



Fighting Diseases, Fighting Poverty, Give Hope

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Chronic Medication Distribution

Nseleni Community Health Centre, Pharmacy Department is committed to provide the best quality care to the people of Nseleni and the surrounding areas with more emphasis on pharmaceutical care in order to satisfy their needs and improve service delivery.



Pharmaceutical services have over the years become a cornerstone in the provision of a complete healthcare. One of the key priorities as stated in the National Core Standards is the provision, availability of essential medicines and blood products to all our clients. While improvements has been made in terms of medicines availability, more still needs to be done in terms of improving accessibility especially after hours, weekends and on public holidays.

There have been remarkable improvements in PHC support and reduction of stock outs. A heartfelt thank you should go to the dedicated pharmacy staff for their commitment and dedication. A good work relationship established between the pharmacy and all clinics cannot be left unnoticed.

We have worked tirelessly in getting everything ready for the roll-out of chronic medicines at community levels. This project will benefit patients in a number of ways:

- Decrease the number of patients not collecting medication on appointments (Nseleni CHC Pharmacy Objective 7)
- Reduce number of defaulters
- Reduced patient waiting times
- Reduced travelling costs

Effective and efficient service delivery

I urge all staff members to champion this project and spread the word at community levels. I trust that we will forever work together to realize improved service delivery and accomplish our goals.

I thank you

Mr. T. Nhlapho
Pharmacy Manager and Acting Medical Manager

MEET NSELENI CHC MANAGEMENT



MR. S. CELE
FINANCE MANAGER



MISS B. MOSUWE
ACTING CEO



MRS. N. QWABE
SYSTEMS MANAGER



MR. S. M NDABANDABA
HUMAN RESOURCE MANAGER



MR.T. NHLAPHO
PHARMACY MANAGER



MRS. B.L MAVUNDLA
NURSE MANAGER

WHITE UNIFORM ROCKS



The white nurse uniforms are back by popular demand. We would like to encourage other institutions and other nurses to take part in this initiative of wearing white uniform campaign. Good people let us adapt ourselves in changes within the system. We believe that wearing white uniform will bring hope to the innocent souls that we help day by day.

The first nurse uniforms were derived from the nun's habit. Before the 19th century, nuns took care of sick and injured people so it was obvious that trained lay nurses might copy the nun's habit as they have adopted ranks like "Sister". Colleagues lets join hands and respect this Department of Health National Call.

THE IMPORTANCE OF BREAST FEEDING

Why is Breastfeeding Important for your Baby?

Breast milk helps keep your baby healthy.

- It supplies all the necessary nutrients in the proper proportions.
- It protects against allergies, sickness, and obesity.
- It protects against diseases, like diabetes and cancer.
- It protects against infections, like ear infections.
- It is easily digested - no constipation, diarrhea or upset stomach.
- Babies have healthier weights as they grow.

Breastfed babies score higher on IQ tests.

Breast milk changes constantly to meet babies' needs.

The milk changes in volume and composition according to the time of day, nursing frequency, and age of baby to promote healthy growth. Breast milk is the perfect food for your baby.



Breast milk is always ready and good for the environment.

- It is available wherever and whenever your baby needs it.
- It is always at the right

temperature, clean and free.

- No bottles to clean.



Breastfeeding has no waste, so it is good for the environment.

Why is Breastfeeding Important for You?

Mothers who breastfeed:

- Have a reduced risk of Type 2 Diabetes and certain cancers such as breast cancer
- May find it easier to return

to what they weighed before they got pregnant

Strengthen the bond with their children

Making it Work - You Can Do It!

Some helpful hints:

- Breastfeed soon after birth and breastfeed frequently 8 to 12 times in a 24 hour period.
- Hold your baby skin-to-skin.
- Keep your baby with you in the hospital.
- Do not give a pacifier or bottle until breastfeeding is well established.

Give only breast milk.



HEALTHY LIFESTYLE

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How can we lead a healthy lifestyle ?



