



HEALTHY LIFESTYLE REDUCES BURDEN OF DISEASE

The healthy lifestyle is live at Bethesda hospital. This was seen after a launch of the Biggest Loser initiative by the hospital Rehab team to promote the healthy living and the campaign was joined by more than 30 employees who felt it will be good for their health to part take in the biggest loser initiative.

The drive is an exercise every Wednesday by the group employees weekly and the participants can train on their own anyway so that they can lose weight. Through the Rehab team, it was confirmed that the final winner of biggest loser competition will be announced

officially by end of the year with prize money. The day began with a 2.5 km walk from the hospital premises to Nsinde tribal court which saw employees in various units taking part during the walk. It was fun to old ladies and grandfathers who walked to the finish without even a single one needed special attention.

Through the rehab team led by Mr Jacob Mbele, the walk is an excellent way to maintain fitness and encourages your body to move for your better health. After the long walk, employees gathered together on a fitness session where they performed small exercises. Exercise is also crucial in the fight against social ills facing various communities because, through exercise, young and adult people get an opportunity to channel their energy to sport activities that help them stay healthy. The rising *burden* of chronic *disease* is due mainly to behavioural factors. Healthy lifestyle reduces burden of disease which harm the budget of the hospital through absenteeism and has shown a growing potential amongst employees of the hospital.





Reaching Out Foundation Phase with Oral Health Education

Take Care of Your Teeth

The dental team of Bethesda hospital in conjunction with Colgate-Palmolive, have successfully managed to visit the local primary schools (foundation phase) to raise the awareness around the importance of Good Oral Hygiene and to promote the steps to ensure healthier smiles in the classrooms. It must be noted that September was designated as Oral Health Month as per the National Health Calendar. More than 500 school learners of Mtwazi Combined, Madonela primary, BenJobe primary and Injula primary schools benefited from free Colgate toothpaste, a toothbrushes & free screening during the Oral health month. Fissure sealants were done on 32 learners (95 teeth) at the above mentioned schools.

To ensure that the strong message of cleaning teeth twice a day, the hospital involved parents, teachers and guardians of learners in the health education in all five schools. A major part of the campaign took place at Ntuthuko special school in Hlabisa. The dental team, social services together with school health team of Bethesda hospital supported more than 400 learners with health services which included dental (fluoride application), eye screening and health education on social issues that affect the disabled society. We thank the support given by Colgate-Palmolive during the Oral Health month.

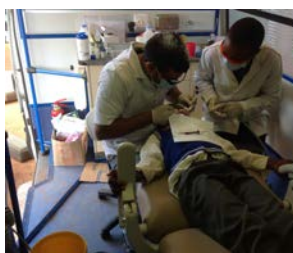


What you Eat and Drink can affect your Oral Health.

Desserts, soft drinks, and junk foods are big contributors to cavities. Sugars and starches in these foods provide fuel for bacteria that creates plaque. Without brushing, plaque produces acid that eats away tooth enamel. Over time, plaque build-up can lead to cavities, tooth loss and gum disease.

IMPORTANT TIPS TO REMEMBER!

1. **Choose the right toothbrush** – Use a soft-bristled toothbrush & replace your toothbrush about every three months or after any illness.
2. **Use toothpaste with fluoride** – Using toothpaste with fluoride strengthens the enamel of your teeth and helps remove plaque that can lead to cavities.
3. **Brush at least twice a day** – This practice removes bacteria and prevents plaque build-up that can cause tooth decay, gum disease, and other problems.
4. **Floss daily** – If you neglect to floss, plaque build-up between your teeth hardens and becomes tartar.
5. **Eat healthy foods** – Sugary foods, sugar-sweetened drinks, and foods made from refined grains increase bacteria and plaque in your mouth. Eat more fruits, vegetables, nuts, legumes, and whole grains. And drink plenty of water.
6. **Avoid alcohol and tobacco** – Tobacco use in any form increases your risk of gum disease, oral cancer, and infections.
7. **See your dentist at least twice a year** – Regular check-ups and cleanings by a dentist or oral hygienist are an important part of protecting your teeth and oral health.



