

Off Francois and Bellair  
Road  
25 KALENDEN ROAD  
CATO MANOR  
MAYVILLE 4091

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January -December 2010

## WORDS FROM THE NURSING SERVICE MANAGER (ACTING CEO)

### Inside this issue:

It is a pleasure to take this opportunity to welcome all the readers of our informative newsletter. This is the first newsletter from January to December 2010

It is a good experience to all managers and staff in this facility to work as a team i.e. Local and Provincial Governments, NGO's (MATCH and Olive Leaf) under one roof. We share information, meetings, campaigns and audits for the facility together.

It is with great pleasure for me to welcome our new team member Mrs. Nozipho Luthuli (Operational Manager for Municipality). She has joined us as a valuable asset to work together to

improve service delivery.

May I take this opportunity to congratulate all the managers and staff of Cato Manor CHC for the wonderful work done in reaching out to our community as a team in conducting HCT, Polio and Measles, HINI campaigns including MMC projects.

I would not forget the reception staff for Province and Municipality who show good team spirit in registering and directing patients to the various sections without division as



Mrs. G.N. Mkhize (Acting CEO)

we serve one community .

My thanks are also extended to the community leaders, Community Health Care Workers, FBO's, Traditional Healers, our nearby referral hospitals which are King Edward and Wentworth Hospital and EMRS for working together with this clinic to improve quality service



CEO's message	1
Cato Manor staff/ Editorial team	2
Editor's corner/ Breast- feeding week	3
MMC/Health talk	4
Drug/HIV Awareness	5
Quality Day/ Candlelight	6
Words of appreciation	7
World Cup Celebration	8

**Pictures on the left:**  
uMkhumbane Community  
Health Centre



# CATO MANOR COMMUNITY HEALTH CENTRE STAFF



**IZINDABA ZAKWAKITO** - This is Cato Manor CHC staff

## BACKGROUND

Cato Manor is run by Provincial Government and eThekweni Municipality. In March 2004 eThekweni Municipality opened the Cato Manor Facility and was joined by the Provincial Government in April 2005.

## Location

It is situated in a densely populated area with high unemployment rate and low socio economic conditions. Access is made easy by the fact that, the facility is situated within the catchments area. All services are offered 5 days a week for 8hours. Maternity services are offered 24 hours.

## EDITORIAL TEAM



O/M N.E. Luthuli  
Municipality



O/M N.G.D. Rughubeer  
Mental Health



B.N. Mthethwa  
Clinical Programmes Co-ordinator



T. Bechan  
Health & Safety Co-ordinator



O/M N.E. Ndlovu  
ARV Clinic

O/M P.N.  
Ngcobo  
MOU



T. Jiyana  
Data Capturer/  
Acting FIO



## EDITOR'S CORNER

It is a great pleasure for us to put up our first newsletter for Cato Manor CHC. This is a platform which enables us to showcase our good working relationship as Provincial, Local Government, NGO's and the community at large. We all work towards achieving optimal service delivery for the community of uMkhumbane as a whole.

I will start by thanking particularly our community participation in improving the quality service delivery. Through the involvement of community health workers we managed to conduct the clinic

audit and projects like Quality/ Open day in April this year. Their participation in the opening of suggestion boxes ensures openness and transparency when it comes to the resolution of complaints raised by our community.

Through this forum I am proud to say we have seen great improvements in a number of areas

and particularly changes in the staff attitudes.

I would like to thank all the people that helped and contributed to the production of this newsletter.



Sister M.N. Dlamini  
QA/IPC Co-ordinator

## CONDOM/STI/PREGNANCY WEEK

In February 2010 a week programme was held from Monday to Friday amongst all departments. We were offering health education on STI signs and management. MOU hosted the event on the 12th which was Friday at 07H30—08h00am where health education was provide on pregnancy and antenatal care, signs and management of STI, STI and mental illness, demonstration of male and female condoms.



**On the left:**  
Ladies taking female condoms to protect themselves from STI

The theme of the day was:

*"Breastfeeding is communication with your baby and your baby*



**On the left:**  
Breastfeeding mothers paying attention to the talk given by sister P.N. Ngcobo on breastfeeding

*with you"*

*communicating*

## BREASTFEEDING WEEK

This week was celebrated on 02 to 06 August 2010 as a BFHI project. A week project of health education on advantages of breastfeeding, flash heating and family support, exclusive breastfeeding, storage of breast milk and problems associated with breastfeeding.

**"UBISI LWEBELE LUHAMBAPHAMBILI"**



**MALE MEDICAL CIRCUMCISION**



Brothers for life Organization with KZN YEP

Recruiting the males age 15-40 years for male circumcision campaign which was held at Clare wood on 05-09 July + - 70 males were attended to. We are still continuing with the programmes as we book and elaborate males for circumcision to be done on every school holidays to date we have done. It also took place at Cato Crest area, MMC was promoted to the youth with the assistance from CHW's.

