



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

EZASEMKHUMBANE NEWS

Issue 1 Volume 4 January - June 2013

CATO MANOR COMMUNITY HEALTH CENTRE



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MRS G.N. MKHIZE (NURSING SERVICE MANAGER) FOR CATO MANOR CHC WARMLY WELCOMES THE FOLLOWING MEMBERS WHO HAVE RECENTLY JOINED CATO MANOR CHC



Sr. T.J. R Ngcobo
Professional Nurse



Ms. P. Govender
Occupational Therapist



Sr. Sokhela
Professional Nurse



Sr. P. Mkhize
Professional Nurse



Sr. P.P. Wood
Professional Nurse

Sr. A. Sarjoo
Professional Nurse

NAMUKELEKILE ECATO MANOR

EDITORS CORNER

We would like to extend our warm greetings to all our readers and welcome you to our fourth publication of ezaseMkhumbane news

You are invited to submit information on any health theme or issues relevant to the facility activities, news etc. Meanwhile please enjoy this issue and the next issue will be out by the end of September 2013.



Mr. T. Bechan (Newsletter Editor)



Ms. T. Nyawo (Assistant editor)



MEET OUR BATHO-PELE MARSHALL

In terms of the Batho-pele principles

“openness and transparency”

public servants should be open and honest to citizens and colleagues that they serve.

“Together we can improve our service through the Batho-pele principles”



PREGNANCY AND STI WEEK

Caro Manor celebrated pregnancy and STI week on the 19th February 2013. The following was discussed on the day;

Signs of Pregnancy

- Missing menstruation period
- Breast become darker and bigger
- Gain weight
- Morning sickness
- Vomiting/loss of appetite
- Enlarging abdomen
- Foetal movements

When should you attend ANC

As soon as pregnancy is diagnosed and as early as before end of 1st trimester.

Services offered in ANC

BP/Weight/BMI/Urine/
MUAC/Blood sugar/HB/
Syphilis test/HIV/Pap smear

What is a High risk pregnancy

- Teenage pregnancy
- Advanced maternal age
- Hypertension/eclampsia or APH/ diabetic or previous pregnancy
- Previous Caesarian
- Previous miscarriage in the 1st trimester
- Previous IUD/Neonatal or infant death



Above: patients were asked questions and those that answered correctly were given presents

Signs of labour

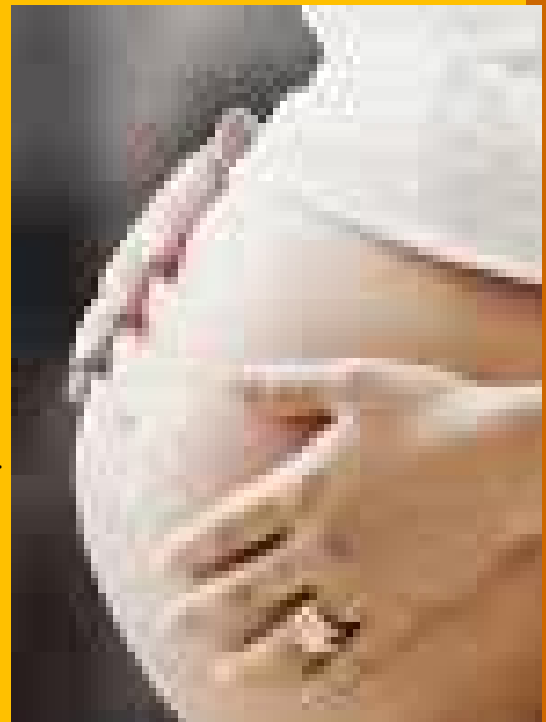
In the third trimester of pregnancy it is important to learn to recognize the symptoms of labour. You may give birth at any time during the third trimester.

Symptoms of labour include:

- ♦ **Lightening** : Lightening occurs when your baby's head drops down into the pelvic region. You may find it easier to breathe or you may sense a heaviness in your lower abdomen.
- ♦ **Intense Braxton Hicks contractions**: As you near labour and delivery, you may notice that your Braxton Hicks contractions become more intense and regular.
- ♦ **Bloody show**: Women who are going to be giving birth soon, often pass the mucous plug that blocks off the cervix during pregnancy.
- ♦ **Broken water**: Some women experience the breaking of their amniotic sac just before labour. This can be a slow trickle of fluid from the vagina or a rush of water.

Late in pregnancy, you will get:

- ⇒ **Continued breast growth** : you might get about 1 kilogram of breast tissue. As delivery approaches your nipples could start leaking colostrum, the yellowish fluid that will nourish your baby during the first few days of life.



NUTRITION



Ms. Y. Peters giving health education to mothers to be

NUTRITION TIPS

- ⇒ Wash all green leafy vegetables first before chopping up.
- ⇒ Cook with very little water and little cooking oil.
- ⇒ Fats helps to absorb vitamin A into the body
- ⇒ Vitamin A helps keep our mucous membranes healthy.

