



**KWAZULU-NATAL PROVINCE**  
HEALTH  
REPUBLIC OF SOUTH AFRICA

# TONGAAT COMMUNITY HEALTH CENTRE

# UTHONGATHI NEWS

2023

TONGAAT LEADS OTHERS FOLLOW...



# #OURNURSESOURFUTURE

Without a doubt, nurses - the largest healthcare profession in the world are essential to achieving the millennium goals. For many patients, nurses are the only healthcare providers they will ever have access to. As a result, nurses are typically the most creative and well-positioned to reach marginalized and disadvantaged areas. The theme for Nurses day 2023 was “our nurses our future” which the International Council of Nurses wishes the theme to become a global campaign that sets out what and how nursing in the future should address global health challenges and improve global health for everyone. The theme aims to take lessons from the pandemic and translate these actions of the future.

International Nurse’s Day was established on May 12, to celebrate Florence Nightingale’s birthdate. A British nurse named Nightingale was instrumental in enhancing the treatment given to injured troops during the Crimean War. She is also recognized for establishing the first nursing school in history. The nursing profession is crucial to the healthcare system. They look after patients, stay up to date on their daily lives and educate patients and families. On International Nurses Day, the value of nurses to society is recognised , along with their commitment, compassion, and hard work.

During the recent challenges that KwaZulu Natal faced, from the pandemic, to the KZN unrest and the KZN floods; nurses played a major role in keeping the healthcare system functional when the poorest of communities needed it the most.

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# #OURNURSESOURFUTURE



Nursing management commemorating Nursing day



MCWH Team



Acute Team



Chronic and Outreach Team

**“SAVE ONE LIFE, YOU’RE A HERO. SAVE A HUNDRED LIVES, YOU’RE A NURSE” Nellah Bailey McGough**



# WORLD HAND HYGIENE DAY



Hand Hygiene is crucial in saving millions of lives as long as it is performed at the right moments especially at health care facilities. WHO called for action in 2023 on the following :

- **Health and care workers** : Love the 5 moments
- **IPC Practitioners** : Lead the way for clean hands
- **Policy makers** : Invest for health and dignity
- **Those who access care** : Join the movement.



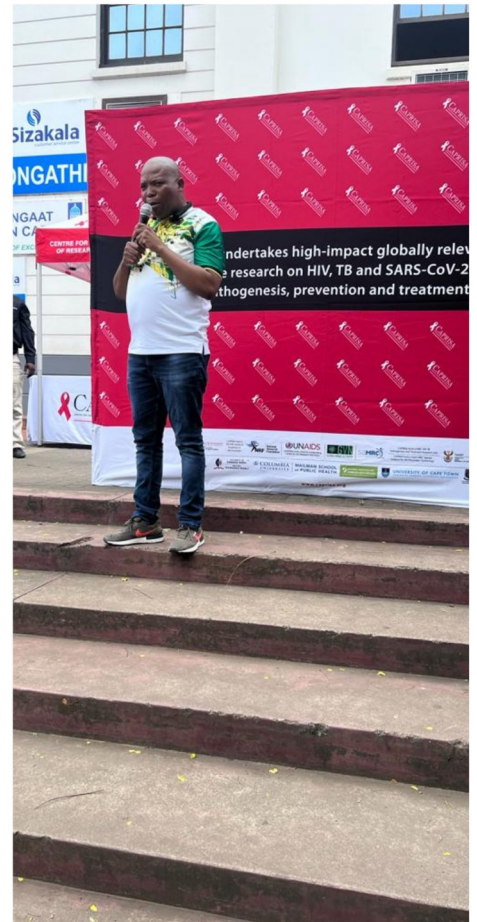
Sr. V Rampersad interacting with staff and patients during the Hand Hygiene day



Sr. N Khambule showing patients how to wash hands if you do not have tap water



# WORLD TB DAY



**YES, WE CAN END TB!**



# YES, WE CAN END TB!

Each year, we recognize World TB Day on March 24. This annual event commemorates the date 1882 when Dr. Robert Koch made an announcement about his discovery of the Mycobacterium Tuberculosis, that causes Tuberculosis (TB). World TB Day is used to educate and raise awareness on TB as well as having a conversation

with the public on the impact of TB around the world. Tongaat CHC partnered with CAPRISA to raise awareness on TB at the Tongaat Sizakala Centre. This was welcomed by the Tongaat community at large; whereby the Councillor, Mr. T Nene welcomed everyone present and highlighted the importance of raising awareness on such issues. The community had the opportunity to screen and test for TB at the Sizakala Centre. The mobile teams and



Sr. Z Blose at the factories during educational talk on TB

the school health teams also commemorated the day at their mobile points and

schools. The community and the pupils at schools were educated on proper cough etiquette, signs and symptoms of TB and screening at these sites were done.



# MEASLES CAMPAIGN



Sr. T Mbedu during the Measles campaign at Tongaat Primary

06/02/2023 12:42



Nurses preparing at Buffelsdale Primary School

07/02/2023 11:28



13/02/2023 12:40

Support visit to campaign sites by Sr. S Tundzi (OMN—Outreach services)



07/02/2023 11:05

Nurse Khumalo administering the jab at Sandfields Primary School





# MEASLES CAMPAIGN



Stakeholder engagement at Magwaveni Butcher—Miss N Khoza (PRO)

The measles campaign started on the 6th February 2023 for children 6 months to 15 years. This was an also an opportunity to get additional dose of measles vaccine, missed dose of vitamin A capsule as well as getting missed deworming medication. Tongaat CHC hit the ground running with this campaign with the aim to cover every child from 6 months to 15 years the catchment area (Ward 61,62 and 58). Local schools, crèches, community halls, churches and mobile were visited to ensure that there is no one who was left behind due to financial constraints. This campaign ran concurrently with the continuous Covid-19 vaccinations and the HPV campaign in schools. The teams worked tirelessly throughout the campaign.



