



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA

CEZA HOSPITAL

CEZ'EMTOTI

NEWS

SEPTEMBER 2022

STAY INFORMED



Samsung Quad Camera
Shot with my Galaxy A12

Sir Sithole addressing learners that came for services on Isibhedlela kubantu at Mabeka

Isibhedlela sakwa Ceza sihambise usizo lwezempilo kulezi zindawo Stedham, Ezimfabeni, Mabeka naso Ngoza ngaphansi kohlelo lokuhambisa isibhedlela

kubantu. Umphakathi uluthokozele kakhulu loluhlelo ngoba uyonga kakhulu emalini yokugibela beyofuna usizo esibhedlela esiqhele kakhulu nawo. Lapha kusuke kutholaka

lonke uhlobo losizo lwezempilo olutholakala esibhedlela ngibala udokotela wezifo ezijwayelekile, owamazinyo, owamehlo, owamathambo, owokudla kanye nosenhlahakhe.

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ISIBHEDLELA KUBANTU

Umphakathi uthole nethuba lokuhlelela isifo sofuba kanye nesandulela ngculazi. Siphinde sahlinzeka umphakathi ngomgomo we covid-19. Abantu besifazane bahlolwe umlomo wesibeletho ukuze bakwazi ukusheshe kutholakale isifo somdlavuza wesibeletho uma esenaso. Usonhlalakahle ubefundisa kakhulu ngokukhulelwa kwezingane zisencane nokuthi abantwana babafana kumele nabo bakhaliywe ngokuzibandakanya ocansini besebancane.



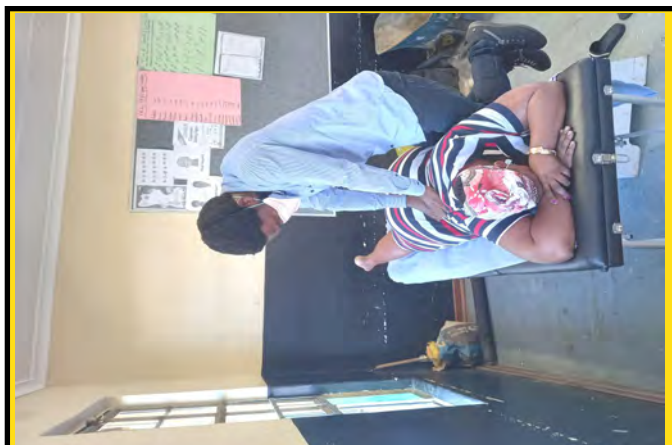
Top left: Sir Sithole encouraging older women to do pap smear at Mabeka. Bottom left: Cebi dispensing medication to patients at Ngoza area. Bottom right : Nomthandazo performing tooth extraction on the patient at IDlebe area.



PHOTO GALLERY



Ncane Simelane—Social Worker interacting with the patient .



Mr Dube- Physiotherapist assisting the patient.



Patients waiting for services.



Vital signs station at IDlebe area.



Nutrition corner at IDlebe area.



PHOTO GALLERY



Vital signs station.



Dr Mthethwa assisting the patient.



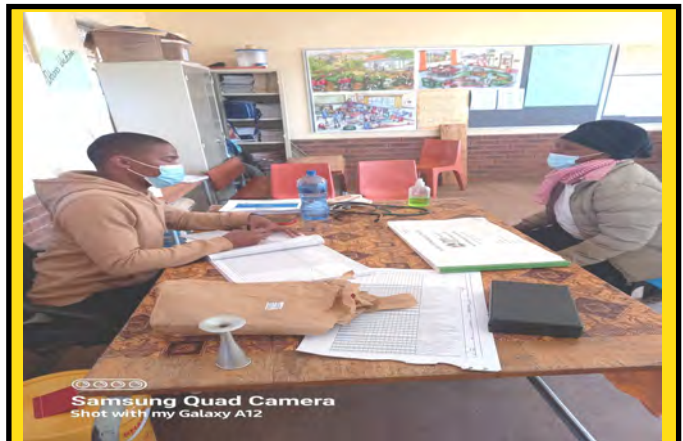
Londiwe Molefe- Physiotherapist assisting the patient .



