



Charlie J. News

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“SAVE LIVES. Make Health facilities Serve the people
Fighting Disease, Fighting Poverty, Giving Hope
Silwa nezifo, silwa nobubha, sinika ithemba

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MEC for HEALTH, Dr. Sibongiseni Dhlomo Visits CJM Hospital

On 20 October 2009 the staff and patients of Charles Johnson Memorial hospital were surprised by the unannounced visit of Dr. Sibongiseni Dhlomo (KZN MEC for Health) . Although the hospital was not aware of his visit, but he was well welcomed by the hospital staff and hospital clients.

His visit was to witness for himself how the clients are treated and how the hospital provide Health services to its clients. On his rounds he visited Outpatient Department, T.B. Ward, Step down, Siphembokuhle Clinic, Male, Female, Pediatric, Maternity , Post-Natal, Operating Theatre etc. He was greeted by hospital staff and hospital clients. MEC stopped at various sections to interact with patients and staff.

On the briefing with the Hospital Management the MEC stated that ; “this province is faced with challenges of HIV,AIDS, low uptake of Prevention of Mother to Child Transmission (PMTCT) programme and emergence MDR- & XDR-TB.

I am therefore interested in seeing how these programmes are implemented at hospital level, and if we can be able to reduce the number of T.B. patients in this province, the statistics of T.B in the country will decrease”. He highlighted strategies of retaining Medical personnel hence the institution has shortage of Doctors and he was impressed with the 80% cure rate for TB in the sub-district



**Mrs. M.Z. Khanyile (Acting CEO), Dr Sibongiseni Dhlomo (MEC) ,
Dr. M.D Manana (Medical Manager) and Mrs. E.S. Ntombela
(Deputy Nursing Manager)**

MORE PICTURES ON PAGE 2.

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MORE PICTURE HOSPITAL OF MEC VISIT TO CJM HOSPITAL



MEC , Dr. Sibongiseni Dhlomo accompanied by Mrs. M.Z. Khanyile and Mr. J. Mndebele (District Manager) during his visit on 20 October 2009



U Miss Bongiwe Mlambo akawakholwanga amehlo akhe abeno uNgqongqoshe wezeMpilo KwaZulu—Natal.



Sister Kinners in TB ward chatting with the MEC Dr. S. Dhlomo and Mrs. M.Z. Khanyile (Acting CEO).



Matron Ntuli with Dr. Manana and Operational Manager D.F. Ntshangase of Pediatric Ward with MEC on his hospital rounds



U Thobani Manyathi, ofundela ubuhle ngikazi khona e Charles Johnson Memorial Hospital wazizwa ebusisekile ngokuxoxa aphinde axhawule ku Dr. Dhlomo



Wahluleka ngisho ukuzibamba u Gugu ngesikhathi egijima eyoxhawula ku Ngqongqoshe.

Flagship Programme

Mhla zingu 12 November 2009 umphakathi wakwa Manxili/Mpofane awukholwanga ngesikhathi UHulumeni wesiFundazwe, ngokuholwa ihhovisi lika Ndunankulu u Dr. Zweli Mkhize ebambisene noMkhandlu wase Nquthu oholwa u Meya Cllr. FBH Mazibuko, uqale uhlelo olwaziwa nge flagship nokuyilapho yonke iminyango ka Hulumeni okubalwa kuyo owezeMpilo kanye nomphathi wesibhedlela e Charles Johnson Memorial Hospital u Mrs. M.Z. Khanyile, Owezenhlalakahle, owezemigwaqo, owezeMidlalo owazeseKhaya, ithimba lezeMpilo wesifunda Umzin-yathi neminye ibuthana khona ihambise lonke uhlelo lwentuthuko elunikezela emphakathini, ngokubambisana iminyango kaHulumeni bahambise imisebenzi abayenzayo kulomphakathi ohlonzwe njengo mpofu kakhulu ngokwaloluhlelo.