SANITARY DIGNITY CAMPAIGN FOR LEARNERS

"Restoring Dignity" Campaign for Rural Girls

Sanitary pads are too expensive for parents and young female child headed families who are already finding it hard to pay for more pressing necessities like food. This has led Department of Social Development, Bethesda hospital school health team and Phumula Printers to embark on a "Restoring Dignity" campaign for rural school learners by supporting them with sanitary pads, body cosmetics and provide them with health education that will restore their dignity at school level.

The campaign held at Jozini stadium which saw school learners from (Maphaya, Nobiya, Snethezekile & Zibukweni) was aimed addressing the challenges & health risks of young girls that are left without essential sanitary wear to protect themselves during their menstrual flow. This lack of access to affordable and hygienic sanitary



Mrs N.S Myeni issuing sanitary parcel to Zibukweni school pupil



Happily scholars after receiving their sanitary parcels from Phumula Printers



Learners from Maphaya, Nobiya & Zibukweni schools waiting to receive their parcels

wear results in young girls resorting to using rags, old newspaper or even tissue paper as a substitute for pads. Using these unhygienic materials is extremely uncomfortable and exposes them to rashes and serious health risks and infections, such as vaginal and urinary tract infections. This also has a negative effect on school performance and attendance. Girls feel embarrassed and rejected because they are ridiculed at school for being unable to meet the natural cost of sanitary pads and underwear. Girls are absent from school for between 4-7 days a month. 4 days absence equates to a minimum of 2 weeks of school being missed every term and a week per month missed equates to a quarter of the whole school term.

This has unsurprisingly led to girls falling behind and eventually failing their exams. The donation of sanitary pads by Phumula Printers has become a dream come true for you pupils that have suffered this situation. The 'Restoring Dignity' Campaign aims to stop ridicule and give young girls their dignity back, to reduce infections amongst women and girls and to increase girl's attendance in school, keeping them in the classrooms where they belong. Mrs Myeni, School Health Nurse for Bethesda hospital, said that in spite of sanitary pad challenges that learners are experiencing at school they must be cautious that there is a possibility of unplanned pregnancy once the person starts experiencing or getting her monthly periods. "This raises awareness that there is correlation between monthly menstrual periods and pregnancy although this is not always the case," said Mrs Myeni.

Fighting Disease, Fighting Poverty, Giving Hope

SUCCESSFUL BURNS & CHILD PROTECTION AWARENESS

The Social Services Department of Bethesda hospital has embarked on a Burns & child Protection Awareness to Ophansi and BenJobe community members with the aim of uplifting the community knowledge. The increasing number of victims of child abuse and increasing number of burns that are seen by the clinic and the hospital has urged Social Services department of Bethesda hospital to reach out to the communities to address the challenges and also make

necessary interventions. It was an information sharing exercise since most of the community members they were able to voice out their challenges which were also noted by the team. The overwhelming numbers of people attended the awareness indicated that people are much concerned about their lives. The hospital commend the work well done by Ophansi clinic staff and BenJobe school teachers for ensuring that the campaign becomes a success.



Happily community members of Ophansi clinic after the presentations



CHAPLAIN SERVICES INTRODUCED AT CLINICS

The PHC unit recently has taken the Chaplain services to the people of Mkuze and Mhlekezi by introducing the services to the clinic staff and the community at large. The initiative was to bring spiritual counselling closer to the people. On her introduction to the community, Rev Tembe told the hundreds of community members that some of the patients can not only heal physically but they also need the spiritual support from Chaplain services. The introduction was well applauded by a number of community members whom they believe that they will community cate directly with the Chaplain their family challenges.



Mkuze Clinic Staff & patients with Rev Termbe



Mhlekezi Clinic Staff with Rev Termbe

IMPUMELELO KOMAMA ABAQEQESHELWE UKUFUNDISA NGESIFO SEDUMBE LOBUCHOPHO

Isibhedlela sasoBonjeni i-Bethesda sihlomulise omama ababili ngethuba elingundabuzekwayo bethola uqeqesho mayelana nedumbe lobuchopho (Cerebral Palsy) lwamasonto amathathu kwisikhungo senhlangano ezimele iMalamulela Onwards esebenzela kakhulu eGoli. Ukubambisana phakathi kwethimba lesibhedlela lodokotela bemisipha kanye nabakwa-Malamulela kuzuzise omama ababili kuyinyanga yaboMama. Lolu qeqesho luhlonzwe njengendlela ezokhulisa



