



SEKUSILE NEWSLETTER

JAN—JUNE 2008

AWARENESS PROGRAMMES

Issue 4

TUBERCULOSIS, STI AND HIV & AIDS AWARENESS

TB, STI AND HIV & AIDS awareness was held and conducted at Ndabambi Area on a weekend, the response from the community members was extremely amazing which made our awareness's a success.

The aim was to educate the community on the importance of abstinence and also provide other screening services.

OUTCOMES

- One client was diagnosed with TB and had to be initiated with treatment.
- A number of community members attended VCT and tested positive, they were then referred for CD4 count.



Community members being addressed on TB, STI and HIV & AIDS by Mr. B. Phakathi

POLIO WEEK

Polio week proved to be a success, programme co-coordinators' and mobile team visited different areas.

Polio awareness was conducted during the polio week on the 25th April at different pension-pay points including Spar supermarket. The mere aim was for mothers to take courage and ensure their children are prevented from polio. Health education was given to most people who were there and pamphlets were handed out



Mrs. Bonga addressing people about polio at the Spar pay point

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EDITOR'S LETTER

Welcome to Sekusile's 4th issue, which wasn't an easy task to compile. To everyone who contributed in the making of this issue, we appreciate the effort and dedication, it wouldn't have been a success without you although time wasn't on our side but we managed to meet the deadlines and the pressure was on.

After asking around the offices we have established that we're not the only ones dreading the cold weather that lies ahead, lets all welcome winter in the best way we can..

Our main message in this issue of Sekusile is, show kindness, be understanding and help those who have problems, in this way we are not only doing services to colleagues, friends and families but we are also putting ourselves in good fortune by so doing for which God will richly bless us.

It was a great experience indeed, compiling this issue. I have to say it has been an advantage to put into practice my researching and writing skills. I hope you enjoy reading it, stay informed; get on with it and feed your eyes. I'm thankful for being granted an opportunity as an in-service trainee to this institution, so for me this is a learning curve.

In this issue we have introduced the baby column, from now on we will be congratulating all the new mothers, with hopes to enjoy motherhood and embrace their children with love.

Nondumiso Zwane (Public relations: in-service trainee) & Ziphonzonke Shabangu (Data capturer)

EMERGENCY PREPAREDNESS (DISASTER MANAGEMENT)

As part of our emergency preparedness, a fire drill was conducted on the 16th of April at the eDumbe CHC. This was a first drill ever in the institution, we also invited Mr. J. Blender from the Vryheid Municipality was invited for the drill assessment and evaluation.

The shrill sound of the siren alerted the community members at present, employees of the institution and representatives of the situation at hand. The siren rang at one minute intervals which signified that all persons were to evacuate. Within five minutes the OPD area and all the offices were empty. There were minor deviations identified from the report compiled by Mr. Blender which will be improved , nonetheless our fire drill was a great success.

A great thanks goes out to the patients, employees and management for their participation and cooperation. You all proved that health and safety is truly everyone's responsibility in the workplace. As a result of many queries and the number of accidents reported in the clinics and the CHC, The occupational health and safety unit have decided to invite Dept. of Labor practitioners to deal with the COID Act. You will be notified in due course of the date, venue and time. Please, familiarize yourselves with the policies and conducts on this issue.

We also want to encourage all supervisors to participate in safety conducts done by the safety reps as this is a legal policy section 16 (2) of the Occupational Health and Safety Act of 1993.

COMPILED BY: HEALTH & SAFETY OFFICER

T. MABASO

DEVELOPMENTS

Ophuzane clinic is currently undergoing major construction projects which have taken months. The construction of the nurses home and the paving are going to cause great relief to the staff members who have suffered a great deal due to the shortage of staff accommodation and muddy walkways when it's raining. With these new developments, life will be much easier.

Paving in progress



Newly constructed nurses home



Newly paved pathways



CAMPAIGNS

DIABETES AND VCT AWARENESS

- Both awareness's were conducted on the 23rd, 26th and 27th of May 2008 at 3 eDumbe Pension pay points.
- 186 patients were seen on both VCT and diabetes awareness's.
- The community responded positively.



