alpha clinic
SISTERS IN CHARGE

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Page 3
Welcome to the new clinics!

Featured Sister - Sr. Reshma Moodley - Mount Edgecombe Pharmacy and Clinic



Nelson Mandela Day
Inspiration
Page 4

Page 8
What is the Pneumococcal vaccine?

June 2026
GUIDE

02 A word from Alpha Clinic's Network Manager

03 Welcome to the new clinics.

04 Nelson Mandela Day Insperations

05 Sonoma - Burn care

06 Clinic Stationery

07 Be Winter Ready with AOB Winter Basket

08 Pneumococcal Vaccine -MSD

10 Sonoma - Microdox

11 July 2026 Health Calendar

12 28th it is World Hepatitis day

13 Advertise in Sisters-in-Charge



A Message from your Clinic Network Manager

Dear Clinic Sisters

It is hard to believe that we have already reached the second half of the year. As we reflect on everything we have achieved together over the past six months, we can be proud of the difference our clinics continue to make in the lives of the communities we serve. The months ahead provide another opportunity to build on this momentum as we remain committed to delivering accessible, compassionate, and quality healthcare.

The first week of July shines a spotlight on Corporate Wellness, reminding us that healthcare extends beyond the walls of our clinics. I encourage each clinic to connect with businesses in your surrounding community and explore opportunities to host employee wellness days or health screening initiatives. These engagements not only promote healthier workplaces but also strengthen valuable community partnerships. It is equally important to invest in our own teams, so consider arranging a wellness initiative for your pharmacy and clinic staff to encourage healthy lifestyles and overall wellbeing.

On 18 July, we celebrate Nelson Mandela Day, a reminder that every act of service, no matter how small, has the power to make a lasting impact. Whether you are caring for a patient, offering reassurance, or sharing valuable health advice, your dedication reflects the spirit of service that Madiba inspired in us all.

Towards the end of the month, on 28 July, we observe World Hepatitis Day. This is an ideal opportunity to educate patients about the different types of hepatitis and the importance of prevention through vaccination, early detection, and healthy lifestyle choices. As trusted healthcare professionals, you are perfectly positioned to raise awareness and encourage conversations that could ultimately save lives.

Winter continues to place increased demands on our clinics as more patients present with cold and flu symptoms. Please continue encouraging preventative measures such as frequent handwashing, drinking plenty of fluids, covering coughs and sneezes, and using disposable tissues where possible. Appropriate symptomatic treatment can provide relief, while patients whose symptoms persist or worsen should be referred for further medical assessment. Where stock is available, continue promoting influenza vaccination and discuss pneumococcal vaccination with elderly and high risk patients to help protect them against serious respiratory complications.

Our Alpha Clinic Network also continues to grow from strength to strength. I am delighted to welcome our newest Alpha Clinics in Verulam, Ackermans, Gowrie, and Pennington to the network, with several more clinics expected to join us in the coming months. Every new clinic strengthens our ability to provide quality healthcare to even more South African communities.

As always, I would like to extend my heartfelt thanks to every one of you. Your professionalism, compassion, and unwavering commitment are the foundation of our network's success. Thank you for the exceptional care you provide every day, for the trust you build with your patients, and for the positive difference you make in your communities. Your passion for serving others continues to inspire us all, and it is a privilege to have you as part of the Alpha Clinic family.
I wish you all a healthy, successful, and fulfilling month ahead.
Roné Murray
National Clinic Network Manager

Sincerely,

Roné Murray

Clinic Network Manager

Welcome to the new clinics!

We're delighted to welcome more clinics to the Alpha Clinic Network as we continue to grow our national footprint.

Our newest clinics include **Verulam**, **Ackermans**, **Gowrie**, and **Pennington**, with several more currently in the onboarding process.

We look forward to supporting these clinics as they become part of our growing healthcare community and continue delivering quality care to their local communities.