Kuloluhlelo lwe flagship kunamavolontiya ayaye ahambe phambili eyohlola isimo saleyondawo, kwenzekile-ke esontweni lesibili ku November 2009, kwahlonzwa lendawo yakwa Manxili, akupholanga maseko ngolwesine lomhlaka 12 November 2009, izisebenzi zika Hulumeni kusuka ezingeni lesifundazwe kuza ezingeni eliphansi lamahhovisi asezindaweni batheleke kulendawo yase Mpofana/Manxili.

Isimo esichazwe ngamavolontiya sidale ukuthi lezikhulu zikahulumeni zithi zizoziyela mathupha kulemin-deni ehlonziwe.

Ngalolusuku ilanga belishisa cishe lingu 32 degree Celsius, ekufikeni kwethimba ebeliholwa ngu Dr. Ndlovu obevela ehhovisi lika Ndunankulu kanye no Mnuz. Mkhulisi oyinhloko yehhovisi lezenhlalakahle eNquthu, lifike lazibonela ngawalo amehlo ukuthi inhlupheko into enjani.

Emveni kokuzibonela lesisimo nokuthola ukuthi min- ingi imindeni ephila ngaphansi kwalesisimo kube se- kuba nomhlangano ophuthumayo ngalo ulwesine ntambama kwaphunywa nesinqumo sokuthi ngoM- sombuluko womhlaka 16 November 2009 akushaywe ibuya nazo zonke izinsiza kanye nezinkonzo zikaHu- lumeni kuyosizwa laba bantu.

Nakuba isimo somnotho singahambi kahle kodwa ku- nika ithemba ukubona abasebenzi beminyango eyahlukene bezinikela kuloluhlelo olusiza umphakathi



Dr. Ndlovu oqhamuka ehhovisi lika Ndunankulu wesifundazwe, kanye nesigungu esasi qhamuka kuMkhandlu wase Nquthu siholwa ngu Meya Cllr. FBH Mazibuko



Ngezinye zezikhulu zikaHulumeni ezihambe cishe 25km ngezinyawo ngenxa yokuthi izi- moto bezinga finyeleli kweminye imizi. Yin- gakho sibabona sebephuza amanzi ngenxa yokoma kakhulu.



Ibanga elingaba ngu 25km babelihamba kuzona lezizindawo, ngoba sibabona bephikelele njalo ukuyobona isimo sempilo kweminye imizi yakulendawo.

Umkhankaso Wokulwa nesifo Sikashukela

Uthathe elinye ingxathu umkhankaso wokulwa nesifo sika shukela (Diabetes) ngesikhathi abasebenzi besibhedlela sase Charles Johnson bevakashele izindawo ezahlukene e Nquthu befundisa ngalesifo. Abantu bathole nethuba loku hloliswa I High Blood Pressure, isisindo (Weight), Height, Waist Circle (Body Mass Index) , Cholesterol, Haemo Gluco Test, benikwa ne Health Education baphinda badluliselwa (Referred) esibhedlela.

Ukufundiswa ngalesisifo yikona okwahamba phambili, kanti ziningi izindlela ongabona ngazo ukuthi unaso lesisifo noma cha. Ukuzibona ukuthi unaso yini isifo sikashukela uma



Mr. D.B.Z. Ntuli kanye nabasebenzi base Boxer Super Store behlola izinga lika Shukela emzimbeni

umzimba wakho wehluleka ukukhiqiza insulin eyenele . Nga-phandle kwe - insulin umzimba wakho ungekwazi ukuthola

amandla owadingayo owadingayo ekudleni okudlayo. Kanti izimpawu zesifo sikashukela kungaba yilezi ezilandelayo: ukoma okwedlulele, ukukhathala, ukuchitha amanzi njalo, nokwehla emzimbeni. Uma isifo sika shukela ungasinakakeli ngendlela ungazithola ungasaboni emehlweni, ube nesifo senhliziyo noma uzithole usunqunywa izitho ezithile zomzimba wakho.



Miss. P.Z. Shangase beno Mr. N.E. Mtambo befundisa ngezindlela zokudla ukuze kunqandekwe isifo sika shukela

Handwashing Awareness

On 04 November 2009, CJM Hospital hosted a hand washing Awareness to its staff members. The theme of the day was

“ Preventing Infection through handwashing ”. Health Education was conducted to staff members that proper hand washing is a primary weapon in the prevention and control of infections and promote a safe environment for all patients and staff.

