



Fighting Disease, Fighting Poverty, Giving Hope

uThongathi

Issue. 1

Official publication for Tongaat Community Health Centre

Update

March 2008

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Update from the TCHC Manager

It is hard to believe that the year is already indicating March, however this is how fast 2008 is moving.

We are already finalizing the 2007/2008 financial year. Challenges presented along the way, were however overcome and there were strategies implemented to address them. As a health service provider, this facility has strove to develop a culture of respect, compassion and caring in our endeavor to improve quality health care for all.

Judging by the road already traveled to achieve in accordance with this facility's mission, it is a pleasure to recognize the acknowledgement by an increasing number of health users of the change effected for the benefit of everyone. The contribution of health users in the form of suggestions, compliments, complaints has been a strong motivating factor to deliver through our mission and co-values.

The following reflects achievements at Tongaat CHC since 2006:

- Accredited by the National Department of Health to provide a roll out of ARV Treatment

- Additional personnel were recruited in both clinical and support services to ensure service delivery. Some of these were funded through support from ARK (an NGO)
- All the staff were trained in Batho Pele, Patients Right Charter and Patients responsibilities. More training planned for 2008 to assist in cultivation of a culture of compassion and caring in the work environment
- More staff were sent for training update and further training to improve skills and ensure high quality in delivering a relevant primary healthcare package for community health centres
- A 24 HOUR Emergency health care service was commenced effective from 01 January 2007. This was a much needed service for the catchment area of Tongaat. This service is run by full time clinical staff inclusive of a doctor on site call.
- Provision of a new equipment and furniture for the clinical areas and support services



Tonga Community Health Centre Manager—Mr S G Viki-lahle

inclusive of—New patient trolleys and wheelchairs

- New shelter to accommodate the new patient trolleys and wheelchairs
- Improvement in infrastructure i.e two (2) new parkhomes for administration, one (1) new parkhome for Child Health Clinic, renovation of an old parkhome to cater for an Occupational Health Clinic and Employee Assistance programme, renovation and refurbishment of the main Kitchen and Sithembile Clinic, three (3) new parkhomes for Security personnel and

Other and New sheltered arrears for the Chronic Clinic and Emergency ambulance bay

There were some other major renovations done at MOPD and PHC section which included 16 new consulting rooms, painting of the whole Community Health Centre and landscaping of the grounds to enhance user friendliness of the community health centre.

Tongaat CHC embarked on some other key and vital projects with the community of the surrounding areas. The promotion of community gardens with the assistance from Department of Agriculture has been one of the successful projects. We shall continue to strive for more improvements, taking into consideration the priorities for 2008/2009 financial year.

Tongaat CHC Management Team



*Mr S G Vikilahle
CHC Manager*



*Dr B M Roopsingh
Medical Manager*



*Mrs J E Buthelezi
Nursing Services
Manager*



*Ms S S D Sha
Pharmacy Manager*



*Mr W L Malevu
Finance & Systems
Manager*



*Mr A S Cele
Human Resource
Manager*

UPDATES.....

Quality Assurance

Programme

Article by Sr P S Ngcobo

Quality is the sixth of the twelve principles decentralized from the National Health committee to District Health system. These principles are there for the planners to comply in the development of the district health system.

Quality Assurance is the attempt to ensure that patients receive quality nursing care and is everybody's responsibility. The Quality Assurance programme has been running at TCHC officially since August 2007.

A task team was then formed which oversees the planning of the Quality Surveys. One of the most recent highlights at TCHC for our quality programme was an Open Day/Imbizo which was held in January. This particular event gave a platform to the community to ask questions regarding our community health centre and services offered at this particular institution.

We are hoping that 2008 will be a great year for TCHC Quality Assurance department as we



Sr P S Ngcobo, acting Quality Assurance Co-ordinator for TCHC

are currently working on certain quality improvement projects which will help us to qualify to hold a Quality Day event.

Infection Control measures up to scratch

Article submitted by Sr M. Govender



Sr Morgie Govender, Acting Infection Control Practitioner

The infection Control Unit at Tongaat CHC was officially functional on the 1st March 2007.