**IMMUNIZATION CAMPAIGN**

In April 12 to 18 May 2010 there was a National campaign for Polio and Measles, vaccination of children 0-15 years, being given according to their age group. Cato Manor target was 6000 for children 0-5 years on polio, 15 000 for measles age 5-15 years. Cato Manor managed to reach the target of 6817 on polio (0-5 years) and 17 316 for age 5-15 years.

Congratulations to dedicated staff who managed to pull this whilst continuing to render quality care to patients as the clinic continued to run normally during this period.

**IMPLEMENTATION OF IPT**

New programmes to reduce opportunistic infection to



HIV exposed patients like TB, or latent infection to prevent progression to Active TB disease. The programmes implemented in April, about patient screened and initiated so far.

**SCHOOL HOLIDAYS HEALTH TALKS**

During FIFA World cup schools were having long break, as a clinic we took an initiative to keep the youth busy. We worked with Non Government Organization i.e Love Life, KZN YEP and Brothers for Life.

The programmes were more on Primary Prevention of HIV, talks on MMC, condom demonstration and STI prevention. We also took part in the soccer tournament that was



Youth AIDS in the involvement of health talks

organized by the youth KZN YEP to attract the youth to these activities.



Sister Luthuli with Youth from KZN YEP



Male and Female condoms

**DRUG AWARENESS**

The campaign was organized by ABM in connection with social development to promote drug free nation. As the clinic we participated in the above to provide information on signs and symptoms, dangers of using drugs especially ARV's (stocrin) mixed with chemical agents i.e. Vim and Spirit called Whoonga.



**WHOONGA** the drug that most youth are abusing

**HCT CAMPAIGN (HIV COUNSELING AND TESTING)**

Responding to HIV and AIDS is one of the most important task facing South Africa today. The South African Government has made the fight against this disease one of it top priorities. Two primary goals inform these priority areas:

1. to reduce the number of new infections by 50% by 2011
2. to reduce the impact of HIV and AIDS on individuals, families, communities and society by expanding access to an appropriate package of treatment care and support to all people diagnosed and living with HIV, so knowledge of HIV status is critical to these prevention and treatment goals.



Sister Luthuli the event organizer

**HCT OUTREACH PROGRAMMES FOR 2010**

On the 1st of June 2010 at Wiggins Sport Ground an HCT campaign was conducted in conjunction with iThembalabantu and KZN Skip Youth and the main target was youth. They were encouraged to HIV testing and MMC was promoted.



**HIV AWARENESS**

This event took place in August as a sport tournament to attract youth and young adults to take part in it. Working together with NGO's, DOH, KZN YEP, Traditional Healers, Church Organizations and our community health care workers.

Trophies for the winning team and gift were donated by Olive Leaf.

**Activities for the day were:**

1. BP checking
2. Blood sugar checking
3. Weight checking
4. HIV testing on site

Attendance was good there were +200 people and 124 were tested.

**HCT CAMPAIGN**

It was done by sister P.N. Ngcobo in her church where 37 people were tested for HIV.

Activities that were also done that day were Blood sugar and Blood pressure checking. HINI vaccines were given to chronic patients.

**HCT OUTREACH PROGRAMME (CATO CREST)**

Together with NGO's i.e Masibambisane, Olive Leaf, CAPRISA, Environmental services, iThembalabantu, Traditional Healers, MATCH we had an HIV/AIDS awareness.

We were testing on site and giving in information on STI, TB, HIV. Other organizations gave information about their functions/roles in the community. We tested total of 150 people, other activities that were on site were blood sugar testing, blood pressure checking, condom demonstration for both male and female condom.

Refreshments for the event were funded by Olive Leaf and staff at the clinic contributed a lot towards the whole event. Electric wise awareness, due to increased number of deaths occurring with illegal connection of electricity.

**HIV/AIDS AWARENESS AT THE CLINIC**

NGO's that are concentrating on HIV management took part in organizing this event. There were traditional Healers and UKZN management students. Objective for the event was to bring awareness in this epidemic disease and to do HIV testing on site targeting the adults who are sexually active, pregnant mothers and the youth.

**Activities for the day were:**

- Health talk on HIV/AIDS by students
- Condom demonstration on female and male condom



Female condom demonstration

- Nutrition and healthy eating by DOH
- Talk by Traditional Healers
- Testing for HIV by iThembalabantu organization and NEW START

QUALITY DAY

CANDLE LIGHT

Our quality day was celebrated in March 2010. We are grateful to all who managed to participate despite some challenges.