Busangani Mngomezulu kanye no Minenhle Mlotshwa

ulwazi komama abanakekela izingane ezinesifo sedumbe lobuchopho. Phakathi kwezinto abazifundile kube ukugona ingane ngendlela, indlela yokuxhumana nengane, ukubona ngendlela, ukuphuza kanye nokudla ngendlela. Ngokusho komphathi wodokotela bemisipha esibhedlela, uchaze labo mama ngabazoletsha ushintsho emphakathini ngokuthi baqeqeshe abanye omama kusukela ngo-Okthoba. Sidlulisa okukhulu ukubonga kuNkk Busangani Mngomezulu kanye no Nkk Minenhle Mlotshwa abafunde mahhala ngokusizwa isibhedlela.

“Sihlangene njengabazali bezingane ezinedumbe lobuchopho. Uhambo lwethu thina esaya kofunda le eMalamulele Onwards. Ngifisa ukuthi ngazise nabanye abazali bezingane zethu. Ngathokoza kakhulu ngokuthi ngithole ukuthi kukhona into okuthiwa idumbe lobuchopho. Ngingajabula ukuthi ngithole ithuba ngidlulisele kwabanye abazali abanabantwana abanenkinga efanayo neyemi. Kungabasiza lokhu abazali bezingane ukuthi behlezi bekwazi ukuthi umntwana onedumbe lobuchopho kumele umphathe kanjani. Umntwana wakho mthande futhi usamukele isimo sokuthi wamthola umntwana,” kuchaza uNkk Busangani Mngomezulu.

WELL DONE TO BETHESDA SOCIAL SERVICES UNIT FOR ARRANGING A SUCCESSFUL DEPART OF MR AMOSA MAKWAKWA

The Social Services unit of Bethesda hospital recently did a sterling job in ensuring that Mr Amos Makwakwa one of our patient who was admitted for a long period in the hospital. Mr Makwakwa was admitted in June last year for his treatment which was successful. Even though he was well receiving his medication but the man was mentally confused which made it difficult for Social Workers to trace his relatives. Although he couldn't say much but could state that he is a Mozambique citizen but can not state the correct address. After several attempts through SABC announcements on Ukhozi fm & Maputaland radio that were made, it was very difficult to locate his correct



The hospital team paying tribute to Mr Makwakwa

address and no relative could claim that he knows the man. The Bethesda Social Services office worked very hard using their professional skills to trace the relatives for Mr Makwakwa. Their last attempt was to use the Mozambique Embassy based in Durban which prepared for necessary documentations needed to take the man back to Mozambique. According to Mr

Makwakwa, he was very grateful to be in South Africa for more than 10 years and he thank Bethesda hospital for locating his home and treating him after a long illness. The last confirmation that was made to the hospital was that the man went safety back home with his family. Big up to Bethesda Social Services unit!

SIKWETHULELA UKUVULWA KABUSHA KWE-WODI LEZINGANE



Abasebenzi besibhedlela besiza kuvulwa i-Wodi elisha lezingane



i-Gumbi Elisha lezingane elisezingeni elifanele neliphezulu ukuhlinzeka izidingo zeziguli



Mrs Khumalo CEO taking a walk around new Peads Ward

The hospital management greatly appreciates the work well done by all staff members that committed themselves on 11 September 2014, Thursday during "Ilima" the movement & set up of the hospital equipment from Chapel to the new Peads Ward. Well Done!

BETHESDA SUPPORT UMKHANYAKUDE DISTRICT MUNICIPALITY 10KM FUN RUN

Bethesda hospital supported the Wellness programme of Umkhanyakude district municipality which began with a 10 km fun run on 03 September 2014 from Nkonkoni to Mkuze sports ground. The programme was aimed at employee health and wellness which is the requirement in the workplace. The PHC team

supported by Zabathembu NGO provided health services to the employees with basic screening. Bethesda hospital physiotherapist team was providing with muscular stretching, massage, stretching, dry needling and strapping. It is through the implementation of the employee wellness programmes that promote

positive outcomes in the workplace. Other activities of the day was to distribute condoms to the community by Umkhanyakude District Management to encourage the community to use condoms and avoid unprotected sex.





