



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

CEZA HOSPITAL

CEZ'EMTOTI

NEWS

STAY INFORMED

JULY-SEPTEMBER 2018

MANDELA DAY CELEBRATION

July 18 is marked as International Mandela Day which is a global call to action that celebrates the idea that each individual has the power to transform the world, the ability to make an impact. Nelson Mandela fought for social justice for 67 years. Therefore every-

one is encouraged to at least spend 67 minutes of their precious time to do good whether in their communities or to total strangers.

This year's celebration was

extra special and a bit emotional too as Tata Nelson Mandela would have turned 100 years this year if he was still alive. Ceza Hospital Paediatric ward had an honour of being visited by Soul Buddies of Mvuleleni Primary School from Mhlangandlovu area, to help hospital commemorate this prestigious

day in Madiba style of giving and sharing as it is known that children were very close to Tata's heart.



FROM LEFT: Some of patients from the Paediatric ward. FRONT ROW: Soul Buddies from Mvuleleni Primary School, Staff from Paediatric ward as well as Makhosi Nhlelela(Soul Buddies Facilitator)



Mandela Day Photo Gallery...

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Breast feeding Week Photo Gallery....

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Pharmacy Week Photo Gallery

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FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE

MANDELA DAY PHOTO GALLERY



Soul Buddies handing out nicely packed parcels of goodies to mothers of patients admitted in paediatric ward.

STORIES ARE TOLD BETTER THROUGH PHOTOS



TOP FROM LEFT:Admitted Clients with their mothers, Paeditric Staff and Soul Buddies gathered around for the cake cutting as they say “ubumnandi abuphelele uma ikhekhe lingekho” And the cake was served.

BOTTOM RIGHT: Even the Paediatric Staff got themselves little some-something sweet

MEN'S PRAYER

Ceza Health Care Fellowship hosted a Men's Prayer at Ceza Hospital Chapel on the 28th of July 2018 the main purpose of this day was to teach, groom as well as to encourage boys to grow and become responsible men who are able to take care of the needy and vulnerable people more especially those who are disable and cannot provide nor take care of themselves, in showing sense of caring and responsibility all participants were asked to at least bring one canned food of their choice. Tigers and Citizens football players were also part and parcel of this event, they also got taught on how young men should conduct themselves in community and all relevant topics pertaining growing up as a young man as well as challenges faced by men in communities were also touched under the topic "Men In Community" this lecture was conducted by Doctor P.C Mchunu. The prayer was held in continued celebration of Mandela month but it is not intended to be a once of thing as it is highly encouraged to give and donate through out the year, "We intend to do such prayers and donations at least four times a year each quarter as this was our first we hope by Gods Grace we will be able to have another one in October and we hope it will be even a huge success than this one" said Mr. B.D Zungu one of the organizers of this prestigious event. Later on after the prayer all donations including those that were collected during the week from all components of the Hospital were taken to Zamimpilo Special School that caters for children with special needs the school is also situated in KwaCeza area.



Pastor Smanga Mdluli as the Programme director of the day.

MEN'S PRAYER PHOTO GALLERY



FROM TOP LEFT: Some of the donations from the hospital components and attendees of the prayer. TOP LEFT: Pupils of Zamimpilo Special School receiving their gifts. BOTTOM LEFT: Row behind Citizens and Tigers football teams players, front row from left Mr B.D Zungu, Bishop P.L Manzele, Zamimpilo School Teacher and Dr P.C Mchunu. BOTTOM Right: Zamimpilo Special School Pupils singing.