A healthy lifestyle means maintaining a balanced and nutritious diet as well as engaging in sports or other fitness related activities. A healthy diet alone however is inadequate to ensure a healthy body as physical activity helps to keep one in shape and free of sickness and disease.

According to the World Health Organization, only one in ten people exercise regularly and a majority do not follow a healthy diet. The main culprit is our penchant for junk food as can be seen from the popularity of fast food chains and other western eateries. Even local foods such as fried noodles, fried rice and snacks and savories are laden with fat and calories. Thus, consuming this type of food on a daily basis can contribute to

weight gain. Overweight and obese people suffer from many health complications such as diabetes, high blood pressure, high cholesterol and even cancer.

Hence, the emphasis on healthy lifestyle should start at a young age. Parents must urge their children to eat more vegetables, fruits, juices, wholemeal and wholegrain foods. Many parents, due to time constraint, usually find the easy way out by cooking two-minute noodles or heading towards the nearest fast food joint for quick meal. They do not realize however that sets the stage for an unhealthy lifestyle for their children



who quickly become addicted to such foods. Thus, parents

can counter this problem by cooking or preparing meals that do not take up time such as cheese sandwiches, soup, stir fry vegetables or buy pre-packed meals from supermarkets which can be warmed up in the microwave oven.



Dining out usually involves eating heavily and unhealthily. Most of us are prone to ordering deep fried food and oily dishes as opposed to steamed or baked food. Thus, though eating out is unavoidable, parents of children and adults as a whole should order fresh food and foods that are nutritious and not laden with oil, fat or sugar. Once a pattern of healthy eating is established, it would be easier to carry through such a lifestyle and for the children to follow suit.

School canteens must be urged to sell only highly nutritious food and drinks. Vending machines that sell soft drinks and drinks that are spiked with sugar should be banned. Hence, school going children would be exposed to healthy eating from young.

Daily exercise is vital. In fact, schools should implement Physical education on a daily basis rather than twice weekly. Only the minority are actively involved in sports. Most students are sedentary and prefer to concentrate on their studies as they consider indulging in physical activities a waste of time. By enforcing regular exercise daily, these students would be exposed to the importance and benefits of exercise.

Many parents and adults do not allocate time for physical activity. A large number of them work long hours and return home late thereby depriving themselves of the benefits of exercise. Parents must lead an exemplary life which can benefit their children by increasing awareness on the health benefits of exercising regularly. Bringing their children for walks in the morning or evening is a good start to achieve this goal. They should become members of clubs which have swimming pools and gym facilities. During the weekend, the family can strengthen their bond by adjourning to clubs for exercise and a healthy meal after that.



In short, leading a healthy lifestyle is a conscious decision. One can ignore that and lead a life that exposes one to many health hazards. It is important to recognize that a healthy living ensures a longer life span as well as a life free of disease and complications.

WELLNESS DAY



What Is Wellness?

The Random House definition of wellness is:

The quality or state of being healthy in body and mind, esp. as the result of deliberate effort.

An approach to healthcare that emphasizes preventing illness and prolonging life, as opposed to emphasizing treating diseases.

Benefits of Wellness in the Workplace

Although good health and vitality benefit an employee in every aspect of his or her life, they also specifically benefit the employer as well. Just as investing in an employees' training provides a better, more valuable resource, investing in their health will provide an employer with a more effective and consistently available resource.



A healthy lifestyle prevents one from being affected by diseases called Lifestyle Diseases, such as Heart Disease, Cancer etc.

The incidence of these diseases can be radically minimized by living a fit and healthy lifestyle.

So we as Nseleni CHC promote a healthy lifestyle. Because a healthy mind produces good results.

Family of 9 living in this one room, during rainy days they use to sleep to their neighbors and friends since there is no proper roof. Their important documents are with their neighbors for safety reasons. There some serious issues behind this family of which we are not allowed to publish. With some intervention made by this team, they manage to get, some grocery vouchers, food parcels, cloths and land for this family to build house, but there is no sponsor to do that yet. We believe that with the intervention of Human Settlement something will come up since they were forwarded the reports.