The main aim of handwashing is to remove microorganisms from the hands, preventing their potential transfer. It is known that organisms survive and multiply on human hands, creating the opportunity to infect others. Failure to wash one’s hands before and after each patient contact is probably the most important contributor to the spread of infections.



Miss. L. Ntuli showing others the proper methods of Hand washing.



Kungcono uk’zama, konok’hluleka un-gazamanga.

Charles Johnson Memorial Hospital has established an Infection Control programs where staff members will be continuously educated and trained on the importance of hand washing. **Operating Theatre** won the first prize for following a handwashing methods, **Female Ward** received the Second prize and **Male Ward** scope the Third prize.

CJM VITAMIN A CAMPAIGN



Mrs. L. Dlamini and Miss. N. Mndebele giving vitamin A to children.



Mr. N.R. Mkhwanazi and Sister Sangweni preparing for Vitamin A Outreach

The Vitamin A Campaign that was conducted by Charles Johnson Memorial Hospital was great success as we have been immunized above 1000 children's, this number is really. Vitamin A Campaign was launched by former Minister of Health Manto Tshabalala– Msimang at the launch that was held at J. Dumane Clinic in Vosloorus on 8 September 2008. Vitamin A plays a vital role in prevention of blindness and for child survival.

Vitamin A supplement can reduce measles, diarrhea etc in the country. By improving vitamin A status of children we are increasing their chances of survival significantly. Vitamin A is given to children from birth to the age of six years.

The hospital PHC, School Health staff and CJM College students conducted this campaign successfully for two weeks to ensure that all Nquthu-Sub District children are successfully immunized

Umzinyathi Health District Service Excellence Awards

Nine CJM Hospital staff members were awarded with the Service Excellence Awards on the event that was held at Umzinyathi Health District on 21 September 2009. This was to give effect to the revival of good governance and the transformation of public service.

The Service excellence awards marks the recognition of public service teams who have displayed commitment in the execution of their duties. It also pays tribute to those public servants who continuously strive to improve the lives of our people day and night. These awards are on-going exercise of sharing with the people of uMzinyathi District and Health employees that excellence in service delivery is central to everything that government expects from all public servants.

These awards, therefore, serves to bring into the open the sometimes lonely and unrecognized efforts of those public servants who have gone beyond the call of duty and are doing their work diligently, efficiently and effectively.



Dr. Khumalo receiving his trophy from Mrs. D.T. Memela (Zululand Health District Manager)

CJM Heritage Day 2009

On 30 September 2009, Charles Johnson Memorial Hospital celebrated Heritage Day in great style. The main objectives of the celebration was to look back on what the hospital have achieved in the past years and to look who we are and where we come from. Some aspects have defined heritage as " something possessed as a result of one's natural situation , birth inherited from the past, passed on by those people , experiences and events that have come before us". The celebration was to show where we came from in as far as our history, values, norms and culture. Heritage day reminds us to restore and maintain our traditions, our language and our customs. In maintaining our tradition was shown by our style of dress, the music that we play, the way we dance etc. despite facing global and technological changes, it is important that these changes should not make us lose our identity and our African tradition of Ubuntu.

By knowing where you come from it where you will see our traditions and customs as important building blocks for a non-racial, non-sexist, multilingual and multicultural democratic society as we saw ama Swazi , Xhosa , Sotho, Zulu and Congolese people come to celebrate heritage day with us, "*yin-gakho sithi umuntu ngumuntu ngabantu*". Ukwazi ngemvelaphi yakho kwenza ungabi namahloni noma uvunule phambi kwabezizwe

Accordingly, part of the challenges of the renaissance of Africa is to empower Africans to be proud of their traditions and of who they are, so that they occupy their pride of place as equals with all the peoples of the world. At our institutions either government on non-governmental organizations , individuals and community based organization, tradition must form part of our daily activities, as we celebrate significant events of our lives whether as families or communities. Asenze zonke izinsuku zibe yizinsuku zamagugu, live ubuntu by creating togetherness and team work at our workplace.



