



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

Church of Scotland Hospital

COSH MAG

NEWS

gives you the pulse.....

Edition: July–September 2018

ISIBHEDLELA I-COSH SIGUBHA INYANGA YAMAGUGU



Bebbonakala ebusweni ukuthi bayayazi into abayenzayo futhi bayazigqaja ngesiko labo.

umhlaka 24 ku-Septemba wusuku lokugubha amasiko namagugu anhlobonhlobo ezinhlanga ezahlukahlukene. Lolusuku lugujwa AmaZulu, Abe-Suthu, AbeTswana, AmaXhosa, AmaTsonga, AmaVenda, AmaNdebele, AmaSwati, Amapedi njll. Ngalolusuku ilapho izinhlanga ezahlukene zizigqaja ngemvelaphi yazo, izilimi zazo ukudla ezikudlayo kanye nomhlaba ezihlala kuwona kanye nangezwe lazo. Lolusuku lubaluleke kakhulu kwizakhamuzi

zezwe lethu ngoba ilapho zibheka khona ikamuva lazo bese ziyahlangana ukugubha amasiko, amagugu nemvelaphi yazo. Nesibhedlela sigubhe olusuku ngokuthi abasebenzi bafike bevunule beconsa ngemvunulo enhlobonhlobo ukugubha olusuku. Nezinhlango ezahlukene zokudla kwesintu bezikhona.

IXOXWA NGEZITHOMBE



MANDELA DAY AT CWAKA CLINIC



Human Resource Staff preparing breakfast for Cwaka Clinic patients.

Nelson Mandela made it his life's work to fight for every South African citizen's human rights, and spent 67 years of his life pursuing this ideal. In 2009, the United Nations declared 18 July as Nelson Mandela International day, and issued a call to action for people all around the world to make a difference in the lives of those less fortunate than themselves. Each of the 67 minutes of voluntary service that is asked of us, represents a year that Mandela spent fighting for human rights. As South Africa and the world got out and did their bit to honour Madiba on this special day.

Church of Scotland Hospital Human Resource Department decided to spend their 67 minutes with one of our clinic (Cwaka Clinic). With some intervention made by this team, they manage to get Breakfast for patients who were attended the clinic.



PHARMACY MONTH



Church of Scotland Hospital Staff marched to Tugela Ferry Mall to educate public on how to use medicine wisely.

Every year pharmacy professionals are asked to promote better health and safety messages as part of our daily interactions with patients, and to make the most of every opportunity to educate and inform consumers about pharmacy. Pharmacy Week acknowledges the invaluable contributions that pharmacists and assistants make to patient care in hospitals, ambulatory care clinics, and other healthcare settings. It is an ideal time for pharmacists to acknowledge and celebrate their achievements in ensuring safe and effective medication use and to share those accomplishments with patients, other health professionals, and the community. National Pharmacy Week 2016 was held between 5 and 11 September and Council urged the profession to pull out all the stops to highlight the contribution pharmacists make to the health and wellbeing of the people of South Africa. This year's theme is **USE MEDICINE WISELY** and is aimed at encouraging patients to ask their pharmacists pertinent questions on the safe use of their medication to obtain optimal medicinal benefit. On the 26th of September 2018 Church of Scotland Hospital Pharmacy team had to work together to make pharmacy week a success.



BREASTFEEDING WEEK



Parent demonstrating on how you hold a baby when you breastfeed.

World Breastfeeding Week 2018 (WBW18) was observed on from 1st to the 7th of August. This is an annual celebration that aims to promote, protect and support breastfeeding as the foundation of life. WBW18 focused on preventing malnutrition in all its forms, ensuring food security even in times of crises, breaking the cycle of poverty.

On the 6th of August 2018 the COSH breastfeeding team (dietician, breastfeeding champion, lactation advisor) visited the Paediatric and Nursery wards where they spoke about exclusive breastfeeding, benefits of breastfeeding, introducing solid food, breastfeeding in the context of HIV.

On the same day they visited Mhlangana area where they joined hands with the nutritionists and Mhlangana clinic child health nurse & nutrition advisor.



HLOLA MANJE MINI CAMPAIGN AT SWIDI (MACHUNWINI AREA)



COSH Mobile Staff giving patient a container for sputum.

On the 7th of September 2018 Church of Scotland Hospital Mobile took testing services to Swidi (Machunwini Area) community in a bid to promote testing as a way life. The campaign dubbed; Hlola Manje, Zivikele! (meaning; test now, protect yourself) encourages everyone to get tested for diseases.

The following services were provided and promoted:

- HIV Counselling & Testing (HCT)
- TB Screening
- Condom Distribution
- Primary Screening (BP)
- Pregnancy Screening
- Family Planning
- Infant and Child Care Services
- HIV Treatment & Adherence Education Programme

A health promoting school is one that constantly strengthens its capacity as a healthy setting for living, learning and working.

On the 31st of July 2018 Church of Scotland Hospital School Health Team together with relevant stakeholders visited Makhandana Primary School and on the 27th of September they visited eMsizini Primary School for 1st assessment.

A health promoting school:

- Fosters health and learning with all the measures at its disposal.
- Engages health and education officials, teachers, teachers' unions, students, parents, health providers and community leaders in efforts to make the school a healthy place.
- Strives to provide a healthy environment, school health education, and school health services along with school/community projects and outreach, health promotion programmes for staff, nutrition and food safety programmes, opportunities for physical education and recreation, and programmes for counselling, social support and mental health promotion.
- Implements policies and practices that respect an individual's well being and dignity, provide multiple opportunities for success, and acknowledge good efforts and intentions as well as personal achievements.

