



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

Phoenix News

Volume 1, Issue 8

February—June 2011

Message from the CEO

It is with pride and great joy that I have been given an opportunity to partake in this second issue of the newsletter.

Firstly I would like to welcome all staff who have recently joined PCHC.

I would also like to thank all staff for working tirelessly and displaying enthusiasm in the provision of health care in our institution.

A special thanks to the Nursing Management and staff who went to shopping malls during weekends reinforcing HCT campaign.

We also extend our condolences to the family of Mr. R. Rughbeer from the Maintenance section who has recently passed on.

Lastly I would like to congratulate all staff who have recently been promoted to various categories within the institution and externally .Well done!!!!!!



Mrs. TR Zulu (CEO)

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**Fighting Disease, Fighting Poverty,
Giving Hope**

**Silwa Nezifo, Silwa Nobubha,
Sinika Ithemba**

"At PCHC we care and we deliver"

PREGNANCY AWARENESS DAY

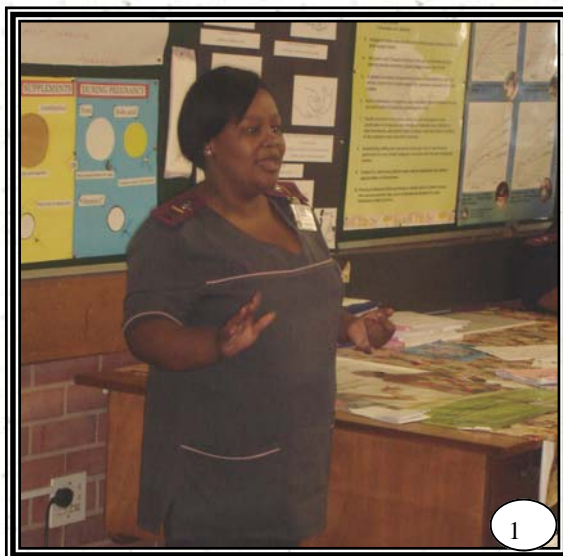
On the 10th of February 2011 Phoenix CHC hosted Pregnancy Awareness Day at Ante-Natal Clinic Department (ANC). This programme was initiated by the staff members from ANC with the aim of emphasizing the pros and cons of pregnancy. We were joined by different speakers from various departments to reinforce Health Education in all the other services.

The staff from ANC department would like to thank all the people who contributed to make this day a success and also thanked Mrs. Petrina who donated blankets to patients.

Patients were thrilled with the information given to them and they thanked the staff for the informative talks and gifts.



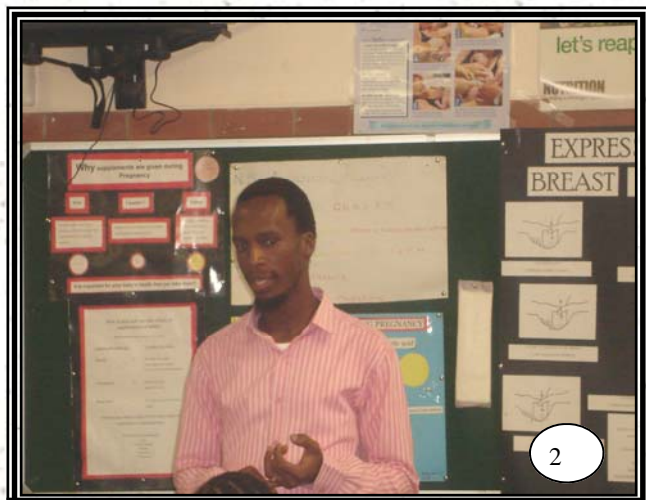
Sr. Ngcece, Sr. Mazibuko, Ms B. Mwelase and Mr. Phewa (Lay Counselor) with the patients who received the blankets.



1

1. Sr. Mazibuko addressing the mothers on PMTCT programme.

2. Mr. Mbhele from ARV department seen addressing the mothers on the importance of Testing for HIV & AIDS and how to cope with it.



