



VOLUME 1 ISSUE 2

# SUNDUMBILI CHC NEWSLETTER

JANUARY – MARCH 2008

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## FROM THE CHIEF EXECUTIVE OFFICER'S DESK MRS. JESSICA PILLAY

It is indeed once again delighting to launch the second newsletter for Sundumbili CHC and the Mandeni sub- district.

We are sure that it will make a positive impact on all our readers as it is packed with the CHC's tremendous progress and achievements with our real health life stories.

The year of 2008 has started again with so many challenges to face but I believe that through hard work, dedication, team work and being focused, We will definitely fulfill our tasks and succeed as KZN Health Officials.

Appreciation to the management and staff for their remarkable work and I wish you another year full of blessings and achievements. Let us not forget our purpose of ensuring that health service delivery is not compromised at all levels. I mean that we should always practice **Batho Pele** and **Excellent Customer Care** when serving our patients. Obedience, tolerance, humbleness will lead us all the way.

A big welcome to new staff members who have joined Sundumbili CHC, We assure all of you that you will enjoy being part of this directive and warm family. We had been unfortunate to lose some of our dedicated staff within the CHC and clinics and we send our deepest condolences to their families and friends.

*"Wishing all Colleagues blessed and wonderful Easter Holidays, May God protect you throughout this moment and we hope that you will come back safe at work."*



MRS. JESSICA PILLAY  
CHC MANAGER



"Nothing in life is so hard that you can't make it easier by the way you take it"



## FROM THE EDITOR'S NOTE

It is with greatest pleasure to announce the second issue of Sundumbili News. I trust that you find it interesting, motivational and inspiring.

Basically the main topic which caught my mind this month is the importance of **"REALIZING AND LIVING THE DREAM"**.

Presently we are living in the vulnerable society where people make different choices, choose different career paths and others just sit back and expect everything to magically fall into them without doing anything. I think it is imperative for people to realize what they do best as that will assist them in making a career or something good out of the best things they do. Determining your strengths and weaknesses is a starting point of any dream, Knowing what you want and where you are going is the first step that will take you forward.

People should not fear networking/ sharing because sharing your knowledge with others will actually lift you up as an individual and take you far. Never give up and always be open to whatever life throws at you because you never know, it could be the path that leads to your ultimate destination. Just like Langston Hughes' say **" HOLD FAST TO DREAMS, FOR IF DREAMS DIE, LIFE IS A BROKEN WINGED BIRD THAT CANNOT FLY"**.

### "WORDS OF GRATITUDE"

A token of appreciation to the CHC Manager and the Management team for their warmth welcome, direction, support and for believing in me. To all Sundumbili CHC staff, keep up the good work as well as the Batho Pele spirit . Always remember that **"Ability may get you to the top, but it takes character to keep you there."**



**Ms. Silondiwe Hadebe**  
Public Relations Officer



**" I say to you today, my friends, even though we face the difficulties of today and tomorrow, I still have a dream...."**

**(By :Martin Luther King)**



## UMKHANKASO WECONSI LIKA VITAMIN A

**U**Mnyango weZempilo Kuzwelonke jikelele wahlela umkhankaso wokunika abantwana iconsi lika Vitamin A. Lomkhankaso waqala mhlangu 03 kuya ku 14 ku Ndasa enyakeni ka 2008.

Isiqubulo esasihlelwe lomkhankaso sasithi:

**“Umkhankaso ka Vitamin A Uhlenga Impilo,”** Lesisiqubulo sasihambisana nenhloso esemqoka yalomkhankaso yokusiza abantwana ukuba imizimba yabo ikhule ngendlela efanele futhi esimeme uphinde futhi ubavikele ekungenweni yizifo kanye nokugula.

Ikliniki yomphakathi waseSundumbili njengesikhungo somNyango weZempilo KwaZulu Natali yabamba iqhaza kulomkhankaso njengoba yayimatasa inikeza abantwana abasukela ezinyangeni eziyisithupha kuya eminyakeni emihlanu iconsi lika Vitamin A. Ieliconsi lalitholakala ngisho kulemitholampilo elandelayo eyisikhombisa nengaphansi kwekliniki yomphakathi waseSundumbili; Isithebe, Ndulinde, Dokodweni, Macambini, Ohwebede, Mandeni nase Tugela.

