



**health**

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

# CEZA HOSPITAL

# CEZ'EMTOTI

# NEWS

STAY INFORMED

JULY-DECEMBER 2017

## WORLD BREASTFEEDING WEEK



**PAEDIATRIC WARD STAFF WITH LINDA SITHOLE DIETICIAN**



**PHARMACY MONTH...**  
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FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE



Top left: Khombi Dlamini Dietician and Mam Mbatha Lay Counsellor educating clients on breastfeeding and HIV. Top right: Nobuhle Buthelezi Nutrition Advisor doing health talk on the importance of breastfeeding.

**B**reastfeeding week is a campaign that runs worldwide between the 1st-7th of August each year to help advocate for and improve breastfeeding practices. The focus this year was to support, promote and protect breastfeeding and appropriate complementary feeding, HIV and breastfeeding, and to help mothers continue to breastfeed should they go back to work, amongst others.

The event took place in Paediatric ward, antenatal and Gateway clinic where different activities, including talks were done to help raise awareness on the importance of breastfeeding and complementary feeding. The campaign was run by Dieticians and Nutrition Advisors from all clinics under Ceza Hospital.



Article and photos by Linda Sithole Dietician

# PHARMACY MONTH

**C**eza Hospital celebrated Pharmacy month by visiting schools around Ceza area, educating pregnant women in Maternity and OPD patients. The theme for this year (2017) pharmacy month was “Don’t wait-vaccinate”. Pharmacy staff visited Ceza Primary School where learners were taught about the importance of vaccination, questions were asked after the talk and learners who answered correctly were given prizes. Health education on medicine was also conducted to maternity and OPD patients. Pharmacy staff had aerobics with maternity patients. Learners and patients were given snacks and fruits.



**Ceza Primary  
School learners**



# PHARMACY MONTH CONTINUES....



Top left: Pharmacy staff educating patients in OPD. Top right: Pharmacy staff and Ceza Primary School learners. Bottom left: Pharmacy staff doing aerobics with maternity patients. Bottom right: Mpume, Ntombi and Khethiwe.



## WOMEN'S DAY CELEBRATION



### CEZA HOSPITAL WOMEN

Ceza Hospital celebrated Women's Day on the 10th of August 2017. The purpose of this day is to celebrate us as women in commemoration of women of 1956 who marched for their rights. Women were encouraged to take good care of their health by doing self examination to early detect breast cancer, do pap smear at least once a year, exercise and practice safe sex at all times. Ms N Simelane Social Worker addressed women on domestic violence. Dietician Linda Sithole encouraged women to eat healthy at all times and look after their diet. Old mutual was also part of the event and handed gifts to all women who attended the event.

We are cute Daughters,  
We are sweet Sisters,  
We are lovely lovers,  
We are darling Wives,  
We are adorable Mothers,  
We are source of Strength,  
We are **WOMEN!**

*Happy Women's Day!*

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## KUGUJWE USUKU LWAMAGUGU NAMASIKO

**K**wakukuhle kudelile mhla zingamashumi amabili nesishiyagalombili kuMandulo isibhedlela sakwa Ceza sinomcimbi wokugubha usuku lwamagugu namasiko esizwe. Kwakuqhudelana iminyango ehlukene yangaphakathi ngengoma. Kwakusindwe ngobethole kugcwele yonke inhlobo yokudla kwesintu sikhumbula emandulo kusadliwa ngoludala, abasebenzi beyikazela ngemvunulo yabo kuqhuma ingoma nomkikizo yonke indawo. Umcimbi waba yimpumelelo wawubona ngenjabulo eyayikhona kubasebenzi.



**Top left: Systems component. Top right: Nursing campus. Bottom left: Finance component. Bottom right: Medical component.**

# HERITAGE DAY PHOTOS



**Top left: T S Buthelezi. Top right: Sindi Mbatha and Zodwa Mncwango-Makhoba. Bottom left: Ntombifuthi Nkosi. Bottom right: Sfiso Mnguni and Sfiso Nsele.**

## HERITAGE DAY CONTINUES....



Top left: Dr Nompilo Zulu. Top right: Mlungisi Dladla. Bottom left: Mandisa Sibisi. Bottom right: Phiwe Gumede.



## HERITAGE DAY CONTINUES...



Top left: Sthembiso Mtshali ekhuzela ezintombini. Top right: Sikoni Zungu edlisela. Middle left: Baba uMdlalose inkezo inkulu idlula ukhamba. Bottom right: Ms T T Mkhwanazi and Mrs T B B Ngcobo receiving certificate on behalf of Nursing campus from Mrs M P Msane. Bottom left: Mr E B Ngcobo receiving certificate on behalf of Systems component.

## MISS INDONI 2017



Umtholampilo wase Idlebe uhlanganyele neminye iminyango ngaphansi kwesambulela sika Operation Sukuma Sakhe kanye nomphakathi benze umcimbi wokukhuthaza amantombazane asemancane ngendlela yokuziphatha kahle nemukelekile emphakathini nokuzithiba ezintweni zezwe ezingayindawo. Lomcimbi wawuhanjelwe abaholi kanye nezikhulu zendawo. Amantombazane afundiswa kakhulu ngezempilo nokubaluleka kokuzithiba ezintweni zocansi bese bancane abantwana babafana ababehambele umcimbi nabo bafundiswa ngokubaluleka kokusoka. Kwakukhona nababesuka eMandleni TVET college abachazela izihambeli ngamathuba emfundo abawanikezelayo emikhakha ehlukehlukehle. Amantombazane ayemodela ezingqaja ngobuntombi bawo. Kwakukhona nemiklomelo eyayibekiwe kwabaphuma phambili.



**Top left: Izintombi ziviliyela. Bottom right: Mrs G T Mtshali owayelawula uhlelo losuku.**

## MISS INDONI PHOTOS



Mr M Sibisi Induna yendawo, Mr N Msimango Member of parliament and Mr Mncube ward councilor



IDlebe clinic Operational Manager Ms S N Zungu



IDlebe Primary School entertaining audience



DOH employees



Judges



Yiyo insizwa yakwa Buthelezi le eyayingenisa izintombi

# FAREWELL DR MCHUNU

**O**n the 22nd of November 2017 Ceza Hospital staff gathered to bid farewell to Dr P C Mchunu– Medical Manager. Dr Mchunu served Ceza Hospital with respect and commitment for twelve years. He was being praised by management and staff for his humbleness. The event was a success. “You left indelible mark, we will miss your professional expertise and friendship. We wish you only success and happiness in your future endeavors” said Mr S P Zulu -CEO. Dr Mchunu ubezinikele kakhulu kwezemidlalo kwabakhona umdlalo webhola lezinyawo wokumvaleli owawuphakathi kwe component yakwa Medical kanye nama legends.



**Dr P C Mchunu with Hospital board members Mr Buthelezi and Mrs Zulu with Mrs M P Msane Deputy Manager Nursing**

**Akumcimbi ungenakudla dankie bo chef**



**Dr Mchunu, Sipiwe Khumalo and Mandy Sibisi**

## FAREWELL DR MCHUNU CONTINUES....



**Top: Abasebenzi bethamele umcimbi wokuvalalisa uMacingwane. Bottom left: Medical football team. Bottom right: Legends football team.**

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