



Province of KwaZulu-Natal

Operation Sukuma Sakhe

Community Caregiver Foundation Course

Learner Guide

Book 1



Sukuma Sakhe

STAND UP AND BUILD

Acknowledgements

ACKNOWLEDGEMENTS

The Director-General Mr. NVE Ngidi and the Deputy Director-General Ms. BF Kuzwayo acknowledges with gratitude the following institutions that contributed to the successful completion of the Community Caregiver (CCG) Foundation Course:

- U.S. Agency for International Development (USAID)
- Province of KwaZulu-Natal (KZN) Office of the Premier
- Provincial Public Service Training Academy
- KZN Provincial Department of Social Development
- KZN Provincial Department of Health
- District Health staff at uThungulu District
- District Health staff at Ugu District
- Healthcare staff at Mabamba clinic, Mhlathuze, uThungulu District
- Community Caregivers at Ward 29, Mhlathuze, uThungulu District
- Healthcare staff at Ndundulu clinic, Mthonjaneni, uThungulu District
- Community Caregivers at Ward 4, Sanguye, uThungulu District
- Healthcare staff at Gamalakhe clinic, Hibiscus Coast, Ugu District
- Community Caregivers at Ward 26, Hibiscus Coast, Ugu District
- Healthcare staff at Shelly Beach clinic, Hibiscus Coast, Ugu District
- BroadReach Healthcare (Pty) Ltd

Contents

Foreword		7
Module 1	The Role of the CCG	1
Lesson 1.1	The Role of the CCG in Operation Sukuma Sakhe	2
Lesson 1.2	Community and Household Entry and Screening and Referral	25
Lesson 1.3	Recording and Reporting	38
Module 2	Healthy Living	1
Lesson 2.1	The Human Body	2
Lesson 2.2	Healthy Eating	10
Lesson 2.3	Physical Exercise	16
Lesson 2.4	Personal Hygiene	23
Lesson 2.5	Safety in the Home	28
Lesson 2.6	Environmental Hygiene	32
Module 3	Maternal Child and Women's Health	1
Lesson 3.1	Family Planning	2
Lesson 3.2	Termination of Pregnancy (TOP)	7
Lesson 3.3	Antenatal Care (ANC)	10
Lesson 3.4	Postnatal Care (PNC)	22
Lesson 3.5	Infant and Child Care	33
Lesson 3.6	Phila Mntwana	68
Module 4	Infectious Diseases	1
Lesson 4.1	HIV and AIDS	4
Lesson 4.2	HIV Counselling and Testing (HCT)	15
Lesson 4.3	Anti-Retroviral (ARV) Therapy	26
Lesson 4.4	Prevention of Mother-To-Child Transmission (PMTCT)	42
Lesson 4.5	Tuberculosis (TB)	53
Lesson 4.6	Tuberculosis (TB) Treatment	58
Lesson 4.7	Tuberculosis (TB) in Children	63
Lesson 4.8	Sexually Transmitted Infections (STIs)	66
Lesson 4.9	Opportunistic Infections (OIs)	72
Lesson 4.10	Prevention of HIV and STIs: The Role of Condoms	76
Lesson 4.11	Prevention of HIV: The Role of Medical Male Circumcision (MMC)	82
Lesson 4.12	Stigma and Discrimination	88
Lesson 4.13	Cholera	93
Lesson 4.14	Typhoid	97
Lesson 4.15	Malaria	100
Lesson 4.16	Rabies	105

Contents

Module 5	Chronic Conditions	1
Lesson 5.1	High Blood Pressure	2
Lesson 5.2	Diabetes	6
Lesson 5.3	Cholesterol	10
Lesson 5.4	Heart Attack	15
Lesson 5.5	Stroke	19
Lesson 5.6	Cancer	24
Lesson 5.7	Mental Illness	34
Lesson 5.8	Domestic Violence	38
Lesson 5.9	Substance Abuse	47
Lesson 5.10	Child Abuse	58
Module 6	Community Care and Support	1
Lesson 6.1	Social Grants	2
Lesson 6.2	Food Gardens	11
Lesson 6.3	Identity Documents (ID)	15
Lesson 6.4	Home Community-Based Care (HCBC) and Palliative Care	18
Lesson 6.5	Care of Older Persons	32
Lesson 6.6	Social Services for Children	39
Lesson 6.7	Youth Friendly Services	46
Lesson 6.8	Support Groups	55