WORLD BREAST FEEDING WEEK



From the 1st-7th of August each year this week is classified as the World Breast Feeding Week to promote only giving infants breast milk from birth to six months and encourage women to continue breast feeding their babies until they reach at least 24 months. This years slogan was “Breastfeeding: Foundation of Life” Ceza Hospital as a Mother Baby Friendly Hospital in continued effort of encouraging mothers to breast feed, the Dietician team mobilized Community Care Givers, Nutrition Advisors from various Clinics under the Hospital as well as breast feeding Mothers to teach and put emphasize on the importance and benefits of only giving their infants breast milk. Breast Milk comes with many health benefits. “Breast milk is best for the baby, and the benefits of breastfeeding extend well beyond basic nutrition, it contains all the vitamins and nutrients your baby needs in the first six months of life, breast milk is packed with disease-fighting substances that protect your baby from illness. Breastfed babies have fewer infections and hospitalizations than formula-fed infants. During breastfeeding, antibodies and other germ-fighting factors pass from a mother to her baby they strengthen the immune system. This helps lower a baby's chances of getting many infections, including: ear infections” said the Dieticians. Breast feeding moms were also encouraged to do regular HIV/AIDS testing and practice safe sex as during breastfeeding.

On the Picture: Khombi (Dietician), Siphosethu Mthembu (Dietician Comm-serv), Community Care Givers, Nutrition Advisors and Clients

WORLD BREAST FEEDING WEEK PHOTO GALLERY



FROM TOP LEFT: Khombi Dlamini. TOP LEFT: Siphosethu Mthembu giving presentation on breastfeeding. BOTTOM LEFT: Khombi with the client demonstrating correct breastfeeding procedure. BOTTOM RIGHT: Community Care Givers with Dietician singing and chanting breastfeeding slogans and songs.

WORLD BREAST FEEDING WEEK PHOTO GALLERY



FROM TOP LEFT TO BOTTOM RIGHT: Participants were asked question to show their understanding those who answered correctly got prizes for their little one's.

WORLD BREAST FEEDING WEEK



CCG's and Community members Listening attentively to speakers

Gate Way Clinic took the breast feeding campaign to Emandlovi Philamntwana Care Centre at Egazini area to teach community as well as remind them about the importance of breastfeeding, many topics were touched such as TB, HIV/AIDS and Nutrition to prevent Malnutrition . The community was also made aware that there has been increased number of children who got admitted suffering from the deceases called jaundice due to poor nutrition. Hand Hygeine was also touched so to prevent spread of deceases such diarrhea, people were also taught on how to prepare home made sorol in case one suffers from diarrhea. Community was strongly discouraged from using home made concoctions during pregnancy commonly known as “izihlambezo” practice of safe sex during pregnancy and during breast feeding as well as regular HIV/AIDS testing every after three months were also strongly encouraged. Vitamin A and dewormers were also administered to babies . TB screenings were done on the spot.

WORLD BREAST FEEDING WEEK PHOTO GALLERY



TOP RIGHT: G J Ntshangase (MCH) giving health lessons. TOP RIGHT: Nobuhle Buthelezi (Nutritional Advisor) giving nutritional education. BOTTOM LEFT : T N Mngomezulu (Staff Nurse) Simo Buthelezi (CCG Facilitator) doing screening. BOTTOM RIGHT: E N Buthelezi (OM) administering Vitamin A and de wormer on clients.

WORLD BREAST FEEDING WEEK PHOTO GALLERY



TOP LEFT: Sizani Sibiyi (CCG) demonstrating Sorol making technique .**TOP RIGHT:** Nqobizitha Sibiyi(CCG) giving health talk. **BOTTOM LEFT:** Mpume Buthelezi(CCG Facilitator) handing out gloves. **BOTTOM RIGHT:** Nobuhle Buthelezi(Nutritional Advisor) handing out condoms to clients.

WOMEN'S PRAYER

Just a quick reminder as to why 9 August is so important on the South African calendar, in 1956 more than 20,000 courageous South African women of all races plucked up the courage and staged a march on the Union Buildings in protest against the proposed amendments to the Urban Areas Act of 1950, commonly referred to as the "pass laws". Because of those women today we are able to enjoy fruits of their bravery acts. South African women today are enjoying equal rights as men, women are being judged and given equal opportunities as men based on their intelligence and capabilities and not sidelined because of their gender. Ceza Women who call themselves 'Ubumbano' organized a prayer inviting different congregations to come together in prayer to commemorate women's day and month on Friday the 10th of August 2018. This prayer is done yearly with the purpose of giving thanks to the Creator for the gift of Life as well as praying for different challenges faced by Ceza women, children, youth and community at large, such as Women and Children Abuse, Drug Abuse and Unemployment, Road Accidents and Contagious Diseases. This prayer attracted the likes of Honorable Deputy Mayor of Zululand who promised to donate R5 000 worth of sewing material to the community and Mr. Dube from Department of Safety and Liaison promise to cover all food cost for next years prayer. Department of Social Development and Health were there to provide services to the community as well as Old Mutual was also there to give financial education and they did not only provide financial education they also donated with food along with the department of Social Development that was served on the day. Omama Bobumbano also Donated school uniforms to needy pupils.



