



Siyacobelelana

NEWS

STAY INFORMED

May 2016

CONGRATS DR DUBE

It was a wonderful day indeed for Dr Dube when she graduated with PhD on the 14 April 2016. "My family was very excited as I am the first person in the family to be awarded a doctorate" she said .

Dr Nana Dube, Deputy Manager Nursing at Eshowe District Hospital conducted a UKZN PhD study that explored strategies to improve the management and care of people suffering from mental health conditions titled: "The Outcomes of Implementing the Department of Health Mental Clinical Guidelines for the Management of Psychiatric Patients at Primary Health Care Clinics". The study examined the practice adopted and implemented by primary health care (PHC) nurses when managing people with mental health conditions. It also focused on PHC nurses behaviour while attending to people with mental health conditions at PHC clinics.



Dr N Dube (Deputy Manager Nursing) during her graduation at UKZN



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Dr Dube conducted the research while she was working as Mental Health Co-ordinator at KZN Department of Health, uThungulu District from January 2006 to December 2013. She visited the clinics to monitor the delivery of mental health care services and to provide support. During these support visits she identified a lot of gaps in the management of people with mental health conditions. She then decided to embark on this study by involving local PHC nurses through action research in defining the problem and finding ways of implementing solutions. Her thesis used mixed methods. She confirmed this when she was interviewed, she had this to say “Using mixed methods is time consuming and it drains you emotionally and physically because you have to triangulate the data from different sources and come up with one theme. It is even worse when you are working full-time and you are expected to meet deadlines set by the employer.” Dr Dube’s interest is still in people with mental health conditions as she is working with the Hospital Mental Health team to improve the management of people with mental health conditions.

Dr Dube has published two articles out of her major study. The first article was published in the Curationis and can be accessed in Curationis on Vol 38, No 1 (2015) > Dube. The second article was published in South African Family Practice Journal and can be accessed on <http://dx.doi.org/10.1080/20786190.2016.1191747>. She has presented papers at both national and international conferences.

HALALA DR DUBE NZWAKELE! MBUYAZI! UYISIBONELO ESIHLE KITHI ESHOWE!!



Nurses Day: 25 May 2016

International Nurses Day is celebrated around the world on the 12th of May, an anniversary of Florence Nightingale's birthday . The theme for 2016 was Nurses : A Force for Change: Improving health systems resilience. Eshowe hospital was honoured by the presence of Director: District Health Office uThungulu District, Ms S.C.C. Mabaso who shared some encouraging words with the nurses as the day was to celebrate and recognise nurses for their good work. She also conveyed the message from the DDG: DHS, Dr A.S. Mndaweni who requested that the nurses must continue to advocate for patients . Nurses shouldn't mind to tell the doctors if they see that what they are doing to patients is wrong . "We will be very happy as nurses if someday we could be complimented instead of receiving the complaints that we always receive" she said. Former Eshowe District Hospital CEO, first black female Nursing Manager and CEO in Eshowe Hospital, Mrs ETB Mkhize was a guest speaker and did not differ from what the Director said . She shared some good advises as she is also a nurse by profession. Learnt from her speech was that nursing is a calling and if you do it just because you are in need of a job then you will never produce quality results as you will be doing this just to get a salary with no compassion. As a nurse you are the eyes of the blinds, the strength of the weak and the arms of the amputees. Mrs Mkhize also spoke of the chronic issue of staff shortage which according to her was there from the olden days to date. She further stated that complaining and pointing fingers to management will not solve anything as they are aware of the issue but unfortunately this time its beyond them because of the moratorium. Therefore it is upon us to be team players ,use what we have, stop absenteeism and continue rendering best services to patients. Current CEO, Mr PN Sangweni also reiterated on his opening remarks that nurses are very important in Health but during these trying times all of us have to learn to live with what we have since there will be no extra human resources. A powerful sermon was delivered by Pastor T Ximba from the book of Luke chapter 10 verse 30 , pastor spoke of the nurses being the profession close to Christ.



Sir. M Mayise Program Director



Mrs ETB Mkhize: Guest speaker



Mr. PN Sangweni (CEO): welcoming the guests



DMN:Dr. Dube, Mr. PN Sangweni (CEO), Mr & Mrs Ximba (Pastor)



Director :DHO Ms. Mabaso receiving a token of appreciation from Dr. Dube (DNM)



Guests from Mbongolwane, KwaMagwaza & Chatsmed



Mr. F Selepe from Metropolitan



Sponsors



Musical Entertainers for the day : Student Nurses (left) and Starlight Band (right)

Child Protection Week 2016



Child abuse is when a parent/care giver whether through action or failing to act, causes injury, death, emotional harm or risk of serious harm to a child. There are many forms of child maltreatment including neglect, physical abuse, sexual abuse, exploitation and emotional abuse. Section 28 of the Bill of Rights, states that Every child has the right to basic nutrition, shelter, health care and social services, as well as the right to be protected from maltreatment, neglect, abuse or degradation. School Health Teams from our 3 Clinics (Sphilile, Gateway & King Dinizulu) held Child protection week from the (27/05/2016 to 02/06/2016) to sensitize primary school learners on child abuse. Schools visited were KwaZibonele, KwaMondi, KwaMpofu & Umlalazi Primary.



Students from KwaZibonele being addressed by Mrs Mfeka :School Counselor

Health Promotion was also done on diseases common to young learners namely, nutrition, oral hygiene, physical, emotional & sexual abuse, Children's Right, substance abuse, personal and environmental hygiene. A multidisciplinary approach was adopted when conducting this awareness. Stakeholders which participated in these events were: School Health Teams, DSD, SAPS, Environmental Health (Umlalazi Municipality), School Councilor, MSF, Child Care, CCG's and supporting structures from Eshowe District Hospital.

