



**KZNPPHC**

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“Health is Wealth Protect It”

**Vision**

The most inspiring and leading primary health care service and training provider in Africa

**Mission Statement**

To provide quality comprehensive Primary Health Care Services through advocacy and capacity development that enables communities to engage in healthy lifestyle activities.

**Values**

- Integrity
- Professionalism
- Dignity
- Respect

# HELP MAKE A DIFFERENCE

**Alumni Project**

As an alumnus or alumna of KZNPPHC you belong to an ever growing and unique network of individuals who leave their mark in our communities.

Our Alumni are our key products and manifestation of KZNPPHC excellence we seek to encourage our Alumni to stay involved with alumni activities and be active & contributing ambassador.

**Donations**

You can make a difference by making a donation in kind or cash to the following banking details :

Bank	: FNB
Account No.	: 62794042871
Branch Code	: 250655
NPO Registration No.	: 015-631

MARCH 2019

# KwaZulu Natal Progressive Primary Health Care

**KZNPPHC**



Special points of interest:  
19 Years of existence

2019 marks yet another year KZNPPHC operating, KZNPPHC is the only entity under NPPHCN that is still operating all the other 9 offices have been closed. Despite the trying times and lack of funding we still strive to deliver on our mandate.

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“EThekwini Municipality Job Fair Programme”

On the 28<sup>th</sup> of February 2019 **Ms Maphumulo** (Finance & Marketing Officer) attended the EThekwini Libraries Job Fair Programme @ Don Africana Library . The Job Fair Programme was the EThekwini Municipality initiative (Library Services), as KZNPPHC we were invited to do a presentation on the programmes that we offer. Ms Maphumulo did a presentation on the Pharmacist Assistant Course (entry requirements, and what does it mean, etc).

KZNPPHC also invited one of their former student **Ms Prudence Ntuli** to explain in detail the different departments within the Pharmacy Department, i.e. OPD ,IPD , Stores ,etc. Ms Ntuli is now employed at Prince Mshiyeni Memorial Hospital as a Pharmacist Assistant.

Ms Maphumulo shared the stage with the SAPS Captain **Mr Memela** from the Regional Office, who did a presentation on the different portfolios within SAPS, the audience showed interest on the programmes we were introducing, flyers with more information were dispatched.



Ms Maphumulo with SAPS Officials & EThekwini Municipality Senior Librarians



Ms Ntuli (Prince Mshiyeni P.A)



“ Education is the passport to the future, for tomorrow belongs to those who prepare for it today”

“TB Awareness Month”

March 2019

Each year, we commemorate World Tuberculosis (TB) Day on March 24 to raise public awareness about the devastating health, social and economic consequences of TB, and to step up efforts to end the global TB epidemic. 24 March marks the day in 1882 when Dr Robert Koch announced that he had discovered the bacterium that causes TB, which opened the way towards diagnosing and curing this disease.

TB remains the world’s deadliest infectious killer. Each day, nearly 4500 people lose their lives to TB and close to 30,000 people fall ill with this preventable and curable disease. Global efforts to combat TB have saved an estimated 54 million lives since the year 2000 and reduced the TB mortality rate by 42%.

Nutrition

- Nutrition is the study of nutrients in food, how the body uses nutrients and the relationship between Diet health, and diseases. The human body requires seven major types of nutrients i.e. Water, Carbohydrates, Protein , Fat, Vitamin, Minerals & Fiber.
- Macro nutrients are nutrients we need in relatively large quantities.
- Micro nutrients are nutrients we need in relatively small quantities .
- Every one should eat a well balance diet in order to prevent illness like diabetes and hypertension and obesity.
- If you are diabetic and hypertensive you must have more vegetables (vitamins) a small portion of protein like 1 piece of chicken that is not crumbed, a fistful portion of rice and or 2 slice of bread which is your carbohydrate and a thumb size of oil or fats should be used to prepare all the food in the plate. •So basically this plate shows how a diabetic \ hypertensive should eat to control their illness and how normal people should eat to prevent getting diabetic, hypertension, obesity and heart problems.

Farewells

In March 2019 we bid farewell to **Ms Zama Julia** (Project Administrator) who had been with KZNPPHC for 7 years. We wish her well in her future endeavors .

