



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

CEZA HOSPITAL

CEZ'EMTOTI

NEWS

STAY INFORMED

JUNE 2016

YOUTH ACTIVATION EVENT



Ceza hospital team and Clawson Assembly of God team



GLOBAL HAND WASHING DAY...
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FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE



Members from Clawson Assembly of God playing with children

On the 17th of June 2016 Ceza Hospital, supporting organization and Clawson Assembly of God visited KwaBrush area to provide health services to the community. Health education on the following topics were given: teenage pregnancy and its implications, drugs and substance abuse, early ANC booking, using of izihlambezo and other traditional medicine during pregnancy. Eye testing, dental care and HCT was also done on the day. Community members were also given an opportunity to ask health related questions. Freebies, tooth brushes and eye glasses were also handed out to participants. The community was so grateful for the information that they obtained during the event. Patients screened for TB were 100, eye sight examination = 45, HGT monitoring = 50, BP estimation= 67 and HCT= 15.

PHOTO GALLERY



Top: Community came in numbers. Middle left, middle right and bottom left: Members from Clawson Assembly of God giving out glasses and freebies to attendants.

WORLD HAND HYGIENE DAY

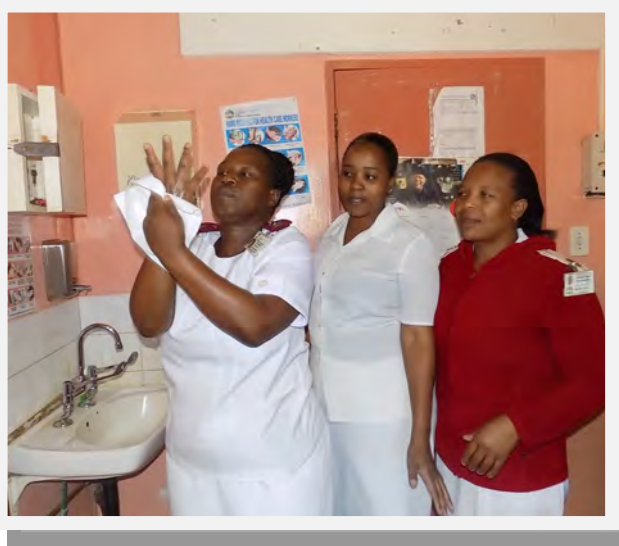


5th of May is marked as world hand hygiene day. Ceza hospital Infection Prevention & Control coordinator and Quality Assurance Manager visited wards and departments educating them about the importance of washing hands. Staff were asked to demonstrate the correct procedure of washing hands for healthcare workers.



Top: Staff from casualty and private cleaning company after washing hands. Bottom left: Trisha Vellu demonstrating hand washing in Pharmacy Department

WORLD HAND HYGIENE DAY CONTINUES



Top left: X-Ray Department after washing hands. Top right: Pharmacy Department. Middle left: Staff from private security company. Middle right: Male ward staff. Bottom left: Pediatric ward staff.

WORLD NO TOBACCO DAY



Staff and patients listening attentively to Dr P C Mchunu

On the 31st of May 2016 the institution had an awareness on smoking. The awareness was led by Dr P C Mchunu who educated the staff and patients about the benefits of quitting smoking, ways to quit and long term effects of smoking on health and children. Benefits of quitting smoking are as follows:

- ◆ Within eight (8) hours carbon monoxide in your blood drops, thereby increasing your oxygen level.
- ◆ Within 72% the bronchial tubes relax making breathing easier and lung capacity increases.
- ◆ Within nine (9) months coughing, sinus congestion, fatigue, shortness of breath decrease: the cilia regrow increasing the body's ability to handle mucus.

- ◆ Within five (5) years the lung cancer death rate decreases by half.
- ◆ Within ten (10) years the lung cancer death rate decreases to almost that of non-smoker.

Ways to quit smoking:

- ◆ Tell your family and friends that you are going to quit smoking.
- ◆ Ask for their assistance and support.
- ◆ Drink gallons of water everyday.
- ◆ Eat carrots, apples, gums, spinach and broccoli.
- ◆ Don't have cigarettes around you at all.
- ◆ Collect jar of butts and when you are tempted, take a whiff.

WORLD NO TOBACCO DAY CONTINUES

Smoking cessation:

- ◆ Smoking is the single preventable cause of death.
- ◆ The psychological addiction is devastating.
- ◆ Smoking is expensive.
- ◆ Smoking is the leading cause of cancer death in women and causes between 11-30% of all cancer deaths.
- ◆ Smoking also causes 17-30% of cardiovascular deaths, 30% of lung disease deaths.
- ◆ People around smokers are put at risk for disease and premature death due to second hand smoke.
- ◆ Smoking makes you appear five (5) years older than your actual age.
- ◆ Children from families who smoke are much more likely to smoke.