CCG as Champion

Glossary

Word/Acronym/Abbreviation	Definition/Explanation
e.g.	For example
etc.	And so on
i.e.	That is
Abstain/Abstinence	Not doing something at all
Access	Get something, usually services; to have the right to use or get something e.g. clinics, social grants
Acute	Very serious or severe
Aggressive	Shouting and sometimes violent behaviour. Quick to anger
Analyse	To examine the nature of something, especially by separating it into its parts, in order to understand or explain it
Arteries	Blood vessels that carry blood that has oxygen in it from the heart to the rest of the body
Avoid	Stay away from; to not do something, e.g. avoid smoking means not to smoke
Bacteria	Type of germs
Catchment area	The area from which a school takes its students, a hospital its patients, a project takes its participants etc.
CD4 count	A CD4 count is a blood test that shows how well the immune system is working in people who have been diagnosed with human immunodeficiency virus (HIV)
Cell	A cell is the smallest piece of all living things. The human body is made up of millions of different cells
Chronic disease	Illness that will last for the rest of the person's life e.g. high blood pressure, diabetes, HIV infection
Clot	A clot is a clump that forms when blood hardens from a liquid to a solid
Collate	To collect information together from different sources in order to examine and compare it
Committed	Promise to do as we say
Community Mobilisation	To work together as a community in order to achieve a particular aim; to organize a community to do this
Confidence	To be sure of yourself
Confusion	To be mixed up
Consent	Give permission or allow
Consistently	To do something the same way every single time, e.g. use a condom in the same way every time a person has sex

Glossary

Word/Acronym/Abbreviation	Definition/Explanation
Contaminated	Polluted; Made dirty
Continuously	All the time
Crisis	A serious situation or emergency
DD/MM/YY	Day/Month/Year
Dehydration	When the body does not have as much water and fluids as it should
Deliberately	Doing something on purpose
Demographic	Population data
Demonstrate	To show how
Denial	Don't want to accept the situation or truth
Detect	To find out; to notice
Detectable	Can be picked up or is noticeable, e.g. if the client's viral load is detectable means that the client's viral load is noticeable and can be picked up on a blood test
Developmental milestones	A set of functional skills or age-specific tasks that most children can do at a certain age range
Disability	When a person cannot do something as one would normally be able to do
Discrimination	To treat someone unfairly because they may look different or they have a certain disease. Sometimes people living with HIV are treated badly by people, e.g. they may not allow those living with HIV to eat with them or work beside them
ECDs	Early Childhood Development Centres
Encourage	Give some support to someone to do something; to give someone confidence
Ensure	Make sure that something happens or that the person does what they should; e.g. to ensure that a person goes for an HIV test means that you need to make sure that the person goes for the test
EPI	Expanded Programme on Immunisation
Excessive	Too much
Exclusively	Only to be used by one particular person or group, or for one particular purpose
Exposed	Uncovered; do something that puts the person at risk e.g. if a client is exposed to HIV, it means that the client is doing something that puts them at risk of getting HIV
Extremely	Very
FHTs	Family Health Teams

Glossary

Word/Acronym/Abbreviation	Definition/Explanation
Faeces	Human waste
Frequently	Something that happens often
Graphically represented	A concept that is shown as a picture or a diagram to make it easier to understand
IMCI	Integrated Management of Childhood Illnesses
Impact	The effect of something
Infected	Become sick with an illness
Infectious	Can be passed from person to person or from animal to person
Informed	You have knowledge about something; when a person is told something
Insecticide	Poison which kills insects
Intercourse	Sexual activity
Interpret	To translate from one language to another or to explain something
Intervention	An intervention is a planned attempt by one or many people – usually family and friends – to get someone to seek professional help with a serious problem.
LAC	Local Aids Council
Latex	Type of rubber, used to make condoms and gloves
LTT	Local Task Team
Malnourished	Undernourished due to a lack of proper nutrition, caused by not having enough to eat, or not eating enough of the right things
MAM	Moderate Acute Malnutrition
Maturity	Maturity is based on a number of factors, e.g. a person's experience, how responsible they are, do they show good sense, their age
MCWH	Maternal Child and Women's Health
Mucous	Thick fluid, e.g. from the mouth, nose, vagina
Myths	Something that is not true
Network	A set of connections, e.g. people and services that can help the client
Non-toxic	Safe; not harmful
Nutrients	Nourishing food that helps things, e.g. the body, plants to grow
Oedema	Swelling
Opportunity	Have a good chance of being able to do something

