



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA

EKOMBE
DISTRICT HOSPITAL

UMTHOMBO WASEKOMBE

NEWS

JANUARY–MARCH 2024

DON'T BE LEFT BEHIND

EKOMBE ROOF RENOVATIONS



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FOOD SERVICE MANAGEMENT QUALITY ASSURANCE ASSESSMENT

On the 15th February 2024, Ekombe Hospital was visited by Mr. Madome Manyuha from the National Nutrition Directorate under National Department of Health. The reason for the visitation was to conduct Food Service Quality Assessment and Support to the hospital's Main Kitchen and Dietetics Department. The core team members consisted of ; The Food Service Manager, District Quality Manager, District Food Service Coordinator, District Dietetics , IPC Manager, Systems Manager, AMN-General, Waste Manager, Artisan Foreman, Occupational Health Nurse, Dietician (In serve) and PRO. He stated that his visitation is more of a support than assessment, and shared a very mouthful information and proper ways of cooking food without losing its nutrients. He also expressed that he is very impressed with the presentation of patients food, patients diet and staff uniform, and said he will share with other institutions to cut pattern. His visitation was very fruitful and informative, when he left we were no longer the same, we went and share this useful information with our colleagues.



Mr. Manyuha and assessing team with Kitchen staff



The presentation of Eye appealing and Tasteful Patients Food



Mr. Manyuha and Mr. L.K. Khoza (Food Service Manager)

UMBUTHANO WAMADODA

COUNT ME IN: TOGETHER WE MOVE SOUTH AFRICA FORWARD!

“HLUKANANI NABAFAZI BABANTU”

Ngomhla zi-22 KuNhlolanja (February) 2024 isibhedlela ikhombwe ibibambe umbuthano wamadoda, owawuholwa nguMnu. S. Langa ongusihlalo (HR Manager) Kanye nekomidi, ngaphansi kwesihloko esithi: **NGIBALE NAMI: NDAWONYE SIQHUBEZELA ININGIZIMU AFRIKA PHAMBILI!** Lo mbuthano ububanjelwe ukuvula unyaka wamadoda lapha esibhedlela saseKombe, njengoba waqala ukuhlangana okokuqala ngqa ngonyaka odlule ngoZibandlela lapho okwakhethwa khona ikomiti lalombuthano. Lombuthano uyindawo ephephile lapho amadoda ekwazi ukuthi akhulume ngezinkinga noma izingqinamba abhekene nazo, nokudodisana nje njengamadoda, Kanye nokululekana nokufundisa ngezifo ezihlasele amadoda, nokuqwashisa ngodlame olubhekiswe ebantwaneni nabesifazane. Kulomhlangano kube nezikhulumi ezisuka ezinhlangeni ezahlukahlukene esingabala, amaphoyisa osonhlalakahle abahlukahlukene, Kanye nodokotela. Kwasinwa kwadedelwana amadoda ebeka izifundo nezaluleko ezahlukene, abadala nabancane, kwenye yezinkulumo eyacaphuneka eyayiluleka yathi: **“Uma uyindoda ukuze uphile kade emhlabeni, Hlukana nabafazi babantu”**. Lo mbuthano uwusizo kakhulu emadodeni ngoba kunezimfundiso ezijulile ezakha indoda ziyiqinise ukuze ikwazi ukumelana nazozonke izimo ebhekana nazo empilweni. **(Izithombe ekhasini elilandelayo)**



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KwaZulu-Natal Department of Health



KZN Department of Health



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**GROWING
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MENS FORUM PHOTO GALLERY



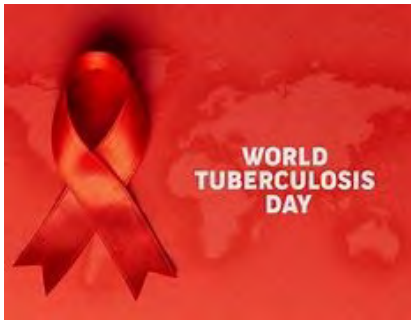
STAFF INDUCTION

On the 17th to 18th January 2024, Ekombe hospital HRD held staff induction and workplace orientation which was led by Mr. S.S. Langa HR manager. The main aim of the induction was introduce or remind the newly appointed staff of how the departments operates and functions, and what is expected of them. Staff members were taught about the departments mission, vision and objectives, they serve as the departments hands in rendering service delivery. There numerous topics that were discussed including HR relating issues, Communication in the work place, Systems management, Finance and Supply Chain management, IT, and ethics in the public service.