Amathimba ayisihlanu ayelungiselelwe lomkhankaso esigcemeni saseMandeni abhekisa amabombo awo ezindaweni ezahlukeneyo zesigceme saseMandeni ehamba ememezela futhi linikeza izingane iconsi lika Vitamin A. Izindawo ezavakashelwa kubalwa izikole, izinkulisa, izitolo nemiphakathi okufinyelela kuyo ikliniki lomahambanendlwana.

Ithimba labaphathi baseSundumbili okwakuthiwa uTeam Jikeleza okubalelwa kulo uNkk. Sindane Inhloko yezamakliniki no Nkk. Mabaso Umphathi wabahlengikazi alizibekanga phansi kangangokuba nalo laphuma umkhankaso lihamba limemezela liphinde linikeze abantwana iconsi lika Vitamin A. Ngingasho ngithi lenza umsebenzi omuhle kakhulu libambisene nomxhumanisi wekliniki yase Sundumbili UNksz. Sloh Hadebe no Nksz. N.G. Maphanga njengoba lafinyelela ezindaweni ezikude ezisemathafeni, emajikeni, isemigaqweni, ezindleleni nasemiphakathini ehlwempu ekude kakhulu nezikhungo zezempilo. Lalibuka kakhulu lezo zindawo ezazinezibalo eziphans zabantu abathole iconsi lika Vitamin A.

Lomkhankaso wahamba kahle kakhulu njengoba isikhungo sethu sasibekelwe ukuthi sifinyelele ku 60% kwi target group ka 12– 59 months kodwa sona sadlulela ngamalengiso ku 78,3%.

Kwi non target group ka 6 to 10 months isikhungo sethu safinyelela ku 103%.

Sidlulisa ukubonga kubobonke abasebenzi baseSundumbili nase-maklinili angaphansi kwayo ngeqhaza elikhulu abalibamba kulomkhankaso. Sibonga siyanconcoza ngenkuthalo, uthando nokuzimisela kwabo njengoba nemiphumela ibemihle kangaka.

**Nizibambe Ziqine futhi Niqhubeke Njalo!!!**



Lapha sibona Inhloko yezamakliniki Unkk. B.P. Sindane econsisela u Vitamin A kwenye yezingane esazithola sidlula ngomgwaqo



Abazali baqinisekisa ukuthi abantwana babo bayalithola leliconsi.



Umphakathi wase-Vutha ujabulela ukufika kwabaphathi boMnyango weZempilo e-Sundumbili



Ingxenye yomuntuza basenkulisa yakwaHlomendlini bevivela ukuthola iconsi lika Vitamin A

**“UMKHANKASO KA  
VITAMIN A  
UHLENGA IMPILO”**

# ARV SUCCESS PROGRAMMES



**H**IV and AIDS is the most threatening disease that is currently challenging the South African Economy. The National and Provincial Department of Health is successfully trying by all means and it power to eliminate and decrease the affection and infection of this disease through effective programmes, plans and methods.

Sundumbili CHC as one of the KZN Health institution is allocated to the Mandeni sub– district where the community is mostly affected and infected by HIV and AIDS. It has an ARV Department which offers Voluntary Counseling and Testing for patients including adults, pregnant mothers and children.

Patients that are referred from the general OPD, TB Clinic and Mobile Clinic are also consulted in this department for monitoring of their status and health condition.

A headcount of +/- 4000 patients are consulted in the ARV Department per month and 2500 patients are on ARV treatment.

A maximum of 20 patients who have less than 200 CD 4 count attend ARV literacy classes which run for 3 days a week where training of taking ARV treatment effectively is done, education of medication side affects is done and patients are also advised about the availability of different choices of ARV treatment.

These literacy classes effectively assist patients to the high extent as they are well equipped, aware of the side effects of ARV medication and have more broader knowledge on contraception and positive living. As Sundumbili CHC we are proud to announce that the statistics of HIV & AIDS patients really decrease tremendously through these effective programmes and activities.



Patients fully participating in the Question and Answer session.