Mrs. M.Z. Khanyile, T.C. Khambule during Heritage Day



Nonkululeko Buthelezi with her brother Mlungisi Buthelezi



Mrs. Z. Sithole Ntombi beno Thororo Bekhangisa ngemvunulo yabo.



Howzit Girlz (Amanda Khoza no Mbali Mnchunu)



E.T. Selepe and Z Sithole



Amatshitshi ase Mkhonjane beno Sister Gazide



Sister Ntuli no Simelane

Important Information about Employee Assistance Programme

What is an EAP?

"An organised, systematic, programme of counselling, advice and assistance, operating within organisations, funded by the employer and designed to help employees with personal and work-related problems"

The ultimate concern is with identifying, preventing and treating problems that adversely affect job performance.

An Essential Approach?

To play an effective and meaningful role in helping both the organization and employees , the EAP must provide a programme that will:

- Facilitate lifestyle change and wellness promotion in the context of improved productivity and performance
- Provide simple, quick access to help and information
- Attract, motivate and retain the best people
- Incorporate assistance on a broad range of issues
- Meet the specific changes facing the organisation, country and the economy
- Evaluate itself and add value to the organisation

What EAP can do for you!

24 hour service ,Confidential Service, Impartial and Independent ,Help for the family , Transferable Skills and Empowerment

At work is where we spend most of our time as a results we need to be happy. But it's not always possible-in every day we face challenges which hinder productivity and quality of work. We do manage to sort out some of the challenges we are facing but some of them need professionals . Employee Assistance Programme is here to assist. Confidentiality and Professionalism is a cornerstone of EAP. Information given to EAP Practitioner will remain confidential. It will not be shared with any person without client's written permission.

Neutrality– EAP is neutral, it highlight the common interest between management and labour. One main objective of EAP is to increase productivity. For more information, please visit EAP Practitioner at Occupational Health.



Mr. Mduduzi Mkholo
EAP Practitioner

Competition Time



Noma ngubani oyokwazi ukuqala ukugagula amagama alaba abasezithombeni. Uyoba sethubeni lokuziwinela ikhekhe lohlobo oluphambili lokhu ungakwenza ngokuzilethela lesigqebhezana kwa Public Relations Office kanye namagama alababantu. Kanti laba abasezithombeni kabavunyelwe ukungenele lomncintiswano. Ungakwenza lokhu ngokuzikhethela noma isiphi isithombe osithandayo, kwazise babili abantu abazothola lomhlomulo.



Imingenelo ivalwa mhlaka 10 December 2009



Prevention IS BETTER THAN cure

WHAT CAN I DO TO PROTECT MYSELF FROM CATCHING

INFLUENZA A (H1N1)?

The main route of transmission of the new influenza A (H1N1) virus seems to be similar to seasonal influenza, via droplets that are expelled by speaking, sneezing or coughing. You can prevent getting infected by avoiding close contact with people who show influenza-like symptoms (trying to maintain a distance of about 1 meter if possible) and taking the following measures:

- avoid touching your mouth and nose;
- clean hands thoroughly with soap and water, or cleanse them with an alcohol-based hand rub on a regular basis (especially if touching the mouth and nose, or surfaces that are potentially contaminated);
- avoid close contact with people who might be ill;
- reduce the time spent in crowded settings if possible;
- improve airflow in your living space by opening windows;

Practice good health habits including adequate sleep, eating nutritious food, and keeping physically active.

HOW DO I KNOW IF I HAVE INFLUENZA A (H1N1)?

You will not be able to tell the difference between seasonal flu and influenza A (H1N1) without medical help. Typical symptoms to watch for are similar to seasonal viruses and include fever, cough, headache, body aches, sore throat and runny nose. Only your doctor (or nurse) and local health facility can confirm a case of influenza A (H1N1).

WHAT SHOULD I DO IF I THINK I HAVE THE ILLNESS?

