouse. Another interesting traditional tale says, the type of man a woman would marry could be told by the type of animal or bird she first saw on Valentine's Day. If you saw a squirrel, you would marry a stingy person and if you saw a goldfish, you would marry a rich person.

## 3) One Perfect Rose

Red roses are considered the flower of love because juggling the letters of the word 'rose' would result in 'EROS', who is the God of Love.

## 4) Hello honey, Happy Valentine's Day!

You can thank Alexander Graham Bell for these telephonic wishes. Did you know it was on Valentine's Day in 1876 when he applied for a patent for the telephone? I know what you're thinking, it was probably a co-incidence but so what?

## 5) Say it with candy

Struggling to strike up a conversation on your dinner date this Valentine's Day? Give it a sweet stir with some sweetheart candy! The first conversation heart was created in 1866 by Daniel Chase. Every year on Valentine's Day, over 8 million sweetheart conversation candies are produced and sold with classic love notes like: "Miss You", "True Love", "U & I" and many more.

## 6) Heart-Shaped Box

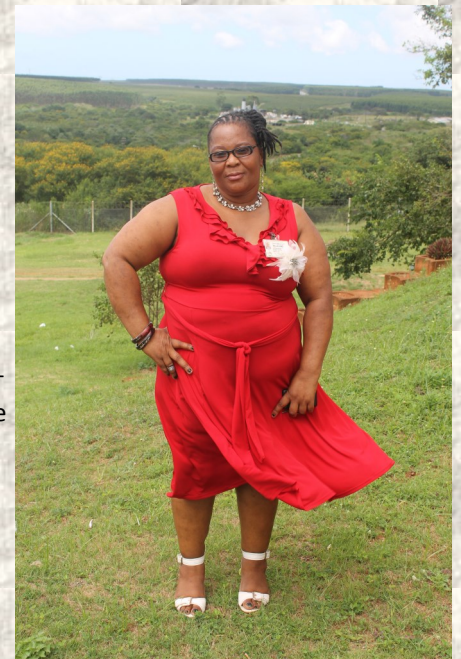
Richard Cadbury invented the world's first heart shaped Valentine's Day chocolate box during the Victorian era in 1822. According to statistics, more than 35 million heart-shaped boxes are sold on Valentine's Day every year. This year, why not make some chocolate with your own two hands for your Valentine?

## 7) Chocolate - The Perfect Remedy

Whether falling or rising in love, chocolates are undisputed therapy for all pain and joy. Physicians in 1800s used to advise their patients to eat chocolate to calm their pangs of lost love.

## 8) Wear Your Heart on Your Sleeve

Show the world what your valentine really means to you, Shakespeare style. According to the tradition in the Middle Ages, young men and women would pick out paper hearts from a bowl with a name on it. The person's name they chose would be pinned to their sleeves for a week in order to show their emotions for them deeply.





## Healthy lifestyle within and outside working place

### THE ZULULAND DISTRICT 56KM ULTRA MARATHON 2014-03-16

The 16th of March 2014 was one of the toughest races in the Northern Zululand. This year's race like any other was taxing a lot on every athletes muscles. It was down run and attracted a huge crowd since the first prize was a brand new Sedan.

The starting gun went off at 06h10 and that was the beginning of the challenge. The weather was very good, overcast but humid for the better part of the race. There was encouraging support throughout the route from the locals.



**Mr. S.P.N Mkhwanazi encouraging his colleagues at work to participate in Healthy Life Style**

Although the going was tough, however I enjoyed myself in the race which I took very easy and joined the bus of five which I hung onto until across the black uMfolozi river. At this point the wheels came off from others and only two of us remained. The refreshment tables were not well stocked as far as I am concerned but as for water, it was sufficient.



**Mr. S.P.N Mkhwanazi- M&E at Nseleni CHC During Zululand District 56 KM Ultra Marathon**

I had a long day on the road and finished the race in the time of 7 hours 12 minutes. I will run the same race next year, I find it a good training exercise for the Comrades Marathon.





## LET'S TAKE A GLANCE TO HUMAN RESOURCES



The beginning of this quarter is like running the last mile of the marathon, where one put each and every ounce of energy to finishing the race at a higher note. Likewise, as civil Servants we are expected to focus all our energies on delivery of even higher quality services to finish this financial year stronger despite all known constraints. To achieve that with such limited resources is going to demand us to think and act differently. Our strategies will then have to be more practical to ensure that we achieve

What we planned for by the end of the financial year. We also need to acknowledge and appreciate our differences and uniqueness so that we could strongly strengthen the relationships amongst ourselves and also to be able to allow ourselves to live in the world of possibilities. Therefore, let us join hands and work together....!