ABOVE: Some of the attendee's of the prayer singing, as the day was filled with loads of singing, praising and worshipping.

WOMEN'S PRAYER PHOTO GALLERY



FROM TOP LEFT: Mr N.D Masondo (Ward 4 Councillor) in the middle Archbishop Dlamini(Stedham) and Cllr M.Kunene (Honorable Deputy Mayor of Zululand). TOP RIGHT: Mr Dube(Safety and Liaison).BOTTOM LEFT: Miss Mazibuko (Old Mutual Financial Advisor).BOTTOM RIGHT: Mrs Msimango from Department of Social Services sharing the stage addressing the community .

WOMEN'S PRAYER PHOTO GALLERY



NOW YOU HAVE TOUCHED
THE WOMEN. YOU HAVE
STRUCK A ROCK?
YOU HAVE DISLODGED
A BOULDER!?
YOU WILL BE CRUSHED!



FROM TOP LEFT: Cebisile Mbatha (Esidakeni Clinic Operational Manager) sharing health information with attendees. TOP LEFT: Esidakeni Clinic staff assisting attendees of the prayer with screenings. BOTTOM LEFT: Omama bobumbano donating school uniforms to pupils of surrounding schools.

PHARMACY WEEK

C

eza Hospital Pharmacy celebrated Pharmacy month by promoting this year's theme "Know your medicine." The theme meant for patients to know their medicine, how they are stored, when they are taken and what they are used for. Who's better to raise awareness other than the pharmacy department it self. On the 6th of September 2018 Pharmacy held an educational fun day for the community, patients and staff as well. Where the Pharmacy Manager gave a presentation inclusive of all things medical which was followed by discussion and interaction with the crowd. Fun and games followed with games such as "Catch the water balloon", "Three legged race" and Pharmacies' version of "Amazing Race" the day was filled with so much laughter, loads and loads of fun, participants were quizzed on their newly found information. All in all the day was a great success .



PHARMACY WEEK PHOTO GALLERY



ISIZULU

Yazi imithi yakho

- Tshela uSokhemisi wakho ngemithi, amavithamini noma imithi yesintu oyesibenzisayo
- Yenza isiqiniseko sokuthi ulithaba umuthi okuyiwona, ngesizathu okuyisona, nangesikhathi esitanele
- Qaphela ukuthi umuthi wakho uphela nini isikhathi
- Uma uncinikeka ngomuthi wakho, buza uSokhemisi wakho

Vikela imithi yakho uma uvakashile

- Buza uSokhemisi wakho ngokuphalwa kwemithi uma uvakashile
- Chetisa imithi yakho etangeni
- Qaphela uma uvakashile imithi ene-phakethe noma isitha esiphuka kakulu
- Hlela kuqala uma uzovakasha – ceta imithi eyanela ezobakhona uhambo lwakho lonke

Khuluma noSokhemisi wakho

- Buza uSokhemisi wakho ngokumele ukwenze uma weqile ukuthatha umuthi wakho
- Tshela uSokhemisi wakho uma umzimba wakho kukhona ongezwani nako, ukhulelwe, uncelisa noma unokunye ukugula

Gcina imithi yakho kahle

- Gcina imithi yakho ngephakethe noma isitha efike ngaso endaweni eyomile
- Ungayigcina imithi yakho la kugezelwa khona noma ekhishini
- Gcina imithi yakho kade nabantwana
- Hambisa imithi ephelwe isikhathi noma ngayisebenzisi ekhemisi ukuze lahlwe ngendiela efanele

MONTH

Towards Quality Care Together

USE MEDICINES WISELY

Know your medicine | Travel safely with your medicines | Talk to your pharmacist | Store your medicines correctly

Know your medicine - ask your pharmacist

TOP LEFT: Pharmacy staff preparing for the fun day.
 TOP RIGHT: Fikile Sithole (Pharmacy Manager) with Cebile Mashaba (Pharmacist Comm-serv) giving a presentation on medication usage.
 BOTTOM LEF: Some of the staff members who were participating in games.