The main objective of this particular department is to prevent and control infections and transmission of infections by coordinating and implementing relevant changes and improvements in the prevention and control of the infectious disease.

A multidisciplinary infection and prevention control committee was established. The committee drew up a comprehensive programme to encompass all aspects of infection prevention and control.

This programme involved relevant interventions and activities that ranged from good hand hygiene practices, use of protective equipment, environmental hygiene, pest control, food preparation and handling, linen management, risk assessment and management, waste management, surveillance.

The infection control is also involved in conducting in-service training, conducting audits, monitoring and notification. This is to ensure disinfection and sterilization technique is adhered to with regard to equipment and environmental use of antibiotics.

The infection prevention and control unit have pledged their continued support in preventing, monitoring and controlling the spread of infections at Tongaat CHC.

Occupational Health Clinic up and running

Article submitted by Sr Seetha Naidu

The wellness of staff at Tongaat Community Health Centre is as important. There was a great need for the Occupational Health Clinic. Help is now on hand as the Occupational Health Clinic is up and running in this institution. This clinic provides a comprehensive service to TCHC staff. The vision is to promote an optimal health status for all employees. The following services are available :

- Baseline examinations
- Inservice education



Sr Sitha Naidu, Acting Occupational Health Nurse

- EAP
- Immunisations
- Management of Occupational injuries and diseases
- Monitoring of chronic conditions
- Primary Health
- Counselling and referrals when necessary

The clinic is at present aiming to establish an HIV/Aids programme for the staff of Tongaat CHC. The programme will include Voluntary Counseling and Testing (VCT) and ARV. The benefit of these services are to reduce staff turnover, promote job satisfaction. Enhance work relationships and reduce potential injuries and occupational disease. Staff are urged to utilize these services.



Above pics: exterior and interior of TCHC Occupational Health Clinic

Dietician's side of the story

Article by Belinda Roberts

Joining Tongaat CHC as the Community Service Dietician has been a challenging but enjoyable journey so far. Previously, TCHC was serviced by a Dietician from Osindweni Hospital, who visited the clinic on a monthly basis.

The dietetics profession has grown in the past few years, especially with society being a lot more health conscious and with programmes such as "The Biggest Loser" as well as other media attention which has brought awareness to the profession.

Dietetics is not only focused on helping individuals to lose weight, it also provides confidential consultations regarding all aspects of diet and nutrition such as heart disease prevention, HIV, related nutrition, diabetes, cholesterol lowering, gastrointestinal complaints, food allergies, eating disorders, sports nutrition, growth monitoring in infants and children. It also involves working with patients in hospitals who cannot feed themselves, or require a specialized supplementary feeding such as burns, head injuries, cancer and gastrointestinal post op patients.

To allow dieticians to work in the health profession they have to be registered with

the Health Professions Council of South Africa.

My focus at TCHC so far, has been mainly working with the HIV and diabetic patients as well as being involved in other activities such as the Vitamin A campaign and improving the service delivery of soup kitchen.

There are many goals that I would like to achieve at TCHC this year, but one of the most important one is to ensure that the HIV patients receive necessary nutrition counseling and much needed specialized supplementation, together with their ARV's to help reduce morbidity and mortality.

"the dietetics profession has grown in past few years, especially with society being a lot more health conscious..."



Pic: Belinda, Tongaat CHC Dietician in action

Tongaat CHC promotes health in Schools

Article by Sr V Reddy (School Health Services Co-ordinator)

Tongaat Community Health Centre opened its arms to school health services in 2004. This services has benefited the communities of both Tongaat and Verulam.

Being clinic based has proved to be a success especially in strengthening the relationship between schools, the learner and that of the health service provider. Tongaat CHC school health services has been involved in various projects and programmes, like the celebration of National School Health week, EPI Campaigns, Essay writing Competitions, Safer Schools Road-show and routine Health Assessments at schools.



Children from Embonisweni Primary School in Tongaat, celebrating National School Health week, PARENTS OUGHT TO BE INVOLVED TOO!!