Thank you very much to all community members who had joined us in this public week activities. Moreover, we like to send our special gratitude to the Guardians who are taking care of these disabled children, whereby there is no dedicated building for these kids, shortage of equipment and devices, toys, games and etc. If there is any one who is willing to help, please don't hesitate to Dr. S.N. Langa, Acting CEO at Nseleni CHC.



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

PUBLIC SERVICE WEEK -67 MINUTES NSELENI CHC

SASSA, Office visits, by the different departmental Officials. Mr. Ntuli from the Department of Transport, Mrs. Ndabandaba, representing Department of Education and Dr. S.N Langa Department of Health.

"There is no easy walk to freedom anywhere, and many of us will have to pass through the valley of the shadow of death again and again before we reach the mountaintop of our desires.": Nelson Mandela – Ward 5 Home visit by different Governmental departments.



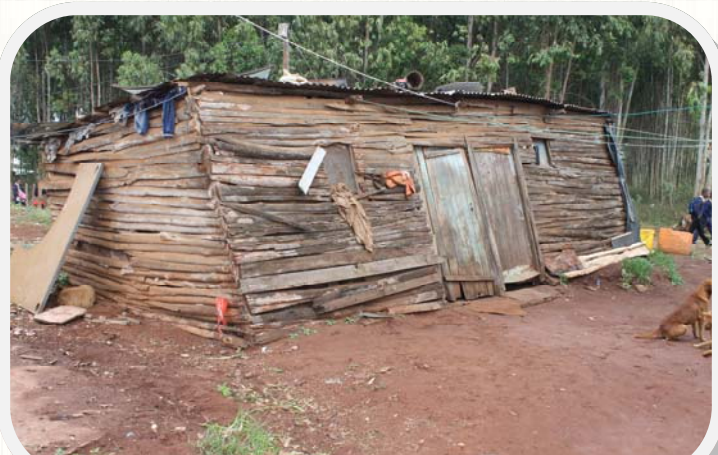
Mrs. Mkhwanazi, CEO of Eshowe Hospital Cllr. M Zulu of ward 5 and Dr. S.N Langa Acting CEO at Nseleni CHC, busy dividing clothes that were going to be distributed to needy communities.

Nothing in this world is impossible and Mandela makes sure to remind us of that.
"It always seems impossible until it's done."



MADIBA MAGIC AND SUKUMASAKHE

Although this team was deployed to work at Ward 5 at Nseleni and its surroundings, Some of the goods that we received during Mandela Day were distributed to other Wards , ward 6, ward 7 and ward 8. All Special thanks to Mbodla Security Company, Old Mutual, Department of Social Development as well as Department of Health, especially Nseleni Community Health Centre. All in all we like to pass our gratitude to all Government Departments, private companies, local Counselors, Tribal Authority and Individuals who participated in this activity.



MANDELA DAY CELEBRATION 2013

As part of our 67 minutes of service for Mandela Day, Nseleni CHC made it mark to the needy people around Nseleni and its surrounding. In this 67 minutes Outreach that was led by Mrs. Mkhwanazi, CEO, Eshowe Hospital, Dr. S.N Langa Acting CEO at Nseleni CHC had joined forces with the Department of Social Development and Human Settlement. During this event

We furthermore, distributed food parcels, and clothes to 10 households of needy community members whereby profiling has taken place for further intervention for government departments and other stakeholders in the form of War Room/Operation Sukumasakhe.

It was a grate humbling experience to see how grateful the community members were for these visit and food parcels that were offered to them and other intervention were made during this period. We were struck by the extent of the need in this community and we are hoping that one something sustainable will come up for these community. We believe that photos in this edition will tell the story.



Below is the child headed family where by all parents passed away. There are 10 family members who are living in only roofed Garage in about 12 room house!!! Males and family living in this garage. We plea to one businessman to look at this matter just to put a roof for this needy children.