Ms Ndaba giving Health education to patients at Enkonkotho pay point



Sir V.V Mthethwa Tholakele pay point



Patients were also screened



Mr S. Zulu providing VCT services to a client

THOLIMPILO CLINIC

THOLIMPILO (ARV) CLINIC is a new facility that is now operational at eDumbe CHC. The programme was accredited in January 2007 and since it started operating the total headcount has increased to 811 adults and 44 children and the number is increasing enormously. A number of services are offered at this clinic on different days which are:

Mondays: Positive living, CD4 & blood reviews; Initiation of ARV's and ongoing counselling

Tuesdays: Base-line bloods, Drug readiness; CD4 results & ongoing counselling

Wednesdays: Positive living, CD4 & blood reviews and ongoing counselling

Thursdays: Drug adherence, Pap smear and Base-line blood results

Fridays: Files discussions and Ongoing counselling.

MOST IMPORTANTLY

- PCR and minor cases are done everyday, also available are the services of the:
- SOCIAL WORKER (USONHLALAKAHLE) and the
- DIETICIAN (UMELULEKI WEZOKUDLA)

Lelikliniki livuliwe kusuka ngo 07H30 - 16H15 kusukela ngoMsombuluko kuze kube uLwesihlanu



THOLIMPILO STAFF MEMBERS

Front row: Mrs I.N Zungu, Ms D. Lupke and Ms S.F Mazibuko & Mr T.E Simelane

Back row: M.P Ngubeni, Mr C.E Manana .



FRONT VIEW OF THOLIMPILO CLINIC

SOUTH AFRICAN FLAG REPLACEMENT CEREMONY

A need for the replacement of the national flag aroused as the old one was torn into pieces. On Thursday morning, the 29th of May 2008 the small ceremony was held when the EDUMBE CHC staff gathered by the flag pole for the replacement of the flag. As they beautifully sang the national anthem, the flag was then placed followed by a formal march. I would like to thank all the staff members for their presence and participation.

This is what the National flag colors symbolize

- Red represents the hardships fought for by the heroes and heroines to make South Africa a democratic country
- Black and white represent all the different people of South Africa
- Yellow represents our mineral wealth
- Green represents our fertile land and Blue represents the beautiful African sky



EDUMBE CHC STAFF SINGING THE NATIONAL ANTHEM



MR ZUNGU PREPARING TO PLACE THE FLAG

NEW APPOINTMENTS

DECEMBER '07

Nyathikazi N.L Medical. Manager

FEBRUARY '08

Masondo T.M Enrolled. Nurse

MARCH '08

Magagula T.M Prof Nurse

Ndebele N.N Prof Nurse

APRIL '08

Shandu M.V Prof Nurse

Ngcobo G.N Snr.Fin Mng Off.

Dlamini T.G Prof Nurse

JANUARY '08

Dlamini N.J Snr. Pharmacist

Madondo N.D Snr. Physiotherapist

Mavundla G.M Snr Radiographer

Nxumalo M.V Snr.Medical Officer

Shabangu E.Z Snr.Medical Officer

Nkosi T.R Lay Counsellor

Zungu M.R Lay Counsellor

Simelane T.E Lay Counsellor

Msibi S.G Lay Counsellor

Sithole S.G Lay Counsellor

MAY '08

Shabangu G.P Prof Nurse

DEATHS

Ms Nokwazi Hlubi passed away in January 2008.

AMAHUBO 34: 18

“UJehova useduze nalabo abanenhliziyoy eyaphukileyo, uyabasindisa abanomoya odabukileyo”.

