

# EAST BOOM NEWS

ISSUE 4

**EAST BOOM  
COMMUNITY  
HEALTH CENTRE**

APRIL - JUNE ISSUE



## FROM THE ACTING CHC MANAGERS DESK

ON THIS ISSUE WE HAVE A BRIEF CONVERSATION WITH EAST BOOM ACTING CHC MANAGER MISS A.C.T. KHUMALO.

THE FOLLOWING ARE HER VIEWS:

**Miss A.C.T. Khumalo. East Boom Manager**

Presently I am adjusting myself on this temporarily challenging position of being an acting CHC manager of East Boom CHC. My position is challenging but I am not afraid to encounter the challenges because they make me a better person and learn more. I want to thank the management team and staff for their support to keep

this institution alive.

I also want to thank the Khanya Afrika members for their initiative in the support of Philama project. Guys I really honor

you by going that extra mile. This proves that together we can do more in our institution.

Through God almighty the support and love we will be

"IN THIS WAS MANIFESTED THE LOVE OF GOD TOWARDS US, BECAUSE THAT GOD SENT HIS ONLY BEGOTTEN SON INTO THE WORLD, THAT WE MIGHT LIVE THROUGH HIM. HERE IN IS LOVE, NOT THAT WE LOVED GOD, BUT THAT HE LOVED US, AND SENT HIS SON TO BE THE SATISFACTION OF OUR SINS"

John 4:19~

able to make our institution to continue being a shining star in the City of Pietermaritzburg. People out there and some of the staff might think that I am cheeky, no I am very strict and firm and I also believe in myself.

My aim is to have 24hrs medical coverage under the supervision of a medical manager and Doctors available on Public holidays and week ends to avoid the in-

Continue on page 2

*The Beauty  
of Life does  
not depend  
on how  
happy you  
are.*

*But how  
happy others  
can be, Be-  
cause of You!*

## INSIDE THE ISSUE

THE EAST BOOM MAN-AGER 'S DESK	COVER
EAST BOOM CHC MAN-AGER CONTINUE	2
MR E.M .NTOMBELA'S FAREWELL	3
HAND WASHING COM-PAIGN	4
WORLD NO TOBACCO DAY	5
CERVICAL SCREENING DAY	6
YOUTH DAY	7
YOUTH DAY CON-	8
SANCA DRUG	9
SANCA DRUG	10
CAWARENESS	10
HCT CAMPAIGN	11
POLIO AND MEA-	12
EDITORIAL	14

patients to Northdale hospital especially casualty unit.. I have implemented participative management style of which I find it more practical because I receive more inputs from the staff. A good leader will lead her staff like Florence Nightingale( 1820-1910) who walked throughout the night with the lamp and I feel I am like her although others no longer see her as a role model. I motivate my staff to follow my footsteps.

.My advise to all especially we are in the middle of the winter do not light open fires , unsupervised fires close to houses to warm the children. You must ensure that these fires are under the adult supervision because the majority of burns occurs during winter I also advise you guys to keep yourselves as warm as you can and when you get common cold / flu, have a home made remedy i.e. honey and lemon. You need to eat a lot of fruits especially with vitamin C and green vegetables. Feel it the winter is here.

## QUALITY CORNER



Mrs K.A. Khumalo Quality Assurance

If we think of where we come from we are proud of what we have achieved and promise to go higher on the next visit.

I like to thank East Boom Management, reps , QIP team and the staff for all the support and hard work which has made us to achieve that percentage.

Quality improvement is about team work.

Keep up the good work East Boom.

It does not matter that we are out from the World Cup but what matters the most is that there are still things that we are proud of like Quality Improvement in our institution.

East Boom has done it again on the 02 June 2010 when Quality Assurance survey teams from district of fice Imbalenhle CHC and Edendale hospital audited the CHC and scored 85%.

# Mr Ntombela's Farewell

**I**t was a beautiful day at the same time a sad day to East Boom family as we were saying goodbye to our dedicated and devoted CHC Manager Rev. E.M. Ntombela. In life there are times where we have to take different paths and let go the most wonderful people. We wish you all the best on your destination, "Mahlobo". On Thursday the 3rd of June East Boom members gathered to bid farewell to our CHC Manager who has moved to Northdale Hospital as CEO.

## MEMBERS OF EAST BOOM CHC



From the left hand side is Ms Z. Vilakazi (Health and Safety officer), Mrs K.A. Khumalo (Quality Assurance & infection control Practitioner), Ms N. Pillay (Pharmacy Manager), Mr E. M. Ntombela (Ex—East Boom CHC Manager), Ms A. Thabethe (Personal Assistant), Mr Shaun Thomas (SCM) and Ashveer Simboo (SCM).



Mr E. M. Ntombela receiving a gift from Miss Z. Vilakazi at the end of the event.



