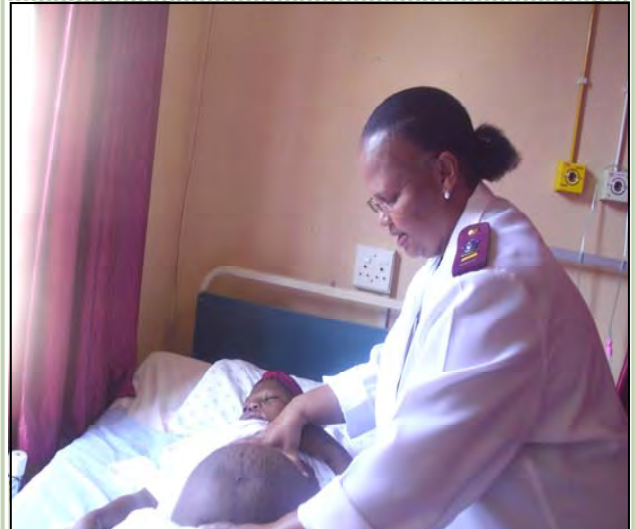




Insengwakazi Newsletter

BENEDICTINE C.E.O HANDS ON IN MARTENITY WARD



Four weeks ago the C.E.O of Benedictine woke up with a vision that while she is a C.E.O she is a qualified nurse who is paid with the South African Nursing Council. She decided to look for her devices and dedicated two hours of her work to clinical work in Maternity ward.. Her first intention is to revive her midwifery skills and hopefully when she has regained her confidence to make herself available during the times of crisis. The past few weeks have brought Mrs. Shamase face to face with the innovations that have taken place in midwifery and she finds that very exciting . She is looking forward to her first delivery after 30 years!



DOCTOR MLB SIMELANE MAKES A VISIT TO BENEDICTINE

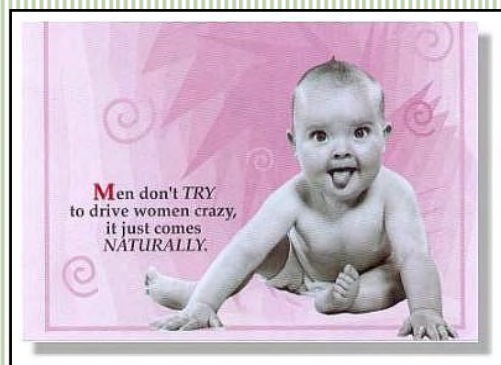
Doctor MLB Simelane with the team from infrastructure and the institutional Management touring Benedictine Hospital wards to assess challenges faced by this institution. Who knows the face of Benedictine might change in future !!!!!

IKLINIKI LABAKHULELWE



A basesithombeni ngenhla uSister Mthonti neclient Yethu Mrs Gazu ozithwele baseAnte Natal Clinic basegunjini lokuxilonga .Sister Mthonti uyewasichazela ngokithi kubalulekengani ukuthi omama abazithwele basheshebe vakashele emitholampilo ukuze basheshe babhekwe ukuthi iziphi isifo anaso Futhi uzolithola kanjani usizo okunye bayebathande Ukwazi ngefamili yakho ukuze bazi ukuthi ayikho into ezoba inkinga njengoba uzithwele okungaholela ekutheni ingane ingabiright .Sister uphinde waveza ukuthi usesebenze kuleclinic iminyaka isidlule ku20 year esebenza ngabantu abazithwele wathi ayikho into ayithanda njen- galena uyawu thanda lomsebenzi.

U mnyango wokuxhu- mana nomphakathi nesibhedlela sibene interview nomunye wamaclient ethu uMrs Gazu ongumama ozithwele sikesambuza ukuthi kumsiza ngani ukuthi asheshe aqale iclinic njengoba ezithwele uye washo ukuthi ubengowesifazane ohlushwa iBP so manje isiyacontrolleka enye fuhi enye into ukhuthaze abanye abntu besifazane ukuthi beshebayingale iclinic beseiphansi .



