



BENEDICTINE HOSPITAL

INSENGWAKAZI NEWSLETTER

December 2008-january 2009



**DR. AIGBE,
MEDICAL MANAGER**

The Management of Benedictine Hospital welcomes the staff back to the hospital after Christmas and new year season. We thank the almighty God for sparing our lives to see 2009. We believe that we are all strong and rejuvenated for 2009, ready to face the challenges ahead

We thank you all for your efforts last year . We all know the problems currently facing the Department of Health KZN especially with regards to the financial constraints we are currently facing. We should not lose hope in these trying times instead we should look for innovative

ways of doing things. We should never give up and loose hope instead we should rise and face up to the challenges and say" YES WE CAN" as the Americans are currently saying under the leadership of" Barack Obama"

All the best for 2009



Inside this issue:

| | |
|--------------------------------------|-------|
| Medical Manager welcome | 1 |
| Baby Shower/ Public Rela- | 2/3 |
| Pharmacy week | 4 |
| Event Held at Mona | 5 |
| KHANYA AFRICA LAUNCH/ HEALTHY EATING | 6/7 |
| NURSES DAY /STAFF ACHIEVEMENTS | 8/9 |
| Sports and New Appoint-ees | 10/11 |



BABY SHOWER FOR NURSING MANAGER. INDABA SIYIXOXA NGEZITHOMBE



PUBLIC RELATIONS OFFICE



Miss N QONGQO, Public Relations Officer

I

would like to welcome all the readers of the Nsengwakazi magazine into a new year , we thank the God almighty for being with us in 2008 and taking us through 2009. this issue contains a lot of interesting articles and you will find it very hard not to get your own copy. We would like to thank the departments that contributed in making this edition a success , with inspiring stories. We also would like other departments to join in by giving us stories so as to know what they are busy about in their departments. The Public Relations office would also like to welcome all the new staff that have just recently joined us and all the comm.

Serve doctors I promise you will have the time of your life here at Benedictine . In this edition I would like to introduce Miss Xolisile Zungu (PR in-serve) that joined us last year November 2008 till to date I will let her introduce herself and tell us more about who is she? Bathathe ntombazane

My name is Xolisile Zungu, from Nongoma, Buxedene Area.

I would like to greet the management and staff members with their different unit. I have started in Benedictine Hospital last year November and am doing in-service training. I have studied in Mthashane FET College doing Public Relations Mngement . I have chosen this course because

I like to communicate with people and helping them. The public Relations office has given me so much experience in terms of improving on my communication skills, writing skills, and media relations, how to do behave in the work place ,how handle and solve complaints . I have also discovered that to work in the organization like the hospital there are so many challenges you have to deal with. I would like to thank you all with your support especially the C.E.O of the Hospital and my mentor Ms N Qongqo Public Relations Officer I wish you all the best for future.



Miss Xolisile Zungu –PR In-serv

PHARMACY WEEK AT BENEDICTINE BY PHARMACY MANAGER

The goal of the pharmacy is to ensure that all patients, caregivers and healthcare professionals alike have ready access to information pertaining to the availability, use and all considerations with regard to medications. Education of the community is one of various areas of interest as it is our solemn belief that an educated community is a healthy community.

For pharmacy week in September we visited NONGOMA primary School where we exemplified our theme for the month which was: "your pharmacist cares for you". A play was performed with self made props and costumes which taught the children about the dangers of living an unhealthy lifestyle. The play also highlighted the disease killing our youth: HIV/AIDS. This topic was presented in a light manner suited for the understanding of children yet still carried the impact needed to convey just how serious the threat of HIV is. We followed with a questions and answers where we taught about the roles of a pharmacist and an assistant as well as the general role of the pharmacy as part of the healthcare team in Benedictine; the children were invited to visit the hospital and the

pharmacy to learn more about our institution and recognize the role of Benedictine Hospital in the community. I would also like to take the opportunity of thanking the staff and head Mistress of Nongoma Primary School for the warm accommodation and support during our outreach programme and also the members of pharmacy who participated in the play as they had no acting experience. Yet put on a phenomenal performance regardless. (please see Mr Pillay for video footage of the event)

A week prior to this project Siyaphakama Primary School was visited by a pharmacist and an assistant. They addressed the children with regard to the purpose and vision of the pharmacy department as well as the roles and responsibilities of the members of staff in pharmacy. Once more they were met with good and active responses and the event was a success.