Glossary

Word/Acronym/Abbreviation	Definition/Explanation
OVC	Orphans and Vulnerable Children. Children without parents or children who have no caregivers
ORS	Oral Rehydration Solution. The use of sugar and salt added to water (Sugar-Salt Solution) in order to prevent and/or treat dehydration.
Paralysed	A part of the body no longer works well, e.g. arm, leg, hand, etc.
Pledge	To make a promise
Precautions	Steps taken to protect against possible danger or harm
Prescribed	Instructions on how to do something e.g. how to take medicine
Preventive	Aims to try to stop something that causes problems or difficulties from happening
Privacy	Own/personal space where people cannot see and/or hear you; having time and space for yourself
Promotive	Encouragement of the progress, growth, or acceptance of something
Respiratory infections	Respiratory infections are any infection of the sinuses, throat, airways or lungs
SAM	Severe Acute Malnutrition
SASSA	South African Social Security Agency
Severe	Very serious
Sexual orientation	Which gender a person prefers to have a sexual relationship with e.g. the opposite gender or the same gender as themselves
Side effects	What a person can suffer from after they take medicines, e.g. vomiting, rash, headache
Stunted	Something that has not been able to grow or develop as much as it should
S-S-S	Sugar-Salt Solution
Supplementation	To add something to something in order to improve it or make it more complete
TB	Tuberculosis
RTHB	Road-To-Health Book
Vulnerable	Helpless; in a weak position; at risk of something bad happening
War Room convenor	The person who coordinates activities at the War Room

Foreword

Message from



Mr. NVE Ngidi
Director-General: Province of
KwaZulu-Natal

The mandate given to Government by the electorate is to bring about a better life for all citizens, regardless of who they voted for.

It is with this in mind that the Government of KwaZulu-Natal is renewing its commitment to deliver essential services to all communities of this beautiful province.

I am pleased to note that the current administration has decided to rekindle the noble project of 'Sukuma Sakhe' – Stand Up and Build.

The gist of project 'Sukuma Sakhe' is to engage every member of the community to embrace and internalize the fact that government cannot go it alone in bringing about development.

Democracy is about taking responsibility for our own lives. Government wishes to inculcate a culture of self-reliance, while at the same time acknowledging that a community is built by each and every member of the unit.

After the individual, the nucleus of society is the family. It has been said that happy families make happy communities, and happy communities make happy nations.

Through project 'Sukuma Sakhe' we are saying that through projects such as 'One Home One Garden', we can build healthy and happy communities. These will then give rise to happier and thriving communities which will result in a healthier and happier nation.

Nation building belongs to all of us. We as citizens of this beautiful province owe it to ourselves to roll up our sleeves and throw our hats in the ring and face the daunting challenges of illiteracy, poverty, crime, and ill health.

I therefore commend the Premier, the Executive and the KZN Legislature for their commitment to steer this province to a better and prosperous future.

Together we can do more.



Note to CCG

Dear Community Caregiver (CCG)

Operation Sukuma Sakhe welcomes you to the Community Caregiver's Foundation Course!

During this 10-day training, you will learn how to keep yourself and your clients healthy in mind and body and also learn new knowledge about how to prevent diseases and how and where to access health and social services should you or your client need it.

The knowledge and skills that you learn during this training will help you educate the communities by advising them to stay healthy and giving them tips on where to access important services to improve their lives. This training will cover many topics and types of individuals from newborn babies, infants and children, youth, adult males, adult females, pregnant mothers, older persons, people living with HIV and those living with disabilities.

This course consists of six modules. They are:

Module 1 The role of the CCG:

This module covers the purpose of the training, your role as a CCG, skills development and how to record, report and follow up.

Module 2 Healthy Living:

This module covers all the ways to stay healthy and how to avoid getting diseases.

Module 3 Maternal and Child Health:

This module covers everything to do with women and children's health and social needs.

Module 4 Infectious Diseases:

This module covers diseases and conditions that can spread from person to person and from animal to person.

Module 5 Chronic Conditions:

This module covers diseases and conditions that are not infectious but will affect the client for a long time.

