



UMTHOMBO WASEKOMBE NEWSLETTER

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Editor's Column

Greetings to all the readers of this informative publication. As I am writing this publication we are celebrating women's month in all spheres of life. We would like to acknowledge them for their contribution in liberation of this country and also liberating themselves in the work place. Our government have also created policies that take into consideration women issue like Gender Equity which was not a case previously. Recently the new administration for the first time in the history of South Africa created a Portfolio or Ministry which will specially deals with women issues. We also know that behind every man's success there is a woman, they play an important role in our lives. Lets take care of our mothers, wives, sisters and daughters.

Coming to health issues currently we are faced with SWINE FLU which is a challenge faced by the entire world. We need to ensure that we follow necessary steps or precautions so that we are not infected by it. We also need to make sure that we educate our communities and family members about the dangers of SWINE FLU and how they can prevent it.

Lastly let me welcome our new recruits from medical and nursing components we are great full to have you in this family. Enjoy your stay.

Philani D. Mhlungu

Everyone needs to be told you are great so here is to you

To an exceptionally beautiful woman!

The beauty of a woman is not in the clothes she wears, the figure that she carries, or the way she combs her hair.

The beauty of a woman must be seen within her eyes, because that is the doorway to her heart, the place where love resides.

The beauty of a woman is not in a facial mole. But true beauty in a woman is reflected in her soul.

It is the caring that she lovely gives, the passion that she shows, and the beauty of a woman with passing years only grows.

Word of God

For with God nothing is impossible

Luke1 verse 37

I consider that our present sufferings are not worth comparing with the glory that be revealed to us.

Romans 8 verse 18

Tips for sizzling summer weight loss

Schedule exercise into your day and keep it like you would any other appointment. I am positive you have at least 30 minutes that can be squeezed into each day.

Do not venture out of the house for any outing without bringing along healthy foods that you are not at the mercy of all those fast food temptations lurking out there!

This summer take advantage of the bountiful array of fresh fruits and veggies.

If you feel that your progress has come to a screeching halt, do not fret. Cut back on calories for a few days and kick your fitness program up a notch. Fewer calories in and more burned should help you break on through to the other side of weight loss.

Make believe that your summer is a three month long SPA trip to do, choose foods a spar would feed you. Try having a soy shake each morning with some frozen berries and skim milk. It is light, refreshing and nutritious. It will start your day on a great note and set the pace for a healthy day.

When taking the kids to the pool, do not just lounge in a chair all day. Put on some sunscreen and get in the pool. Play with the kids. They will love it and it is a lot of fun and try swimming some laps. Swimming is a great way to get in shape.

Make a CD of your favorite summer tunes and walk to it and get a snappy pace to your strut.

Try a group fitness class. If you have never done cardio-kickboxing or some other high energy program, make a point to do so this summer. You will fall in love with it, make friends and have a great time while getting fit.

Water is not just for pool, be sure to drink at least 64 ounces of water each and every day.

Buy a stunning outfit and wear it, even if you are not at your ideal weight show off your fitness minded attitudes and confidence. And do not forget the best accessory- a big smile. Let the world know that you have arrived. Your body will be closed behind your newfound state of mind. It's just a matter of time.

If you are planning a vacation do something different this year. Make the trip revolve around fitness.

Say a positive affirmation each day. Remind yourself that you are not going to keep doing what you have always done, because now you want great results. From here on out, your actions are going to reflect your healthy resolves.

YOU ARE SPECIAL NO MATTER WHAT YOU WEIGH

Women's Day

On the 29 August 2009 Ekombe Hospital took part in Women's day event which was held at Ntingwe area where different departments were represented including Nkandla Municipality. Women were celebrated in terms of their roles in all spheres of life, politically, socially ect.

We had local groups who entertained the audience with music and dancing. Ekombe Hospital PHC Team gave health education in the following topics TB, Cervical Cancer, HIV/AIDS, Malaria, Breast Cancer. The institution also did eye screening and issued 14 spectacles to community members.

We would like to thank all stakeholders who took part in this event for their co-operation. Wathinta abafazi wathinta imbokode. Malibongwe igama lamakhosikazi.



