



CONTENT

What is Khanya Africa?	1
What is Khanya Africa	
What is K. A. doing @ Bethesda?	1
K.A. in action @Bethesda	2
General Overview of the event	2
Voluntary Testing and Counseling	2
Oral Screening	3
Occupational Khanya Africa?	3
Short Commings	4
Remarks by the Chairperson of K.A.	4
Next Event:	4
24/09/09 Msunduzi	

# BETHESDA HEALTH PROMOTING HOSPITAL KHANYA AFRICA

VOLUME 1, ISSUE 1 NEWSLETTER SEPTEMBER 2009

## KHANYA AFRICA

**“A hospital in motion driven by the paradigm of volunteerism”**

*Nowadays the number of NGOs is enormously increasing, lets scrutinize Khanya Africa. It is non profit organization building capacity for communities to prevent disease. It is a voluntary organization which promulgates that every citizen has the freedom to access their constitutional right to equal health care. Noting that the most marginalized for the main stream of service delivery are those that reside in the deepest rural areas, this outreach program seek to redress the*

*imbalance through the spirit of UBUNTU. The primary focus is to promote a conducive*



## KHANYA AFRICA LOGO

*environment promoting volunteerism and a team work approach in raising the quality of care provision.*

### Vision

We strive to be leaders in promoting improved health for all through sustainable voluntary initiatives.

### Mission

We aim to hasten, push boundaries, transfer skills and open paths for our people to realize health for all

### WHO FOUNDED?

Khanya Africa was founded by Dr Nxumalo and Dr Shabalala in 2006. It is a growing and alive & kicking NGO .

## WHAT IS KHANYA AFRICA DOING IN BETHESDA?



**EKUDILIKENI AREA**



**NHLANGANO AREA**

# KHANYA AFRICA & BETHESDA HEALTH PROMOTING HOSPITAL

## BETHESDA HOSPITAL REACHING OUT TO THE NEEDY COMMUNITY



Mr Gumedu, Mr Nsukwini, Ms C.D. Maela and Mrs P.S Khumalo "in action"

Bethesda hospital as a health promoting hospital has taken this vision and mission into action with great passion by promoting health in deepest and disadvantaged areas, namely Nhlangano and Ekudilikeni on the 13/06/09.

This is inline with the vision of Bethesda -to be the best hospital to seek help from and desire to work for.



These areas are within the tribal authority of Kwa-Jobe All residential clinic (Oqondweni & Ophansi) are far apart and difficult to reach. They receive services from mobile

clinic which visit the area twice a month, with a limited number of health professionals. This was turned around in this day. You can testify with the picture above.

## GENERAL OVERVIEW OF THE EVENT

Where were you  
with your skilled  
helping hand?  
don't miss our  
next "INVASION"  
on 24 Sept 2009  
Heritage Day

The event was held successful with a great turnout of the community members. Health workers worked throughout the whole day wholeheartedly with no supervision, just guided by the spirit of Volunteerism and *UBUNTU*

*Let's take a look at the statistics accumulated.*

### MASS SCREENING STATISTICS

Headcount 5yrs and above	303
Headcount under 5yrs	61
Hypertension	43
Arthritis	69
Cervical CA Screening	37
VCT	18
Occupational therapy	32
<b>Total Screened</b>	<b>364</b>

## VOLUNTARY COUNSELLING AND TESTING

### HIV/AIDS SITE MENTOR EDUCATING THE COMMUNITY



HIV prevalence is very high, therefore you cannot do any health event without tackling this epidemic disease. Subsequently a Site Mentor and a Lay Counselor played their vital role in educating, voluntary testing and

counseling of attendees. It was very interesting to see, how motivated the community was, in knowing their HIV status.

Hey "do you know your HIV status?" remember an HIV free generation is possible, *it begins with.*

# CERVICAL SCREENING



Cervical cancer statistics are alarming. But most women are still reluctant to take necessary precautions. Hey this is not true for “ Ekudilikeni and Nhlngano women” They were highly motivated to do CA screening, in such a way that we ran out of the material to use. You can see the reflection of statistic. This was one of the main objectives for the invasion **“fighting disease, fighting poverty and giving hope”**

I feel like asking you a question if you are woman, when last have you done yours (CA screening)? or have you ever done it or consider doing it? I pray your answer is not a no or never because you are in, for a shock. Few minutes of your time can change your life for the better.