As this year draws to a close we at pharmacy take heart in the fact that teamwork in Benedictine has been strengthened and doctors, nurses and paramedical alike can work in unity for the best outcomes for our community. At the same time, we look ahead to a new year with new challenges and victories, knowing that all the time we will triumph, we will meet the needs of our people.

TAKING YOU THROUGH OUR PHARMACY DEPARTMENT

ARV DEPARTMENT



From left: Mrs B.R Mthembu, Mrs K.A Mkhize, Mr C.C Mbatha, Ms N.E Nene

OUT-PATIENTS DEPARTMENT-



From left: Mr T.H Gumede, Ms T.G.N Xulu, Mr Z.S Nkosi, Mr R.M Madlala

Seated: Ms T.N.S Nzimande

STORES DEPARTMENT



From left: Mr B.J Mnguni, Mr M.T Zulu, Mr L.T Mkhwanazi, (Drug co-ordinator) Mr Y.O Pillay, Mr S.j Mkwae,

IN-PATIENT DEPARTMENT



From left: Mr S.c Mbatha, Mrs R Pillay

PHARMACY GENERAL ORDERLIES



From left: Mrs K.C Ntanzi, Mr R.B Ndwandwe, Mrs B.R MMthembu

WAR- AGAINST POVERTY EVENT HELD AT MONA



Eye nurse screening patients and giving glasses



Sister Sibiya screening patients for Bp, Diabetis



PATIENTS WAITING TO BE SCREENED



Queen T.J Zulu, MEC FOR HEALTH, IHASHE ELIMHLOPHE AND TEAM BEATING THE DRUM



FOOD PARCELS TO BE GIVEN TO COMMUNITY MEMBERS



MEC FOR HEALTH GIVING A SPEECH

THE SOCIAL CLUSTER IMBIZO WAS HELD ON THE 20 JANUARY 2009 AT MONA SHOW GROUNDS AT NONGOMA. DIFFERENT DEPARTMENTS WENT INTO A JOINT EFFORT TO FIGHT POVERTY IN THE AREA OF MANDLAKAZI. THE DEPARTMENTS WERE DEPARTMENT OF AGRICULTURE, SOCIAL WELFARE AND HEALTH. SERVICES WERE RENDERED TO THE PUBLIC AS OTHER DEPARTMENTS CAME TO SUPPORT THE INITIATIVE (HOME AFFAIRS, SASSA, AND IEC). BENEDICTINE HOSPITAL WAS PROVIDING SCREENING SERVICES (EYE SCREENING, BP, DIABETIS, VCT). OUR HOSPITAL BOARD CHAIRPERSON QUEEN T.J ZULU, ZULULAND DISTRICT MANAGER AND HOSPITAL CEO WERE PRESENT TO GRACE THE OCCASION, AND IHASHE ELIMHLOPHE ENTERTAINED THE CROWD. FOOD PARCELS FOR THE COMMUNITY ESPECIALLY THOSE IN NEED WERE PREPARED, GARDENING TOOLS, WALKING STICKS AND WHEELCHAIRS.

