



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

Eshowe District Hospital

Siyacobelelana

NEWS

May 2019



TB AWARENESS DAY



Healthy Lifestyle
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Welcome to another issue of Siyacobevelana Newsletter. It is with pleasure that our newsletter comes out at the right time when we are from our MASEA awards where Eshowe Hospital scooped 5 awards. This shows that through determination and hard work all things are possible. Kudos to Quality team and the stewardship of Mrs. Jackie Marais for her dedication and being a custodian of quality issues. It is also equally important to mention that quality is everybody's business in the hospital.

The 2 awards that were scooped in the Healthy lifestyle category were for Mr. S Mhlanga: Special Recognition for dedication and commitment to the promotion of healthy lifestyles comrades marathon 2018 best time, Mrs NKL Buthelezi for participating in the Netball, Food Services for winning the Innovation: using novel ways to improve food taste by growing a herb garden, to enhance meals and improve overall patient experience of care, Miss G Mlotshwa: Special Recognition for dedication, responsibility, compassion and the spirit of "Thuma Mina" shown for going the extra mile in assisting a physical disabled teenager to access welfare services and Eshowe Gateway Clinic for obtaining 4th position in the category : Best Performance in Ideal Clinic Realization and Maintenance (ICRM).



CEO: Mr PN Sangweni with food services manager and community health facilitator

Sekuntwela ezansi ekuthuthukisweni kwenqalasizinda esibhedlela sethu. Ngokwesekwa iNhlakohovisi yethu ophikweni lenqalasizinda sikwazile ukuthuthukisa indawo yokugcina imizimba (Mortuary) safaka amashalofu angamashumi amabili lokhu kuyimpumelelo enkulu ngoba ebesinayo ibingenaso isizotha esifanelekile, sathuthukisa indawo yokuhlala indiza enophephela emhlane ethwala abagulayo ezimweni eziphuthumayo yaba sezingeni lomhlaba, sakha saphinda sandisa indawo yokulondoloza amakhadi abagulayo, sabiya Eshowe Gateway Clinic saphinda sakha nendlu yonogada. Kukhulu kuseza kuyanyelela.

We have also maintained our cleanliness in the hospital over the years and the credit should go to all the cleaning staff and the Supervisors at various levels. **"Cleanliness is next to Godliness"**. All staff and supervisors are commended for this because it remains the responsibility of all of us to ensure that we work in a clean environment.



New Filling Racks for Patient Admin



Mortuary Shelves

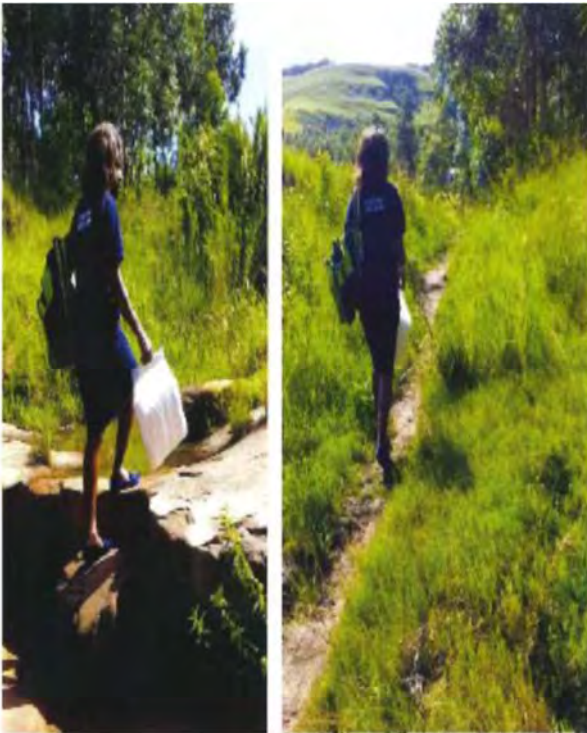
A BIG APPLAUDE TO CCG's

A physically disabled young man (Sandile) from Mhlathuzane Area was identified by Ms NH Biyela Community Care Giver from King Dinuzulu Clinic. Sandile is from a deep rural area living with his grandmother and uncle who are both unemployed, he didn't have an identity document nor receiving disability grant.