PHC Team doing eye testing and VCT



Mrs T.S. Hlongwa giving health education on breast cancer



Local traditional group entertaining the audience

Healthy Baby Competition

On the 05 August 2009 Manyane clinic hosted Healthy Baby Competition which is an initiative which encourages mothers to take care of their babies and promote breast feeding. Breast feeding is the best source for nutrients needed for growth and development. For the first 6 months breast milk provides all that baby needs for physical and mental development. It reduces risk of diseases like diarrhea, reduces the risk of developing allergies and obesity. It also develops a strong relationships between a mother and a baby.

After mothers were told about the significance of breast feeding the competition began. All participants received prizes in the form of certificates and school bags. The winner was going to represent Ekombe Hospital at the district level with other hospitals. We would like to thank all the participants for taking part in this initiative and PHC team for their co-ordination.



Parents and their children who took in the competition



Mrs C.B. Makhoba handing over certificate to the mother



Isn't she lovely



Mrs C.B. Makhoba handing over certificate to the mother

Vitamin A Campaign



EN. P.T. Nxumalo giving Vitamin A drops to a child



PN. N.M. Mthembu also giving Vitamin A drops to a child

Vitamin A is important as it helps with normal growth and development, protects children from sickness. It helps reduce the effect of infections like measles and diarrhea. Vitamin A drops are safe because there have been no major side effects reported. These drops should be given to the child a minimum period of one month since the last dose.

Ekombe Hospital took part in campaign which was from the 7th-18 September 2009. We visited all the targeted areas including schools and crèches. Health education was given to parents about the significance of Vitamin A drops. Target group was children from the age of 1 to 5 years old. Children with diarrhea were given a follow-up dose in weeks.

We would like to thank all the stakeholders who worked tirelessly regardless of the weather at some stage. You never lost heart and focus. God bless you all.



Parents and their children



Members of team 4 from left Ms S. Mgoza, Mr N.M. Mthembu and Mrs N.E. Dladla

QPC Trophy Presentation



Mrs D.M. Mchunu, Deputy Nurse Manager handing over the trophy and certificate to Mrs M.N. Xulu and Mrs M. Mthembu after Male and Paeds scored more points than other wards



Female ward team showing jubilation with their Matron and Deputy Nurse Manager



Mrs D.M. Mchunu also handing over the trophy and certificate to Mrs V.N. Ndlovu and Ms G.P. Ngobese from Paediatric ward

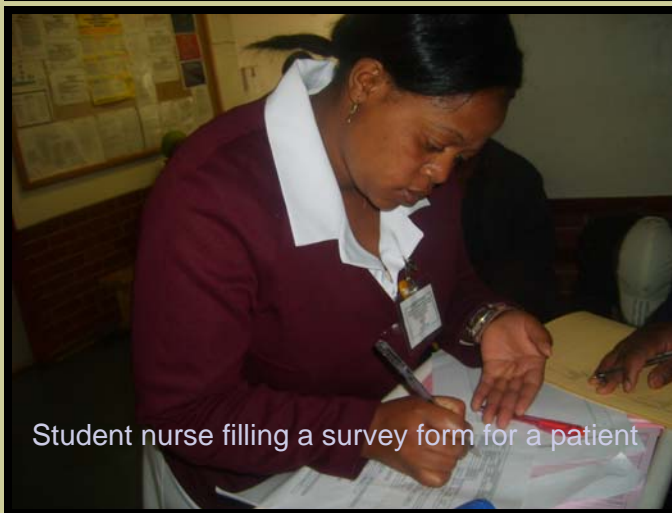


Paediatric ward team with Mrs D.M. Mchunu and Mrs V.N. Ndlovu

Waiting Time Survey



Miss S.P. Sithole giving a form to a patient and student nurses helping



Student nurse filling a survey form for a patient

On the 16 September 2009 Ekombe Hospital had a waiting time survey which is conducted once a year. We had a team of five staff members and seven volunteers who played a very significant role on the day. When people were entering the hospital premises they were given survey forms which they were going to produce each at service point. The main purpose of the survey was to determine how long does it take for someone to be attended.

Each and every service point had volunteers who made sure that every thing ran smoothly. The survey was not biased because our volunteers were not hospital staff members. The survey ran smoothly regardless of the bad weather especially in the morning, but as the day progressed it was sunny.