If you feel unwell, have high fever, cough or sore throat: stay at home and keep away from work, school or crowds;

- rest and take plenty of fluids;
- cover your nose and mouth when coughing and sneezing and, if using tissues, make sure you dispose of them carefully. Clean your hands immediately after with soap and water or cleanse them with an alcohol-based hand rub;
- if you do not have a tissue close by when you cough or sneeze, cover your mouth as much as possible with the crook of your elbow;
- use a mask to help you contain the spread of droplets when you are around others, but be sure to do so correctly;
- inform family and friends about your illness and try to avoid contact with other people;

If possible, contact a health professional before traveling to a health facility to discuss whether a medical examination is necessary.

SHOULD I TAKE AN ANTIVIRAL NOW JUST IN CASE I CATCH THE NEW VIRUS?

No. You should only take an antiviral, such as oseltamivir or zanamivir, if your health care provider advises you to do so. Individuals should not buy medicines to prevent or fight this new influenza without a prescription, and they should exercise caution in buying antiviral over the Internet.

WHAT ABOUT BREASTFEEDING? SHOULD I STOP IF I AM ILL?

No, not unless your health care provider advises it. Studies on other influenza infections show that breastfeeding is most likely protective for babies - it passes on helpful maternal immunities and lowers the risk of respiratory disease. Breastfeeding provides the best overall nutrition for babies and increases their defense factors to fight illness.

WHEN SHOULD SOMEONE SEEK MEDICAL CARE?

A person should seek medical care if they experience shortness of breath or difficulty breathing, or if a fever continues more than three days. For parents with a young child who is ill, seek medical care if a child has fast or labored breathing, continuing fever or convulsions (seizures).

Supportive care at home - resting, drinking plenty of fluids

and using a pain reliever for aches - is adequate for recovery in most cases. (A non-aspirin pain reliever should

be used by children and young adults because of the risk of Reye's syndrome.)

SHOULD I GO TO WORK IF I HAVE THE FLU BUT AM FEELING OK?

No. Whether you have influenza A (H1N1) or a seasonal influenza, you should stay home and away from work through the duration of your symptoms. This is a precaution that can protect your work colleagues and others.

CAN I TRAVEL?

If you are feeling unwell or have symptoms of influenza, you should not travel. If you have any doubts about your health, you should check with your health care provider. Protect yourself!

Clean your hands regularly.

Wash your hands with soap and water, and dry them thoroughly.

Use alcohol-based hand-rub if you don't have immediate access to soap and water.

Wet hands

Apply soap to hands

Wash all surfaces

of hands

Rinse hands

Dry well with paper towel



Mduduzi Skhele
giving health
education to
clients about
H1N1 Influenza

Birthdays Celebration



Mcebisi and Bongumusa celebrating their birthday on 26 August 2009, on another picture were the CJM Nursing students who came to celebrate their colleague's birthdays.



Birthdays celebration started on 20 August 2009 where uMcebisi and Bongumusa celebrated their birthdays with their fellow students. On 09 October 2009 “*Virgo Group*” celebrated their birthdays by having delicious lunch for their members. This lunch was held during lunch time at Occupational health clinic. To all of you who have already celebrated birthdays let us share this version by **David Leonhardt’s**.

“You’re How Old ?!?”

“Oh, I’m just 29...again”

It’s a harmless game, denying our age, right ? We play sensitive about our age as we get older, as we get further away from birth and closer to death. It’s just a way to share our unease of growing older with people around us.

For and me , age is important, denying one’s age, or even being sensitive about it, can be disabling. Our years, our lines, our scars are part of who we are. They should be a matter of comfort and pride. Happiness eludes us when we feel embarrassed, guilty, or shy about who we are.

It’s time for each of us to take pride again in everything we are. Try saying something like this: “ I am pushing 30 , 40 or 50 years (or whatever age applies to you). I have live 40 years. I have survived 40 years. I have experienced for years. I have learned 40 years (I have much more to learn, so God, please let me live another 40!) I have thrived, mostly, during 40 years. And I am proud of every one of those years.

Once upon a time, the elders were revered. They bore knowledge and wisdom. Now we settle for just knowledge. The elders carried traditions down from new generations. Now we just create a brand new “traditions”.