The matter was reported to Community Health Facilitator who then used multi-disciplinary outreach team which consisted of CHF, CCG and 2 Medical Students. They visited the household and physical examination was done by the doctors and they referred him to the Physiotherapist, home base care kit was issued. Using the Operation Sukuma Sakhe structures, Sandile was taken to home affairs for an ID and to SASSA to apply for a disability Grant. He was also taken to the Physiotherapy and medical follow up in the hospital.

A week later CHF followed up with Department of Home Affairs and they were delighted to find the ID ready for collection and arrangements with SASSA to fast track his disability grant was done. As this was reported in War Room an NGO Shepherds Touch offered to give food parcels to the family until they received support grant .

On the 11&12 April 2019 during PHC Indaba IN Durban this intervention was recognized and won the 1st position on the Best Community Practice in the whole province. This story demonstrated that households visits have a huge potential to improve peoples lives, it also affords healthcare workers an opportunity to identify social ills which affects physical well being of the communities. Not forgetting the enormous role OSS stakeholders, outreach teams and Community Care Givers.



Ms Biyela on her way to deliver nappies to Sandile



Team that visited Sandile at his home

TB AWARENESS DAY



**Dr. N Khuzwayo: Clinical Manager
HAST**

TB month is an annual event whereby different educational activities are done across the globe to communities with an aim to increase awareness on signs and symptoms of tuberculosis disease.

Eshowe Hospital in partnership with Medicins Sans Frontiers (MSF), SHINE BROADREACH and Department of Education held an awareness on the 27 March 2019 at Mpumazi School with 2019 theme "IT'S TIME, I AM STOPPING TB". Doctor Khuzwayo gave health education to the community and learners from different schools that were present on the day.

Emphasis was on TB screenings and adherence to TB treatment if you are infected, She further explained about side effects from TB treatment which may include dizziness, skin rash, 'pins and needles', flu symptoms and few cases that experience jaundice whereby it is advisable for patients to discuss any side effects with their doctor.

Dr Khuzwayo also gave education on different types of TB that can affect your body and family if one defaults TB treatment. As a build up towards TB awareness day, MSF had been running a competition with Department of Education whereby different schools had to come up with messages for TB month.

During the big event learners presented their projects, they had banners designed by each school which were raising awareness on TB. This was a fun and fruitful exercise by DOE it also showed the level of information that learners have on TB. Top three was selected and they will further compete for the grand prize.

Eshowe hospital team was grateful for the presence of the traditional leadership. District Office and Clinic Committee from King Dinuzulu Clinic.



EN: Mbali Zulu rendering health services



One of the educational poster designed by learners

REPRODUCTIVE HEALTH MONTH



Pregnant Women after receiving their gifts

February is marked as a Sexual Reproductive Health (SRH) month. Eshowe hospital maternity team together with Rehabilitation Team hosted a successful Reproductive Health awareness week from (11-15 February 2019). Different educational and promotional activities on reproductive health issues such as family planning, contraceptives, maternal and child health, early antenatal attendance, teenage pregnancy were done. Ms PL Khumalo (Counsellor) gave education on various types of Sexual Transmitted Infections (STI's). Dual protection and consistent usage of condoms was also promoted as these can protect against STI's, HIV and of unwanted pregnancy.

Pregnant mothers were made aware on dangers of using any medicine or solution not prescribed by a doctor or midwife e.g. isihlambezo which may result to precipitated labor and can cause harm to the unborn baby. Sr KM Mchunu (midwife) further talked about prevention of infections during pregnancy which may cause harm to both mother and the baby e.g STI's which can also be transmitted from mother to child during pregnancy and during birth therefore it is always advisable to pregnant women to always use a condom.

Rehab team: dietician gave advice to pregnant women on suitable food, drinks and discouraged usage of alcohol during pregnancy. Physio encouraged mothers to exercise and also showed them suitable exercises during pregnancy.

HEALTHY LIFESTYLE AWARENESS



Dietician: Christiana Pett giving health education to hospital staff



Dr FN Dube-Mathonsi :Deputy Manager Nursing with staff getting tips on healthy lifestyle

On the 27 February 2019, Eshowe District Hospital held a staff wellness day ,this initiative was a reminder to the employees to participate on healthy lifestyle activities. Statistically South Africa holds a larger number in the world of people with an increasing incidents of cardiovascular diseases and diabetes due to unhealthy diet and physical inactivity.