**DO YOU KNOW  
WHAT IS  
OCCUPATIONAL  
THERAPY?**

## OCCUPATIONAL THERAPY

You may be wondering what occupational therapy is, just ask me. The OT provided rehab in a primary health care level. Patients were assisted accordingly, some were given walking sticks, thus life changing, is not so?

As we were short staffed and serious under time constraints, we could not do home visits, which is an essential aspect of a comprehensive rehabilitation.



## DONATIONS

The first need of human being is food/ physical then security/shelter according to Maslow (Psychologist). Having this in mind, Khanya Africa members donated clothes to the newly established children’s home, by **Jabu Ngwane** at Nhlngano area. It has limited resources equal to nothing. All of these children are orphans, mostly due to HIV/AIDS. *“Give and, it shall be given back to you”* Khanya Africa is also fighting poverty and giving hope.



BETHESDA KHANYA AFRICA  
IS STILL LOOKING FOR  
MORE MEMBERS TO JOIN SO  
THAT WE CAN BE MORE  
EFFECTIVE. WOULD YOU  
LIKE TO JOIN?

BE A MEMBER OF KHANYA AFRICA IN YOUR  
HEALTH PROMOTING HOSPITAL.

### PLEASE CONTACT

DM MPANZA OR CNM MKHWANAZI  
EXT 200 OR EXT 113  
OT DPT OR NURSING MX  
EMAIL: [cnm.mkhwanazi@kznhealth.gov.za](mailto:cnm.mkhwanazi@kznhealth.gov.za)

BETHESDA KHANYA "ROCKS"

## SHORT COMINGS

*Every plan has its own limitations and achievements, what matters is- what outweighs the other?" lets take glimpse on that, as it determine our future plan.*

### Short staffed

The event was attended by a very limited number of health workers which made it difficult to achieve all goals over and above those who were there had an enormous work load.

### Multidisciplinary intervention had constraints

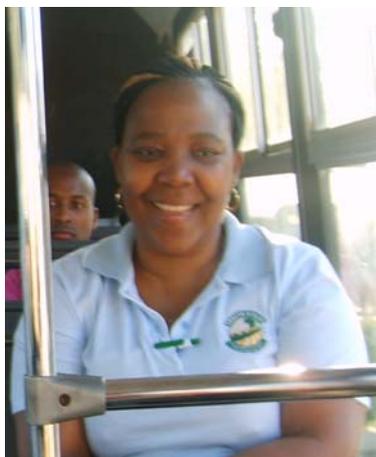
Not all disciplines were present, namely Dental, Eye, Dietetics, psych, physiotherapy and Social Services Department subsequently some patient's needs were not met. Therefore a comprehensive and wholistic approach was not achieved.

**PLEASE JOIN US, WE CAN CHANGE THIS.**



## REMARKS BY BETHESDA KHANYA AFRICA CHAIRPERSON

In every successful plan or event there is a key role player. MrsMkhwanazi, the champion of Khanya Africa at Bethesda Hospital,



**MRS CNM MKHWANAZI  
K. A CHAIRPERSON**

played a vital role in planning and coordinating the event, which was a great success.

This is what she says "*The event was great success, we are grateful for the support we received from our neighboring hospital namely Mseleni, Mpilonhle(NGO) and Umkhanyakude district as well as the pioneers of Khanya Africa Dr Nxumalo and Dr Shabalala. Since this was our first event we learnt a lot in what we should improve*"

**Watch this space!!!!!!!!!!!!!!**  
Hear is our next nerve racking event right under your nose.

### **NEXT EVENT**

Our next exciting event will be held on the **24/09/09 (Heritage day) at Msunduzi/ Mhlekezi Area.** You may be asking yourself "what is exciting?" let me tell you why? its all about stretching a helping hand to the needy and disadvantaged individuals without expecting payment or recognition. As you read this, you are invited to give your helping hand generously.

**COMPILED & EDITED BY  
MR D M MPANZA  
OCCUPATIONAL  
THERAPIST**