EMPILWENI GARDEN

How was Empilweni Garden started .It was Doctor Maistry's suggestion after seeing many HIV positive clients requesting for disability grants while they were not disabled. So she suggested that we must start the gardening and encourage our clients to participate in it so that they will do the same at home and get vegetables when visiting the clinic . Most



of the clients refused to participate until we decided to continue with it .What we do now is to give those that we see they really need it e.g. sick and weak . We keep on encouraging them to have gardens at home.

1. ISITHOMBE SOKUQALA: NGABASENZI BASEM-PILWENI NGESIKHITHI SEKHEFU.

2. ISITHOMBE SESIBILI: INGADI YASEMPILWENI ENEZINTSHALO.

STUDENTS FROM UK



PRO Miss N. Qongqo , Mr. T.Dladla , Mr. Jono, Mr. Jack, Miss. Sofia Abafundi abasuka UK bebe-sivakashele esibhedlela ngenhloso yokuthi bathole ul-wazi mayelana nezifundo zobudokotela enye into be-beyifisa ukuthi uma sebeqeqeshiwe babuye bezose-benzela lapha eBenedictine Hospital njengoba be-wuthandile uNongoma .



A WORD OF GOD

STAND UP: FOR WHAT YOU BELIEVE IN . STAND FOR SOMETHING OR YOU WILL FALL FOR ANY-THING .” LET US NOT BE WEARY IN DOING GOOD , FOR AT THE PROPER TIME WE WILL REAP A HARVEST IF WE DO NOT GIVE UP . THERE FORE AS WE HAVE OPPORTUNITY , LET US DO GOOD. GALATIANS 6 VS 9-10

***AWARENESS DAY ON DOMESTIC VIOLENCE
PRESENTED BY NURSING COLLEGE***



Theme of day: Social Pathologies :Done Group1/2008 as an exam Entrance Requirement for social science subject .

AIM: To let everyone know that domestic violence (Home Violence) is a social evil and should never be taken as a normal habit. This message was conveyed in the form of music , drama and poetry . The people were made familiar with the referral sources e.g. POWA,SAPS,HOSPITAL,SANCA (If the violence is alcohol Abuse released), Psychologies and Marriage Counselors)

In Addition. The Domestic violence Act no116 of 1998, provide with the protection order and it state s clearly that the vulnerable people are women, children and disabled people and reales clearly that

PHILA MA, BENEDICTINE CELEBRATED WOMANS MONTH



PHILA “MAH” EVENT

This event was opened officially with prayer and a word of god. The purpose of the day women were encouraged to take special care of their health status.

Health talks were given on different health services that were to be rendered on the day..

The following service were explained: Hypertension ,Diabetes mellitus, HAST-HCT, TB, STI's ,Cervical Cancer screening, Family planning services. The women were singing and doing some exercises, as we can see Miss Qongqo leading with a song. We like to thanks all matrons for organizing the event, and making it a success.



KHANYA AFRICA AT THOKAZI

Benedictine Hospital and Khanya Africa held an outreach at Thokazi in Nongoma other department SASSA,SAPS and SOCIAL DEVELOPMENT) were also part of this outreach programme rendering service .The local Authority (Induna and Councilors) also blessed the day by their presence in ensuring the venue is prepared for work and mobilizing the area the community . There were two Doctors : Dr Nxumalo & Dr Aigbe . We were Supported by Ceza Hospital and District Office.

Total number of patients seen total no 314 All patients were screened for the following : BP Screened, HCT Screened, TB Suspect ,TB Screened, Eye Screened.. The event is went very well and the community was very great full for the health services brought to them.

