



# UMTHOMBO WASEKOMBE NEWSLETTER

Ekombe Hospital  
Private Bag x 203  
Kranskop 3268

Tel: 035 834 8000 Fax: 035 834 8012  
Web site: [www.kznhealth.gov.za](http://www.kznhealth.gov.za)  
Email: [philani.mhlungu@kznhealth.gov.za](mailto:philani.mhlungu@kznhealth.gov.za)  
Contact person: Philani Mhlungu

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## Quality Assurance's Column

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It has been a pleasure to work with you in the past years. Now we are looking forward to achieve our goals though we know that economically, we are faced with constraints globally. South Africa is one of the countries which are economically deflating.

If South Africa is economically struggling, definitely all 9 provinces, districts and all institutions under those districts will suffer the consequences. That is why it is always advisable to use the minimum resources that we have to achieve what ever patient related goals. Our main focus here at Ekombe Hospital is the patient that we are all here for. We, as staff members may sometimes differ in our opinions but at the end of it all, patient is here to receive full services that are of value.

Quality Assurance is our weapon to fulfill patients' dreams. There are number of programmes that fall under quality improvement which should be implemented in all departments, some of them have already been implemented and some have met some constraints already mentioned above.



All in all we are looking forward to achieving patients dreams and we must remember that despite challenges we are facing, if it happens that I become a patient, I would not understand when a health care worker tries to explain whatever problems which make him/ her to deprive me a right to quality services, all I would want is the total patient / client service which is rendered with dignity and full of compassion.

**Mrs N.C. Makhoba**  
**Quality Assurance Manager**

## Editor's Column

Firstly let me greet all the readers for this informative publication. I hope 2009 would be the year of excellence, breakthroughs and achievements in all aspects of our life. Due to budget constraints as an institution we were faced with a lot of challenges but we managed to pull through. Challenges never made us lose focus as an institution, we worked hard as a team. I hope we will continue from where we left off and also put more effort.

People called 2009 two thousand nine and divine, I call it two thousand delivery. It's our mandate as an institution to render quality service to our community regardless of the challenges that we know. We are committed to provide effective and efficient health care services that promote health, prevent illness and restore dignity. So regardless of the challenges we should not despair, let us work as a team keeping in mind our patients and clients.

Challenges should not demotivate us and compromise service delivery. Let's continue fighting diseases, fighting poverty and giving hope.

**Philani Mhlungu - Public Relations Officer**

## WORDS OF INSPIRATION

### **Do not quit**

When things go wrong, as they sometimes will

When the road you are trudging seems all uphill

When funds are low and debts are high

And instead of a smile you have a sigh

When care is pressing you down a bit

Rest in God's love and never quit.

Life can be strange with its twists and turns

When with God's help he'd have won the day.

Do not give up though the pace seems slow

For you may succeed with another go

Success is failure turned inside out,

The silver glint in the cloud of doubt,

You never can tell how close you are

The goal may be near when it seems so far.

So turn to the Lord when you are hardest hit.

# New Recruits

Ekombe Hospital management and staff members would like to welcome you. Welcome to your home away from home.



**Miss S.T. Xulu - Community Service Pharmacist**



**Dr D.B.P. Myeni- Medical Manager**



**Dr P.P. Dlomo - Community Service Medical Officer**



**Mr M.T.R Nzuza - HR Manager**



**Mr W.M. Luthuli -TB Ward Clerk**



**Miss P.S. Ngcobo - HR Intern**

## Workshop On Orientation & Re-orientation

Induction is the process of integrating the new and current employee in to an organization and acquainting him or her with the requirements of the job. In this process the employees are transformed from being complete outsiders to participating and effective members of the institution.

The purpose of the programme is to provide new and current staff with information they need to perform their duties in a changing and transformed context. Induction in South Africa involves a relinquishing of old attitudes, values and behaviors in order to learn the basic goals of the organization and the preferred means by which these should be attained. In this context, an induction programme facilitates the entry, re-orientation and development of individuals by allowing them to perform independently within the system.

Induction makes staff aware of their legal, financial and administrative framework within which they work. It also helps them to understand their responsibilities and rights as employees. Good induction process will also introduce people to the goals and values of the organization and enable them to work out what is expected of them in terms of their day-to-day practices and behavior. It thus enables people to make a quick contribution to the transformation and growth of the organization. We would like to thank Miss N Zwane for co-ordinating this wonderfully workshop.



