



HEALTH
KwaZulu-Natal

Call Centre : 0800 005 133



KwaDabeka CHC

Issue 4. Volume 1 August 2010



Batho Pele A better life for all South Africans by putting people first
Together beating the drum for Service Delivery



Tel: 031 714 3736

ISIGULI ESINOLWAZI SELAPHEKA KALULA

Fax: 031 714 3708

Luyathuthukiswa uhlelo lokuhlola igciwane lengculazi, ungasali nawe

Ukusungulwa kabusha kohlelo lokuhlola ingculazi okubandakanyo zonke izinhla zemiphakathi kuhamba ngendlela eyiyo eClermont KwaDabeka. Loluhlelo olusungulwe kuzwelonke nguMongameli wezwe uMnuz Jacob Zuma uhlose ukuqquguzela iningi labantu abangakasazi isimo sabo segciwane lengculazi ukuthi bahlole ukuze balapheke kusenesikhathi futhi kwehle nezinga lokushona kwabantu ngenxa yalesisifo.



Ngokwezibalo eziphume ocwaningweni lwakamuva kuyavela ukuthi lelizwe linabantu abangaphezulu kwezigididi ezinhlanu abahaqwe yile-

ligciwane. Kulaba abangu 90 000 abantwana abazalwa benaleligciwane. Loluhlelo-ke luhlose ukuthi kuyaqamba kufika unyaka ka 2011 isibalo sabantu abathola leligciwane sehle ngohhafu kulesi esivezwe ngenhla. Kungalezizathu-ke abantu abaningi begqugquzelwa ukuthi bazihlole isimo sabo ukuze zehle lezizibalo. Ingingizimu Afrika isanda kwethulelwa isigqoko ngisho amazwe aseNtshonalanga ngendlela esingethe ngayo udaba lwesandulela nngculazi nengculazi uqobo. UHulumeni ugqugquzela ukusebenzisana phakathi kwakhe nezinhlangano

ezizimele kuhlenganisa izinhla zomphakathi kanye nabaholi bemiphakathi eyehlekene ukuze kuliwe nalolubhubhane. Lapha KwaDabeka CHC senza konke okusemandleni ukuthi loluhlelo lwazeke emphakathini ngokuhambela izindawo ezehlukene lapho kumenyenzelwa khona ngaloluhelelo futhi kuphinde kuhlolelwe igciwane lengculazi kanye nezinye izifo.

Bayaziswa ke abantu ukuthi noma kunalomkhankaso kodwa ilungelo lokuzikhethela lisekhona, futhi ngaphambi kokuthi uhlolwe kumele usayinde ifomu elishoyo ukuthi uyayuma ukuhlolwa.

Kuyosisiza-ke ukuthi sizinikele ekuhloleni igazi ukuze sakhe isizwe esikhululekile esifweni sengculazi.



Nanka amalungelo eziguli

- Lempilo engcono nendawo evikelekile
- Ekuthathweni kwezinqumo

- Ukuthola usizo lwezempilo
- Ukuba nolwazi ngempilo yaso
- Ukuba nomshwalense noma ukuxhaswa ngosizo lomshwalense
- Uyukuzikhethela usizo lwezempilo
- Ukwelashwa yilabo abafake omazisi
- Ukungadalulwa kolwazi ngaso
- Ukuqonda ngesimo sokwelashwa
- Ukwenqaba ukwelashwa
- Lombono wesibili
- Ukuqhubeka nokwelashwa
- Ukukhalaza ngezinhlelo zezempilo



KwaDabeka Community Health Centre, P. O Box 371, Clernville, 3602

04 Spine Road, Clernville, 3602,

Email: tyron.khuzwayo@kznhealth.gov.za

Www.kznhealth.gov.za



Sithi asizwakalise nakhu ukukhathazeka kwethu njenganoMtholampilo mayelana nodaba lokulahleka kwamaphilisi kulabo abathatha imishanguzo yokuthiba igciwane lengculazi.

Muva nje sesithole inqwaba yezikhalazo eziqhamuka emphakathini ngaloludaba. Amaphilisi uma uwathatha asuke ekalelwe isikhathi esithize, yingakho ngisho ekhadini lakho kuyaye kubhalwe ukuthi ubuye nini usuzolanda amanye futhi.