We would like to thank all our clients for their co-operation and understanding. Let me also thank the management, survey team, volunteers and staff member for making this survey a success thanks a million.



Miss M.I. Nene, Miss S.P. Sithole and student nurses waiting at the main gate

A H1 N1 & MEASLES

Ekombe Hospital visited several schools giving health education on both A H1 N1 and Measles. Educators were given information on how to prevent A H1 N1 and precautionary measures as follows:

- Washing your hands often and well with soap and water.
- Avoid close contact with people coughing and sneezing.
- Cover your mouth when you sneeze or cough . Throw your tissue away. Wash your hands.
- Stay at home if you are sick. Do not go to work or school until you are better.
- Get fresh air in your home everyday, open windows and doors regularly.
- Give a sick person a separate space at home and have a single care giver. Check the patient regularly.
- Mothers even if sick are best carers for infants and young children who are still being breastfed.
- Person with flu like illness should take plenty of fluids and keep warm and dry.
- Persons with long term illness like diabetes, HIV/AIDS, pregnant women should seek medical advice if they have flue.
- Seek medical care if there are signs of vomitting a lot, drowsy, pale and shortness of breath.

Measles

It is a highly infectious disease. It is very small germ called the measles virus that causes measles. It cannot be seen with the naked eye. It is spread when a person suffering from measles coughs or sneezes, passing on the germ to others. Infants less than one year of age who are too young to have been immunized. Any person who has not had measles infection or has not been vaccinated against measles.

- Measles can be prevented through vaccination.
- People who have measles should stay away from others until at least 4 full days have passed since the time the rash first appeared
- Women should not get the vaccine if they are already pregnant or plan to get pregnant within 3 months after getting vaccinated

A person with measles can be taken care of at home through the following:

- Isolate the person to prevent spread.
- Keep in dark room- away from sunlight.
- Give lots of fluids.
- Continue good nutrition.



Mrs V.N. Ndlovu giving health education on both A H1 N1 and Measles



Educator paying attention to the presentation by Mrs V.N. Ndlovu and Mr V.X. Gumede

Birthdays & Wedding

Ekombe hospital management and staff members would like to say happy birthday and may you see many more years to come and may God be your strength and also give you wisdom.

August

Ms M.C. Gidigidi
 Mrs N.C. Makhoba
 Mrs S.P. Khanyile
 Ms W.N. Khanyile
 Ms H.B. Mabaso
 Mrs N.K. Majola
 Mr Z.M. Mbeje
 Ms T.E. Mkhize
 Ms A.D. Mkhize
 Ms A.T. Mkhize
 Miss T.C. Mlambo
 Miss Z.H. Msomi
 Ms P.T. Mthembu
 Mr B. Mthuli
 Ms T.M. Mtshali
 Mr Z.P. Ndlela
 Miss N. Ngwenya
 Ms N.M. Ntuli
 Mrs S. Radebe
 Ms K.F. Shange
 Mr B. Zulu
 Ms N.C. Zulu

Mr T.E. Xulu
 Mr M.S. Gasas
 Mrs K.S. Makhaye

September

Miss T.N. Buthelezi
 Miss T.T. Cebekhulu
 Ms N.C. Dladla
 Ms A.N. Dladla
 Ms S.I. Dladla
 Mrs T.S. Hlongwa
 Mr N.J. Khanyile
 Mr N. Khanyile
 Mrs N.P. Lamula
 Ms F.F. Langa
 Ms F. Luthuli
 Mr B.V. Magubane
 Ms P.N. Mdlalose
 Ms Z.M. Mthembu
 Mr M.T. Mthuli
 Mrs D.R. Ndaba
 Mr R.M. Ndlovu

October

Ms D.G. Buthelezi
 Ms S.M. Dladla
 Ms T.G. Dladla
 Ms P.N. Dlomo
 Mr B.L. Hlongwane
 Miss Z. Kubheka
 Ms T.N. Lushozi
 Ms E.T. Luthuli
 Miss T.N.M. Mkhwanazi
 Mrs G.P. Mthalane
 Mrs N.M. Mthembu
 Ms E.V.N. Ndimande
 Ms P.T. Ndlazi
 Ms S.M. Ngema

We would also like to congratulate Dr Anis Lajimi and his wife on their marriage may God fulfill your dreams and grant you everlasting joy and happiness.