Nelson Mandela Day

Mandela Day: Small Acts, Lasting Impact

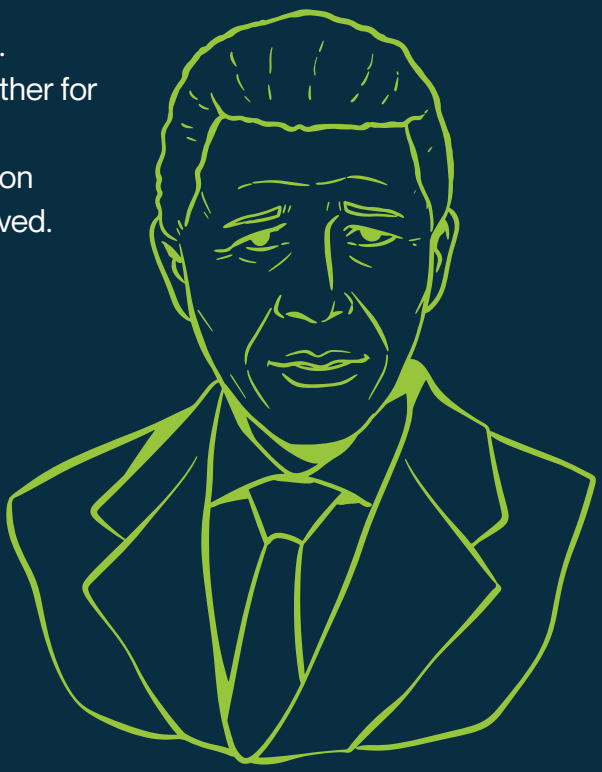
Every year on 18 July, South Africans come together to celebrate Mandela Day, honouring the legacy of Nelson Mandela and his lifelong commitment to kindness, equality, and service to others.

The day encourages each of us to dedicate 67 minutes to making a positive difference, representing the 67 years Madiba devoted to public service. While 67 minutes may seem small, countless acts of kindness across the country create a lasting impact on individuals and communities.

As healthcare professionals, clinic sisters are already making a difference every day. Mandela Day offers an opportunity to extend that care beyond the consultation room and strengthen relationships within your community.

Here are a few simple ideas your clinic can consider:

- Host a free health awareness talk on topics such as hypertension, diabetes, healthy eating, or winter wellness.
- Offer basic health screenings, such as blood pressure, blood glucose, or BMI checks, where appropriate.
- Visit a local old age home, crèche, school, or community organisation to share health education or wellness tips.
- Collect essential items such as blankets, toiletries, baby products, or non-perishable food for a local charity.
- Create care packs for vulnerable patients or families in need.
- Encourage your pharmacy and clinic team to volunteer together for 67 minutes at a community initiative.
- Share positive health messages and Mandela Day activities on your clinic's social media pages to inspire others to get involved.



Mandela Day reminds us that meaningful change does not always require grand gestures. A kind word, a helping hand, or a few extra minutes spent caring for someone can leave a lasting impression.

This Mandela Day, let us continue Madiba's legacy by caring with compassion, serving with purpose, and making every minute count.

Sonoma™
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Reducing Bacterial Infectious Complications from Burn Wounds

A look at the use of Micrdacyn60 to treat Burn Wounds

Clinical Cases

In a study of 64 cases of children admitted to hospital with thermal injuries the goal was to evaluate the use of Microdacyn60 in burns by its action in infection control, healing ability and final scar evaluation.

- The use of Microdacyn60 was safe for prevention of infection in full-thickness & partial thickness burns in paediatric patients
- Microdacyn60 Reduced the microbial load in **90%** of patients.
- All children reported less pain during cleaning.
- Hospital stay duration reduced by **50%** across all patients

Case 1

A 2-year-old girl presented with 33% TBSA partial-thickness burns after exposure to boiling water (Figure 1A). She underwent debridement with the JetOx system and, as in the rest of the cases, the lesion was moistened with Sonoma Microcyn60 3 times each day using a spray trigger.

The children tolerated the daily cleaning of the lesion without much pain. At day 3, the typical bright red color in the burn area was present (Figure 1B).

Aseptic eschars then appeared on weeks 1 and 2 (Figure 1C). Reepithelization of the wounds usually occurred in weeks 3-4 (Figure 1D).

At follow up, the characteristics of the new skin were similar to the spared skin, albeit a different colour.



Figures 1A–1D. A 2-year-old girl with partial-thickness burns.

Breaks Down Bacterial Biofilm

Biofilm formation is recognized as a serious problem in chronic wound infections. HOCl has antibiofilm activity[6] and actively breaks down biofilm and kills microorganisms within the biofilm. Biofilm characteristics include:



Microdacyn60®

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44199-00	Microdacyn60 Solution 990ml NPWT
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44207-00	Microdacyn60 Hydrogel 250g
PE13T00	Microdacyn60 Hydrogel 400g

100+ Clinical Papers

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C1SWC12022R0007

Clinic Stationery

We have updated our clinic stationery with new logo's

Orders | Roné Murray - rone.murray@alphapharm.co.za

Family planning cards (100)	**R115**
Monitoring cards (100)	**R115**
Casual Walk in books	**R50 each**

Prices excl. VAT

Consent and Referral pads	**R28 each**
Adult Health Cards (100)	**R250**
Child Health Cards (100)	**R250**

Prices excl. VAT





Extra Support When you need it most.