These were done through a series presentation of project by each quality improvement teams on Friday in the presence of other departments for coaching by the Facility QA Coordinator.

Participants/Exhibitors on the day displayed their Quality Improvement Projects at the patients entrance on the far wall so as not to disturb the patients flow.

Projects were judged by adjudicators based on Quality Improvement Projects Criteria. Results were as follows

- 1st Prize went to Masiphile
- 2nd Prize went to Mental health and 3rd Prize went to Pharmacy

**QUALITY PROJECTS**

A project to work on was identified looking at the challenges and problems identified which require quality improvement. That challenge was poor adherence to ARV'S. We identified the main problems encountered by patients on ARV which resulted to poor adherence. Some of those problems were disclosure and difficult employers who do not allow client to stay away from work. Increased adherence counseling was done and dangers of poor adherence was explained to those patient who encountered the problems. Solutions were brain stormed in counseling sessions.

Support groups were re-enforced and patients joined support groups and shared amongst themselves how they dealt with disclosure, some patients were able to disclose to their employers and partners willingly .

**“This is the project that won the award on Quality Day”**

**CONGRATULATION ARV CLINIC  
KEEP UP THE GOOD WORK !**



Presentation of Projects on Quality Day



Mrs. Mkhize handing the certificate to the first prize winner Sister Ndlovu (Operational Manager at ARV clinic )

On the 21st of May 2010 we commemorated the memorial day of people who passed away because of HIV/AIDS

All persons infected and affected by HIV/AIDS were invited to celebrate with us. We invited the stakeholders such as Community Based Organizations, CHW and Traditional Healers. We organized the youth who are living with HIV to talk to their age mates and share with them how they are coping living with HIV.

We also invited the person from the Community living with HIV who motivated other people and shared her own experience in matters of disclosure and distigmatisation of HIV/AIDS.

Traditional healers emphasized the importance of collaboration of traditional health services and health care service, she encouraged people to test for HIV.



Ntsiki Gcabashe our Batho Pele Marshall on Candle light Day



**On the left:**

Talk on nutrition and healthy eating

- Youth Aid and KZNYEP on site encouraging youth to test and giving information on HIV, drugs and teenage pregnancy
- Out of +-350 people who were at the clinic on that day we managed to test 200 and distributed 1000 female condoms



**Above:** Some of the patients who were in the clinic on the day of the event

## **SUPPORTING OTHER ORGANIZATIONS**

We have also played part as a clinic to assist and support other community events i.e. UDONDOLO this is a community group based at Cato crest area that encourages senior citizens to stay active and participate in sports i.e. ladies soccer. We support them during their event by supplying them with rubbing stuff and first aid kits for emergencies

MASIBAMBISANE this organization is based at Durban area it deals with people infected and affected by HIV. We provide counseling and support to the families and feeding the needy families. We have trained 10 Counselors from this group together with Olive Leaf organization on HIV/AIDS counseling.

## **APPRECIATION**

We would like to thank the following organizations for their support and for being there with us through out every event that took place at Cato Manor CHC and other community out reaches and a big thank you to all Cato Manor clinic staff for their full participation in all the planning for the events and their full dedication towards their work:

- LOCAL TRADITIONAL HEALERS
- MATCH
- OLIVE LEAF
- KZNYEP
- YOUTH AIDS
- LOVE LIFE
- NAPWA
- CAPRISA
- WORLD VISION ORGANISATION
- MASIBAMBISANE ORGANISATION
- ITHEMBA LABANTU
- NEW START
- LOCAL WARD COMMITTEES
- WARD 30 AND 31 COUNSELORS
- SOCIAL DEVELOPMENT (ABM)
- OUR COMMUNITY HEALTH CARE WORKERS (ONOMPILO)

We further thank the community for their participation , openness and willingness to let us drive these initiative/ Activities for the betterness of their lives. Here is to you MKHUMBANE! We are looking forward to strengthen these projects and we are counting on more of your involvement in the coming year 2011.

**WISHING EVERYBODY A  
MERRY CHRISTMAS  
AND A PROSPEROUS  
NEW YEAR!**

# FEEL IT, IT WAS HERE!



PHI and Sister Chamane

The year 2010 was a great year for our country as South Africa hosted the 2010 FIFA world cup for the first time in Africa. This great achievement was celebrated at our clinic as you can see this ladies who are proudly South Africans!

THOUGHT FOR THE DAY!

LIFE IS A CHALLENGE  
MEET IT!

LIFE IS TENSE  
EASE IT!

LIFE IS SWEET  
TASTE IT!

LIFE IS A PROMISE      KEEP  
IT!

LIFE IS PLEASURE      EN-  
JOY IT!



Mpume enjoying the beat of the music