



## **GG2099775 Melusi “Phela Hantle” Project**

### **Progress Report – July 2021**

“Everyday of your life is a another lesson. If you learn the lesson well and apply it; whether positive or negative, you determine what happens in your tomorrow.”

— **David Kofi Awusi**

As South Africa recently experienced a third wave of Covid cases and has also been hit hard by unrests and riots, especially during July in the Kwa-Zulu Natal region (another province of South Africa). The importance of community care and essential, holistic, and comprehensive primary care services have become evident. The training and maternal and childcare support in Melusi has become a lighthouse to many of its residents. Empowerment through education of both the community health workers and the local community members are a key focus. The first trainers were certified as Life Skills Facilitators in July!

### **Total Number of Direct Beneficiaries**

Primary health care consultations and dispensing of medicine were offered at no cost to 231 (two hundred and thirty-one) patients on site in Melusi. 923 (nine hundred and twenty-three) patients were screened within the community for Covid symptoms. For more details on the patients seen please view the attached COPC Gauteng Province summary statistical report for June 2021.

### **Number of Maternal and Child Health Professional’s Trained**

Thirteen (13) community health workers and ten (10) fieldworkers were trained weekly within the community and as part of a weekly team meeting. Dietetic, physiotherapy and medical care students (8 across all disciplines) enrolled at the University of Pretoria were also included in learning activities as part of their service-learning within communities. The theme for the month of July was *Communicable Diseases*. Topics covered include health educational advice and support on/for TB and HIV/AIDS as part of educational instruction and support of health care workers and mothers. Patients were educated in groups as they were seen at the clinic (231). The educational sessions were facilitated by environmental health officer, Rebaone Molebatsi, for the community health workers. The CHWs were in turn expected to facilitate small group training sessions outside and in the open air for patients that arrived at the clinic or that were seen at household level.

**2021-22 President:** Shirley Downie | **Vice President:** Hans Mostert  
**President Elect:** Charlotte Khoza | **Treasurer:** Carolyn Khoury | **Secretary:** Mbali Simelane  
**Rotary Club ID number 85613 | 165-703 Non-Profit Organisation**  
PO Box 709 | Fontainebleau, 2032  
Web: [www.rotaryclubs9400.org](http://www.rotaryclubs9400.org)



Image 1: Dietetic and physiotherapy students facilitating a learning session in Melusi

Four community health workers were completed a course in Life Skills. They graduated as facilitators and the Melusi Grant also procured 100 textbooks that will be used to host 4 similar courses for 25 women at a time over the next 6 months.

| First Name     | Last Name     | Job Title       |
|----------------|---------------|-----------------|
| Elisa          | Morifi        | CHW             |
| Nkhangweleni   | Muofhe        | CHW             |
| Mologadi Phina | Seefane       | CHW             |
| Rebaone Kutlo  | Madzivhandila | CHW coordinator |

Table 1: Details of the four Community Health Workers trained

|   |
|---|
| Good communication skills               |
| Conflict resolution and problem solving |
| Teamwork                                |
| Cultural diversity                      |
| Business ethics                         |
| Decision making                         |
| A new beginning to your life            |

Table 2: Content covered in the Life Skills course @POP-UP NPO



Image 2 and 3: The four Community Health Workers and the certificate of completion



Image 4: Educators teaching the Life Skills Course



Image 5: Life Skills group with completion certificates

## Nutritional Status Assessment and Interventions

Thirty-six (36) children consulted for a clinical condition and were assessed for their nutritional status at the health hub. Fifteen (15) children were treated for respiratory infections. Sixteen (16) received a catch-up dosage of Vitamin A and deworming. Two hundred and forty (240) children <5 received micro-nutrient supplementation at early learning centres in Melusi. Daspoort Poli-clinic is the referral clinic for Melusi patients to receive immunization.

Focused Dietetic visits were scheduled at a number of creches in Melusi. A dietitian along with three dietetic students visited multiple creches. During these visits, nutritional assessments were completed, and informal discussions were held around menus for the children and food preparation. The 6 creches that were visited in July were *Happi Sappi*, *Pheladi*, *Thuto Lesedi*, *Ragae* and *Maposa* and *Sunrise* creche and 240 children were seen as discussed in the details below.

### 1. Happi Sappi Creche

Sister Doreen referred children to the clinic whose Road to Health cards were incomplete to enable them to catch up on vitamin A, deworming and immunizations. Children with poor growth were referred to the dietitian for counselling and follow up. 62 children were screened with Road to Health cards as well as 19 children who were without cards, with a total of 81 children screened. The Dietitian measured children for weight, height/length, mid-upper-arm circumference (MUAC) and head circumference. There were no MUAC's below 12.5 cm (which is an indicator of adequate nutrition).



Image 6: Children at the creche

## 2. Pheladi wa Phahla Day Care

17 children were measured and assessed. Health educational training of the teachers focuses on breastfeeding, the food menu and the use of micro-nutrient supplementation (given to all the children under 5 in early learning centres as part of the community orientated primary care program and sponsored by Acorn little bits.



Images 7, 8 and 9: Children receiving vaccinations and being measured

### 3. Thuto Lesedi Creche

10 children were measured, and all screened with normal nutritional status. 1 child was referred to the Melusi clinic for a skin rash. Training on food and planning the kitchen space and menu were done one on one.



Image 10: Child referred to Melusi clinic for severe skin reaction (dryness and discomfort)

Dietetic students visited a spaza shop to investigate ingredient availability and price from local shops. As part of the outcomes of the maternal and childcare intervention the aim is to develop a recipe book, adapt recipes to local community preferences and receive feedback. This would be a community-based and collaborative project and learning experience.



Images 11, 12 and 13: The kitchen at Thuto Lesedi Creche



#### 4. Maposa Creche

Nutritional interventions here included measuring and weighing the 20 children after screening their Road to Health Card, administration of Vitamin A and deworming. Due to Covid-19, parents defaulted on routine clinic visits.



Image 14 and 15: Melusi creche community health worker dietetic screening and counselling of the teacher for a malnourished child

#### 5. Ragae Creche

75 children were measured. The principal shared that food storage was difficult due to the bulk packaging being torn and the concern around rats in the area.

#### 6. Sunrise Creche

37 children were measured at Sunrise creche. The menu and food storage were discussed with the principal. There were no children identified with MUAC's below 12, 5 cm.



Image 16 and 17: Food subsidies were distributed where families have no food

Training of mothers, fathers and community caregivers in early learning centers and at the local non-profit organization, MYDO, continued with a theme of a healthy living environment, free of violence and supporting childhood development during times of lockdown.

**Number of mothers receiving ante-/post-natal care**

181 patients received contraceptives within the Melusi community at the healthhub. Pregnant mothers that are identified on site are referred for ANC (ante-natal care) to the nearby Daspoort clinic that has more services and resources.