TB CAMPAIGN



The Principal, Mr. Mpungose and Metron. Mkhwanazi during consultation

In life there are people that we need to put round of applauds for their extra miles and initiative they take for fellow South Africans. The Principal of Isulomphakathi High School Mr. Mpungose who noticed the performance of his students is dropping day by day, high rate of absenteeism and increasing number of deaths in his school.

He then engaged the Department of Health in his concern whereby TB screening was proposed. SGB and parents also played a vital role in this Idea whereby 478 students were screened for TB. The results that came from that campaign led to a Major Community TB Screening and HCT Campaign that took the whole week. The last day of the campaign was named Operation Mbo where by all Government Departments were involved, UThungulu Municipality and UMfolozi Local Municipality joined the move. The below topics was shared with the community members during the event.

What is tuberculosis?

Tuberculosis (TB) is a disease that usually affects the lungs. TB sometimes affects other parts of the body, such as the brain, the kidneys, or the spine. TB disease can cause death if untreated.

How is TB spread?

TB germs are spread from person to person through the air. TB germs are put into the air when a person with TB disease of the lungs or throat coughs, sneezes, laughs, or sings. TB is NOT spread by sharing silverware or cups, or sharing saliva when kissing someone.

What are the symptoms of TB?

People with TB disease often feel weak or sick, lose weight, have fever, and have night sweats. If their TB disease is in the lungs, they may also cough and have chest pain, and they might cough up blood. Other symptoms depend on what part of the body is affected.

What is the difference between TB disease and TB infection?

People with TB disease are sick from the large number of TB germs that are active in their body. They usually have one or more of the symptoms of TB disease. These people may pass the TB germs to others. TB disease can cause permanent body damage and death. Medicines which can cure TB disease are given to these people.

People with TB infection also have the germs that cause TB in their body. But they are not sick because there are not as many of the germs, and the germs lie dormant (sleeping) in their body. They cannot spread the germs to others. However, these people could develop TB disease in the future, especially if they are in one of the high-risk groups listed under "Who gets TB disease?" People with TB infection can take medicine to prevent them from developing TB disease.

Who gets TB disease?



Once a person has TB infection, he or she has a higher chance of getting TB disease if the person

- ◆ Has HIV infection
- ◆ Has been recently infected with TB germs (in the last 2 years)
- ◆ Has other health problems, like diabetes, that make it hard for the body to fight germs
- ◆ Uses alcohol or injects illegal drugs
- ◆ Was not treated correctly for TB infection in the past
- ◆ How can I tell if I have TB?

Get a TB skin test or sputum Bottle or X-Ray. If you have a positive reaction to either of the tests, you will probably be given other tests to see if you have TB infection or TB disease.

What should I do if I have TB infection or TB disease?

Get the required follow-up tests. Follow your doctor's advice and take the medicine as prescribed. Today, both TB infection and TB disease can be treated and cured with medication.

For more information on TB or to get a TB Skin test, call your doctor or local health department. For further information on TB visit: TB UNIT @ NSELENI CHC : 035 7951 124 EXT 151/153



TAKE A BREAK AND LIVE A LITTLE...

Siyakholwa ukuthi ukuthokozele ukufunda leliphephabhuku. Sinethemba lokuthi sizokhula ndawonye futhi sihubeke ngokubambisana eku-thuthukiseni nasekusizeni imiphakathi yangathi ekutheni sonke sigcine siphilile. Ukubambisana kuzala impumelelo.

Ngithanda ukudlulisa ukubonga kubo bonke ababambe iqhaza ekutheni umsebenzi waseMtholampilo waseNseleni ube impumelelo.

Sobonana kwiphephabhuku elilandelayo.

Ngiyabonga

Mr V.N Khuzwayo PRO



NSELENI COMMUNITY HEALTH CENTRE CONTACT DETAILS

Private Bag x 1031
Richards Bay, 3900
Telephone Numbers: 035 7951 124
035 7951 124/7/874/901/285/335
Centre Manager: 035 7951 129
FAX NUMBER : 035 7951 923
E-mail: Vusumuzi.khuzwayo@kznhealth.gov.za