KHANYA AFRICA ZULULAND DISTRICT LAUNCH AT BENEDICTINE



MEC FOR HEALTH , WITH DISTRICT MANAGER, HOSPITAL BOARD CHAIRPERSON WITH THE KHANYA ARICA MEMBERS



DR.NXUMALO , MEC FOR HEALTH QUEEN T.J ZULU AND MRS G.T SHAMASE ,CEO



BENEDICTINE HOSPITAL CHOIR



STAFF DOING PLEDGE

KHANYA AFRICA LAUNCH FOR ZULULAND DISTRICT WAS HELD ON THE 04 DECEMBER 2008. KHANYA AFRICA IS A GROUP OF DOCTORS AND HEALTH WORKERS WHO VOLUNTEER THEIR SERVICES ON WEEKENDS TO THE COMMUNITIES THAT CANNOT REACH CLINICS AND HOSPITALS. IT IS A VOLUNTEER COMMUNITY OUTREACH PROGRAMME BY DEPARTMENT OF HEALTH. THE LAUNCH STARTED AT 7PM AND IT WAS HELD AT LARGE LECTURE HALL AT NURSING COLLEGE. KHANYA AFRICA DOCTORS, BENEDICTINE STAFF, HOSPITAL CEOs FROM ZULULAND WERE ALL PRESENT TO GRACE THE OCCASSION. THE QUEEN T.J ZULU WHO IS ALSO A CHAIRPERSON OF HOSPITAL BOARD WAS PART OF THIS PRESTIGEIOUS EVENT. THE PROGRAMME DIRECTOR WAS MR MC MTHEMBU, CHAPLAIN REV MATHENJWA OPENED WITH A PRAYER. BENEDICTINE CEO WELCOMED EVERY ONE AND THANKED THEM FOR ATTENDING THE LAUNCH. DISTRICT MANAGER GAVE PURPOSE OF THE DAY, AND DR.B NXUMALO GAVE A BRIEF BACKGROUND ON KHANYA AFRICA. THE MEC FOR HEALTH GAVE A KEY NOTE ADDRESS AND A PLEDGE BY KHANYA AFRICA MEMBERS WAS DONE AND PLEDGE BY DISTRICT.

HEALTHY EATING

BY: LAWRENCE MAGOBOYE (DIETICIAN)



EAT VARIETY OF FOOD, PLENTY OF FRUITS AND VEGETABLES

NUTRIENTS IN FOOD PROVIDE THE THERAPEUTIC ROLE OF FOOD. WHEN FOOD IS EATEN COLLECTIVELY AND IN A VARIETY HIS BENEFIT IS MORE HEIGHTENED. THERE IS NO ONE MAGICAL FOOD THAT CAN BE EATEN AND PROVIDE ALL THE NUTRITIONAL BENEFITS.

WHY SHOULD I EAT THESE FOODS?

ANTIOXIDANTS ARE FOUND MAINLY IN THESE FOOD ITEMS, WITH A VARIETY OF FOOD. . A LOT OF VASCULAR DAMAGE OCCURS DAILY AND WE NEED PROTECTION FROM FOOD THIS INCLUDES, VITAMIN A,C,E AND SELENIUM. THE OTHER FOODS ARE RICH IN FIBER WHICH HELPS TO ALLEVIATE CONSTIPATION WHEN TAKEN WITH ADEQUATE FLUIDS AND ALSO HELP WITH DIARRHEA BY PROMOTING ABSORPTION OF WATER IN THE LOWER COLON. FIBER CAN PROMOTE THE GROWTH OF BENEFICIAL BACTERIA THEREFORE REDUCING BACTERIAL TRANSLOCATION AND DAMAGE DUE TO THESE MICRO-ORGANISMS, ULCERATIVE PATIENTS CAN ALSO BENEFIT A LOT FROM THIS. THE AMOUNT OF FAT WE CONSUME DAILY IS HIGH AND DAMAGING TO THE BODY. FIBRE PLAY AN IMPORTANT ROLE BY PROMOTING EXCRETION OF FATS IN THE BODY, DIABETIC, HYPERTENSIVE , HIV, TB, PATIENTS CAN BENEFIT A LOT FROM THE INTAKE OF THESE NUTRIENTS.