ROAD ACCIDENT FUND OPEN DAY



RAF officer presenting to the College students

More than 50 community member within Jozini area lodged their Road Accident Fund claims for the first time after a successful Open Day campaign by a joint partnership between Road Accident Fund and Bethesda hospital. The campaign was a roadshow which began at the hospital premises and a visit to community centres and taxi ranks.

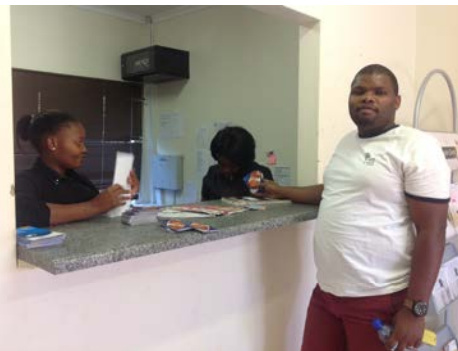


RAF services at Bethesda hospital

The overwhelming number of community members took an initiative to be part of the campaign by lodging their claims with RAF. The campaign was aimed at bringing the awareness about the new offices that will be open shortly at Bethesda hospital. Through the opening of RAF office at Bethesda hospital will reduce the number of claims that are sent to attorneys without results at the end of the day.



RAF services at Bethesda hospital



RAF administrator visit to Thusong

Call Centre Number:
0860 23 55 23



RAF services at Tax Rank

HOW TO LODGE A CLAIM WITH RAF?

Bring your ID or drivers licence and information on your claim. All relevant information must be provided for the new claims, such as police case numbers, vehicles registrations and contact details of all parties involved in the accident. A friendly administrator will help you.

Siletha usizo lakwa Road Accident Fund emphakathini!



On the Left is the group engagement by RAF official helping community members at home



On the Right is the RAF officer visit to Jozini Clinic for education



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SUBSTANCE ABUSE FOR WORKERS IN THE WORKPLACE

Substance abuse in the workplace may, in many cases, be found to be a dismissible offence. Although this can be viewed to be an individual's problem, it can also affect an employee's performance at work resulting in absenteeism, accidents, illness and mortality – all of which could add to the employer's costs. Substance abuse has been linked to negative occurrences in the workplace such as stress, monotonous work, shift work, work requiring relocation and the frequent changes in co-workers and supervisors. The aim of awareness that was held at Dining hall for Bethesda staff was to examine how substance abuse affects the workplace and what measures employers and employee could implement in order to eliminate the problem.



HOW SUBSTANCE ABUSE AFFECT THE WORKPLACE

The issue of substance abuse in the workplace has always been met with a dismissive attitude and swept under the carpet. However, when all incidents at work are accessed collectively it becomes important for the organisations to see it as a great concern. It is not only heavy drinking that might result in incidents at work, but even low quantities of alcohol consumption have resulted in incidents. Thus, it becomes important for employers to implement preventative measures and management programmes rather than just concentrating on the identification and rehabilitation of heavy users. Thank you to SANCA, Bethesda Pharmacy, Clinical Psychologist, Rehab Assistant Director for bringing mouthful presentations to better our healthy life style.



GET HELP NOW!

Talk to Our Clinical Psychologist
NOW
Don't Wait Until It's Too Late!



MAKHATHINI CLINIC IS BECOMING THE CLINIC OF CHOICE

The recent clinic upgrade for Makhathini has made it to be come the clinic of choice. The infrastructure project has face lifted the clinic outlook and drawn a number of community members to use the clinic. This had been seen by the increased number of PHC users from areas surround Jozini. We take pride as the hospital to respond to the needs of the community by boosting Primary Health Care services. Over the year the clinic looked very old and with the less number of community members utilizing the clinic but after the clinic upgrade, the numbers are increasing rapidly.