Okubuhlungu ukuthi sithi isikhathi singakashayi sokuthi umuntu alande amaphilisi akhe ebe eseshesha ebuya njalo umuntu achaze ukuthi ubanjwe noma kwathiwa makaye emhlanganweni othize bese ephucwa ngabathize. Ekugcineni kuzoba nenkinga yokushoda kwamaphilisi okuthiba leligciwane uma siwasebenzisa noma yikanjani. Loludaba ke thina njengesikhungo sezeMpilo ange silulwe



UMHLELI

ngaphandle kokuthi sisebenzisane nani nazo zonke izinhla ezisemphakathini. Okuyaye kwenzeka uma ufikalahlekelwe amaphilisi kuzodingeka uye emaphoyiseni wenze incwadi

efungelwe (affidavit) ukuze kwenziwe uphenyo.

Lezizehlakalo ezinjengalezi kumele futhi nizibike kubaphathi bomphakathi ukuze zilandeke. Ngoba ekugcineni

yizimpilo zenu eziba sengcupheni. uHulumeni uzama ngazo zonke izindlela ukulwisana nalolubhubhane, yingakho nathi njenganemiphakathi kumele sisebenzisane ukuze sakhe isizwe esikhululekile esifweni sengculazi.

Ngiyabonga siphinde sibonane ngokuzayo. Nginifisela inyanga yabesi-Fazane ephephile.

Tyron Khuzwayo (Umxhumanisi)

KwaDabeka Community Health Centre

Vision

To provide comprehensive PHC to all citizens in the catchment of KwaDabeka CHC.

Mission

To render compassionate inpatient and outpatient services based on PHC approach while providing continuing education, admin support, technical support and guidance and referring patients needing a high level of care.

Core Values

Open communication

Transparency

Consultation

Commitment to performance

Service Excellence

HEALTH
KwaZulu-Natal

Yazi ngalezinguquko eMtholampilo wakho

Kubalulekile ukwazi ngalezi zinguquko emtholampilo wangakini. Lapho kukade kungumtholampilo wabanesifo sofuba e Room 5 sekwamukelwa abaphethwe yizifo zabadala njengo shukela no HBP (Chronics). Bese kuthi abanesifo sofuba sebelashelwa emagumbini amhlophe ngaphesheya kweclinic yama ARV. Abezifo zengqondo se-beshintshelwe e Room 6 aphasejini lokuqala uma ungena eMtholampilo. Lapho bekuhlolwa khona igciwane lengculazi sebesukile eRoom 25 babuyela e Room 59 eduzane kwaseMartentiy. Izin-gane sezibonelwa e Room 38. Abadlezane abad-inga ukuchazeleka noma ukukhanselwa ngesifo sengculazi babonwa e Room bona babonwa amakhansela aka Mother 2 Mother. Akukho nguquko koDokotela basasebenzela e Room 34 no 35. Uma udinga olunye ulwazi ngalolushintsho ungaxhumana neHhovisi lezokuxhumana ku Room 32. Bayacelwa abakwaTB ukuthi bangabe besawabeka amabhodlela e Room 5. Ma-baye ema ParkHome.

2

Bhalela kuMhleli kulelikheli

Uma unemibono ungabhalela uMhleli kulemingwane engezansi: Public Relations Department. P. O Box 371 Clernaville, 3602 noma uzifikele mathupha ku Room 32 maqondana neHhovisi loMabh-alane. Ucingo: ethi 031 714 3736 I fax ethi 031 714 3708. Email: tyron.khuzwayo@kznhealth.gov.za Web page: www.kznhealth.gov.za

Imibono yabafundi

Ngiyabingelela ngegama leNkosi Amen. Ngiyajabula ngiphinde ngibonge kak-hulu ngosizo enangisiza ngalo mhla ngigulelwa umntwana. Ngibonge I Ambulance enangizamela yona ngokushesha. Waphila umntwana, ngiy-abonga oMabhalane en-gabathola bangisiza kak-hulu. Nalokho ngeke ngiku-libale empilweni yami yonke.

Lithi izwi leNkosi uze ingakhohlwa imisebenzi yakho emihle engikwenzela yona noma kukuhle noma kukubi uze ungakhohlwa.

255 kwaDabeka F
Nokuthula Mzobe

Bengicela ningikhulekise, nginomntwana ongakwazi kuzenzela lutho. Akahamb I, futhi akakhulumini uneminyaka ewu 10. Ngiyazama ukufunda I home kodwa akukalungi kahle. Kodwa nginethemba. Lithi izwi lenkosi uThixo akakuphi umthwalo ongaphezu kwa- mandla akho. Amen.