THERAPEUTIC ROLE OF FOODS

FOOD HAS BEEN USED AS A THERAPY FOR ILLNESS. IT HAS BEEN USED FOR BOTH CURATIVE AND PREVENTATIVE. EVEN THOUGH WE DON'T GO MUCH DEEPER BY NEGLECTING OUR DAILY DIET AND THINKING OF THE IMPACT OF FOOD DAILY IN OUR BODIES, OUR SUB-CONSCIOUS MIND KNOW THE TRUTH, LOOK AT THIS , WHEN WE USED TO BE SICK OUR GRANNIES WOULD PREPARE SOFT PORRIDGE EARLY IN THE MORNING AND SERVE US WITH TEA THEREFORE INCREASING THE FREQUENCY OF FOOD AND LIMITING THE PROCESS OF WEIGHT LOSS.

FOOD TO AVOID / EAT SPARINGLY FATS AND FAST FOODS



SALT, SUGAR AND SUGARY PRODUCTS THESE KIND OF FOODS LOWER APPETITE AND PROMOTE WEIGHT GAIN



HEALTHY EATING CAN DO YOU GOOD MORE THAN YOU PERCIEVE

Often we tend to neglect the important aspect of our well-being , which is nutrition . Nutriition is the science of food , the impact of nutrients taken daily to our bodies and their interaction there-of . Nutrition involves the ingestion ,digestion of food and absorption of nutrients from the food. I have seen it paramount that in this issue we incorporate nutrition and illness because of the pandemic of HIV/AIDS and because this is affecting a majority of the population.

WHAT HAPPENS DURING ILLNESS?

The body undergoes a process of breakdown resulting in weight-loss and more complications due to illness . This is more increased because of loss of appetite and factors associated with reduced food intake such as nausea and vomiting. Poor nutritional status during illness results susceptibility to lenthened duration of illness and compromised immune system.

HEALTHY TIPS

- Exercise Daily
- Drink 8 glasses of water a day
- Eat variety of foods

NURSES DAY AT BENEDICTINE

On the 5 November 2008, the nursing management hosted the Nursing Day of prayer at Benedictine Hospital under the theme "Nurses are angels in disguise". This day was a day of reflection and rededication for nurses. It was also to rededicate nursing service back to humanity and to motivate the young people who are in nursing or those who wish to take career path in nursing. This day involved prayers and motivational speeches, words of encouragement to the nurses. The event was opened with a prayer by Pastor Mathenjwa. Nursing manager introduced guests. A beautiful poem was done by Thuli Mkhwanazi. The C.E.O gave words of encouragement to the nurses, and also the unions were present to motivate nurses. The district manager also gave words of encouragement. Benedictine choir entertained the crowd with its beautiful melody. The guest speaker for the day was Mrs N.G Hlongwane whom in her speech spoke about five things:

- NATURE– people are created in the image of God
- EDEN– our lives are the field of Eden
- CHALLENGES- Ref to psalm 6
- STRATEGY TO CHALLENGES– make use of the holy spirit
- REWARD— provide good service to the community and you will get your reward in heaven

Mrs Themba gave the significance of the lamp and Queen T.J Zulu led the nursing service pledge and anointing of hands was done. Mrs R.S. Nzuzwa gave vote of thanks. The nursing management would like to thank everybody who supported the day in all forms. The support from the community was amazing and the guests that came to grace the occasion. May God bless you all



Local Clergy leading nurses to the venue, singing Trust and Obey



Retired nurses were also present to grace the occasion,



The Nurses choir entertained the crowd



Denosa representative giving words of encouragement

ACHIEVEMENT BY BENEDICTINE STAFF
BY: XOLISILE ZUNGU(PR INTERN)



U CEO WESIBHEDLELA EHALALISELA
U MAMA U MAPHISA



u QUALITY MANAGER E HALALISELA
U MAMA U MAPHISA

UMKhandlu waseThekwini nabo bonke omasipala ngokwahlukana kwabo baseKZN babehlanganele ePlayhouse Theate ngomhlaka 22 November 2008, ukuzoqhakambisa amakhono abantu abamnyama nokobuciko bamasiko.

