

May to Nov 2009

CEZE'MTOTI

MAGAGADOLO CLINIC



Sekukhanya inhlansi yethemba emphakathini wase Magagadolo nasezindaweni ezisondelene nayo emva kokuphothulwa kokwakhiwa komtholampilo iMagagadolo Clinic. Sekuyisikhathi eside umphakathi ukhalaza ngomtholampilo, okuthe ekugcineni laze lafezeka iphupho.

Lomtholampilo owakhiwe ngendlela yesimanje – manje uzonikezela ngalo lonke uhlobo losozo lwezempilo olutholakala emtholampilo nanga-

MISSION STATEMENT

To render quality hospital and primary health care services, which are customer orientated, sustainable, co-ordinated through comprehensive multi-disciplinary approach applying the Batho Pele principles within the available resources

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Jan to April 2009

FROM THE HOSPITAL MANAGER



MR B.B. DLAMINI

On behalf of Ceza Hospital Management ,I would like to extend our gratitude to all staff of Ceza Hospital for their dedication, hardwork and commitment towards your service that you render to the community at large . Despite challenges that we are facing the year 2009/2010. I also would like to thank you for your teamwork and Co-operation towards programme /Projects, meeting deadlines.

May God bless you through out this financial year

SILWA NEZIFO

SILWA NOBUBHA

SINIKA ITHEMBA



SPOTLIGHT WITH FOOD SERVICE SUPERVISOR



PRO: How are you my sister

ZK: I'm fine

PRO Who is Miss Zanele Kunene

ZK: I was born and bread at Non-goma in a Methodist Mission Called Ebukhalini Mission. I am the last born of six children fro the late MR & Mrs SMS 7AS Kunene

PRO: What is your rank and you daily duties

ZK: Food Service Supervisor and my daily duties are (i) Checking all the figures fro the Ward diet sheet and sign (ii) Checking raw food for patients according to specification during issuing times (iii) Ensure that optimal health status of patients is achieved by providing well balanced Nutrients diet. (iv) Implement policies and ensure that they are compiled with (v) Monitors budget and control the use of the kitchen equipment (vi) Asses staff performance and compile reports (vii) Do the patient Survey on monthly basis and compile reports.

PRO : What do you like about your job

ZK: I enjoy cooking healthy food ,teaching my staff the correct ways of cooking therapeutic diets for our patients compiling menus . Last but no

PRO : What do you dislike about your job

ZK: Allocation of the food service staff. Problematic Staff. Old age staff

PRO: What do you see yourself in future

ZK : I see myself having a Masters Degree in Food Management; working with agricultural community and managing my own company in food and beverages

PRO : What can you say to youth out there who would like to pursue this career.

ZK: This is a very good career. Job chances are available. With this career you may end up opening your own business e.g. Nandos

,Restaurants and Bar. Food services are available world wide .

PRO : What are the challenges in this position

ZK: Hygiene food poisoning ,Food handling Policy ,New diseases with new Therapeutic diet. Cross contamination of disease in different ways e.g. PPC. Dress code ,color coding on dishes ,working equipment ,and cleaning material . Last but not least a very crucial challenge is to monitor figures and food that is given to the patient by the Private Sector (service

VOLUNTARY COUNSELLING & TESTING (VCT)



Lapha siphethu u
Sibusiso Mncwango
oyi HIV/AIDS Counsil-
lor.

VCT Uhla lwezinhlelo olutholakala kwaCeza Hospital ngenhloso yokulwisana nokubebhetheka kwegciwane lesandulela ngculazi kanye nengculazi uqobo.