A brave patient sharing her story and knowledge with other patients



Ms. Zama Ndlovu an HIV& AIDS Counselor educating the patients about the signs and symptoms of HIV and AIDS including the importance of positive and healthy living



HIV positive patients paying careful attention to the proceedings of the class

## “POSITIVE AND HEALTHY LIVING”

BY MS. S. NGUBANE

My name is Ms. Kuhlesibonge Siphwi Ngubane and I have been working as a Finance Service Officer at Sundumbili CHC for 7 years. I am HIV positive and have been living with the virus for 8 years. I am a hardworking, passionate lady who has a positive attitude towards life and have been complemented as bravest person since I normally talk freely and explicitly about my condition.

In 5/ 10 years to come I see myself as a person who is living a healthy life, being independent, having a good job as well as owning a big successful company. I see myself as a strong individual as I am able to face life challenges and accept situations as they come.

I am a happy mother of two beautiful healthy kids and I have a lover of my life of 5 years. What really drives me is the fact that we connect and love each other in the same way.

When I discovered that I am HIV positive, I didn't have a problem as I was previously reading about HIV and AIDS in such a way that whenever I see a red ribbon / something which talks about positive living, I would read and read and I believe that equipped and developed my knowledge in HIV and AIDS.

## “MY MESSAGE TO THE PEOPLE”

*“To those who do not know their status, it is imperative to know your status in order to take care of your self and protect other people from this virus”*

*“To those who have been already infected, always remember that everything happens for the reason, so you mustn't be afraid but trust in God, learn to accept your condition and live a positive healthy life”*



Ms. S. Ngubane: Finance Service Officer



**AIDS HELPLINE**  
☎ 0800-012-322



# TB EFFECTIVE PROGRAMMES



Tuberculosis (TB) is a contagious disease that is currently affecting the South African Economy. Statistics reveal that South Africa is one of the 22 high-burden countries with KwaZulu-Natal as one of the provinces with a large number of TB cases.

We salute the National and Provincial Department of Health strong force team for its successful strategic and TB crisis management plans which have effectively assisted in eliminating and decreasing the burden of this disease.

Sundumbili CHC's TB Department runs effective TB Programmes where the following services are offered to patients/ the community:

- \*TB testing for patients who have coughed for 2 weeks
- \*TB contacts for people who stay with tb patients
- \* Health Education on the transmission of tb
- \* Education on Nutrition
- \* Education on Hygiene– importance of staying in well ventilated houses not overcrowded places
- \* Education on taking treatment effectively
- \* Education on different types of tb including signs and symptoms

A headcount of +/- 1300 patients are consulted in the tb department per month and 800 are on tb treatment. All tb patients are referred to the VCT Department for check up and approximately 95% of them are HIV positive. TB defaulters and suspect cases who are positive of tb and do not come back for their results are investigated by the TB Tracing Team.

We have a streptomycin team which gives streptomycin injection to patients who are unable to come to the clinic due to physical disability and who do not have budget for transport.

This programme really assist as the percentage of patients who are in completion of their treatment increases.

The TB Tracing Team does a tremendous job as they trace these patients daily for consultation by requesting as well as reminding them to come to the clinic for collection of their treatment and regular check up. Suspect cases are advised to come to the clinic and commence tb treatment. Patients who do not visit the clinic regularly due to death are also discovered.

The TB Tracing programme effectively assist tb patients in such a way that they complete tb treatment because they know that they will be traced again if they don't and also the percentage of tb suspect cases decrease. The percentage of TB indicators for defaulters is 16%, the cure rate of the 2nd quarter for 2007 is 80% and the smear conversion rate is 93%

In support of the Health Department's "HOLA 6" Campaign, patients and the community are always educated and reminded about the fact that TB can be cured if they take their medication for the full six months. They are also advised and alerted to know the symptoms, get tested, get free treatment, get support and live a healthy life.



The patient listening carefully while Ms. Nzuzza explained to him about the functioning of the streptomycin injection including its assistance.



The streptomycin and TB Tracing Team even reaches to people who live in poverty and in remote areas.



Ms. N.O. Nzuzza a Streptomycin Nurse greeting one of the TB patients who gets streptomycin injection at his home.



Mbaliyethemba a nine year old TB defaulter ( girl who is on the front row wearing a white shirt on the right) was traced and found at New Arch Primary School by the TB tracing team



Mbali and her teacher listened to the Tracing team member, while she reminded her to come to the clinic for collection of her TB treatment and regular check up. Teacher was requested to pass the message to Mbali's guardians.