Long-term effects of smoking on your health and children:

- ◆ If one partner smokes, the non-smoker is 33% more likely to develop a heart condition or lung cancer.
- ◆ Sudden infant death if both parents smoke.
- ◆ Women who smoke are three (3) times more likely to be infertile
- ◆ Bones of smokers have lower mineral bone density so they fracture easily.
- ◆ Babies born to parents who smoke have a 90% risk of developing leukemia.
- ◆ Smoking damages both sperm and the egg.
- ◆ Children whose parents smoke are hospitalized frequently.



ATTAINMENT OF THE MOTHER BABY FRIENDLY INITIATIVE STATUS

The Mother Baby Friendly Initiative (MBFI) is a worldwide programme of the WHO and UNICEF to protect, promote and support safe infant feeding practices. It is not just about attaining award but it aimed at improving child survival. On the 17th of March 2016 Ceza hospital was assessed on the MBFI 10 steps and three (3) additional items and managed to achieve 100%. Eleven (11) pregnant women, ten post natal mothers of which were breastfeeding (six had normal deliveries and four had caesarian section without general anesthesia) , seven clinical staff members (five Professional Nurses, one Enrolled Nurse and one Enrolled Nursing Assistant), five non-clinical staff member and one mother in special care were interviewed.



From left: Ronel Sorgenfrei from Head office, Pride Mseleku from District office, Mr S P Zulu CEO, Mrs F N D Shobede AMN Maternity, Khombi Dlamini Dietician, Sister Ngidi OM Maternity



BANIKELELWE NGEZIHLAGO

Isikhungo sika Phila Mntwana sase Mhlangandlovu sibe senhlanhleni yokunikelelwa ngezihlalo ezilishumi yiqembu lama Soul buddies lesikole samabanga aphantsi sase Mvuleleni. Kube yintokozo yodwa kubantu abahambela lesisikhungo kanye nonompilo abasebenzela khona ngoba sebezoba nezihlalo ezisezingeni zokuhlalisa izihambeli zabo. Abaphathi bonompilo bakwa Ceza okungunkosazane Mpume Buthelezi kanye nonkosikazi Simo Buthelezi badlulise ukubonga okukhulu kothisha kanye nabantwana ngokucabangela umphakathi wabo into enhle kangaka.



Slingene Mazibuko Community Care Giver assisting the patient



Mvuleleni Primary School Soul Buddies

RETIREMENT OF MR EOB BUTHELEZI

On the 26th of April 2016 Ceza hospital administration staff gathered to bid farewell to the legend Mr E O B Buthelezi who was working in Human Resources Department (HRD). Mr Buthelezi started working for the Department of Health in 1978 as a Clerk in Patient Admission. He served the department with dignity and was very committed to his work. He was being praised by management and staff for his humbleness. Ubaba uShenge uphinde wavaleliswa nasemzini wezinsizwa (White House) zibonga izinsizwa abehlala nazo ngokuba ubaba oqotho kuzona. Sidlulisa ukubonga kubo bonke abasebenzi abenze lemicimbi yaphumelela. Sithi “Hamba kahle Shenge uyophumula ekhaya uyibekile induku ebandla kwa Ceza negalelo lakho ezintweni eziningi libonakele”



Top left: Ms Hlekwayo enikezela ngeziphopho kubaba uButhelezi. Top right: Admin staff benandisa. Bottom left: Sika lokhekhe Shenge. Bottom right: Izinsizwa ezihlala e-White House zinikezela ngesiphopho kubaba uShenge.

RETIREMENT OF MRS FND SHOBEDE

On the 29th of June 2016 Ceza hospital said their goodbyes to Mrs F N D Shobede who was working as Assistant Manager Nursing: O&G, Peads and Theatre after 37 years of uninterrupted service. Mrs Shobede started working at Ceza hospital in 2007 and so much has been achieved during her presence. Recently Ceza has gained back its Baby Friendly Initiative status. Sithi uphumule kahle ntombi endala imisebenzi yakho izo-khumbuleka esibhedlela sakwa Ceza. Having someone like you as a colleague has been no less than a gift. Wishing you a wonderful retired life ahead!!!



Top left: Mrs Shobede nabazukulu. Top right: Nursing staff benandisa. Bottom left: Mrs M P Msane Deputy Manager Nursing enikezela ngeziphu kumama uShobede. Bottom right: Ubunesi basala eceleni isha ingoma.

EZEMIDLALO

Mhla ziyishumi nantathu ku July 2016 amaqembu ebhola lezinyawo lase Finance kanye no Systems baba nomdlalo owawuvutha bhe lazashayana khona zaze zabukana ngelilodwa ngapha nangapha. Kodwa kubukeka sengathi izinga lokupika laliphezulu kulomdlalo.



Top: Kwakujuluka indoda. Bottom left: Finance team. Bottom right: Systems team

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