HIV / AIDS Human immunodeficiency Virus & Acquired Immune Deficiency Syndrome

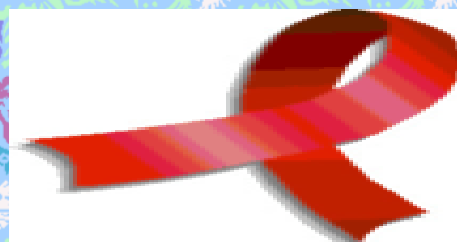
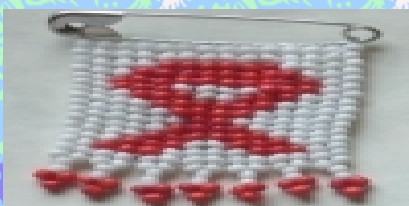
I VCT isiza ekutheni ukwazi ukuzinikela ukuba uhlololwe igciwane lesandulela ngculazi ungaphoqiwe futhi ngemuva kokwelulekwa ngumeluleki ngalo .

INHLOSO YOKUHLOLA

1. Ukuba wonke umuntu azazi ngesimo sempilo yakhe ukuze kuvikeleke futhi kugwemeke ukugula kanye nokushona kwabantu ngenxa yaleligciwane .
2. Kusiza ekufundiseni nasekuqwashiseni ngezindlela zokuvikela nokudambisa igciwane lesandulela ngculazi kanye nengculazi uqobo
3. Kubuye kusize nasekunikezeleni ithemba kanye nonakekelo kulabo asebephila nalo ngenhloso yokuba baphile isikhathi eside nemindeni yabo

INZUZO NGOKUHLOLA

1. Ukukhuthaza umuntu ngamunye ukuba azinakekele ngempilo yakhe emva kokuhlola
Encourage individuals to be proactive about their health
2. Likhulisa izindlela zokwazi ukumelana nengcindezi
Promotes strategies to cope with stress
3. Lukwenza ukwazi ukusheshe welaphe izifo ezingosomathuba
Earlier access to treatment of opportunistic infections



HEALTH PROMOTING SCHOOL ASSESSMENT AT MHONGOZINI PRIMARY SCHOOL



District health promoting assessment team



MR Sibiya School Principal welcoming Assessment team from Dept Of Health



Mrs Hamondi HPS Co-Ordinator during class visits



MR Phakathi from Ceza Hospital showing assessment team school garden

Mhongozini Primary is one of the schools that fall under Ceza Hospital. School Health Nurses from Ceza Hospital visit schools and teach about health related issues within the school. They also make sure that schools compile policies and open a file that contains Health promoting school and everything that they did. The school make sure that learners within the premises know about Health. During the assessment the assessment team look for

- Policies concerning health
- Cleanliness within school premises and class rooms
- Health charts in the classrooms they ask questions to learners to see that learners know or read charts
- They check toilets that they are enough and clean for learners
- They check playgrounds that they are on good condition for learners
- They check garden that are made by learners.

They give marks for that if the school reach the average mark than the school pass the assessment.

INFRASTRUCTURE AT MBIMBINI CLINIC



Outside view of the clinic



Selidumela eman-sumpeni
Inside view



RESIDENT



SECURITY HOUSE

PARTNERSHIP IN DEALING WITH MENINGITIS

We all want to know that our health is always protected and safe, especially that of our children. It is therefore understandable that we panic and get concerned if anyone suggest that our health or that of our children is threatened

That is why it is important to know the true facts about what you are dealing with so that you choose the solution that will be of meaningful help to you, your family and community.

The following information spells out the ABC 's of meningitis to empower you to take charge in safeguarding you and your family's health, with the support of Government.

What is meningitis ?

Meningitis is an infection of the layers of tissues which cover the brain, called meningitis. There are different types of meningitis and the most dangerous one is called meningococcal meningitis. If not diagnosed and treated early it can be fatal, leading to brain damage or death.

Where do you find meningitis?

Meningitis is everywhere around the world, in both developed and developing countries and it happens each year. In other words, it is an illness that has been with us human beings for years and years.

How can I prevent meningitis ?

All around us we have bacteria and

How do you know if you have meningitis?