Mhleli

Sibonga izincwadi zakho osithumelele zona ezimbili. Kuyasijabulisa ke futhi nanokuthi oMabhalane bethu bakusiza ngokushesha waluthola usizo owawulud-inga. Mayelana nodaba lomntwana wakho onenkinga yokungahambi, besingajabula uma ngolunye usuku ungake uze naye kuloMtholampilo. Nginesiqiniseko sokuthi oDokotela bethu bangakucebisa ngongase ukwenze. Siyabonga.

I St Mary's ivule umtholampilo wokusokwa kwabesilisa

Ikhalenda lezeMpilo

Isibhedlela sase-St Mary's sizovula umtholampilo wokusokwa kwabantu besilisa yizisebenzi zezempilo ngomhlaka – 2 Agasti 2010 emtholampilo ose-Caversham Road (maqondana namahhovisi akwa-Braby's).

Amahora okusebenza komtholampilo kusukela ngo-08h00-16h00. igama lomtholampilo lithi: "Asiphile" umtholampilo wabesilisa. Ngokwenqubo emiswe umyango wezempilo, umtholampilo uzohlinzeka ngokusokwa abantu besilisa abatholakale ben-genalo igciwane lesandulela ngculazi. Isibhedlela sase-St Mary's

sizohlinzeka ngokusokwa kwabantu besilisa emagcekeni esibhedlela kubantu besilisa abatholakale benegciwane lesandulela ngculazi kanye nalabo abatholakale ben-genalo igciwane lesandulela ngculazi. Bonke abantu besilisa abanentshisekelo yokusokwa kuzomele bahlololwe igciwane lesandulela



Umshini osetshenziselwa ukusokwa abesilisa (Tara Clamp)

ngculazi.

Uma kukhona onentshisekelo kuloku kuhlinzwa, sicela ashayele kule nombolo elandelayo ukuze abekise isikhala:

031-717 2121 bese ecela uMpume

Zivikele esifweni sikashukela

Ucwaningo olenziwe eMelika ngonyaka ofile likuveza ngokusobala ukuthi indlu emnyama yiyo ehlaselwa yisifo sikashukela kakhulu kunezinye izizwe. Isifo sikashukela sivamisile ukhulasela abantu abakhulile ngokweminyaka sona siyinkingana ngoba asilapheki. Ushukela isikhathi esiningi ubangwa ukukhula ngeminyaka imvamisa kubantu abangaphezulu kweminyaka eyamashumi amathathu, kunzima nokubona izimpawu zesifo sikashukela ngaphandle uma izinga lawo seliphezulu ukomela amanzi ngendlela emangazayo nokuchama njalo okudingakalayo ukuthi uvakashele emtholampilo wangakini uyozihlelelwa wona. Isifo sikashukela ungasigwema ngokushintsha indle ophila ngayo, shintsha ukudla okudlayo nciphisa ukudla okunamafutha noma ushintshe indlela opheka ngayo, zama ukubilisa ukudla okuphekayo kunokuba ukuthose. Ziningi futhi ezinye izindlela zokunciphisa amathuba okukhulaselwa isifo sikashukela njengokuzivocavoca, abanengi uma kukhulunywa ngokuzivocavoca bacabanga ngokuya ezikhungweni zokuzivocavoca kanti cha akunjalo unga-zithathela uhambo lezinyawo elingathatha ihora elilodwa lokho kubaluleke kakhulu.