Members of the Streptomycin and TB Tracing Team from left; Mrs. B.R. Msweli, Mr. I.B. Blose, Ms. A.N. Nzuzza and Mrs. Z.N. Mhlongo



**TB can be cured...**  
If you take your medication for the full 6 months.

**“CELEBRATING MARCH BIRTHDAY’S”**

According to their star signs; *Pisces* and *Aries*, people who are born on March are described/ known as go getters, passionate hard workers, some like to be stress free, loves family life and independent. They are intelligent, have many talents but with no enough time to use them and have good leadership qualities. They are known for their strong qualities, perfectionism and expects complete fairness. I cant say more coz the list is endless.....

This month at Sundumbili CHC, we are celebrating people, staff members and other KZN Health officials who are march babies. Guys: “REMEMBER THAT THE KEY IS TO TAKE WHAT WE HAVE LEARNT AND MAKE WISE CHANGES IN OUR LIVES AND OUR WORK”

**“WISHING U A HAPPY, BLESSFUL MONTH”**

**“SENGATHI UNKULUNKULU ANGANIGCINA IMINYAKA NGEMINYAKA,  
NIKHULE KODWA NINGAKHOKHOBI NGOBA SINIDINGA  
EMSEBENZINI”**

FOLLOWING ARE THE STAFF MEMBERS WHO WERE BORN IN MARCH AT SUNDUMBILI CHC:



**Mrs. H. Q. Mabaso**  
Nursing Manager



**Ms. Nonkululeko Masemola**  
Supply Chain Management



**Ms. Kuhlesibonge Ngubane**  
Finance Service Officer



**Ms. Sloh Hadebe**  
Public Relations Officer



**Ms. Nomusa Ntombela**  
ARV Data Capturer



**Mrs. Duduzile Majozi**  
Acquisition Officer



**Ms. Zamazulu Ndlovu**  
HIV&AIDS Counselor

**“Its how you deal with failure that determines how you achieve your success”**

**“INSPIRATIONAL POEMS”**  
**“IZINKONDLO EZINOHlonze nezakhayo”**

**THE ROCK OF AGES**

I love when they look down upon you  
 I love when they ignore “you”  
 I love when they forget about you  
 Don't worry that what a man believes  
 They believe in “criticizing” women  
 That's natural, the top line is you are the rock

I love when they stand a front you  
 To “hide” your presence/ your importance  
 The top line is you are the rock  
 There will be no man in this universe  
 You are the rock  
 Those man of “top society” were  
 Born, Bread & Buttered by your hands  
 You are the Mother of success

Behind each and every successful man  
 There is a woman  
 But don't worry they tend to ignore  
 I love it when they burst their chest  
 Saying they are better than women  
 The top line is you are the rock

A woman is always there for a man  
 But when they got what they need  
 They tend to ignore and throw you  
 Away in a garbage  
 But you always wearing that everlasting smile  
 Having those warm hands

Even if you come across the wars  
 You conquer  
 I love you for being a “Hero”  
 The top line is u're the rock  
 The rock that was there before a men  
 Actually you are the rock of ages

**Written by: Ms. Lihle Dlodla**  
**Clinic Support Officer**



**Ms. L. Dlodla**  
**Clinic Support Officer**

**KULUNGILE NGIZOKWENZENJALO**

Li, Li, Li!  
 Lasho iphimbo limemeza  
 Kwazwakala uhoyozwa lubizela abangazwanga  
 Lapho kugida amabxongwane nezintombi  
 Phela bathi angikhulule ngikhokhobe

Ngashaywa eNkulu ingebhe lapho  
 Ngibheka izwelonke libuka mina libuzana ngami  
 emaphepheni.  
 Kodwa ngasho ubunjalo bami, ukwenza kwami.  
 Pho- ke ngingathini anginamahloni ngobunjalo bami.

Izizwe ziyajabula ziyahalalisa Nami Ngiyagiya  
 Pho- ke kusho- bani uNyamazane,  
 Umabonabulawe  
 Inkululeko ka Macingwane  
 Ubengathini yena uma seabemvalumlomo uvele  
 Wabhabhazela okwehansi libona izihambi  
 Washo khula ukhokhobe ngane yami

Kulungile Ngizokhula ngiye phambili  
 Phela ngizothi ngiyiminje Ngiyindlu emnyama  
 Ngiyaziqhenya ngobumina  
 Ngiyaziqqaja Nomdala wezinsuku ithembalami  
 Umanqoba wami. Kulungile ngizokhula naye.