Lo mcimbi wawuhlanganiswe Umnyango wezobuciko kanye namasiko esintu. Umkhandlu wethu waseZululand wawumenyiwe nawo kulo mcimbi owawuyinqayizivele.

Sixoxisane nomama uMartha Mapisa (55) umama wabantwana abayisithupha ovela esigodini sase-Sgodiphola kwaNongoma osebenza la eBenedictine Hospital oyi General orderly.

Kulo mbukiso kwakuvezwa khona amakhono abantu abehlukahlukene ngokwemikhakha yobuciko besintu. Lemi khakha lapho sibala khona I izinganekwane, Hip-pop, kunye nezinkondlo. Umama umaphisa lapho wazi hlomulela khona isitifiketi sokuphuma phambili ezinkondlweni, kanti futhi uMrs M Mapisa ubuye waqwashisa intsha ngegciwane le HIV/AIDS kanye nezidakamizwa endaweni yangakubo, aphinde agqugqumezele abasifazane emphakathini ngokulima izithelo ukuze kuzophela ububha.

Mrs M Maphisa ugczizelele ngokuthi lesi sitifiketi asitholile simenze wazizwa enogqozi lokuqhubeka nokuthanda ubuciko besintu futhi simenze wabona ukuthi umsebenzi wakhe awenzayo uyancomeka

Uthanda ukubonga isibhedlela saseBenedictine kanye nomdeni wakhe ngeqhaza abalibambile waze waphumelela. Isibhedlela siyaziqhenya ngawe nkosazana

BENEDICTINE HOSPITAL

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CHRISTMAS & NEW YEAR BABY 'S CONGRATULATIONS

**BABY NONTOBENKO MYEZA—
FEMALE 3,3KG AT 00H23**

**BABY NGENANGANI MATHE—
MALE 3,250KG—00H55**

**BABY NOMKHOSI MWELASE—
MALE INFANT—3,250—01H30**

EZEMIDLALO

**BENEDICTINE HOSPITAL WILL BE PLAYING
AGAINST THESE FOLLOWING HOSPITALS:
UTRECH,ITSHELEJUBA, & MADADENI. DE-
TAILS ARE AS FOLLOWS:**

DATE: 28/02/09

VENUE : UTRECH SPORTS GOUNDS

SPORT CODES: SOCCER AND NETBALL

FOR MORE INFO PLEASE CONTACT :

XOLANI KHOZA, ON 073 147 6817

NB: TO STAFF INTRESTED TO GO PLEASE

CONTACT THE ABOVE MENTIONED PERSON

NEW APPOINTMENTEES

- *Biyela O.M-Artisan*
- *Dlamini S.B- Artisan*

WE WISH THEM A FRUITFUL STAY AT BENEDICTINE HOSPITAL

RESIGNATION

- *Dladla NP-Food service manager*
- *Khoza FS- Ward Clerk*
- *Dlakude-SA- Staff Nurses*
- *Buthelezi ML-Student nurses*
- *Nxumalo SP-Supply Officer*

TRANSFERS

- *DR OA ORJO- CMO*
- *DR YV PHASWANA-SMO*
- *BB MALINGA- LAY COUNSELLOR*
- *KR MASEKO KR- PROFESSIONAL NURSE*
- *DN MASANGO- PROFESSIONAL NURSE*
- *SO MFEKA- SITE MENTOR*

DEATHS

- *GJ BUTHELEZI- SECURITY GUARD*
- *MA MNCWANGO- TRADESMAN AID*
- *MA CEBEKHULU-GENERAL ORDERLY*
- *CS NXUMALO- ARTISAN*
- *FSN MSWELI- OPERATIONS MANAGER*
- *GINA- GENERAL ODERLY*
- *SD NDWANDWE- HANDYMAN*

MAY THEIR SOULS REST IN PEACE