STI/PREGNACY WEEK—A SUCCESS



Hard working Staff from TCHC Maternity Ward

Tongaat CHC recently held a week long programme for STI (Sexually Transmitted Infections)/Pregnancy Awareness.

This awareness week was held in conjunction with the National Department of Health as per our Health Calendar which marks the week from 10 to 16 February as the STI/Condom and Pregnancy Awareness Week.

Increasing awareness of pregnancy related issues, promoting a healthy lifestyle for expecting mothers, early detection and prevention of STI's and HIV/AIDS was the main objective for this awareness programme.

The whole programme was carefully planned and executed by the dedicated staff from TCHC Maternity/Reproductive Health Unit. The whole week had a line up of interesting and informative topics for each day.

Some of the topics on the programme were foetal alcohol syndrome/smoking, abuse of pregnant women, pmtct, sti's/condoms, prevention of BBA's and also teenage pregnancy.

The general response from the patients and community was positive and those who attended and participated won prizes.

A day in the life...

Yolanda Mwelase—Oral Hygienist

In this issue, we take a look into a day to day life at work for Yolanda. This young lady is an Oral Hygienist at Tongaat Community Health Centre. We also wanted to find out about who she is and what she likes.

Yolanda was born and raised in Pietermaritzburg in Sobantu to be precise. After completing her higher education at Sobantu High School she enrolled for a Degree in Oral Hygiene at UKZN then known as University of Durban-Westville.

She started working at

9:00 She makes her way to MOPD, Sithembile Clinic, Maternity and finally to the Pharmacy Shelter still conducting her everyday oral health talks.

10:00 Tea time, Yolanda goes for a tea break and catches up with colleagues.

10:30 Now she attends to the patients at the Dental Clinic, performing dental procedures like cleaning and filing of patients teeth and also treating oral diseases e.g. gum disease etc. This takes a lot of time as the patients keep flocking in.

13:00 Lunch break, Yolanda meets up colleagues and chat while they have their lunch meal.

14:00 Break is over, she makes her way back to the Dental Clinic to continue with clinical procedures until all the patients are attended to.

16:00 Work for the day is done. She prepares for the next day and then goes home.

Tongaat CHC in July 2007.

We took a look at Yolanda's day at TCHC, what her job involves and so on.

7:30 Another morning, Yolanda starts work at TCHC Dental Clinic sometimes with a cup of tea/coffee to kick start her day

8:00 A morning rush as she prepares her schedule properly for the day

8:30 Patients attending the Dental Clinic are already seated quietly at the waiting area. She comes and greet the patients. She then proceeds with her routine talks about



Yolanda, Oral Hygienist at TCHC

Oral health education. She carefully articulates her message. She also does demonstrations about teeth brushing methods and the correct way to use a toothbrush when brushing one's teeth.



Yolanda begins her day with educating the patients at the Dental Clinic about the importance of oral care



Events at Tongaat CHC

We take a sneak preview through the lens at the events that took place at Tongaat Community Health Centre



TCHC Management and Community Leaders

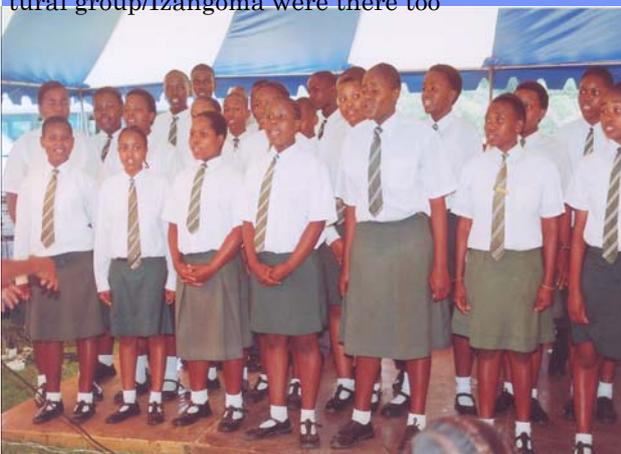
The community came out in numbers to attend this event



“Ngihawukel’ wethongo lami ngihawukele...” Cultural group/Izangoma were there too