TB DAY

YES WE CAN END TB



On the 20th March 2024, Ekombe Hospital observed World's TB Day. The day was led by Occupational Health, Employee Wellness Practitioner and Tholithemba Clinic Hast team under the theme that says: **YES WE CAN END TB**. They taught the staff about TB, later was followed by khwehlela msebenzi campaign which was conducted for the screening and testing for pulmonary tuberculosis on staff members.

About TB (Tuberculosis):

What is Tuberculosis?

Tuberculosis (TB) is an infectious disease that most often affects the lungs and is caused by a type of bacteria. It spreads through the air when infected people cough, sneeze or spit. Tuberculosis is preventable and curable. Those who are infected but not (yet) ill with the disease cannot transmit it. TB disease is usually treated with antibiotics and can be fatal without treatment.

Types of TB

- **Primary TB.** This is the first stage of a tuberculosis infection. Your immune system may be able to fight off the germs. But sometimes it doesn't destroy all of them,

and they keep multiplying. You may not have any TB symptoms at this stage, or you might have a few flu-like symptoms.

- **Latent TB.** You have the germs in your body, but your immune system keeps them from spreading. You don't have any symptoms, and you're not contagious. But the infection is still alive and can one day become active. If you're at high risk for reactivation, your doctor will give you medications to prevent active TB. This usually happens if you have HIV, you had an infection in the past 2 years, your chest X-ray is unusual, or your immune system is weakened.
- **Active TB.** The germs multiply and make you sick. You can spread the disease to others. Some 90% of active cases in adults come from a latent TB infection.
- **Active TB outside the lungs.** A tuberculosis infection that spreads from your lungs to other parts of the body is known as extrapulmonary tuberculosis. Your symptoms will depend on which part of your body the infection affects.

Symptoms

- * Prolonged cough over 3 weeks (sometimes with blood)
- * Chest pain
- * Weakness
- * Fatigue
- * Weight loss
- * Fever
- * Night sweats.

Treatment

Most cases are cured with antibiotics. But it takes a long time. You have to take medications for at least 6 to 9 months. Your treatment will depend on your infection:

- If you have **latent TB**, your doctor will give you medication to kill the bacteria so the infection doesn't become active. You might get isoniazid, rifampin, or rifapentine either alone or combined. You'll have to take the drugs for 3 months or more. If you see any signs of active TB, call your doctor right away
- A combination of medicines also treats **active TB**. The most common are ethambutol, isoniazid, pyrazinamide, and rifampin. You'll take them for 6 to 12 months.



If you have **drug-resistant TB**, your doctor might give you one or more different medicines. You may have to take them for much longer,

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TB SELF SCREEN STEPS

Together we can beat TB! and help SA become #TBfree

You can now self screen for TB symptoms & risk on TBCheck via WhatsApp or USSD

TBCheck, brought to you by the National Department of Health, is a secure, private, low data usage mobile service that ensures the confidentiality of your information and guidelines on how to become #TBfree

WHATSAPP

Follow these 3 simple steps:



STEP 1:

Save this number
0600 123456
as a contact (**Contact NDOH**).



STEP 2:

Open **WhatsApp** on your phone and send the word "**TB**" to the WhatsApp number. Follow the prompts to complete the **TBCheck**.



STEP 3:

Once you have completed the **TBCheck**, you will receive guidance on next steps based on your level of risk.



USSD

Dial ***134*832*5#** and follow the prompts



health

Department:
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REPUBLIC OF SOUTH AFRICA

TB Check



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KwaZulu-Natal Department of Health



KZN Department of Health



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TB DAY PHOTO GALLERY



NEW ROOF PHOTO GALLERY



CONDOM WEEK PHOTO GALLERY



STAFF APPOINTMENTS



Mr. J.J. Vukuthu - Facility Information Officer



Dr. P. Shongwe - Medical Officer



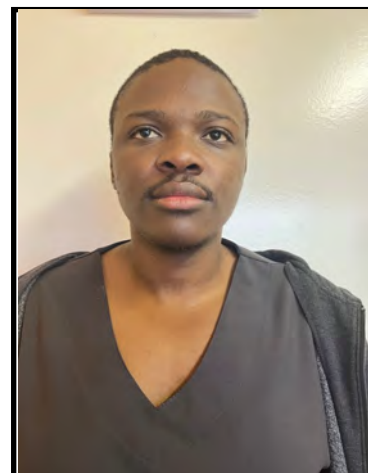
Dr. S.B. Nxumalo - Medical Officer



Ms. S.L. Mngomezulu - Employee Wellness Practitioner



Ms. S. Mbasera - Safety Officer



Dr. L.M. Mnguni - Medical Officer



Ms. Z.M. Khanyile - Occupational Health Nurse



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