AOB

Winter Wellness: Helping Patients Through Cold and Flu Season

Winter is here, and with it comes an increase in patients presenting with cold and flu-like symptoms. While most cases can be managed with supportive care, clinic sisters play an important role in educating patients on preventing the spread of illness and managing their symptoms effectively.

Here are a few simple reminders to share with your patients:

- Wash your hands regularly with soap and water.
- Drink plenty of fluids and get adequate rest.
- Use disposable tissues when blowing your nose and discard them immediately after use.
- Cover your mouth and nose with a tissue or your elbow when coughing or sneezing.
- Use appropriate over-the-counter medication, such as Alpha's Colds & Flu Fizzies, to help relieve symptoms.

If symptoms persist, worsen, or do not improve after a few days, patients should be referred to a doctor for further assessment.

A few simple preventative measures and timely advice can go a long way in helping our communities stay healthy throughout the winter months.

Explore the full range. **aob.co.za**




Actor Portrayal

HELP PROTECT YOUR CHILD FROM INVASIVE PNEUMOCOCCAL DISEASE (IPD) WITH THE PNEUMOCCOCAL VACCINE[1]

WHAT is the Pneumococcal Vaccine?

The Pneumococcal Vaccine helps your child's body to form its own antibodies, to help **protect** your child against **different types of pneumococcal bacteria.**[1,2]

Pneumococcal disease, caused by pneumococcus bacteria, can lead to **serious infections** and problems.[3,4]

Infection of the lining of the brain and spinal cord (meningitis)

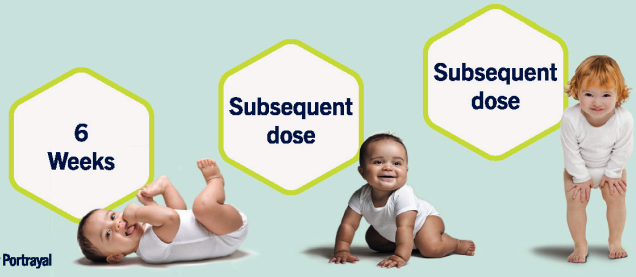
Bloodstream infection (bacteraemia)

Potential serious problems include:

- Hospitalisation or death
- Developmental delay
- Loss of limbs

WHEN should you have your child vaccinated?

Typically, babies and toddlers are vaccinated from the age of 6 weeks.[1]



Actor Portrayal

Ask your healthcare provider about vaccination

Dose 1 — **2 or 3 subsequent doses are required. Your healthcare professional will tell you when your child is due for these doses.**[1,5]

Report any suspected adverse events or product quality complaints to DPOC South Africa: dpoc.zaf@msd.com

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MSD



Actor Portrayal

Help to Protect Yourself and Your Loved Ones

from pneumococcal disease with the **Pneumococcal Vaccine**[1,2]

WHAT is pneumococcal disease?

A bacterial infection caused by pneumococcal bacteria.[2]

Pneumococcal bacteria can cause serious infections, including:[2]

- Infection of the lining of brain and spinal cord (meningitis)
- Bloodstream infection (bacteraemia)
- Lung infection (pneumonia)

Serious infections may be life-threatening at any age

WHO should get the pneumococcal vaccine?

Anyone can get pneumococcal disease, but some people are more vulnerable, including:[2,3]

- Children from 6 weeks to 5 years
- Elderly (65 years or older)
- People with certain medical conditions or a weakened immune system

WHAT is the Pneumococcal Vaccine?

The Pneumococcal Vaccine helps your body to form its own antibodies, to help protect you and your loved ones against **different types of pneumococcal bacteria.**[1,3]

Ask your healthcare provider about invasive pneumococcal disease (IPD)

Report any suspected adverse events or product quality complaints to DPOC South Africa: dpoc.zaf@msd.com

References: 1. Centers for Disease Control and Prevention. Pneumococcal Vaccination [online] October 2024 [cited 25 June 2025]; Available from: https://www.cdc.gov/pneumococcal/vaccines/index.html. 2. Centers for Disease Control and Prevention. Pneumococcal Disease [online] October 2024 [cited 3 June 2025]; Available from: https://www.cdc.gov/pneumococcal/about/index.html. 3. Tereziu S, Minter DA. Pneumococcal Vaccine. NCBI Bookshelf. StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2025 Jan-. [online] [cited 25 June 2025]; Available from: https://www.ncbi.nlm.nih.gov/books/NBK507794/.