2

3. Mothers were listening to different speakers carefully.



3

4. Sr. Chitray was addressing patients on teenage pregnancy and the importance of abstinence.



4

“At PCHC we care and we deliver”

LONG SERVICE AWARDS DAY

Phoenix Community Health Centre commemorated the Long Service Awards on the 4th of March 2011.

The aim of this event was to motivate and encourage staff to maintain high quality of care.

Welcoming and Purpose of the day was done by Mrs T. R Zulu (CEO) who thanked all the staff members for their commitment, dedication and hard work displayed towards providing health care.

Our Guest Speaker for the day was Mrs A. N. Khathi (Deputy Manager - Quality Assurance and Accreditation Unit DOH) whom in her speech re-enforced the six key departmental priorities which staff should display to the patients as well as the community.

Lastly she thanked the staff members who have had Long Service in the Department and also acknowledged that their hard work has been noticed by the Department.

The management would also like to Congratulate all the staff members who have committed themselves to saving the lives of the people for so many years.

Long service awards
Long service awards

30 YEARS SERVICE

Mr. G. GOPAUL
Sr. F.B.B ALLI
A. RUGHBEER
Sr. S. GOVENDER
Sr. V. RAMIAH
Sr. G. PADAYACHEE
Mr. S. GOPAUL PILLAY
Mr. M.A. ALLI
Sr. D. SANKER
P. MAHARAJ
S. NAICKER

20 YEARS SERVICE

Mrs. L.Y. LANGA
Mrs. N.A. MAGWAZA
Sr. V. GOPICHUND
Sr. A. NAIDOO
Sr. S.S. STANLEY
Ms. N.D. PILLAY
Mr. N. GOKAL
Ms. L. RATHILALL
Ms. B. GANESHEN
Ms. T. NAIDOO
Sr. O.S. MOODLEY
Sr. S. SUBRAYADOO
S. SUBRAMONEY

“At PCHC we care, we deliver”
Fighting Disease, Fighting Poverty,
Giving Hope

Silwa Nezifo, Silwa Nobubha,
Sinika Ithemba

Photo Gallery (Long Service Awards)



"At PCHC we care and we deliver"

HEALTH ISSUE (DOWN SYNDROME)

WHAT IS DOWN SYNDROME

Down syndrome (also called Trisomy 21) is a genetic disorder that occurs in approximately 1 of 800 live births. It is the leading cause of cognitive impairment. Down syndrome is associated with [mild to moderate learning disabilities](#), developmental delays, characteristic facial features, and low muscle tone in early infancy. Many individuals with Down syndrome also have heart defects, [leukemia](#), early-onset [Alzheimer's disease](#), gastro-intestinal problems, and other health issues. The symptoms of Down syndrome range from mild to severe.

Life expectancy for individuals with Down syndrome has dramatically increased over the past few decades as medical care and social inclusion have improved. A person with Down syndrome in good health will on average live to age 55 or beyond.

Down syndrome is named after Doctor Langdon Down, who in 1866 first described the syndrome as a disorder. Although Doctor Down made some important observations about Down syndrome, he did not correctly identify what causes the disorder. It wasn't until 1959 that scientists discovered the genetic origin of Down syndrome.

SYMPTOMS OF DOWN SYNDROME

- a flattened face and nose, a short neck, a small mouth sometimes with a large, protruding tongue, small ears, upward slanting eyes that may have small skin folds at the inner corner (epicanthal fold);
- white spots (also known as Brushfield spots) may be present on the coloured part of the eye (iris);
- the hands are short and broad with short fingers, and with a single crease in the palm;
- poor muscle tone and loose ligaments are also common; and

development and growth is usually delayed and often average height and developmental milestones are not reached.

HOW IS DOWN SYNDROME MANAGED

Although the genetic cause of Down syndrome is known, there is currently no cure. Due to advances in technology, scientists are slowly beginning to understand which genes when present in three copies are responsible for which Down syndrome characteristics, but it will take many years to fully grasp the complex interplay between the different genes. Much research to date is focused on understanding the causes of impaired cognition in Down syndrome and on finding potential therapies that might improve learning. Most of these studies are carried out using animal models of Down syndrome, but some human clinical trials involving potential therapies are also being conducted.