Mr E.M. Ntombela receiving a voucher from Mr D. Tangalan on behalf of the East Boom CHC staff.

# HAND WASHING CAMPAIGN

## TOOK PLACE ON THE

### THE 12 to 16 APRIL 2010

THE HAND WASHING CAMPAIGN WERE AT EAST BOOM COMMUNITY HEALTH CENTRE (CHC) TO INFORM /REMINDE THE STAFF TO WASH THEIR HANDS ALL THE TIME TO PREVENT CROSS INFECTION.



The soap is the thing that comes first if you are washing your hands because it gets rid of germs. You just apply it on your hands and rinse your hands with water and then wipe your hands with a paper towel .

#### When do we wash our hands?

- ◆ After attending the patient to prevent infection.
- ◆ After coming from the toilet.
- ◆ After changing the baby's nappy.
- ◆ After holding materials that has a rust if you were not wearing hand gloves.

Hand washing demonstration was done in all departments to sensitize all staff and patients about importance of hand washing.





# WORLD NO TOBACCO DAY

Date: 31 May 2010

Time: 09: 00 am

Venue: East Boom CHC

A No Tobacco Day was conducted at East Boom CHC in all departments according to National Health Calendar



The message was successfully related to the community about dangers of cigarette smoking. It was also emphasized that cigarette smoking does not only cripple your health but it also cripples your pocket.

# CERVICAL SCREENING DAY TOOK PLACE ON THE 26 JUNE 2010

## Cervical Screening

It is taking of the cervical smear for cytological examination to detect the presence of the cervical intraepithelial neoplasia (C.I.N.).

Cervical screening is important to be done so as to detect cervical cancer at the earliest stage as possible so as to provide treatment early to prevent women from cervical cancer which can be cured.

First it is important that you give information to the women about cervical screening, why it is done, and what benefit it is to her to have pap smear done.

Give advice about the procedure itself as some women believe that cervical screening is a very painful procedure. You also inform the women about the stages of cervical cancer and the importance of early diagnosis as undiagnosed cervical cancer can disseminate to the other organs of blood which can be very difficult to treat.

Dong cervical screening can also help in diagnosing and treatment of other infections like sexual transmitted infection which can be diagnosed during the procedure.

KHANYA AFRIKA members were at East Boom CHC on Saturday so as to give opportunity to the women who are unable to come to clinic during weekdays to have cervical screening done and to help them benefit from to the Philama project which is accessible to all women. Aim of Philama is to prevent women dying from cancer of the cervix.

- ◆ Client learned that pap smear is not a very painful procedure.
- ◆ Client were encouraged to have HIV testing after there have done pap smear.



THESE ARE THE EAST BOOM CHC CANDIDATES WHO SACRIFICED THEIR TIME WORKING OVERTIME FOR FREE DURING THE CERVICAL SCREENING DAY.

- ◆ Some client were also treated for sexually transmitted infection which they thought was minor.
- ◆ I have learnt that you sacrifice your time for the community useful help those who are unable to come due to work problem so that the country benefits from Government projects.
- ◆ It also gave the members the to share ideas so as to improve the services rendered and gaps one identified that staff be aware of whilst company out the moment duties.



Mrs T.N. Mfeka PHC Trainer

# YOUTH DAY

**W**hat is the youth day mean to us?

It is where we remember those who were died for fighting against abuse/ fighting for our rights as we are the black people.

It is a day violently etched on the South African collective conscience. Commemorated over 30 years later as Youth Day, an official

holiday, it is the day that honours the deaths of hundreds of Soweto schoolchildren, a day that changed the course of the country's history:16 June 1976.

On that day the government and the police were caught off guard, when the simmering bubble of anger of schoolchildren finally

burst, releasing an intensity of emotion that the police controlled in the only manner they knew how: with ruthless aggression. South African History online puts the number of dead at 200, far higher than the official figure of 23.

## 16 JUNE 1976

It was cold and overcast as pupils gathered at schools across Soweto on 16 June. At an agreed time, they set off for Orlando West Secondary School In Vilakazi Street, with thousands streaming in from all directions. The planned to march from the school

to the Orlando Stadium. 'By 13.30am, over 5 000 students had gathered on Vilakazi Street and more were arriving every minute,' say Bonner and Segal. In total over 15 000 *uniformed* students between the ages of 10 and 20[were] marching that day.

Once at the stadium, the plan was to agree on a list of grievances, and then possibly to march to the offices of the Transvaal department of education In Booysens, in Johannesburg's southern suburbs.

**'BLACK TEACHERS HAD A MATRIC CERTIFICATE IN 1961'**

But this didn't happen, Police formed a wall facing the pupil, warning them to disperse— an order met with resistance. Teargas was fired into the crowd and police dogs release. In the chaos, children ran back and forth, throwing stones at the police— who fired more teargas.