August 2010

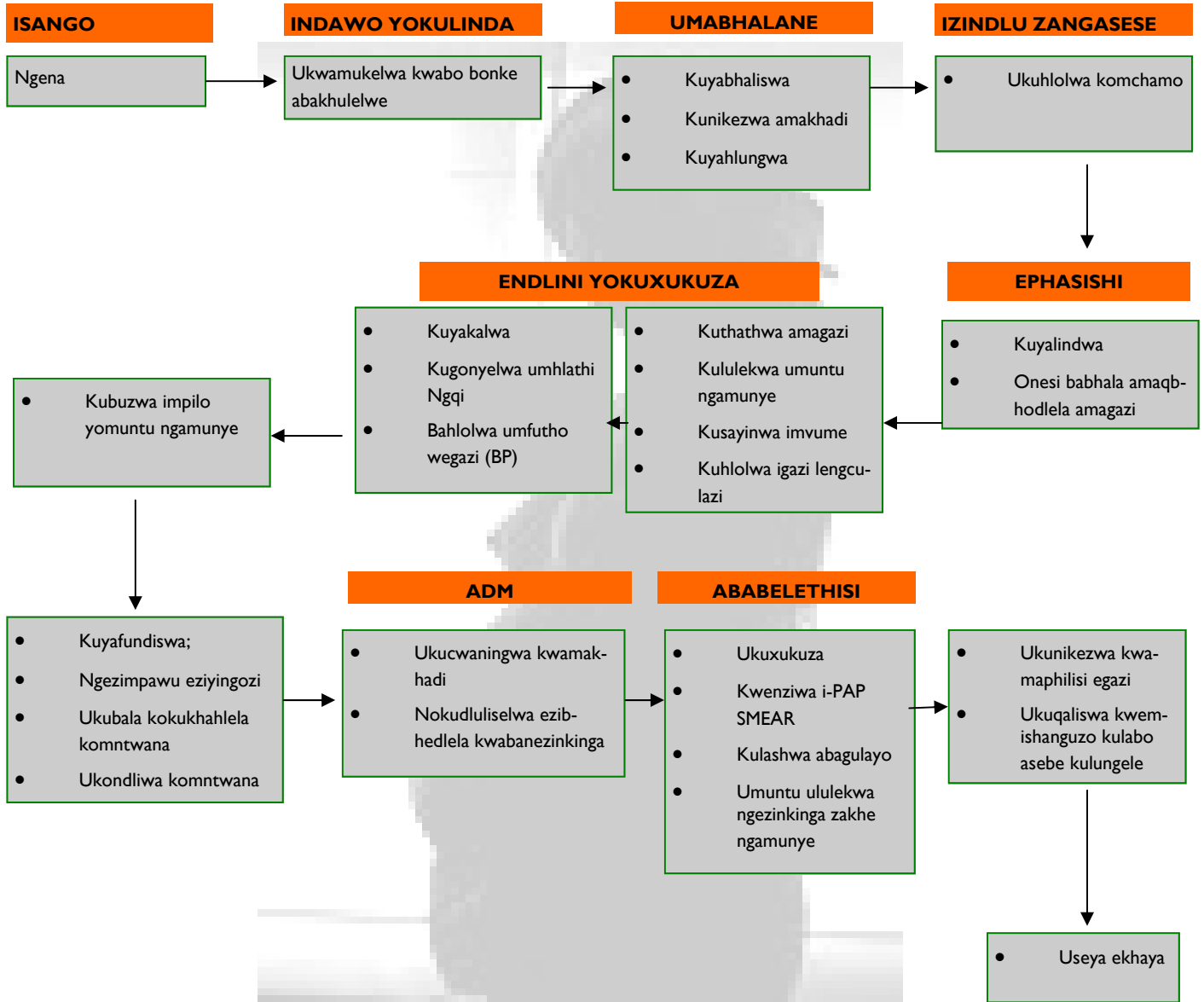
- National Women's Month
- Organ Donor Month
- 1 - 7 : World Breastfeeding Week
- 2-8 : National Immunisation Awareness Week
- 2-6 : Rheumatic Fever Week
- 9 : National Women's Day
- 12 : International Youth Day
- 24-31: African Traditional Medicine Week
- 31: African Traditional Medicine Day

September 2010

- National Heart Awareness Month
- National Oral Health Month
- Albinism Awareness Month
- Muscular Dystrophy Awareness Month
- Eye Care Awareness Month (spans September and October)
- 30/08 - 4/9: Deaf Awareness Week
- 6-11 : Kidney Awareness Week
- 6-12 : Pharmacy Week
- 6-12 : Back Week
- 8 : World Rabies Day
- 9 : International Foetal Alcohol Syndrome Day
- 12: World Oral Health Day
- 14: National Attention Deficit Hyperactivity Disorder Day (ADHD)
- 14 - 17 : Stroke Week
- 21 : World Alzheimer's Day
- 20-26 : World Retina Week
- 20/09-17/10: Commencement of Eye Care Awareness Month
- 26: World Retina Day
- 28 :World Heart Day



Uhambo lukaMama okhulelwe eMtholampilo KwaDabeka CHC



Sikhuthaza ukunceliswa kwabantwana ibele

Umtholampilo wakho kwaDabeka ukhuthaza ukunceliswa kwebele kubantwana. Ngakho ke akwamukelekile ukunceliswa kwabantwana ibhodlela noma idami/inkohliso eMtholampilo.