Corrective surgery for heart defects, gastrointestinal irregularities, and other health issues is necessary for some individuals. Regular health checkups should be scheduled to screen for other conditions such as visual impairments, ear infections, hearing loss, hypothyroidism, obesity, and other medical conditions.

Individuals with Down syndrome should be fully included in family and community life.

FOR FURTHER INFO:

Tel: 0861 - DOWNSA (0861 - 369672)

+27 11 484 8890 / 1

Fax: (011) 011 252 5323

Or email: dssaoffice@icon.co.za

TB DAY EVENT

On the 23rd of March 2011, Phoenix Community Health Centre hosted the TB awareness event. The aim of the event was to create awareness about TB, and to prevent it from spreading complications. It was emphasized that TB is a curable disease as long as a patient adhere to treatment protocol.

We were warmly welcomed by Matron Bhogal and the event was driven by Mr. Mthembu (Social worker). We were also joined by Mr. Raj from Department of Agriculture who in his speech promoted the “One home one garden” which was initiated by government to eradicate poverty. Our guest speaker was Ms Marcia from NAPWA (National Association for people living with AIDS) she reiterated the rights and responsibilities for people living with AIDS for example :

- Taking responsibility of your health.
- Establishing support group to support each other.
- Work hand in hand with NAPWA as an organization.

Sr. Ntombela from (TB clinic) also stressed out the importance of taking medication and ways on how to deal with TB disease as it is curable.



Sr. Ntombela from TB clinic addressing the patients on the importance of taking medication.



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Mr. Raj from Department of Agriculture promoting one home one garden to the patients.



Ms. Marcia from NAPWA addressing the patients.



Welcoming and purpose was done by Matron Bhogal

NEW APPOINTMENTS

Welcome to Phoenix CHC



Ms. P.E.M Dlamini (ENA)



Ms. D.B Sindane (ENA)



Ms. B. Mwelase (ENA)



Ms. P.B Chiliza (ENA)



Mrs. P.T Ndlovu (ENA)



Ms. Z.H Gumede (ENA)



Ms. R.B Matafa (EN)



Mr. M.W. Manyoni
(Artisan Electrician)



Mr. V.S Mtshali (Principal HR-Practices)

Welcome to Phoenix CHC

PROMOTIONS



1



2



3



4



5



FIRST ROW

1. Mr. Mbhele (Finance service Officer)
2. Mr. J.Pillay (Human Resource Officer)
- 3 Ms. N Mthembu CEO's Secretary)

SECOND ROW

4. Mr. S.I Simamane (Finance Service Officer)
5. Mr. L. Sibisi (Clinical Orderly)

INTERNATIONAL NURSES DAY

The 12th of May 2011 Phoenix Community Health centre celebrated International Nurses Day. . The aim of the event was to appreciate the nurses for their dedication, commitment and hard work displayed towards service delivery.

The programme director was Matron Govender and the purpose of the day was done by Matron Bhogal who told the nurses that without them Phoenix CHC would not reach its goal which is caring for patients.



We were visited by Mr. Steven (guest speaker) who accentuated the importance of wearing comfortable shoes. We were also joined by Ms Rashma (Physiotherapist) who in her speech re-emphasized the following topics:

- Causes of back pain.
- Signs and symptoms of back pain.
- Prevention of back pain.



PHOENIX COMMUNITY HEALTH CENTRE NURSING STAFF

“ At PCHC We Care And We Deliver ”

PHOTO GALLERY



PCHC Choir

Welcoming was done by Dr. L. P. Mtshali (Clinical Manager Medical)