A healthy diet and regular exercises bear good benefits and reduce the risk of certain diseases including cancer, diabetes, cardiovascular disease and obesity. The awareness day commenced with Mrs C. Pett dietician who gave health education on nutrition, then vitals were done were done by GEMS before the big walk of 6KM's which was enjoyed by most of the staff though some didn't make it to the finish line. A string of sport codes followed after big walk i.e. aerobics, tug of war, sack race, egg and spoon race, indigenous games and soccer. Though turn up wasn't that good due to staff being committed to work hopefully it will improve next time and thank you First National Bank, Metropolitan and GEMS for playing a role in the success of the awareness.



Abasebenzi during tug of war

SERVICE EXCELLENCE DAY



Mrs. ZC Mzobe : PM&E Manager, Bishop Mbatha and hospital during the ceremony

It was a joyful occasion to Eshowe Hospital staff during the service excellence awards on the 7th February 2019, directed by Sir Z Ngema, Operational Manager at Nkwalini Clinic. Theme for 2018/2019 was “Striving for Excellence, Striving for Quality”. This day was celebrated in conjunction with year opening prayer which had a great impact as it was the first time for the institution to host year opening prayer.

Mrs ZC Mzobe, M&E Manager welcomed everyone present and thanked the Hospital Board members for availing themselves and attended the event, guest speaker for honoring Eshowe Hospital with her presence, Bishop Mbatha and the rest of hospital staff.

First session Bishop Mbatha delivered a sermon he read the book of 2nd Timothy verse 2-15 and Ecclesiasts 9 verse 10.



Hospital Board Members : Mr PS Zulu and Mrs M Chinsammy

SERVICE EXCELLENCE continues



Mrs. J Ngubane: Deputy Director Quality Services

After receiving words of wisdom from the Bishop service excellence ceremony commenced. Mrs J Ngubane, Deputy Director Quality Services began her speech reminding everyone that as public servants we made a promise to God to serve our patients with dignity and courtesy at all times.

This promise does not only apply to nurses but to everyone that is within Eshowe Hospital premises. Mrs Ngubane further made emphasis on adherence to National Core Standards as a whole , the categorizing of NCS starting from Extreme which is non negotiable and requires 100% compliance, Vital 90% compliance, Essential 80% compliance and Developmental at 60%.

The guest speaker was followed by the hospital QAM Mrs. J Marais who presented an overview on Quality improvement projects . Then departments presented their projects for 2018/2019. Two departments (MOPD and Theatre) that reigned supreme from the 6 that had presented to the quality team a week prior the event were given a chance to present their projects to the audience.

Amongst the awardees Ms. C Terblanche 2018 community in-service : speech therapy was recognized for innovation when she designed a special chair for Njabulo who is a CP child that was not able to sit up and interact with his siblings he was always sleeping due to his condition. But after receiving this chair he is now able to sit up and interact with everyone at home.

The ceremony was of great success and a big thank you to quality team, management, Dr Murugan, hospital staff and everyone that contributed to the success of this day .



ESHOWE HOSPITAL BOARD MEMBERS



**Mrs. NC Qwabe
(Chairperson)**



**Mr. PT Shange (Deputy
Chairperson)**



Mr. PS Zulu



Mrs. M Chinsammy



Mrs . FP Makhoba



Mr. DS Magwaza



Mr. NB Mhlongo

Picture Gallery: Service Excellence Awardees



Picture Gallery contin



2019 MASEA WINNERS



From Left: Doctor FN Dube Mathonsi :Deputy Manager Nursing, Mrs BT Mthabela :PHC Supervisor ,Mr. DN Luthuli : Finance Manager, Mr. PN Sangweni: CEO, Ms. G Mlotshwa: Community Health Facilitator, Mrs. GZ Dube: Human Resource Manager

Front: Mrs. H Dirksen: Food Services Manager and Mrs. ZC Mzobe Planning Monitoring and Evaluation Manager



Mr. SS Mhlanga: Senior General Orderly

Picture Gallery: Staff Wellness Day



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