Staff members listening attentively



Miss N.A. Zwane conducting the workshop

## IVIKI LOKUQHWASHISA NGESIFO SOVENDLE

Isibhedlela saseKombe sabamba iqhaza ekuqwashiseni omama nobaba bezingane ngobungozi kanye nokuthi bangasivikela kanjani isifo sovendle. Isifo sovendle sake saba ngesinye sezifo ezibulala nezikhubaza izingane emhlabeni wonke. Lesisifo sibangwa yigciwane elithathelanayo. Ukugonywa kwezingane ngamaconsi ovendle sekwenze ukuthi isifo sovendle sibe yimvela kancane. Lesisifo siyavikeleka ngokugoma.

Ukuze sikwazi ukuqeda kufanele abazali bahambise izingane emtholampilo ziyogomela isifo sovendle. Kugoma izngane kusukela kwezizelwe, ezinamasonto awu 6, awu 10, awu 14 awu18 kanye nezineminyaka ewu 5. Ingane ivikeleka ngokuphelele uma ithola konke ukugonywa okunqunyiwe ngezikhathi ezifanele.

Abazali nomphakathi kubalulekile ukuthi babike ngokushesha kwabezempilo uma kunen- gane ehlaselwe ukukhathala noma ukufa kwemizwa engalweni noma emlenzeni in- gazange ilimale. Kumele ihlolwe ukuthi ayiphethwe yini yisifo sovendle zingakapheli izin- suku eziwu 14..



UMatron V.N. Ndlovu efundisa nge- sifo sovendle kanye nobungozi baso



Amalunga omphakathi elale kufundiswa ngesifo sovendle

# Farewell Party



**Phakamani Khanyile and Tholakele Ngcobo  
arriving at the venue**



**Nelly Zwane and Nelson Ngidi  
dancing**

It was time to say goodbye to our two colleagues Tholakele Ngcobo, CEO's Secretary and Phakamani Khanyile. They have been with us for quite sometimes, we had to part ways with them which is sad. They have made a positive contribution in the institution, definitely we will miss them. We would like to wish them all the best in their new careers.

God bless you



**V.G. Kholoane and Sizah doing what they  
know best**



**Staff members in attendance**



**Ntombifuthi Nqulunga giving a gift to  
Thola**

## Teenage Pregnancy Prevention & Awareness

Life in general needs one to abide by life principles to survive. Pregnancy: one needs to know the meaning of pregnancy and how one gets pregnant.

Learners were asked if they know how one gets pregnant: learners gave the correct answer. If they all know how one gets pregnant, they know why do people get pregnant while still at school, is it that:

- They wanted to get pregnant from the start?
- They got pregnant by mistake?
- They are influenced by peer pressure/competition?
- They are just practicing their right to choose to be pregnant or not?

Learners gave different reasons/responses. Then needed to find out if they understand that falling pregnant at any time of one's life goes along with some responsibility. The responsibility that one has to handle by self and not to involve others hence the decision was initially between one or two people.

Learners were also sensitized of the other consequences of an unplanned pregnancy, consequences of the pregnancy of a minor or being impregnated by a minor- we looked at the different types of illnesses one may be exposed to (STI, HIV, stress related illnesses- psychosocial illnesses) and the possible malformation to the child due to age of parents and possible genetic disorders.

School attendance disturbance having to undergo ANC clinics and after delivery having to breastfeed and further more once monthly having to go for social grant-what about school, a learner's ultimate goal!!

### Consequences of teenage pregnancy

- Absenteeism at school
- Unprotected sex related illnesses-including HIV infection.
- Considered as high risk pregnancy if 18 years and below.
- Poor care to the infant-unplanned and worse if the father is irresponsible.
- Possible shattering of goals the person had, depending on how the family handled the news of pregnancy.

*Talked about:*

- A -Abstinence
- B -Be faithful
- C -Condomise

Went into detail on what each item entails. Paid more details on being faithful to a partner (how do you ascertain faithfulness of an adolescent-also termed the explorers) and those who prefer condomising-that they should know how to use the condom correctly, has not expired and ensure that it is intact.

Those who decide to be faithful- it is wise to go as a couple and know the HIV status before engaging in unprotected sex. To be faithful to a partner entails learning to talk about your bodies and being open to each other-which may not be practical for school going immature learners.

Talked about family planning and family planning methods. Paid more detail to hormonal methods (the pill and the injectables). Emphasized that the type of method should not be influenced by peers or frequent injections but should be guided by your aspirations when ready for marriage, your age at present and your present health status or history.

"Every one of us is responsible for the decision we take on a daily basis, every right goes with a responsibility, for every decision you take-take it sober minded because that decision goes with consequences" **Compiled by VX Gumede**



Learners listening to V.X. Gumede