



CEZ'EMTOTI

NEWS

STAY INFORMED

NOVEMBER 2023

BREASTFEEDING WEEK



Top right: Dr Masondo– Maternity Clinical Manager spoke more about HIV positive mothers and breastfeeding.

Breastfeeding week is commemorated every year from August 01st to August 07th to inform, anchor, engage and galvanize action on breastfeeding related issues. The theme for this year was, “Enabling breastfeeding: Making a difference for working parents”. Ceza-Thulasizwe

hospital also celebrated this day with employees and pregnant women in Maternity ward. Five benefits of breastfeeding was shared with the attendees which were as follows: breastfeeding has preventative power, it creates a special bond between the mother and the baby, breast milk is easy on baby’s tummy, it

saves money and good for both mother and baby. Physiotherapy department also demonstrated correct and comfortable positions to hold the baby when breastfeeding. “Working mothers should not be ashamed to express milk for their babies in the workplace”; said Zoleka Sithole Dietician

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PHOTO GALLERY



Mr. P K Sithole Maternity OMN, Thando Nkosi Radiographer and Mndeni Myeni Audiologist singing breastfeeding songs.



Rittah Chiloane Dietician Comm. Serv., Maternity OMN and Sister Ntshapheka Peads OMN.



Physiotherapist Comm. Servs demonstrating breastfeeding positions.



Zoleka Sithole - Dietician



LEGISLATURE VISIT

Amalunga esishayamthetho saKwaZulu-Natal eholwa umhlonishwa uNkosikazi Phumzile Mbatha avakashele umtholampilo wase Sizana ukuzobheka ukusebenza kwawo. Izinto eziqavile ezibhekwa amalunga esishayamthetho inhlanzeko yesikhungo sezempilo, izinsiza kusebenza, ezokuphepha, ukuthi abasebenzi banele yini ukubhekana nezidingo zomphakathi kanye nokusebenzisana phakathi kwesigungu esengamele umtholampilo kanye nabasebenzi. Bese bebheka nezikhalazo ezivele kubuholi obakhelene nomtholampilo. "Ubudlelwano kanye nokusebenzisana phakathi kwethu nabaphathi bomtholampilo nabasesibhedlela kwaCeza buhle kakhulu, inkinga ingqalasisinda yomgwaqo kanye namabhuloho angekho esimnweni esihle okwenza kubenzima emphakathini ukufinyelela emtholampilo ikakhulukazi uma kuna izimvula"; kusho uMnumzane Buthelezi onguSihlalo wekomiti lomtholampilo. Umphathi wemitholampilo kwaCeza uMnumzane Manqele wethulela amalunga umbiko ngokusebenza komtholampilo. Amalunga esishayamthetho ancoma aphinde angculiseka ngokuhlazeka kanye nokuhleleka komtholampilo phezu kokuthi isendaweni ejulile yasemakhaya. Baphinde badlulisa ukuncoma



Amalunga esishayamthetho kanye nabaphathi besibhedlela.



Umunzane Sithole umphathi womtholampilo ehola ithimba.

kokusebenzisana phakathi komtholampilo, isibhedlela kanye nesifunda sezempilo sase Zululand. Inkosi yesizwe sakwaButhelezi eMpithimpithini eyayikhona phakathi kwezihambeli yadlulisa ukubonga okukhulu kumalunga esishayamthetho ngokuthi ahambele endaweni yesizwe sayo ukuzobheka ukuthi

kusebenzeka kahle esikhungweni sezempilo nokuzolalela izikhalo zomphakathi ngomlomo wabholi bawo.

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PHOTO GALLERY



Esiphezulu: Inkosi yaseMpithimpithini kanye noNkosikazi Mbatha bexoxisana nomhlengikazi. Kwesiphakathi: Ithimba lixoxisana neziguli. Kwesingezansi: Ithimba lihlola ngaphakathi emtholampilo.



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WOMEN'S DAY CELEBRATION

Abasebenzi besifazane babungaze usuku lwabo ngomhlaka 23 kuNcwaba 2023, bebahle beconsa emaphinifeni. Kwakunezihambeli ezazisuka emnyangweni wezobulungiswa ukuzohlomisa abesifazane ngolwazi lwezinhlobo zemishado esemthethweni eMzansi Africa. Kuphindwe kwakhuthazwa abantu besifazane ukuba bathandane basekane ngaso sonke isikhathi. "Kubalulekile ukuthi uma uwumuntu wesifazane uzithande, uzinakekele, uzitotose uphinde ukhulume ngakho konke okukhathazayo emoyeni ukuze uthole usizo uphile isikhathi eside"; kusho uMandisa Sibisi ongomunye wabasebenzi.

WATHINT'ABAFAZI, WATHINT'IMBOKODO



WOMEN FROM DIFFERENT COMPONENTS

Here's to **strong** women
May we **be** them
May we **know** them
May we **raise** them

Happy Women's Day

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PHOTO GALLERY



“Women’s Socio-Economic Rights and Empowerment: Building Back Better for Women’s Improved Resilience”



HAND WASH DAY

On the 16th of October 2023 Ceza hospital celebrated Global Hand washing Day to remind employees about the importance of hand hygiene to health. The theme for this year was: "Together, we can accelerate action to prevent infections and antimicrobial resistance in health care and build a culture of safety and quality in which hand hygiene improvement is given high priority." Infection Prevention & Control Manager Mr BS Masondo visited numerous wards and departments to educate and remind staff about the importance of



Top right: IPC Manager Mr Masondo with Pharmacy staff. Middle right: IPC Manager with Food Service Department staff. Bottom: IPC Manager with Peads ward staff.



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