Ronny Fakeni- Physiotherapist assisting the patient.



Dr Masondo assisting the patient.



Dr Madondo assisting the patient.



BREASTFEEDING WEEK

Breastfeeding week is a campaign that runs worldwide on the 01st-07th of August each year to help advocate for and improve breastfeeding practices. The theme for this year was ‘**Step up for Breastfeeding– educate and support**’. The event took place in Paediatric ward, Maternity high care clinic and Gateway clinic where different activities, including educational talks were conducted to raise awareness on the importance of breastfeeding. On the 06th of August the community of Ezimfabeni were invited to gather at kwaMpanza Hall where educational talks on breastfeeding were shared with pregnant women and the ones that are raising children in their homes. “Breast milk is perfectly designed for child’s nutritional needs and helps to prevent infections. Breastfeeding promotes bonding between mother and child, regardless of the setting and provides food security to infants from very beginning of life contributing to food security for the whole family”; said Zoleka Sithole– Dietician. Questions on the importance of breastfeeding were asked and participants were offered gifts.



Bottom left: Zoleka Sithole– Dietician handing over the gift to the attendee. Bottom right: Sister Ntshapheka OMN Paediatric ward, Dr Masondo, Sir Sithole OMN Maternity, Sister Khumalo OMN Ezimfabeni clinic and Ms Simelane– Social Worker at KwaMpanza Hall during breastfeeding week.



BREASTFEEDING PHOTO GALLERY



Ceza Hospital and clinics Nutritional Advisors during breastfeeding week.



ISIBAYA SAMADODA

In celebrating men's month Ceza Hospital men's forum held an Isibaya Samadoda on the 13th and 27th of July 2022. Traditional Leaders were also invited to attend the event. The programme of both days was directed by Mr X B Sibisi. Mr S P Zulu (CEO) welcomed all people that were present and outlined the purpose of the day which was that men need to talk about health issues at all times and they must visit health facilities even if they are not sick just for checkups. He also spoke about the importance of doing Male Medical circumcision (MMC) regardless of your age.

The guest speaker was Prince Nhlanganiso Zulu who spoke a lot about men issues from health, behavior and lot more. There were topics that were given to men to discuss them in groups which included teenage pregnancy, condoms, multiple concurrent partners, first sexual encounter, inter-generational transactional sex, drug & substance abuse, youth friendly services, back street abortions, and many more.



Left: Male employees listening attentively to speakers. Right: Prince Nhlanganiso Zulu.

ISIBAYA SAMADODA GALLERY



Male employees, traditional leaders with Prince Nhlenganiso Zulu.



WOMEN'S DAY EVENT

Ceza Hospital celebrated Women's day on the 10th of August 2022, all women employees were dressed up glamorously and very excited to celebrate this day. The purpose of this day is to celebrate women in commemoration of women of 1956 who fought for their freedom. The theme for this year was "**Women's Socio-Economic Rights and Empowerment: Building Back Better for Women's Improved Resilience**". "A woman is a full circle, all rounder, you must always prioritise yourself, take care of your health and spiritual being, mobilise each other against diseases and drugs in our communities"; said Queen MaMchiza who was the guest speaker of the day. Ms Zoleka Sithole-Dietician encouraged women to eat healthy and look after their diet. The following topics were also covered on the day: physical exercise, women's health and social issues. Sanlam was the sponsor of the event and they educated women on financial literacy.



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WOMEN'S DAY GALLERY



Top left: Nombuso Madlala—Systems Manager on the dance floor. Top right: Mrs Magwaza delivering her speech. Bottom left: Ms Hlekwayo handing over token of appreciation to Ndlunkulu MaMchiza.

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