Symptoms of someone who might have meningitis

- Severe headache
- Fever
- Stiff neck
- Drowsiness or confusion
- Sensitivity to light
- Skin rash
- Fits

These signs are the same as in many illnesses (such as malaria and severe flu) so if you observe them you must go to your nearest clinic or doctor immediately to make sure. If you do not get better after seeing the doctor or visiting the clinic, YOU MUST GO BACK TO YOUR DOCTOR IMMEDIATELY!

What happens when Meningococcal Meningitis is confirmed

The person with the sickness is admitted into hospital and treated.

YOU CANNOT GET MENINGITIS UNLESS YOU ARE IN CLOSE CONTACT TO SOMEONE WITH ITS (MENINGITIS) GERMS

NUTRITION WEEK



14/10/2009 11:49



15/10/2009 11:10



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I NUTRITION WEEK
 ISONTO ELIBEKELWE
 UKUGQUGUZELA KO-
 KUDLIWA KOKUDLA
 OKUNOMSOCO.
 UMNANGO WEZEMPILO
 UKHUTHAZA UKUDLIWA
 KEMIFINO AMAVEJI
 NEZITHELO .IZITHELO .
 USUKU ALUNGAPHELI
 UMUNTU ENGADLANGA
 OKUNGENANI NO
 ISITHELO ESISODWA.

KUBE IVIKI ELINENTO-
 KOZO KUBAFUNDI BASE
 MVULEELNI NASE MWE-
 LASE PUBLIC SCHOOL.
 NGENKATHI BEVAKA-
 SHELWA I DISTRICT
 TEAM BEHAMBISANA
 NESIBHEDLELA SAK-
 WACEZA

LAPHA SIBONA ABA-
 FUNDI BELALE LE NGE-
 SINEKE . ABANYE
 BAPHAKAMISA IZANDLA
 BEBUZA IMIBUZO
 ABANYE BAYAPHEN-
 DULA IMIBUZO ABA-
 BUZWA YONA



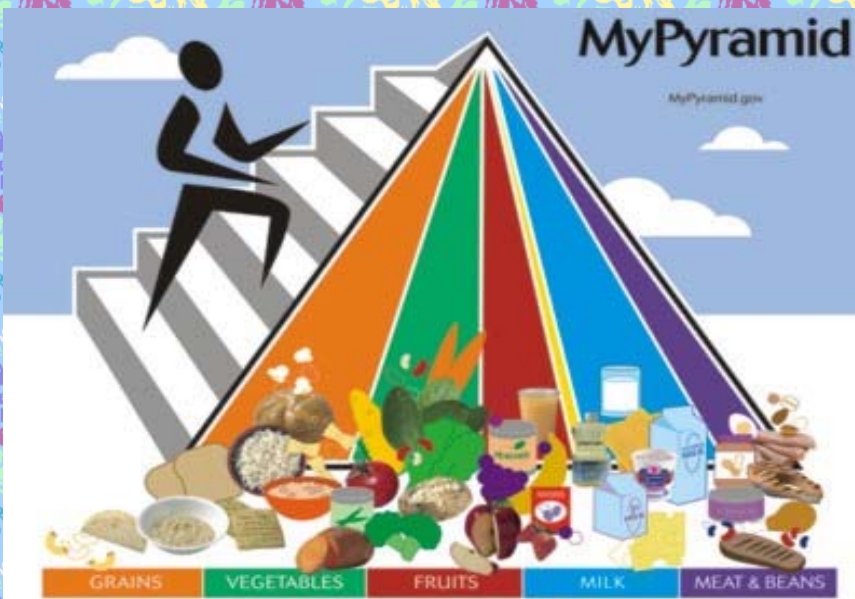
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CEZE'MTOTI



WORDS OF WISDOM

Education at its best is a process of liberation from prejudice which frees the human heart from its violent passions. Through education people can be delivered from powerlessness, from the burden of mistrust directed against themselves. And those who have learned to trust in themselves are then naturally able to believe in the latent capacities of others.

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