NURSES PLEDGE



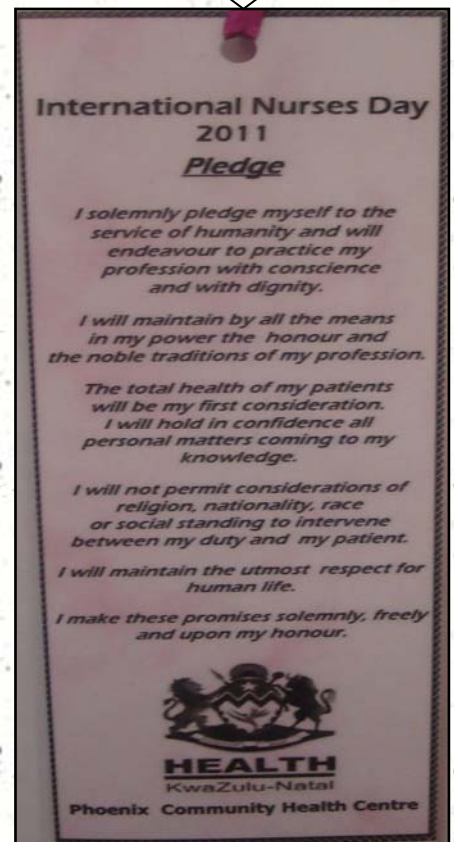
Mr. Steven (Guest speaker)



Ms. Rashma (Physiotherapist) was also invited to the function.



Nurses lighting the way of life



“At PCHC we care and we deliver”

INTERNATIONAL CHILDREN'S DAY

On the 01st June 2011 Phoenix Community Health Centre celebrated International Children's Day. The main objective of this event was to create awareness to the mothers out there that they need to honour and value their children. We were warmly welcomed by Sr. J. Appadu (Operational Manager-paediatrics) and the programme was driven by Ms. Mary Govender.

Topics discussed were :

- The importance of the Health Care of each child.
- The value and the importance of immunization.
- Safety tips

Age of Child	Vaccine(s)	Route and Volume (if applicable)
At Birth	BCG (Bacillus Calmette-Guérin) OPV (2) Oral Polio Vaccine GPIV (1) Oral Polio Vaccine RV (1) Rotavirus Vaccine	Right arm Drops by mouth Drops by mouth Liquid by mouth
6 Weeks	DTaP-IPV/Hib (1) Diphtheria, Tetanus, acellular Pertussis, Inactivated Polio Vaccine and Haemophilus influenzae type b Combined Hep B (1) Hepatitis B Vaccine	Intramuscular / Left thigh Intramuscular / Right thigh
10 Weeks	DTaP-IPV/Hib (2) Diphtheria, Tetanus, acellular Pertussis, Inactivated Polio Vaccine and Haemophilus influenzae type b Combined Hep B (2) Hepatitis B Vaccine RV (2) Rotavirus Vaccine	Intramuscular / Right thigh Intramuscular / Left thigh Liquid by mouth
14 Weeks	DTaP-IPV/Hib (3) Diphtheria, Tetanus, acellular Pertussis, Inactivated Polio Vaccine and Haemophilus influenzae type b Combined Hep B (3) Hepatitis B Vaccine PCV (2) Pneumococcal Conjugated Vaccine Measles Vaccine (1)	Intramuscular / Right thigh Intramuscular / Right thigh Intramuscular / Left thigh
9 Months	PCV (3) Pneumococcal Conjugated Vaccine Measles Vaccine (2)	Intramuscular / Right thigh Intramuscular / Left thigh
18 Months	DTaP-IPV/Hib (4) Diphtheria, Tetanus, acellular Pertussis, Inactivated Polio Vaccine and Haemophilus influenzae type b Combined Measles Vaccine (2)	Intramuscular / Right thigh Intramuscular / Left thigh
6 Years (Boys and girls)	Td Vaccine tetanus and reduced strength of diphtheria Vaccine	Intramuscular / Right arm Intramuscular / Left arm
12 Years (Boys and girls)	Td Vaccine tetanus and reduced strength of diphtheria Vaccine	Intramuscular / Left arm

* Rotavirus Vaccine should NOT be administered after 24 weeks.

sanofi pasteur
The vaccine division of sanofi-sintelabo Group

Immunization Chart



Why Immunization is important ?

- It prevents the spread of Disease
- Vaccination prevent children from getting diseases such as: Polio, Measles, Hepatitis B, Rubella, Petossir and Meningitis, these diseases make our children very sick and can be potentially fatal.
- Before immunization hundreds of thousands of children were infected and thousands each year died from various diseases.
- Statistics show that in the last 20 years, because of the practice of immunization some of the above mentioned diseases have decreased by at least 90%.