### INJURY ON DUTY (IOD)

#### What is COIDA?

COIDA is the Compensation for Occupational Injuries and Disease Act. This is the new name for WCA or Workmen's Compensation Act. The act provides for compensation for disablement caused by injuries sustained or diseases contracted by employees in the course of their work, or death resulting from such injuries or disease.

#### Who can claim Compensation under COIDA?

ANYONE, who is employed under a contract of service and receive wages may claim compensation in terms of COIDA, except domestic workers in private homes. Dependents of an employee who is fatally injured, can also claim compensation. Casual employees' rights are exactly the same as full-time employees' rights.

#### What you must do when you are injured / contracted a disease (become sick as a result of your work)

##### 1. Report

Report your injury/ accident/ disease immediately to your employer or supervisor. The employer is legally responsible for reporting your injury on duty /disease to the Compensation Commissioner's Office and send all necessary documents.

##### 2. Form

Form (W.Cl. 2—Part B) is crucial to be filled by the hospital or the Doctor.

##### 3. Medical report

The first reports (W.Cl. 4) and progress report (W.Cl. 5) should be given to the employer and then further to Compensation Commissioner's Office.

##### 4. Keep in touch

Keep in touch with your employer because your compensation money if you happen to qualify will be mailed to your employer's address.

##### 5. Assistance

If your employer does not assist you or co-operative or you think that your case has not been reported to the Compensation Commissioner's Office, or if its taking too long, you can visit the Department of Labour.

Information taken from Department of Labour pamphlet: Compensation Fund W.Cl.29



# NEW EMPLOYEES AND PROMOTIONS

## PROF NURSES COM SERV

1. Mhlongo C
2. Mthuli TP
3. Ndwedwe TN
4. Ngiba VN
5. Sibiya SC
6. Ngcobo NS
7. Mpanza BY
8. Frank D
9. Ndebele NS
10. Khumalo P
11. Mthembu SB
12. Buthelezi SFC

## MEDICAL OFFICERS COM SERV

1. Mabaso NE
2. Ngema PA

## PHARMACIST COM SERV

1. Reddy K

## PERMANENT APPOINTMENTS

1. Dr. Mthembu KF :Medical Officer
2. Ms. Mohanlall S :Pharmacist
3. Mr. S Zwane Dental Therapy

4. Ms. NC Khumalo Drug Coordinator
5. Mrs. RM Mtshali:CNP Nhlabane Clinic
6. Mrs. Gumbi HZ:Professional Nurse
7. Mr. VP Ndelu:HR Practitioner :Staff Relations
8. Mrs Biyela NC:Cinci Clinic
9. Mrs Mthembu DW:Dondotha Clinic
10. Ms Gwamanda NP: Mondi Mobile

## PROMOTIONS

1. Mrs. M Buthelezi :OMN Maternity Ward
2. Mr MM Ntengenyane: Clinical Programme Coordinator :IPC

## TRANSFER IN

1. Mr MD Buthelezi CNP:Mondi Mobile
2. Ms Ntombela NP:OMN:Sokhulu Clinic



# FREEDOM FLAME ON THE MOVE NSELENI CHC







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# ORIENTATION AND INDUCTION



## Housing committee visit to clinics



## PREPARATIONS FOR IDEAL CLINIC





Q: If Republican's have "Cadallie" health plans, what plans do Democrats have?

A: "Yugo" health plans...you go to the doctor, you pay.....you go to the hospital, you pay!

Q: What does HMO stand for?

A1: Hand Money Over!

A2: How Many Obstacles!

A3: Healthy Members Only!

A4: Horrible Medical Organization!

A5: Healthy Men Only

Q: Other than health care what other promises has Barack Obama made to the American People?

A: Balancing the budget, reining in the banks and putting a unicorn in every backyard!

Q: How do you know your doctor is not a fan of Obama's Health Care Plan?

A: He/she has remodeled the waiting room with death paneling.

Q: What is the difference between an HMO and a car battery?

A: The battery has a positive side!

Q: What's the difference between an HMO physician and a seagull?

A: A seagull can still make a significant deposit on a Mercedes.

Q: Why shouldn't health care be run like the United States Postal Service?

A: Because babies won't be born unless they have the right amount of postage!

Q: How is the tobacco industry solving the health care crisis?

A: By allowing Marlboro Miles to be redeemed for health care coverage!

Q: If the health care reform bill is named after the late Ted Kennedy who should the defense bill be named after?

A: Rush Limbaugh because it contains a lot of fat!

Q: How is Barack Obama going to get Republicans to cross party lines and support health care reform?

A: By giving their mistresses free breast implants!

Q: What should you do if your health plan only covers generic prescriptions and generics make you feel sick?

A: Poke yourself in the eye!

Q. Under the democratic health bill, do all diagnostic procedures require pre-certification?

A. No. Only those you need.

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