Bonner and Segal quote a student leading the march, Jon-Jon Mkhonza: ' Students were scattered, running up and down.....coming back. It was some kind of game because they were running away, coming back, taking stones, throwing them at the police....it was chaos.

Whenever the police shot teargas, we jumped the wall to the churchyard and then came back and started discussing again.

Continue on page 8

**THE FIRST SHOT**

Came the first shot straight into the crowd, without warning. Other policemen took up the signal and more shots were fired. Twelve-year-old Hector Pieteron fell to the ground, fatally wounded. He was picked up by Mbuyisa Makhubo, a fellow student, who ran with him towards the Phefeni Clinic, with Pieteron's crying sister Antoinette running alongside.

The World photographer Sam Nzima was there to record Pieteron's last moments. 'I saw a child fall down,' he says. 'Under a shower of bullets I rushed forward and went for the picture.'

The photo went around the world and Pieteron came to symbolize the uprising, giving the world an in-your face view of the brutality of apartheid.

Then all hell broke loose. Students targeted apartheid symbols: administrative offices, government buses and vehicles and municipal beer halls, which were first looted and then set alight. By the end of the day thick clouds of black smoke hung over the township,

and the streets were littered with upturned vehicles, stones and rocks.

Anti-riot vehicles poured into Soweto, roadblocks were erected at all entrances, the army was placed on alert and helicopters hovered overhead, dropping teargas canisters and shooting.

The injured pupils were taken to Chris Hanl Baragwanath Hospital, some dying in its corridors, some dying at its

gates before they could be admitted, according to Bonner and Segal.

As night fell, the unlit township became even more terrifying: blinded by the night, police simply fired into the blackness. The students return the fire with their own weapons: bottles and stones. The looted liquor was taking effect—people wandered the streets intoxicated, in a celebrator mood, raising clenched fists and shouting 'Amandla!'(power)



## SANCA DRUGS ABUSE AWARENESS.



### SANCA DRUG ABUSE AWARENESS WEEK.

#### SANCA PIETERMARITZBURG ALCOHOL AND DRUG CENTER

##### SERVICES OFFERED:

- ◆ Providing information about alcohol and drugs to the general public.
  - ◆ Assessment to determine drug USE, ABUSE OR DEPENDENCE.
  - ◆ Counseling for alcoholics and drug addicts.
  - ◆ Medical help—detoxification, supply of antabuse, etc.
  - ◆ Advice and counseling to the family, even if the alcoholic/drug dependent will not stop drinking / drugging.
- ◆ Group for:
    - drug abusers
    - alcoholics
    - wives of alcoholics
    - children of alcoholics
    - parents of drug addicts
  - ◆ Assessment of and education session for young people who are.
  - ◆ Advice to parents if they suspect that their child is drugging.
  - ◆ Drug testing
  - ◆ Education and preventative programmes.
  - ◆ Advice to families and committal to rehabilitation centres for out of control or unmotivated clients.

#### DRUG ABUSE.

It is important to look for an overall pattern which includes more than just one or two signs before you can be reasonably sure your child is on drugs.

**D**rugs have the power both to improve and to damage health, depending on the type of drugs used, the quantity consumed and the purpose for which they are taken. For example, while morphine can relieve pain, heroin can be highly addictive. Such example illustrate need to control drugs.

**D**rugs under international control include amphetamine-type

*stimulants, cannabis, coca/cocaine, hallucinogens, opiates and hypnotic sedatives, all of which have immediate physical effects. While some of the physical effects might sound pleasant, they do not last long. Drugs can also severely hinder psychological and emotional development, particularly in young people. In addition, some users risk addiction.*

For those who dependent on drugs, there is hope. Treatment and recovery are possible starting from the most problematic conditions. Drug dependence is a treatable disease, not condemnation to death or to persistent failure. Drug use is preventable.



#### SIGNS & SYMPTOMS OF DRUG USE

- A drop in school marks;
- Losing interest in matters previously important like school, sport and hobbies;
- Neglect of personal appearance and hygiene;
- Sudden change in a appetite of an unexplained change in weight;
- Unpredictable behaviour;
- Secretive behaviour and lying;
- Losing old friends and gangging out with a new crowd;
- A deterioration in health;
- Sell- Continue on page ing

## **SANCA DRUGS AWARENESS WEEK**

# SANCA

**IS AN ORGANISATION THAT HELPS PEOPLE WHO ARE SUFFERING FROM DRUGS.**

WHAT CAN YOU AS A PARENT DO IF YOU SUSPECT YOUR CHILD IS USING DRUGS?