“PHAMBILI NGEMPILO PHAMBILI”



1. QUEUE FOR REGISTRATION AND PATIENTS WERE TOLD ABOUT HCT.



2. ADMINISTRATION ROOM



5. HB& BP SCREENING



3. CEO WAS A CLERK AT KHANYA AFRICA TAKING DETAILS OF CLIENTS .



6. CONSULTING ROOM DR NXUMALO AND SR NDWANDWE



4. VITAL SIGN & CHECK

LET'S US REMIND OURSELVES ABOUT BATHO PELE

THE BATHO PELE PRINCIPLES

Consultation: Citizens should be consulted about the level and quality of the public services they receive and, wherever possible, should be given a choice about the services that are offered.

Service Standards: Citizens should be told what level and quality of public services they will receive so that they are aware of what to expect.

Access: All citizens should have equal access to the services to which they are entitled.

Courtesy: Citizens should be treated with courtesy and consideration .

Information: Citizens should be given full, accurate information about the public services they are entitled to receive .

Openness and transparency: Citizens should be told how national and provincial departments are run, how much they cost, and who is in charge.

Redress: If the promised standard of service is not delivered, citizens should be offered an apology, a full explanation and a speedy and effective remedy; and when the complaints are made, citizens should receive a sympathetic, positive response.

Value for Money: Public services should be provided economically and efficiently in order to give citizens the best possible value for money.

Encouraging Innovation and Rewarding Excellence: Innovation can be new ways of providing better service, cutting costs, improving conditions,

Customer Impact: Impact means looking at the benefits we have provided for our customers both internal and external – it's how the nine principles link together to show how we have improved our overall service delivery and customer satisfaction.

Leadership and Strategic Direction: Good leadership is one of the most critical ingredients for successful organizations. We will continue to strive to assess and meet the expectations and needs of all stakeholders through the deployment of strategic sessions, To communicate our values, vision, ethics and goals through continued good governance .To develop and support, encourage and moments.

“WE BELONG, WE CARE , WE SERVE”

IT'S WOMAN'S MONTH LET'S HAVE SOME TIP'S ON DIETING



The inside out approach-The benefits of good nutrition

Mr. L. Makgoboye Dietician

First of all I would love to take this opportunity to send words of gratitude to Benedictine hospital and the honor of writing this section in a woman's month. I also have been here from 2008 as the senior dietician and have surely enjoyed my stay here. This is my last week here and my last correspondence with you. Loyal friends, colleagues, sport players and parents **"*SOLONG, SOLONG!*"** till we meet again.

The information is relevant to the general public but very much directed to woman. With the increasing pandemic of chronic diseases, healthy eating plays a major role in managing these conditions. Today I would like us to use the phrase "the *inside out approach*". It is a universal term, well known but let's apply this principle in the nutrition context.

Often we happen to overlook the importance of nutrition in giving us a good shining skin. What we eat goes to the inside, gets digested, absorbed and then we start seeing the benefits of our food consumption. These benefits are notable with consumption of a healthy diet which includes the incorporation of starchy, protein, fats and fruits and vegetables. The food that we eat is medicines to our bodies and we live daily because they serve the purpose. The inside out approach says that eat something to heal yourself from the inside. Eat something to see effectiveness of your medications. Have something to give a beautiful shining skin and if you don't do this a lot of systems collapse in your body. See the following points that elucidate the benefits of healthy eating.

1. Fuel to perform daily activities

Every single act performed by your body – no matter how small or mundane the task may seem – uses energy.

All these systems, for example the cardiovascular, reproductive and respiratory systems, can be broken down to cellular level where hormones, enzymes and neurotransmitters are constantly interacting through complex processes to make your body function.

These processes are all made possible by the nutrients that we ingest every day. While certain nutrients can be produced by the body itself, we need to get many others through the food we eat.

3. Growth and repair of tissue

Just as builders need special materials to renovate a home, your body demands certain nutrients for its "construction zone": the growth and repair of tissue.

Good nutrition has the advantage that it ensures growth (during childhood and pregnancy), healing and the maintenance and build-up of muscle mass. For these essential processes to take place, the body needs energy, certain vitamins and minerals, but especially protein on a daily basis.

4. Reinforcing the immune system

You can enable your body to fight disease more effectively with the foods you eat.