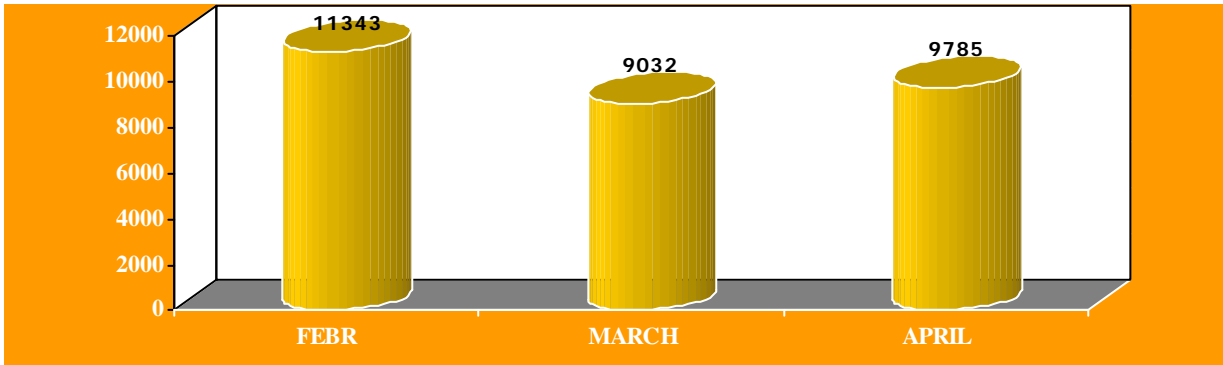
Congrats!!!!!!!!!!!!!!!



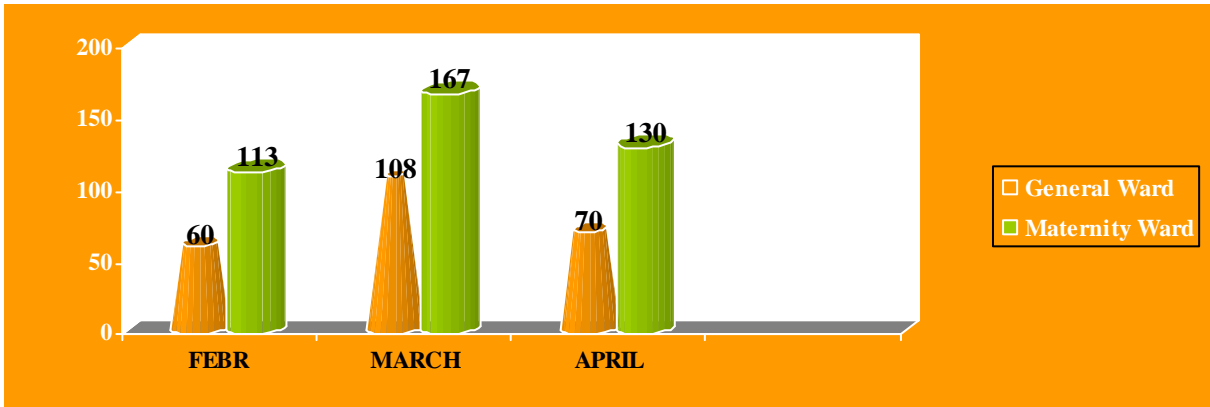
- To Thobile Mabaso on her baby girl Smelukubonga Kunene born on the 21st November 2007
- To Makhosi Mbatha on her baby boy Aphiwe Lethinhlanhla Luthando Masondo born on the 19th November 2007.
- To Thandi Mvubu on her baby boy Wenzile Ayabonga Mvubu born on the 22nd February 2008
- To Samke Mamba on her baby girl Zenande Nomcabango Sesilungele Khanyeza born on the 12th January 2008
- To Sindi Mncube on her baby boy Awande Mncube born on the 12th May 2008
- To Hlengiwe Khumalo on her baby boy Zanokuhle Msomi born on the 25th April 2008