It is not a sin to dye one’s hair, as long as we don’t do it during the service. It is just one of many ways we adorn ourselves. But the sight of a dozen elderly ladies with hair colors impossible for their age made me want to laugh out loud right there in the Church.(I resisted.) all the heads would probably have looked normal. “ I m proud of my colour . I’m proud of my age. I’m not going to hide.”

To all of you who have celebrated birthdays congratulations



SPORTS NEWS



Back Row : Japhet Buthelezi, Sandile, Gideon, Celumusa, Mathoko, Mondli, Musa, Front Row: Simphiwe, Musa, Dumisane, Themba, Syabonga, Mcebisi, and Thuba

On the 4th and 16 September 2009 Sports and Recreation (Thukela Region) had their Annual Work and Play Tournament that was held at Greytown (King Edward Sports Field) and Dundee. Teams from different Government Departments took part in the event. The positive response by teams went far beyond the expectations.

The event comprising soccer, netball, Volley ball etc. The main aim of the Tournament was to encourage government employee to live healthy lifestyle and to keep their minds fresh in order overcome any challenges in their working environment

Church of Scotland Hospital went away with the trophy after beating Charles Johnson Memorial Hospital on penalty shoot-out. CJM Hospital advanced to the finals by beating Department of Sports and Recreation and Church Of Scotland on point system.

The games were played on Friday but all Departments managed to avail themselves with their fans. It was painful for CJM Netball Team as they bowed out early and they were not advanced to semi finals. Both netball, soccer and volley ball were finals at Dundee Sport Ground on 16 September 2009. Despite losing to Soccer and netball but CJM Volley ball team managed to went away with the Volley ball trophy by beating Church of Scotland on finals.

Sports play an imperative role in building a healthy body and mind, kwehlise ne stress somsebenzi yingakho sibakhuthaza abasebenzi ukuthi bazivocavoce ukuze bazigcine bephilile so that they will not even thing of izidakamizwa, okungaba utshwala, ugwayi nokunye.



Back Row: Sthabile Kunene, Thuli, Nqobile, Zama Mndaweni, Front Row: Pearl, Jabu, Busi



CJM Hospital were in action against Greytown Hospital



CJM netball team were against Greytown Hospital and CJM were beaten by 15-8

CJM Supporters Page



Netball Supporters Bongiwe, Phala, Ndumo, Thabile, Nana nengane ka Ndumo u Sthombe



Ama supportes okuqina-ke lawa o Bongiwe, Ntokozi kanye no Bonginkosi



This is CJM Hospital Volley ball team that won the tournament during Work and Play games.



This is other hospital supporters : Simelane, Themba Mabaso, Celumusa Mbatha and Sifundo Mdletshe



Charles Johnson hospital big supportes Mdu, Trevor, Thami , Simelane, Sipho no Sizwe



Noma izinto zingahambanga kahle kodwa si-yaziqhenya ngani badlali be Volley ball .

Staff bid farewell to Lungi Mlauli (Pharmacy Manager)



Lungi Mlauli (Pharmacy Manager) talking to colleagues during her farewell on 23 October 2009.



Junior (ingane kaLungi) Lungi Mlauli and her friends Magugu and Sindi

“ I wanted to take a moment to let you know that I am leaving at Charles Johnson Memorial Hospital . I will be moving to Ladysmith Hospital next months (November 2009). I appreciate having had the opportunity to work with you. Thank you for the support, guidance and encouragement you have provided me during my time at Charles Johnson Memorial Hospital. Even though I will miss you and other colleagues and the Hospital. I am looking forward to this new

Vision

To achieve optimal health status for all people of Nquthu Sub-District

Mission

To render sustainable comprehensive community centered quality care through:

Available resources

Cost effectiveness

Continuous staff development at all levels

Promotion of good interpersonal relations

Best intra and intersectional relations in a safe and health environment

Core Values

We believe in:

Commitment to performance

Open communication, transparency and consultation

Trust built on truth, integrity and reconciliation

Service Excellence

Human Dignity

Ubuntu

Respect for Socio-cultural and religious values

Sanctity of life

Courage to learn change and innovate

Safe and healthy environment

Empowerment of managers and staff