WELLNESS DAY

W

orkplace wellness is a programme designed to promote healthy living lifestyle behavior in the workplace and to improve health outcomes. This programme is targeting to reducing behavior that is considered a risk factor for poor health. Living a healthy life has many benefits such as lowering the cost of healthcare for participating employees it reduces absenteeism due to illness therefore, the productivity increases plus exercising is the cheapest and most effective anti-depressant that is under utilized by many, it also creates a sense of unity among employees. Ceza Hospital on the 12th of September 2018 hosted a Wellness Day in promotion of healthy lifestyle. All components came together to play different games such as "Fun walk", "Aerobics", "Tag of war", "Push the wheel game", "Sack race", "Netball" as well as "Soccer". The day was a huge success and we would also like to extend our sincere gratitude to our external stakeholders who are always there to lend a helping hand in terms of sponsorship when ever we blow the whistle, thank you so much for your support without your presence the day was not going to be the same OLD MUTUAL(Ulundi) AVBOB(Ulundi) AVBOB(Dundee) and GEMS.



Ceza Hospital Netball Team

WELLNESS DAY PHOTO GALLERY



Some of the games that were played. FROM TOP LEFT: Fun Walk. TOP RIGHT: Aerobics. BOTTOM LEFT: Netball. BOTTOM RIGHT: Soccer.

WELLNESS DAY PHOTOGALLERY



Above our sponsors for the day. FROM TOP LEFT:AVBOB(Ulundi) TOP LEFT:AVBOB (Dundee).MIDDLE LEFT:SANLAM(Ulundi).MIDDLE RIGHT: GEMS.BOTTOM LEFT: AET Security company and Nursing football club prior trophies awarding .BOTTOM RIGHT: Staff watching games.

WELLNESS DAY PHOTO GALLERY



Some of the winners receiving their trophies and medals who took first positions in various games. FROM TOP LEFT: Snenhlanhla Mpungose (Food Services) TOP RIGHT: Nokwanda Gabuza (Maintenance) BOTTOM LEFT: Nursing football team. BOTTOM RIGHT: Sbonga Zungu and his tag of war team.

ORAL HEALTH MONTH

Throughout the world Dental caries or tooth decay is the most common Chronic disease, particularly affecting children and disadvantaged populations. Dental Diseases results in unnecessary pain and suffering, and missed days at work or school. Ceza Hospital Dental team conducted Oral Health Awareness during Oral Health Month in OPD and Clinics from the 12th of September until the 20th of September 2018. Patients were taught about proper Oral Health Care that can assist in preventing dental caries and gum diseases; Thus providing dental resolutions in the community. Oral Health Education included the following: Brushing twice a day with fluoride tooth paste to remove plaque the sticky film on teeth which is the main cause of tooth decay. Floss once a day to remove plaque between your teeth and under the gum line, before it can harden into a tartar. Eat a well balanced diet that limits starchy or sugar foods which produces plaque acids. Visit dental Clinic twice a year. For regular check ups. When suffering from toothache there are home made remedies that can be used to alleviate the pain like chewing raw onion for few minutes to relieve the pain. However you are strongly encouraged to visit your nearest Dental Clinic when suffering from toothache. Never assume the lesion will disappear on its own, as in some cases it might happen that it will develop to a cancerous lesion which can spread and lead to severe damage.