STATISTICS REPORT

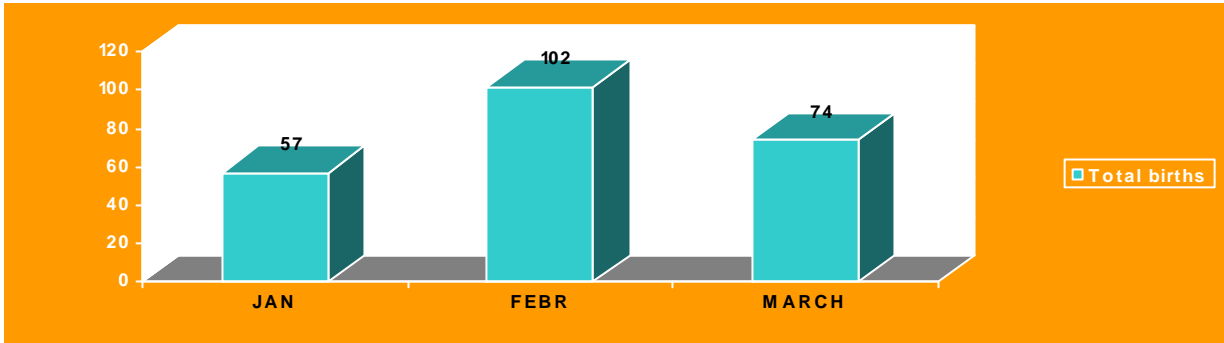
TOTAL HEADCOUNT



TOTAL ADMISSIONS



TOTAL DELIVERIES



COMPLIMENTS FROM THE COMMUNITY

Bangiphathe kahle, kusukela ngosuku engafika ngalo ngaze ngaphuma bengiphethe kahle egumbini labagulayo.

From: Zinhle

Ngiphatheke kahle lakhulu noma ngingabazi onesi bonke izibongo zabo ngidlulisa amazwi okubonga ngiphumelele kahle ngibonga igumbi labatetisayo.

From: Khanyisile Makhoba

Siyawajabulela amaservices ase CHC, anjengawasesithombeni, emathanjeni, eTholimpilo kanye nawamehlo nawo onke amanye akhona.

From: Anonymous

Mina ngithi siyayithanda I clinic yeMobile ngoba isiphatha kahle futhi siyalapheka siyayithanda asiyifuni ihambe.

From: Anonymous

FAREWELL PARTY

For the past couple of months it was sad to bid farewell to Mr. V.J Mbuyazi, Mrs. L. Manqele, Mrs. T.M Mvubu, Ms PPT Dlwati & Ms N. Sithole. A farewell party was held at the CHC boardroom to bid them farewell. On their speech we quoted them saying "we enjoyed being part of eDumbe CHC family because of the right attitude of staff members and we were amazed by the team spirit amongst staff". The institution wish them well in their future endeavors



From left: Mrs. B.R Dlomo CEO, Ms PPT Dlwati (Pharmacy Manager), Mrs. Z.N Mdluli (N. Manager), Mrs. P.P. Msimango (Deputy N. Manager) and Mrs. T.M Mvubu (Finance & Systems Manager)



From left: Mrs. T.M Mvubu and Ms PPT Dlwati



Ms Dlwati, receiving her present from Ms A. Khoza



Mrs. Mvubu, receiving her present from Ms A. Khoza

WINTER TIPS

HEALTH WISE

- *Get flu vaccines*
- *Cough mixtures*

LIFESTYLE

- *Stay indoors*
- *Keep warm*
- *Cuddle up*

CLOTHING GEAR

- *Boots*
- *Jeans*
- *Scarves, Beanies*



Quotes

“There are few, if any jobs in which ability alone is sufficient. needed also, are loyalty sincerity, enthusiasm and team play”

William B. Given, Jnr.

“Count your life by smiles, not tears count your life by friends, not years

Anonymous

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JOKE

When caught sleeping at work, raise your head and say in Jesus name Amen.

RECIPE OF THE MONTH

CURRIED TRIPE WITH POTATOES

- 1 KG SHEEP TRIPE
- 1 TABLE SPOON OIL
- 1 TABLESPOON CURRY POWDER
- 1 ONION CHOPPED
- 4 POTATOES,QUARTED
- SALT & PEPPER TO TASTE

METHOD

1. PLACE TRIPE IN A LARGE BOWL AND WASH UNDER RUNNING TAP WITH A SHARP KNIFE,CUT IN STRIPS
2. IN A LARGE POT, PUT TRIPE & COVER WITH WATER & COOK FOR 1 HR DRAIN & SET ASIDE

3. IN ANOTHER LARGE SAUCE-PAN,ADD OIL .CURRY POWDER AND ONION.FRY FOR 3 MINS ADD TRIPE AND COOK POTATOES FOR 2 MINS THEN ADD POTATOES & SALT
4. SIMMER FOR A FURTHER 30 MINUTES UNTIL POTATOES ARE COOKED SERVE WITH WARM SAMP.