1. Parents were listening to different speakers.

2. Dancers entertaining the children
3. Sir. Chitray seen conveying message on the importance of Immunization.



AT PCHC WE CARE AND WE DELIVER

"At PCHC we care and we deliver"

OPEN DAY AT PCHC

Phoenix Community Health Centre hosted HCT Open Day on the 11th and 12th June 2011.

The aim of the event was to reach all patients as well as the community in Phoenix and surrounding areas.

Various tests done were :

- HCT
- Sugar test
- Blood Pressure



- Eye test

Patients came in numbers to support the programme and they were pleased to have this opportunity of receiving these services on weekends.

Matron Bhogal would like to send sincere gratitude to all the staff members who participated in this programme as well as to the community who supported their programme.

HEALTHY TIPS ON FOOD BASED DIETARY GUIDELINES

1. ENJOY A VARIETY OF FOODS

It is important to try and eat variety a of foods, this helps you to get all the vitamins and minerals you need. These vitamins and minerals will help to fight against infections when you are sick.



2. BE ACTIVE

Exercise is very important, it helps you to lose weight and build muscles. It also increases blood circulation and keeps you healthy.



3. MAKE STARCHY FOODS THE BASIS OF MOST MEAL

This would include starches such as pasta, rice, oats, phuthu, pap, samp and potatoes. Starch is what gives our body energy to function.

4. EAT PLENTY OF FRUIT AND VEGETABLES EVERYDAY

It is important to include at least five fruits and vegetables a day. This increases the fiber in your diet as well as provides essential vitamins and minerals that your body may be lacking. Your body is then better able to fight against infections. Cooking vegetables in different ways will prevent you from getting bored with your food. Remember to try vary the types of vegetables you are eating. If you can't afford vegetables start a vegetable garden.

5. FOODS FROM ANIMALS CAN BE EATEN DAILY

These foods include chicken, fish, meat, milk or eggs and they contain protein. Protein is very important in our bodies as it helps to build up our muscles and make us strong. Protein also helps our bodies to fight infections.



6. DRINK LOTS OF CLEAN, SAFE WATER

Drinking water is very important, the recommendation is to drink at least 2L every day.

7. USE SALT SPARINGLY

Salt can be added while cooking or at the table when dinner is served, it should not be used in both settings. Too much salt can cause high blood pressure which puts a lots of strain on your heart. It is recommended that a person should consume only one teaspoon of salt a day.

EXAMPLES OF TRANS FATTY ACID AND SATURATED FATTY ACIDS



EXAMPLES OF POLYUNSATURATED FATTY ACID MONOSATURATED ACIDS



MEET OUR INSERVICE TRAINEE



Ms. Londiwe Mzolo
(Public Relations In-service Trainee)

Hi everyone I am Londiwe Mzolo Public Relations in-service trainee started from the 1st March 2011.

I studied at UMgungundlovu FET College doing Public Relations Management. Having this opportunity of doing In-service training at PCHC as a student, I am expecting to gain more experience in the P.R. field. At the end of this in-service training I expect to have all the knowledge and skills needed to be a professional Public Relations Officer.

Quote

OBSERVE PEOPLE WHO ARE GOOD AT THEIR WORK –
SKILLED WORKERS ARE ALWAYS IN DEMAND AND AD-
MIRED THEY DON'T TAKE A BACKSEAT TO ANYONE.

PROVERBS :22:29

STAFF ISSUE

I would like to take this opportunity to thank everybody who contributed with his/her inputs in this publication. Your contribution is highly appreciated.

For inputs, suggestions, comments, enquiries
Kindly contact the PRO at ext 0822.

Ms. Phumla Majola
Public Relations Officer

DEATH

It is sad to announce the passing away of Mr. K Rughbeer (Trade man aid) who passed away on the 21 May 2011.

He will be greatly missed, May his soul rest in peace.



*“Don't worry about anything in-
stead tell God about everything
ask and pray.”*

Philippians 4:6

Kindly be informed that Phoenix
CHC telephone numbers has been
changed to :

Tel : 031 538 0800

Fax : 031 500 4290

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Sinika Ithemba**