Local talent shone as these kids sang and danced for our audience



Local school spoiled the audience with some mellow melodies



TCHC staff were quiet helpful on this big day

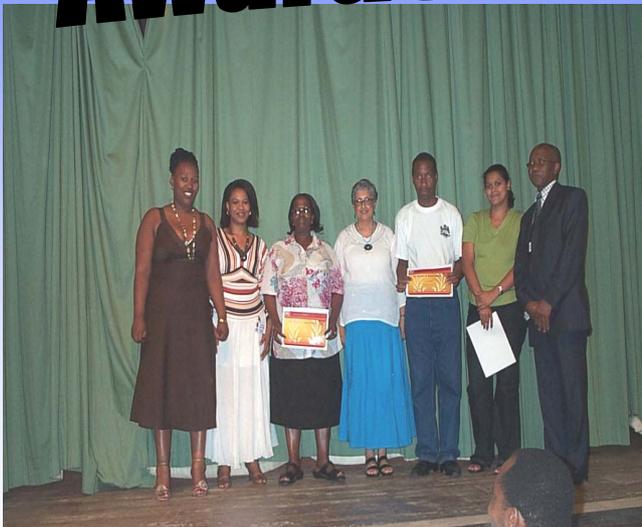
On a lighter note...



Seen here on the top left and right pictures are some of the staff members from TCHC at a party which was held recently at Westbrook Beach on Saturday, 8 March 2008. Occasions like these are sometimes held by staff to promote team spirit in a relaxed atmosphere



Awards Ceremony Day



Back Chat with....

Philile Manzi—Public Relations Officer

Exclusive! Our First Issue

I am very excited that we will be sending out our first quarterly newsletter to everybody at TCHC and it will also be available on the intranet. I hope to give insight in the working of Tongaat CHC. I will endeavor to bring stories of the human side of our staff and the challenges that are faced on a daily basis in the Community Health Centres, in particular this one.

Tongaat CHC is achieving great changes and I am proud of all the staff here. They are passionate about improving the quality of health care and also the service offered.

I haven't been here for a long time but I have witnessed the unity of the staff and the management. I believe that this is all we need to take this Community Health Centre to the top.

In this issue, I look at the new Units that were introduced in the previous year. Many of us do not know what they do or the importance of these Units in our CHC. For example, the Infection Control and Quality Assurance Unit. I think the articles will enlighten those with little or no information at all regarding such units.



Tongaat CHC Public Relations Officer, P Manzi

Asiqhubekela phambili-ke senze okufanele futhi sisebenze ngokuzimisela.

Have your say....

This our Newsletter, if you have any suggestions or interesting ideas/articles for this publication, do not hesitate to inform me. Please ring me on 032-944 5054 ext 227 or e-mail me on

philile.manzi@kznhealth.gov.za

As per our Newsletter's name "uThongathi Update". We will be updating each other on various issues which take place at TCHC. I trust that you will find this publication fascinating as well as informative.

Inhloso yaleliphephabhukwana ukwazisana ngokuqhubekayo eTongaat Community Health Centre. Kuyangithokozisa kakhulu ukubona ukuthi abasebenzi bakulesi sikhungo basebenza ngokukhulu ukubambisana nabaphathi.

-FOOD FOR THOUGHT-

"Happiness comes of capacity to feel deeply, to enjoy simply, to think freely, to risk life, to be needed" - Storm Jameson

RECENT....

Appointments

- ◇ Bisnath S—Senior Medical Officer
- ◇ Lutchminarain K—Senior Medical Officer
- ◇ Manzi P—Public Relations Officer
- ◇ Hlatswayo N—Support Officer
- ◇ Ngubo N Z—General Ordely

Promotions

- ◇ Kawula N N—Health and Safety Officer
- ◇ Maharaj Y—Senior Pharmacist
- ◇ Munsamy V—Senior Pharmacist

Births....congratulation

to:-

- ◇ Maveshnee Govender (TCHC Baby Clinic) on the birth of her baby girl
- ◇ Nelly Mfeka (TCHC Principal HR Officer: HRD) on the arrival of her baby girl