You probably already know that the vitamin C in oranges helps to ward off infection. This vitamin boosts immunity by increasing the production of B- and T-cells and other white blood cells, including those that destroy foreign microorganisms.

In a similar way, other foods and nutrients can play an immune-boosting role.

fat-free yoghurt made with live AB cultures.

5. Ensuring healthy teeth and bones

A nutritious diet also ensures the health of your teeth and bones.

A balanced, calcium-rich diet – especially during your childhood, teen and early adult years – has the advantage that it will ensure an adequate peak bone mass throughout life. This will prevent osteoporosis in later life.

You can also ensure the health of your teeth by keeping a close eye on what you eat: snack on foods that hold less of a cavity risk, such as cheese, nuts, popcorn, and vegetables; limit your between-meal eating and drinking of fermentable carbohydrates, like sugary cool drinks; limit sweet treats to mealtimes; and drink a glass of water after every meal.

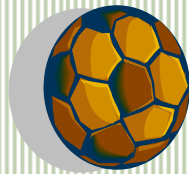


EZEMIDLALO

BENEDICTINE NETBALL



WOW NANKA AMANTOMBAZANE ASE **BEN HOSPITAL** ABADLALI BETHU-
LABA .BATHANDA UKUSAZISA UKUTHI UMA UNGUMUNTU WESIFAZANE
KUHLE UKUHLALA UZIVOCAVOCA BASE BETHI KUMA WOMEN HAPPY
WOMEN'S MONTH.



Just when they thought Benedictine soccer is at its peak, we can sign two of the most powerful defenders, yep most powerful ask anyone who was at the- tournament they will tell you. Rooben Velenkosi Sithole, also known as Skorobo, is a keeper turned defender who recently joined the Benedictine team about a month ago. This former goal keeper of the Mountain View Argentina took on the defender position which he had not much experience on as he has been playing as a goalkeeper for the most part of his soccer experience. To everyone's surprise Rooben is more comfortable and better at being a defender than most of the players who have been playing the defensive positions for years. Hhm! It makes one wonder if this boy will not find it as easy as a,b,c if he were to play as a striker because this is the only position he hasn't played. I honestly feel sorry for all the strikers who are still to go against Skorobho as it is almost impossible to dribble him, outpace or even overpower him with strength as he has it all.

IZINCOMO

1. KUHLE ESIKUBONE KWENZIWA UMETRON NTSHELE ASHIYE UMSEBENZI WAKHE EHHOVISINI AZOSIZA SESINQWABELENE EHISTORY TAKING POINT, SENGATHI ANGAQHUBEKA LOKHO AKWENZE.

2. KUHLE OKWENZIWE NGUSISTER OBESEMNYANGO E-OPD ROOM 4 ODARK, OKUNGUYENA OBESENGISIZA EXOLISA EGAMENI LESIBHEDLELA NGOKUDUKA KWEIFILE LAMI NANGEMIPHUMALE YAMI YEGAZI, WAZE WANGITHATHA YENE ELINYE IGAZI UKUBA LOHLOLWA FUTHI I-FBC.NAKUBA KWENZEKE LATE NGABO 16H00 IMIPHUMELA NGINGASEZUKUYITHOLA NGALESOSIKHATHI,UKWENZA KWAKHE KANYE NOMETRON NTSELE KUWUDUDUZILE UMOYA WAMI UKUBONA UKUTHI BONA BAYASIKHATHALELA