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MSD

July Health Calendar

Mental Illness Awareness Month

1 - 5 Corporate Wellness Week

11 World Population Day

18 Nelson Mandela International Day

28 World Hepatitis Day



Mental Illness Awareness Month



A NEW WEAPON
TO PROTECT THE KIDNEYS
By Dr. FJ van Wijk | Urologist

Spinal cord injuries lead to different types of neurogenic bladders. It is very important to manage bladder function, not only for social reasons, but to prevent incontinence and incomplete emptying.

Bladder dysfunction is the most common reason for kidney abnormalities that affects quality of life and life expectancy. High pressure in the bladder and infection will cause backward pressure. Stasis of urine increases risk of infection and the combination of high pressure and infection is devastating to the kidneys.

Contributing to the problem is recurrent use of antibiotics that increase the risk of resistant organisms. Therefore prevention and treatment of urinary tract infections are a constant focus for patient and physician.

This is where treatment with an antimicrobial solution like Microdox becomes an integral part of care. To create a safe environment for the kidneys we need a low pressure bladder to store urine and an effective way to empty normally or with indwelling or intermittent catheterization. Organisms can develop resistance to antibiotics or form a protective layer (Biofilm) where antibiotics are not effective.

Microdox is a potent antimicrobial hypochlorous acid solution developed for instillation into the bladder. This overcomes the resistance and biofilm problem. It is also a topical treatment without systemic side effects.

For prevention or for the acute infection, it is used as a bladder instillation. Being a very potent antimicrobial (kills more than 99% of organisms) and non-toxic for tissues, it is the perfect solution for localized treatment.

Microdox will hopefully be our next weapon in the fight against pathogens, leading to a reduction of antibiotic use and protecting the urologic tract against damaging infections.

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Microdox$_{60}$™ 500ml

An electrolyzed bladder rinse solution intended for use as an adjunct in the treatment and prevention of urinary tract infection.



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World Hepatitis Day

World Hepatitis Day: Protecting Liver Health Through Prevention and Awareness



Every year on 28 July, the world observes World Hepatitis Day, raising awareness about viral hepatitis and **encouraging people to learn more** about protecting their liver health. There are five main types of viral hepatitis: Hepatitis A, B, C, D, and E. The most common types are Hepatitis A, B, and C, while Hepatitis D and E occur less frequently. Although these viruses all affect the liver, they differ in how they are transmitted, prevented, and treated.

One of the biggest challenges with hepatitis is that many people have no symptoms for years, making education, prevention, and early diagnosis incredibly important. As trusted healthcare professionals, clinic sisters are well-positioned to educate patients and promote preventative healthcare within their communities.

Here are a few ideas your clinic can consider:

- Display educational posters or share informative brochures about hepatitis in your waiting area.
- Start conversations with patients about the different types of hepatitis and how they can protect themselves.
- Encourage patients to ask about vaccination options and preventative healthcare.
- Use routine consultations as an opportunity to discuss liver health and the importance of early detection.
- Share simple facts and awareness messages on your clinic's social media pages throughout the week.
- Partner with your pharmacy team to identify opportunities for patient education during everyday interactions.

Prevention Starts with Vaccination

Vaccination remains one of the most effective ways to prevent certain types of viral hepatitis. As part of South Africa's Expanded Programme on Immunisation (EPI), most children routinely receive the Hepatitis B vaccine. However, the Hepatitis A vaccine is not included in the EPI schedule, creating an excellent opportunity for clinic sisters to educate families about its benefits. Where appropriate, sisters can recommend and offer the Hepatitis A vaccine to eligible patients as an additional preventative healthcare service.

Key Messages to Share with Patients

- Hepatitis is inflammation of the liver caused by different viruses.
- The most common types are Hepatitis A, B, and C.
- Many people may not experience symptoms until the disease has progressed.
- Early diagnosis and appropriate treatment can help prevent serious liver damage.
- Vaccination is a safe and effective way to protect against Hepatitis B, and Hepatitis A vaccination is also available for those who choose additional protection.

Every conversation creates an opportunity to educate, prevent illness, and improve lives. This World Hepatitis Day, let's continue empowering our communities through awareness, early intervention, and the promotion of preventative healthcare.


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