Strives to improve the health of school personnel, families and community members as well as pupils; and works with community leaders to help them understand how the community contributes to, or undermines, health and education.

Health promoting schools focus on:

- Caring for oneself and others
- Making healthy decisions and taking control over life's circumstances
- Creating conditions that are conducive to health (through policies, services, physical / social conditions)
- Building capacities for peace, shelter, education, food, income, a stable ecosystem, equity, social justice, sustainable development.
- Preventing leading causes of death, disease and disability: helminths, tobacco use, HIV/AIDS/STDs, sedentary lifestyle, drugs and alcohol, violence and injuries, unhealthy nutrition. Influencing health-related behaviors: knowledge, beliefs, skills, attitudes, values, support.

MAKHANDANA PRIMARY SCHOOL HEALTH PROMOTING SCHOOL 1ST ASSESSMENT PHOTO GALLERY



EMSIZINI PRIMARY SCHOOL HEALTH PROMOTING SCHOOL 1ST ASSESSMENT PHOTO GALLERY



COMPLIMENTS

"Mina maka Anelisa Gumede ebesilaliswe e Paeds Ward ngidlulisa ukuncoma noku-gqugquzela emanisini indlela abasiphatha ngayo nokuthi banesineke nabantwana. - Nonjabulo Gumede

Abahlengikazi basiphathe kahle kakhulu basichazela zonke izinto nemigomo yesibhedlela kanti futhi bayasilalela" - N. Khumalo

"Ave bephathana kamnandi esibhedlela onesi banenhlonipho, uthando nesineke nokubekezelela iziguli Siyabonga " - Bongekile Mchunu

"Ngiyabonga kakhulu bahlengikazi ngento eningenzelele yona ngomtanami ngafika naye esefa kodwa nangivusela yena unkulunkulu abenani aniphe amandla " - Samukelisiwe Mkhwanazi

"Ngicela ukuphakamisa isincomo kubo bonke abasebenzi balapha indlela abasebenza ngayo bayazimisela. Bayazikhandla banomusa nothando" - T.N. Phungula

"ngiyabonga ngiphatheke kahle owodini ngibonga kakhulu kubahlengikazi ebebesihlenga baqhubeka nomsebenzi wabo omuhle" - Mlawuleni Njoko

"Ngiphatheke kahle kakhulu ne service yakhona inhle kakhulu " - M.I. Ngobese

"Izincomo ubaba ulutholile usizo nesimo sakhe sesingcono kakhulu " - N. Ngubane

"Ngithanda ukuncoma indlela okusetshenzwa ngayo. Banesineke banesineke baphathana kahle basebenza ngokuzikhandla ngiyabancoma bandla" - Tshitshi Zondi

"Ngiphatheke kahle lapaha impilo ngiyizwa ingcono kakhulu akekho engimuzwe ekhalaza, onesi abathethi bayasizana nje " - Musa Mazibuko

"Ngidlulisa ukubonga kakhulu kibo bonke abasebenzi bakulesi sibhedlela ngiphatheke kahle kakhulu akukho lapho ngidibane khona nenkinga, ngiphume ngizizwa ngiphilile kakhulu " - Mvikeleli Dlamini

"Ngithanda ukuncoma i-ward lase female surgical ngendlela abangiphathe kahle ngayo. Sengathi bengaqhubeka nokuziphatha kahle kwabe uNkulunkulu ababusise

"Ngizodlulisa ukubonga kubo bonke o nurse abase surgical ward bangiphathe kahle uNkulunkulu engathi angababusa abaphe izinhlanhla. Ngiyazibongela impatho yabo" - Sbusiso Sikhosana

"Bengisesibhedlela ngilethe umtwana wami ephalaza ephelwa amandla ngifike sekuzophuma i-day staff kwangena abe night shift bangiphathe kahle kakhulu ngingaba u Sr. Zwane no Sir Sibisi - P. Mchunu"

"I like to thank the hospital and the people who helped me. There were so kind and caring." Zandile Mpungose

"Ungitsetise kahle kakhulu u Mrs. Zuma I hope nabanye ubaphathe kahle - Phakamile Ntuli"

"Siyajabula kakhulu ngesibhedlela sethu i-COSH Sibonga impatho esayithola ewodini lokubel-ethela, saphathwa kahle kakhulu ngangibeletshiswa u Sr.Dumakude nabanye " - Sizakele Shange

"Sibonga kakhulu ngabahlengikazi bethu base COSH ewodini lolokubeletha siyabonga. Phambili ngesibhedlela sethu." - Zamathembu Zakwe

"Akukho engikhalaza ngakho ikakhulukazi ngincoma ukuphathwa kahle angizange ngiphatheke kabi" - J.S. Madondo

"uSr Sithole ungiphathe kahle kakhulu akazange angihlukumeze ekuqaleni kwaze kwaba isekugcineni, futhi unozwelo akakhethe futhi unesineke uphathana kahle " - Sbhongile Maphisa

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MISS CP MBATHA
WRITER & PHOTOGRAPHER



MR N MAHLANGU
DESIGNER



MRS B DLOMO
EDITOR



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

CONTACT DETAILS

Physical Address: R33 Main Dundee
Road, Tugela Ferry, 3010

SWITCHBOARD:
033 493 1000

Postal Address: Private Bag X502,
Tugela Ferry, 3010

SWITCHBOARD FAX NUMBER:
033 493 1124

Web Address: <http://www.kznhealth.gov.za/coshospital.htm>
www.kznhealth.gov.za

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