A.B NTSHANGASE

02/02/2010

UNKULUNKULU AZE ANIBUSISE E-ST BENEDICTINE

1. NGITHI MANGIBONGE IMPATHO ESIBHENDLELA I-ST BENEDICTINE LAPHA KWANONGOMA. MINA BENGINGAZI UKUTHI KANTI KUSEKHONA ABANTU ABANESINEKA ESINJENA ESIBHADLELA!NGITHI ANGEDLULISE OKUKHULU UKUBONGA KUMFOKA MTHETHWA E-FEMALE MEDICAL WARD. SINGIMANGAZILE ISINEKE SAKHE ENGOWESILISA NGEKATHI KUGULA UMZALA WETHU EGULELA KULO LEIYA WODI LABESEFAZANE. CHA UMFO KANYAMBOSE KUZE KWASEKUNGCINENI ELOKHU NJE EMSIZILE UMZALA NGOMOYA OWODWA. NABANYE ANGBASHIYI NGAPHANDLE KODWA NGITHE MANGIMETHULE UNYAMBOSE NJENGOBA KUNGUYENA MUNTU ESIDIDIZELE NAYE EFIKA UMZALA KWAZE KWABA UYEDLULA EMHLABENI.KANGIFUNI UKUTHI UBEDIDIZELISWA YIKUTHI MHLAMPE UNGOMUNYE WOZAKWETHU . CHA, UBUBONA UKUTHI UMSIZA NGOBA UYAFUNA , INKINGA AKANAYO.NGIBONGE ZONKE IZISEBENZI ZASE-FEMALE WARD UMZALA ADLULE KUZO KUSUKA KUMA-GENERAL ASSISTANT KUYA PHEZULU KUBAHLENGIKAZI NODOKOTELA BONKE EDLULELE EZADLENI ZABO , NGINGAKHOHLWA YISISEBENZI ZASE-FEMALE SURGICAL AFIKELE. LABA BAHLENGIKAZI BAHLALA BENOMOYA OWODWA. BEKUKUBI KODWA ABAZANGE BEHLUKUMEZE MUNTU. NGITHI UNKULUNKULU ABABUSISE. LOKHU AKWENZILE BAKWENZE NAKWABANYE

UMFUNDI WELANGA KWANONGOMA

12-14/08/2010

NGIYABONGA KWABOSIZO

NGIYABONGA KODOKOTELA BASE-OPD YASEST BENEDICTINE HOSPITAL KWANONGOMA NABAHLENGIKAZI BONKE BAKHONA,NGEESINEKE NOTHANDO ABALWENZE SILINYWALELWE NGUMSHANA WAMI US'NETHEMBA MTHEMBU ENGOZINI YEMOTO. ISIMO BESISIBI KODWA BAMEMUKELE NGOKUSHESHA.NGIPHINDE NGIBONGE ODOKOTELA BASEGUNJINI LABANGULAYO KAKHULU NABAHLENGIKAZI BAKHONA.NGIBONGA ABEZIMO EZIPHUTHUMAYO E-EMRS BEBESHAYELE KAHLE BEHAMBISA UMSHANA WAMI BESNIKA ITHEMBA

MZIKAYIFANI MTHEMBU

KWANONGOMA

29/04/2010

NGIFIKE LA EBENEDICTINE NGOMHLAKA 22 MARCH 2010 KUYIHOLIDI NAKUBA NGATHI UKULINDA KODWA NGACHAZELWA UKUTHI ANGILINDE NGOBA UDOKOTELA USEBHIZI . KODWA KWATHI LAPHO UDOKOTELA EFIKA NGATHOLA UKWENELISEKA KAKHULU NGODOKOTELA UKALALA .UYAZINIKEZA ISIKHATHI NGOKUNGULA OKUSUKE KUKUPHETHE UYANAKEKELA UNOTHANDO NINGABE NISAMDEDELA KULESI SIBHEDLELA SETHU NGIPHINDE NGIBONGE UDOKOTELA UZIKHALI UYINTOMBAZANE ENESINEKE KANTI UNGUMUNTU OMUSHA AKAZIQHENYI.UKUBE KUYA NGAMI BEBENGEKE BASHITHWE KULESI SIBHEDLELA BANESINEKE.