MAKHATHINI CLINIC STAFF AND PATIENTS REJOICING THE VISIT BY IPC TEAM



This is the usual situation you found at Makhathini clinic but the efficient staff will never complaint but serve with pride the needs the rural community members

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NEW EMPLOYEES FOR BETHESDA HOSPITAL



Ms Masondo N.O
ANM PHC



Ms Dyantjies X.R
O/M (PHC)



Ms Mnguni L
ANM (O/G)



Dr S McManon
Medical Officer



Dr B Hylton
Medical Officer



Mr T. Mchunu
Chief Radiographer



Ms B.T Khumalo
Clinical Nurse pract



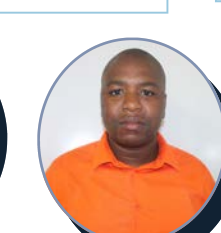
Ms Cele C.P
Chief Occupational Therapist



Mr Myeni S.H
HRO



Ms Simelane N
Secretary



Mr Gina C.M
FSO



Ms P.N Mdlletshe
FSO



Ms Myeni N.L
Professional Nurse



Ms Jele T.P
CNP



Ms L.P Sibiya
E.N.A



Mr Mlilo F.S
Professional Nurse



Mr Myeni A
Staff Nurse



Ms G.M Tembe
Professional Nurse



Mr Gumbi L.P
Handyman



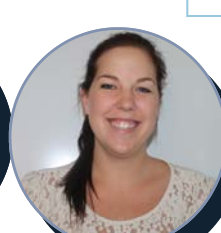
Mr Mkhize N.S
Data Capturer



Mr S.M tshangase
Date Capturer



Ms Myeni E.T
Admin Clerk



Ms Shaw J
Audiologist



Ms S.N. Vilakazi
PR In-service



Ms J.C Gumbi
PR In-service



Ms S.P Nkwanyana
Staff Nurse

Congratulations!

All The Best
and
Good Luck



Ms Mpontshane N.N	Staff Nurse
Ms Mabuyakhulu S.T	Staff Nurse
Ms Myeni C.D	Staff Nurse
Ms Mafuleka L.H	Staff Nurse
Ms Myeni S.F	Staff Nurse
Ms Nhleko B.T	Staff Nurse
Ms Mpontshane T.S	Staff Nurse
Ms Mthembu K.S	Staff Nurse
Ms S.D Simelane	Nursing Assistant
Ms N.N Mpontshane	Staff nurse
Ms P.S Mkhomazi	Nursing assistant
Miss N.L Nyawo	Professional Nurse
Ms Mkhomazi P.S	Nursing assistant
Ms Nyawo L.L	Professional nurse



PHILA MNTWANA BENEFIT LOCAL CITIZENS

The Department of Health and Social Development in partnership with the Office of the Premier embarked on a 10 days training workshop for Community Care Givers training on establishment of Phila Mntwana.

This was a ward based training at Mangwazana High School, Makhonyeni church of God, Ezinyokeni Community Hall and Mkuze Census office where all CCG's within Bethesda catchment area received a comprehensive training. It must be remembered that these community care givers are allocated in community wards as they closely discuss ward issues in the "War Rooms" which is the forum for Operations Sukuma Sakhe in the province.

In this integration of health and social services Bethesda hospital is the leader manning the Phila Mntwana programme within the Jozini municipality. The content of the program was supported and presented by Mrs Lucy Khumalo from Bethesda Hospital, Ms Ntokozo Gumede from MATCH, Ms Dumsile Ngcobo from MATCH, Ms Dana Chirwa from Department of Social Development in various training centres.

This programe specialized in the following services:

- Growth monitoring
- The screening of malnutrition
- Promotion of Breastfeeding
- The screening of TB
- Tracing defaulters
- Immunizations and other child care services
- HIV/AIDS support
- Diarrheal disease interaction
- The supply of vitamin supplements
- An alert about male circumcision
- Referrals for further management



CCG's happy after training



CCG's happy after training

To provide comprehensive prevention and health package for children at a community level through the community leadership, an access to maternal, women and men care services is the main mission for Phila Mntwana.

"A long and healthy Life style for all South Africans"

The community care givers were taught about the moral ways of approaching the community, they were encouraged and stimulated to work passionately, in confidence and willing to serve the community at a best interest as well, not forgetting the vision of its all and what the local, provincial and the national department as whole (health and social development) aims, *"A long and healthy Life style for all South Africans"*. We pride ourselves with the responsibilities placed on CCG's not as just employees, or hired and trained as community servers but they also part of the community as well, they teach, they help and they are committed in serving the community.

Editorial Team

Thank you for your time to read Bethesda New.
Hope you were inspired by this volume and
looking forward to hear from you.



Miss S.N Vilakazi



Miss J.C. Gumbi

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Or

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BETHESDA HOSPITAL

BETHESDA HEALTH PROMOTING HOSPITAL

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