TIPS FROM SANCA:

- ◆ Do not make false accusations. If your concern is justified, get as much information as possible regarding the drug (s). This information is freely available in all public libraries. Discuss this abuse in a calm manner with your child while expressing your concern and worry. Negotiate some house-rules which specifically include the immediate stopping of all drug use.

SOME POINTS TO REMEMBER

- ◆ Do not ignore the problem hoping that it will go away.
- ◆ Confront your child with a list of evidence you have gathered which indicates that he /she is using drugs.
- ◆ Do not make threats, get hysterical or lose your temper. Rather, discuss the situation calmly from a position of love and concern.
- ◆ If your child admits to using drugs, insist that he stop immediately. If he finds it difficult to stop, seek professional help eg. [SANCA ALCOHOL AND DRUG CENTRE](#).
- ◆ If he denies that he is using drugs, tell him that you expect a change in his behavior.
- ◆ Both parents, even if divorced, need to adopt a united approach in dealing with the issue.
- ◆ Find support—talk to a doctor, religious leader or social worker

who is knowledgeable about drug abuse.

◆ Remember that drug abuse is not a symptom of a poor upbringing. It can happen in any family.



## ANNOUNCEMENTS

### HCT CAMPAIGN



Sr Mkhize—HAST Supervisor

Dear all.

I will like to inform and invite you on HCT campaign (HIV Counseling and testing) which proceed as follows:

Date: 22 July 2010

Time: 08:00 am - 16:00 pm

Venue: East Boom (Boom street side)

On that day we will be also testing Diabetes and High blood pressure.

See you there!!!

# POLIO AND MEASLES

## NATIONAL IMMUNIZATION CAMPAIGN

South Africa was conducting a national immunization campaign as part of the WHO initiative to eradicate polio and eliminate measles. Deworming and Vitamin A drops was included.

First round - Date 12—23 April 2010

Venue: East Boom

Time: 07:00 am—16:00 pm

Polio vaccine:

Will be given to children under 5 years

Measles vaccine:

Will be given to children from 6month to under 15 years.

East Boom CHC successfully conducted the above campaign, below is the statistics:

Statistics for the first round

	POLIO	MEASLES<5YEARS	MEASLES<5YEARS<15YEARS
	199	148	12
	178	145	10
	184	175	15
	147	124	13
	177	153	26
	165	148	28
	171	130	33
	161	135	34
	232	108	47
	274	118	54
<b>TOTAL</b>	<b>1888</b>	<b>1384</b>	<b>272</b>



Sr B.R. Hadebe in action during the campaign



## SECOND ROUND

Date: 21-25 June 2010

- Polio vaccine second dose:

Will be given to children under 5years

- Vitamin A drops:

Will be given to children from 1 to under 5years

- Measles to 5years- 15years:

Vitamin A is important for good growth, health and good eyesight.

Mothers and caregivers should take their children to a clinic for their dose of Vitamin A every six months.

## SECOND ROUND(24 MAY TO 28 MAY 2010)

During this round the aim was to immunize all children from birth up to 59 months against polio for the second time.

### STATISTICS FOR THE SECOND ROUND

	POLIO	VITAMIN A
	126	63
	140	87
	193	109
	201	122
	376	219
	15	15
	10	2
<b>TOTAL</b>	<b>1061</b>	<b>617</b>



Miss N.P. Dube Public Relations Officer

I am Nosipho Dube I was born at Newcastle and Matriculated at D.N..C Combined School, I went to Pietermaritzburg for further education. I have studied Public Relation course at FET College at Msunduzi Campus in Pietermaritzburg, I have just completed in June 2009 I went to East Boom Community Health Centre for my experience till date.

## PUBLIC RELATIONS

Is the management through communication of perceptions and strategic relationships between an organization and its internal and external stakeholders.

I am a kind person who likes challenges because they make me learn more from them.

As a Public Relations Officer it so challenging because you meet different people and you need to be patient and some times you may find that the person you are talking to during that particular interview is not in the good mood, you as Public Relations Officer you need to be patient all the time and calm down so that at the end you get what you want or what you need from that person.

I would like to thank the East Boom Community Health Centre for giving me this opportunity to further my experience in Public Relations and thank all my colleagues for every support they have giving me.



Mr F.L. Nongalo Admin Clerk

## WORDS OF FAITH

What must we do to experience deliverance from sin?

- ◆ We believe that in Christ our sinful nature was put to death and so we are dead to sin.
- ◆ The problem that lies in this is that most of us (christians) don't want to die.
- ◆ Before we could receive forgiveness in Christ we confess our sins willing full. In the same way before we can be delivered from sins in our lives , we must die in order that Christ may live in us (Galatians 2:20). This means not holding onto any sin, but letting go of it allowing every unholy desire in us to die, by Mr Fodo Lucky Nongalo, be blessed God loves you, Amen.



## EDITORS

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