Nabu ubungozi bebhodlela idami noma inkohliso:

- eMtholampilo kuna-

magciwane amaningi, ngakho kulula ukuthi lamagciwane ahlale ebhodleleni noma edamini.

- Ukugcwala komoya esiswini somntwana.

Nanku okwamukelekile ekondleni umntwana:

- Ukuncelisa ibele.
- Ukupha ingane ubisi ngenkomishi

Ngalo lonke ulwazi buza uMhlengi-kazi okusizayo





Foods rich in iron

Foods Rich in Iron

Iron is an important nutrient in the diet that keeps the body healthy. Iron is also needed for the formations of healthy blood. A diet low in iron leads to iron deficiency i.e. anaemia

Dietary Recommendations

- Iron is best absorbed in the presence of Vitamin C (ascorbic acid)
- Include foods rich in vitamin C (oranges, grapefruit, guavas, tomatoes, citrus fruit, paw-paw, kiwi fruit, fresh vegetables and salads and other fruit) at each meal
- Avoid drinking tea, coffee, hot chocolate and caffeine containing cooldrinks, (colas) with meals as it decreases the amount of iron that

the body can absorb.

- Avoid taking antacids as it will also decrease iron absorption
- Avoid drinking excessive milk with meals
- Improve food choices to increase amount of dietary iron **If Iron supplements have been recommended:**
- Have supplements between meals together with foods rich in vitamin C or a vitamin C supplement
- If discomfort is experienced, then take the supplements with the meal
- Do not take supplements with tea, milk or coffee.
- Do not take supplements with

antacids

- Do not stop the iron supplements because you are feeling better, unless you have been told to so by the doctor or dietician **Causes of iron deficiency anaemia**
- Not eating enough of the foods that contain iron.
- Chronic blood loss e.g. bleeding ulcer, bleeding haemorrhoids, parasites (hookworms etc) malignancy or excessive menstrual flow
- Increased need by the body for iron e.g. during infancy, childhood (important growing years), puberty, pregnancy and when lactating (breast feeding)
- Less iron is being absorbed by the body

Symptoms of iron deficiency

- tiredness
- headaches
- brittle nails and hair
- breathlessness
- poor appetite
- poor growth and weight gain
- weakness
- lack of concentration

Produced by the Department of Health Services and Welfare

Potato Pizza

Ingredients

- 2 cups instant mashed potato flakes
 - 1 (8 ounce) package shredded Cheddar cheese, divided
 - 1 (3 ounce) jar real bacon bits
 - 1 bunch green onions, chopped
 - 1 (10 ounce) can pizza crust dough
- 1/2 cup sour cream

Directions: Preheat the oven to 425 degrees F (200 degrees C). Prepare instant mashed potatoes according to package directions. Stir in half of the Cheddar cheese, bacon bits, and green onions.

Cut the pizza crust dough in half, and spread into the bottom of two 8-inch round pans. Bake for 4 minutes in the preheated oven, until about halfway done. Spoon the potato mixture over each crust. Sprinkle remaining Cheddar cheese over

Ukudla Okunempilo

the top.
Bake for an additional 5 minutes in the preheated oven, until crust is golden, and cheese is melted. Let cool for 5 minutes before slicing and serving. Top with sour cream to taste.

Baked Potato Pizza Ingredients

- 1 (6.5 ounce) package pizza crust mix
- 3 medium unpeeled potatoes, baked and cooled
- 1 tablespoon butter or margarine, melted
- 1/4 teaspoon garlic powder
- 1/4 teaspoon dried Italian seasoning

- 1 cup sour cream
 - 6 bacon strips, cooked and crumbled
 - 3 green onions, chopped
 - 1 1/2 cups shredded mozzarella cheese
- 1/2 cup shredded Cheddar cheese**
Directions

Prepare crust according to package directions. Press dough into a lightly greased 14-in. pizza pan; build up edges slightly. Bake at 400 degrees F for 5-6 minutes or until crust is firm and begins to brown.

Cut potatoes into 1/2-in. cubes. In a bowl, combine butter, garlic powder and Italian seasoning. Add potatoes and toss. Spread sour cream over crust; top with potato mixture, bacon, onions and cheeses. Bake at 400 degrees F for 15-20 minutes or until cheese is lightly browned. Let stand for 5 minutes before

Inhlasi



HEALTH
KwaZulu-Natal

Silwa Nezifo, Silwa Nobubha, Sinika Ithemba

Isiguli esinolwazi selapheka kalula