**Ibhalwe ngu: Nksz. Nonkululeko Mpuzana**  
**oyi Pharmacy Assistant**



**Ms. N. Mpuzana**  
**Pharmacy Assistant**

**NGIBONGA NGOKUNGAPHEZI**

Ngobusika obubanda ngokungenaluzwelo  
 Ihlobo elishisa ngokungathi kukwalasha  
 Liduma liqeqebuka  
 Ngingenakho okokwembatha,  
 Ungibizile ngasabela  
 Ngibonga ngokungaphezi.

Ezinzulwini zobusuku,  
 Usiba lugijima phezu kwephepha,  
 Ubuthongo behlela phezu kwebhuku,  
 Ubhaqa lwami lukhanya, ngikhuthazeke,  
 Ngibonga ngokungaphezi.

Ngibonga wena mama,  
 Ngesobhadakazi ungvusa ngibabela khona,  
 Amazwi akho thisha angiqhubele phambili,  
 Konje bengingaba yini ngaphandle kwemfundo?  
 Ngibonga ngokungaphezi

Bathe ontanga betetemuka nobumnandi  
 Ngabe ngigqolozele iziphico zabamhlophe,  
 Ngibala kuphele nezinzwane,  
 Ngibonga ngokungaphezi.

Ngilapha namuhla,  
 Ngiloba ngethabile  
 Kungenxa yemfundo,  
 Mfundo uyisikahli sokulwa nokungazi,  
 Ngibonga ngokungaphezi

Limani kusesemini,  
 Bhekani siyeza isikhonyane,  
 Yiba ngumngani wosiba,  
 Yenza amabhuku isithndwa sakho,  
 Libala injabulo eyize leze,  
 Ngomuso uzobonga ngokungaphezi,  
 Nami ngibonga ngokungaphezi.

**Ibhalwe ngu: Mnz. Hloniphani**  
**Mzobe oyi Site Mentor**



**Mr. H. Mzobe**  
**Site Mentor**

**“When love and skill work together, expect a master piece”**

## ? I CAN FEEL THE FLU COMING ON

### WHAT'S THE TRICK?

Vitamin C + zinc= better anti- oxidant absorption.

#### WHERE CAN I FIND THIS?

In a sandwich with tomatoes (vitamin C) on whole grain bread (zinc).

#### WHY DO I NEED BOTH?

They stimulate your immune system and help it to act more effectively.

Vitamin C not only helps to fight off colds and flu, but it is also thought to prevent heart disease, cancer and even cataracts (an eye condition).

#### OTHER FOOD OPTIONS

Whole grains, nuts and legumes like peas and beans are rich in zinc, while mangoes, kiwi fruit and berries all contain vitamin C.



## EASTER MESSAGE TO ALL STAFF!!!

**SUNDUMBILI CHC MANAGEMENT WISHES ALL STAFF AND THEIR LOVED ONES A WONDERFUL AND BLESSED EASTER HOLIDAYS. MAY THE LORD PROTECT ALL OF YOU AS YOU WILL BE EMBARKING ON DIFFERENT JOURNEYS TO WORSHIP HIM.....**

**"REMEMBER THAT CHRIST DIED ON THE CROSS SO THAT OUR SINS COULD BE SAVED FOR HE IS THE ONLY SALVATION FOR THE WORLD"**

HAPPY EASTER

FOR INPUTS, COMMENTS, SUGGESTIONS, ENQUIRIES. KINDLY CONTACT THE PUBLIC RELATIONS OFFICER AT:

032 454 7561

COMPILED BY: MS. SLOH HADEBE(PRO)

Sundumbili CHC  
Msomuhle Road  
Private Bag X 6032  
Mandeni  
4490

Phone: 032 454 7561

Fax: 032 454 0121

E-mail: [silondiwe.hadebe@kznhealth.gov.za](mailto:silondiwe.hadebe@kznhealth.gov.za)



WE ARE ON THE WEB!!!

[www.kznhealth.gov.za/sundumbilichc.htm](http://www.kznhealth.gov.za/sundumbilichc.htm)