Module 6 Community Care and Support:

This module explains how to access services such as identity documents, social grants, support groups, food gardens and how to care for those living with sickness or disability.

As a CCG, with this large amount of information you will become a powerful champion for building the community. You will learn new words; gather new skills and new tools which will help you in your work.

Learn as much as you can, ask as many questions as you can and take part in the discussions in the course. It is best to ask questions during the course so that you can get answers before you go back to the community. Share your experiences and talk about any challenges you may encounter or share experiences that could help you when you go back to the community. Use this chance to learn as much as you can. Don't be scared to share or ask questions; this training is for you and you must get the best out of it.

Always go back to the training material even after the training is finished. This will help you keep the information fresh in your mind and you will be better at what you do. It is good to always keep learning.

This is a wonderful opportunity for you because you are making a difference in the lives of many people in your community!





THE KWAZULU-NATAL PROVINCIAL COAT OF ARMS



The meaning of the Provincial Coat of Arms is as follows:

The Zig-Zag Partition

The zig-zag partition alludes to the Majestic Drakensberg Mountains, which are green in summer and snow capped in winter.

The Strelitzia Flower

The strelitzia flower has long been associated with the Province as a floral emblem and represents the natural beauty of the Province.

The Dove Tailed Bordure

The dove tailed bordure is the green on which the Lion and Wildebeest are standing and indicates the interlinking and interdependence of the inhabitants of the Province.

The White Star

The star represents the star signaling the birth of Christ. (Vasco da Gama, the early Portuguese explorer, named the coastal region Natalia on Christmas Day in 1497; Natal means birth).

The Lion Supporter

The lion plays an important role in African (Zulu) culture. His Majesty the King is referred to as the Ingonyama (Lion). The lion also represents an important feature of the State Emblems of India as well as in the British Royal Arms. The lion supporter is therefore a unifying heraldic component.

The Black Wildebeest Supporter

The black wildebeest supporter is associated in a Heraldic Context with the former Province of Natal. Together the lion and wildebeest represent the coming together of the former KwaZulu and the former Natal and the unity of all the people of the Province (Zulu, Indian and White).

The Hemispherical Zulu Hut

The hut rests on the point of the shield. Such a hut could form an appropriate head for the Provincial Mace thus linking the Provincial Coat of Arms and the Provincial Mace.

The Cross Assegai and Knob Kierie (Iwisa)

The assegai and knob kerie are symbols of authority and are placed behind the shield.

The Motto

Masisukume Sakhe translated to English means 'Let Us Stand Up and Build'.

The Head Ring (Isicoco)

The head ring is a symbol of wisdom.





SOUTH AFRICA'S NATIONAL ICONS

National Coat of Arms



The Role of a Coat of Arms

A national Coat of Arms, or state emblem, is the highest visual symbol of the State as was launched on Freedom Day 27 April 2000. Any document that bears the Coat of Arms means that it has been approved by the President of South Africa.

National Flag

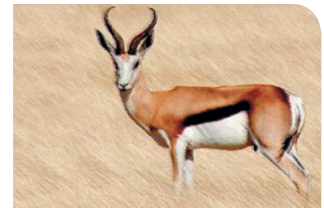
The South African flag should always be placed to the right of the audience. The flag is used in all official functions.



National Animal

Springbuck

Springbuck stands 75 cm high and weighs about 40 kg. They eat both grass and leaves and can go without drinking water because they get enough moisture from the succulent leaves.



National Bird

Blue Crane

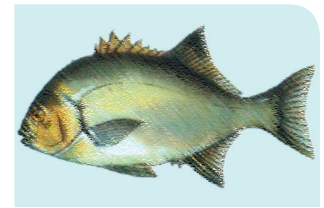
This elegant crane stands about one meter high and eats seeds, insects and reptiles.



National Fish

Galjoen

The galjoen is found only along the South African coast. It is also known in KwaZulu-Natal as blackfish or black bream. It eats red bait, small mussels and barnacles.



National Flower

Giant or King Protea

The giant or king protea is widely found in the south-western and southern areas of the Western Cape. A number of varieties in colour and leaf shapes are found.



National Tree

Real Yellowwood

The species is widely found in Table Mountain, along the southern and eastern Cape coast, in the Drakensberg, Soutpansberg and the Blouberg in Limpopo. In forests they can grow up to 40 metres in height.