KUPHINDE KUBE SEMETHENTHI NGITHANDA UKUBONGA ONESI ABABESIZA KHONA LAPHA ENGANGILELE KHONA KWI-BED NO 13 .BANESINEKE ESIMANGALISAYOSA NGIYABONGA

SIZAKELE MAPHISA (0844546086)

23/03/2010

FOR ANY QUERIES AND COMPLIMENTS YOU CAN CONTACT US ON : 035 831 7099

PUBLIC RELATIONS OFFICE

BENEDICTINE HOSPITAL

P.O BOX 5007

NONGOMA

INHLUKUMEZO “WOMANS SPEAK OUT AGAINST DOMESTIC VOILENCE”

Inkondlo

U ma ungithanda ngempela Usho kuqine uthi ngingowakho Ungikhombe ngisho esixukwini Uthi nanguya owami engamketha Abantu bangaze babone izithandani Izithandani ezingenankinga Ezijabule ezingahlushwa yilutho lomhlaba Kanti kabazi,abazi ukuthi ungsidlova on- jani Lapho sekumele wenze lokhu okushu- mayelayo Phambi,kwabantu ,uPhenduka Umlilo Umlilo kazokhele uqobo Uphenduka uNdlovu kayiphikiswa Amakati nezinja kuyaminceka masekufike wena Ikhaya lethu liyabanda uma sekufika wena Izingane zishitsha ubuso, ziswace masezi- kubone Ziyazibuza ziziphendule, zithi uphi umzali wethuesimaziyo Umzali wethu onothando, ozihloniphayo	Intokomalo ekhayo seyaphela Ngoba wena Sthandwa sewaphenduka uSdlova Ubuso bami sebuhlale bumaqimuqimu Kuhle komdlali wamaqimi Mangiphuma emphakathini ngiyakuvikela Ngisho khona ukuthi ngiwile ngashayeka Ngoba ngithi ngizama ukufihla amahlazo omndeni Sthandwa sami, Ngiyaxolisa ngokuthula kwami Sekufike isikhathi lapho ngithi Malujul Ayisengangami manje,bathi abancwandile “Enough is Enough” Sekuyisikhathi sokuvula umlomo Ngiyibike lendaba yokuhlukumezaka kwami Ngihlukunyezwa othandiweyo wami Sekuyisikhathi lapho sengiphikisa Itemu laseNgilandi elithi ”Silence is Golden” Angithi phela okwehlula amandoda kuy- abikwa	Hhayi ukuthi angikufuni Ngikuthanda ngokwanele mina Yingakho ngithatha lolu daba Ngiludlulisela ezinduneni nasemaphoyiseni Ngoba okwami sekwanele Ngizamile ukukuvikela kodwa Wena awungivikeli kuphela nje Uyangiqimuza ungibhanqe namabonda Akwenzeke okwenzakalalo ngomshando wethu Ngoba ngeke ngiyimele le nhlukumezo Now its time for me to step up And say it out and loud And say ENOUGH IS ENOUGH BY: NOKUKHANYA N. HLONGWA FROM: ORIGINAL VERSION
--	--	---

Public Relations Office

PRO Office is welcoming a new PRO in-service trainee that will be with us for the next six months to obtain skills in PR LET US HEAR ON WHAT SHE HAS TO SAY, Bantshele ntombi . I'm Nompumelelo Sibiya from Nongoma ,Sheleza area. I would like to greet all readers of Insengwakazi, the management and staff members with their different units . I have started in Benedictine Hospital on the 6th July 2010 to do in-service training. My first day was a very special day I was official welcomed by Miss N Qongqo (PRO) and my collogues Miss Lethu Zungu. It is a great opportunity to work with Public Relations Officer who teaches me, how to communicate with internal and external stakeholders , how to resolve complaints ,how to behave in the workplace and to build good relationship of with the community. I'm enjoying to work as Public Relation trainee. I have gained a lot of things which are the part of my experience on my field of study .I have also discovered that to work in the organization like this has many challenges but to work as a team, we are managing to overcome those challenges I would like to thank you all with your support especial the CEO of the Hospital and my mentor Miss N Qongqo (PRO)



MISS N. SIBIYA PRO INSERVICE TRAINEE