Nomthandazo Dunge giving Oral Health presentation to Clients at OPD

SEPTEMBER ORAL HEALTH MONTH PHOTOS



FROM TOP LEFT: Nomthandazo Dunge and Siphokazi Khumalo giving Oral Health Education to Clients visiting Gateway Clinic. TOP RIGHT: Siphokazi Khumalo demonstrating brushing techniques to Clients at OPD. BOTTOM LEFT: Sizana Clients after quiz they got tooth brushes. BOTTOM RIGHT: Ombimbini Clinic clients with their prizes after the quiz.

HERITAGE DAY CELEBRATION



**NGENHLA :Inyosi
ihola ithimba
lakwa Systems**

We as South African's call September the Heritage month and the 24th of September each year is marked as Heritage Day on our calendar . On this day, South Africans across the spectrum are encouraged to celebrate their culture and embrace the diversity of their beliefs and traditions as well as culture. As a community, we share the responsibility to identify and respect what is important, and pass on these to future generations so they will understand what came before them. Ceza Hospital commemorated this day on the 26th of September in the best way we know how ngendlela yethu yesintu esidume ngayo yokushaya ingoma, sibuse sikhombe ngophakathi ngokudla kwesintu, sabelane ngolwazi nangomlando wakwaZulu. Sibe senhlahleni yokuvakashelwa uBabu Buzetsheni Mdletshe(Inyosi yeSilo Samabandla uGoodwill Zwelithini Zulu) oye wasisengela kum'bele wakhe ogwansile wolwazi, wasifundisa ukuba emandulo kwakugqhqokwa kanjani, yiziphi izitshwa ezazisetshenziswa ukubeka ukudla okuthile njalo njalo. Usuku luhambe kahle kakhulu bekuqhuma umukikizo, amakhwela kuqhudlwana nangengoma.

HERITAGE DAY PHOTO GALLERY



FROM TOP LEFT: Mr XB Sibisi (Umphathi wohlelo). TOP RIGHT: Mr. S P Zulu (CEO) Okuwuyena owa-sivulela uhlelo. BOTTOM LEFT: Ama judge wethu osuku Mr. B M Mdletshe Ms. P Hlekwayo, no Mr. E B Ngcobo. BOTTOM RIGHT: Ceza Sub Campus beyongena stage.

HERITAGE DAY PHOTO GALLERY



ABOVE: Judges carefully assessing food and décor as well as overall presentation for each component.

HERITAGE DAY CELEBRATION



Certificates Awarding

FROM TOP LEFT: Sthembiso Mtshali accepting certificate for best Male dresser. TOP RIGHT: Makhosi Mtshali accepting certificate for best female dresser. MIDDLE LEFT: M J Mpungose and S G Khumalo accepting Systems Component certificate for Best food and décor. MIDDLE RIGHT: Zethu Madlopha accepting Medical Component certificate of participation. BOTTOM LEFT : Malusi Shamase accepting Human Resource certificate of participation. BOTTOM RIGHT: Lungile Sangweni accepting Ceza Sub Campus School certificate of participation.

HERITAGE DAY PHOTO GALLERY



TOP LEFT: S G Khumalo receiving certificate of Participation for Systems. TOP RIGHT: Nobuhle Buthelezi accepting certificate of participation for Nursing Component. MIDDLE LEFT: Zanele Zulu accepting Systems Component certificate for best stage performance. MIDDLE RIGHT: B D Zungu accepting certificate of participation for Finance Component. BOTTOM LEFT: Amagayisa group with their certificates of appreciation and gifts from AVBOB. BOTTOM RIGHT: AVBOB (Dundee) a big thank you for another support babesiphathele nesitambu esimnandi.

HERITAGE DAY PHOTO GALLERY



FROM TOP LEFT: Finance Component. TOP RIGHT: Human Resource Component. MIDDLE LEFT: Ceza Sub Campus Component. MIDDLE RIGHT: Systems Component. BOTTOM LEFT: Thandaza Zungu and Thandiwe Buthelezi (Izintokazi ezasinela zaze zagoloza ukusuka estage)BOTTOM RIGHT : Snenhlanhla Mpungose, M J Mpungose and Thuli Zitha.

HERITAGE DAY PHOTO GALLERY



Summary Of The Day In Pictures



ACKNOWLEDGEMENTS



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