EMPLOYEE HEALTH & WELLNESS LAUNCH

We at Cato Manor CHC had a wellness event on healthy lifestyle which was held on 18/04/2013 at our facility. The aim for this event was to educate staff on healthy eating, preventing disease and living a healthy lifestyle. The Nursing Service Manager Mrs. G.N.Mkhize was very enthusiastic about launching the Employee health and wellness program for staff. She also encouraged staff to join the gym facilities. We invited the dietician



Mr. T. Bechan (Wellness Manager)

student from UKZN Westville campus to give us a presentation on healthy eating



On the left: Students from UKZN giving a presentation. Right: Staff listening attentively to the presentation



WELLNESS CONT.

The presentation focused on healthy eating and the topics were:

- ◊ BMI and what is an ideal body weight, Dangers of obesity, Childhood obesity-educating staff members to teach their children how to eat healthily to avoid obesity and diabetes, Packing a healthy lunchbox for work, Healthy snack ideas



After the presentation the students: weighed staff, checked BMI, checked blood pressure, checked blood sugar

We have now put in place an exercise program for staff. Staff members engage in exercises three days a week

Staff queuing for a check-up for one hour per day. Blood pressure checks/weights/BMI are monitored monthly. The following activities are taking place: Taibo lesion, minor gym work up, volley ball, basic exercising, biggest loser challenge and we also want to arrange a fun walk

Tips for a healthy lifestyle

- ◊ Eat more vegetables and drink plenty of water
- ◊ Regular exercise that is not strenuous but enjoyable e.g. walking



Above: Mr Njabulo Dlamini wellness

MALE MEDICAL CIRCUMSCISION AT UMKHUMBANE HALL

Cato Manor CHC launched a successful medical male circumcision which was held at uMkhumbane Community Hall on the 03/07/2013 in partnership with SATAWU which is a non-government organization for MMC and the MMC team from District Office.

This initiative is a drive headed by His Majesty the King Goodwill Zwelithini ka Cypriam Zulu with the Department of Health who saw the need to resuscitate MMC to the people of KwaZulu-Natal due to the following objectives provided by MMC:

- ◆ Reduction of ulcerative STI's associated with uncircumcised males
- ◆ Reduction of syphilis which is associated with still birth in pregnant women, prematurity and congenital infection.
- ◆ Reduction of HIV/AIDS
- ◆ Decreasing the risk of Chlamydia and chlamydia adgonorrhoea with cause infertility by blocking fallopian tubes in women and the vas deferens in men as well as being responsible for pelvic inflammatory diseases and ectopic pregnancy which can lead to death of the mother.

Cato Manor CHC is now booking patients for MMC every week to be done in Gale street on Fridays. We would like to thank all stakeholders for their support during our launch.



Dr. Z. Legoabe (Clinical Medical Manager) who coordinated the MMC launch with PN P. Msibi

IXOXWA NGEZITHOMBE EKA MMC



Above: Nurses from SATAWU who made the day to be a success. Below: Sr. T.J.R. assessing the patient



Above: MMC boys waiting



Above : S/N S. Nkwanyana



Above: Data capturers from SATAWU doing all the paper work.



Bottom left: S/N Chetty with the boys

WHAT YOU NEED TO KNOW ABOUT MMC



P. MSIBI

Professional Nurse

The mucous inner lining of the foreskin is rich in langerhan cells and other immune system cells. The langerhan cells and other immune system cells of the inner prepucial layer with its keratinized layer can be involved with HIV, STI, UTI and other conditions in terms of the defense and defeat in an uncircumcised male



The dorsal skin of the penis extend up to the prepuce and there is a junctional area of about 1-2 cm between the dorsal skin and the inner prepuce. The functional area between the grand and the inner prepuce is about 5mm to 10mm. The junctional areas have a number of immune cells less than prepuce proper .

According to standard surgical procedure; the purpose of circumcision is to exercise the procedure from the distal part of the skin of the shaft up to about 5mm proximal to the corena of the gland penis



WASTE MANAGEMENT OFFICER'S CORNER

My name is Nokuthula Mkhize. The mission of this department is to provide an efficient and sustainable management of Health care risk waste in the facility.

Services rendered are to manage health care waste (waste segregation -disposing waste safely and effectively. Establish and coordinate all activities of the institutional waste management committee. Ensure the implementation of all waste management principles, policies, legislation and standards.

Develop and ensure the implementation of institutional waste management plan and monitor and evaluate its implementation. Oversee and train staff involved in waste management activities, identify training needs and conduct training as required. Discuss monthly reports with the District Waste management co-ordinator.

Make sure every holder of waste in the clinic must follow protective measures when handling waste for preventing and control infections. Manage general cleaning at the clinic. Make sure that general waste and health care risk waste stored separately at their storage area. Ensure the proper occupational health and safety standards is implemented inside the facility. Monitor and evaluate the implementation of the waste management policy in the facility. Formulate and implement a training program for the facility.



Ms. Nokuthula Mkhize Waste Management Officer

NUTRITION ADVISE

Mrs. Y. Peters is our Nutrition Advisor and the mission of her department is to improve the nutritional status of South Africans through the implementation of integrated nutrition strategies.

Nutrition services aims for the prevention and treatment of nutrition related diseases, through micronutrient supplementation, nutrition counseling, nutrition educational talks to patients and growth monitoring.

Target group are children 0 to 23 months, 2 to 14 years, pregnant women at risk, lactating women at risk, HIV/ Aids patients, chronic diseases of the lifestyle.



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