Sr. S Tundzi engaging with the community at Magwaveni

**Immunise every child—give measles vaccine**





# SECURITY AWARENESS DAY

The purpose of the Security awareness program was to ensure that all staff of Tongaat CHC. As well as ensuring that employees are aware of the security policy and procedures at the work place. Each



person has a role to play for safety and security hence the role of each and every staff member was emphasized during the awareness program thereby ensuring a safe working environment. The day was a success as all staff members participat-



ed in the first ever security awareness day in the facility. The patients also participated when the task team went around the waiting areas raising awareness on safety measures. The Tongaat South African Police service (SAPS) and the private security Atopasi were part of the awareness pro-

Outreach team attending the first session of the awareness program.



# EAR AND HEARING, CARE FOR ALL!



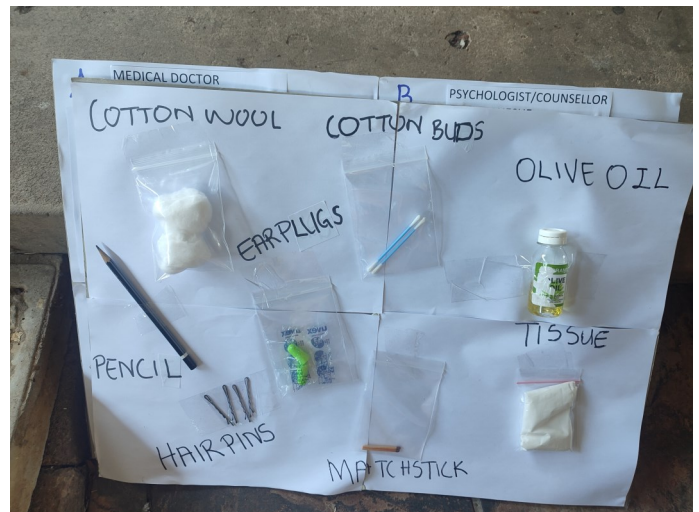
Miss L Ndevu during World hearing day

The Tongaat CHC Audiology department led by Mr. T Pillay organized an awareness day for March 2023 encouraging safe listening practices. Patients and staff were encouraged to participate in the hearing screening and testing. The theme of the day was “Ear and hearing care for all! Let’s make it a reality.” The programme was welcomed

more on such educational events and campaigns. The Chronic patients participated and gifts were given out to the participants.



Miss M Madlala from the Audiology department during a talk.



Material used to demonstrate the educational talk

# RETIREMENT

Retirement is one of those major life milestones that celebrate the ending of a chapter and starting an exciting new one. Imagine leaving behind the long hours at work, either at the office or at clinical areas for never ending days filled with fun activities with grandchildren, travelling locally or abroad. Even it is a sad part for most facilities due to losing hard working and experienced members, it is what most people look forward to in their careers. Retirement is indeed a bittersweet moment for everyone. Tongaat CHC had a say farewell to the three most dedicated women due to retirement, we wish them nothing but the best.

Parade

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Mrs. P Moonsamy



Mrs. N Cele





Mrs. D Mohabeer



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# GOOD-BYE 2022

Tongaat CHC left 2022 in style. The end of the year is a time of reflection on the things we have achieved during the year; challenges that we encountered and all our shortfalls for the year. From 2020 Tongaat CHC was affected by the Covid-19 pandemic like all other areas, which imposed restrictions of movements and called for social distancing to name a few. The last year end function whereby we all let our hair loose and enjoyed each others company was in 2019. The year 2022, came with the excitement of a year end function that everyone anticipated. The event was nothing short of amazing with all the entertainment that was lined up and the most exciting part of dressing up. A special appreciation goes out to Mr. Naresh Singh (Switchboard operator) for all his sponsorships for the event, to Dr Bhimsan (CEO) for sponsoring the photo booth that had everyone excited and the Events committee members who work tirelessly every year to ensure that each and every event is a success.



Mr. Manoj Surubally—  
Programme Director /  
Entertainer

11:30



MCWH ladies looking beautiful

022 11:43

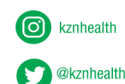


Staff members in attendance

022 11:45



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# GOOD-BYE 2022



On this day, everyone was a winner



# TCHC WELLNESS PAGE

As part of encouraging staff wellness, Tongaat CHC initiated a biggest loser challenge for staff members keen to loose weight and keep fit. This challenge commenced on the 1st May 2023 and will run through until September 2023.

Members are weighed every second week and tips on what to eat are religiously shared with participants.

Participants are encouraged to exercise privately (at home) however there is an inhouse class of aerobics every Monday to Thursday from 15h00 to 15h30.

This has been an exciting initiative which participants are happy about and encourage each other on a daily basis. Look out on this page for the biggest loser at Tongaat CHC. For more information please contact the EAP on 4255 or Nutritionist on 4233





# Rest in Peace



*In Loving Memory MPUMELELO INNOCENTIA MAZIBUKO (MKHIZE) known as "MPUME" – 1976/07/25 TO 2023/03/01*

## EDITORIAL TEAM / DETAILS

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