According to Statistics childhood abuse can result in adults who become decree murderers, prostitutes & juvenile delinquents, the epidemic of child abuse is a major issue which needs to be addressed from the level of family up to society. Consider any child has a potential to become a future leader, a right to excellent education and to have family and when that child is abused that dream is shattered. The common result of child abuse is an adult who is not fully capable of functioning in the society.



Grade 1 students from KwaMondi JP School performing a stage play



Malume Sabelo Tembe giving a sweet to a learner & Malume Mlamuli Zuma during question & answer session

Let us love them, allow them a great chance of being children, give good teachings, secured

environment, protect them and be the best parents /care givers that our children can be proud of at all times.



Different Stakeholders who took part in making celebration of child protection week a success

Open Day at Ekuphumuleni Clinic

Ekuphumuleni Clinic is one of the clinics which falls under Eshowe District Hospital and it is located in ward 23 under Umlalazi Municipality. The clinic was recently assessed for ideal clinic and they managed to score 81% which is silver. Though the scores were not so ideal but we are positive that with commitment and passion we will improve and be the clinic that patients can call their own. The open day was held on the 18th of February 2016, the day was merely aimed at promoting the services offered by the clinic to the public and these services are free of charge and can be obtained at a PHC level and those requiring further management are referred to hospital. This minimises the costs to the community as they don't have the burden to travel to Eshowe Hospital before they can access any health service, proof to say our government cares. The clinic operates from 07h00 am till 16h00 pm, 7 days a week and after hours, only emergencies are attended.

In February there was also Condom/STI week and pregnancy week and all these programs were not left out during the open day. Community was taught about importance of using condoms, testing for HIV and about 90 90 90 (T90) program. Pregnant mothers also got a chance to learn more about pregnancy and to be alert of danger signs during their pregnancy which are:

Blurred vision, Pain or burning when urinating, or unusual frequency in urination, High Temperature, Sudden severe or continuous pain or cramps in the lower abdomen, Bleeding or spotting from vagina, injury to stomach, sudden severe swelling of hands, feet or face, sores or blisters on your genitals (possibly herpes) , symptoms of vaginal infection - itching, burning and increase of unusual discharge, severe headaches , continuous leaking of small amounts of fluid from the vagina , baby does not move for more than one day after the 20th week of pregnancy or decreased fetal movements.

Community of EKuphumuleni area was very pleased with the effort made by Department of Health and for the clear explanations of different services which they have access to.



PN: Shobede giving a talk to community of ekuphumuleni



PN: Skhosana handing over bio oil hamper to a pregnant mother.



PN Skhosana giving the hamper to a pregnant mother which was sponsored by Bio Oil.

Imicimbi eyehlukene



Physiotherapist : Mr S Fakazi giving educational talk



HAST team rendering services during Voters Registration Event

Umcimbi wokufundisa abakhubazekile ngokubaluleka kokubhalisela ukuvota nokubaluleka kokuvota njengoba ivoti lakho liyizwi lakho. Umcimbi wawuhlelwe abakwa IEC umnyango wezempilo nawo wawukhona ukuzonikeza ngosizo oluhlukahlukene okubalwa (HAST Services, Rehab Services etc) kumphakathi owahambele lomcimbi eMpushini Park nowakhombisa ukujabulela ukuthola lolusizo oluvela emnyangweni wezempilo.



Staff from Ward 4 who came out as the best during staff recognition ceremony which was held in the ward, organized by PN: G Mbambo.



Izintombi nomakoti emkhosini wokugcotshwa kwe Nkosi u Biyela endaweni yase Ndlangubo

GOODBYES



Back Row from left Mr. S Mhlanga, Mr SM. Msimango, Mr MS. Mpungose, Mr J. Nzuzwa owayevaleliswa, Mr. N Mkhwanazi & Mr. S Ntuli
Front Row: Mr. S Zulu & Mr. V Xulu

Farewell Babu Nzuzwa, waqala ukusebena esibhedlela sase Showe eneminyaka eyishumi nesikhombisa (17) efika waqala wasebenza ekhishini wase esebenza etransport ehambisa abasebenzi ezindaweni ezahlukehlukene. “uBab’ Nzuzwa ubewubaba owuthandayo nowuhloniphayo kakhulu umsebenzi wakhe, kuthe noma ngabe enomphathi omncane kakhulu kunaye kodwa waqhubeka waziphatha ngendlela efanelekile emsebenzini wangasebenzisi ukuthi mudala yena ngeke ezwe ngengane” kusho uMnu. Nathi Mkhwanazi uMphathi wakhe emnyangweni wakwaTransport.

Lokhu kuyisibonelo esihle nakwabanye abasebenzi ukwazi ukubaluleka kokuhlonipha umsebenzi umuntu awenzayo.

UNdonga udlulise ukubonga kakhulu kubasebenzi base transport ngokubambisana nokuhloniphana abanakho engathi kungaqhubeka njalo. “Sizokukhumbula kakhulu babu Mshazi uphumule kahle ekhaya ubuye usivakashele siwumndeni wase Showe Hospital”.



Mr. N. Mkhwanazi former HR Manager receiving a token of appreciation from CEO, Mr. PN Sangweni during lunch he had with colleagues. Though his stay was very short at Eshowe Hospital but he made a mark.



Team Behind Eshowe Hospital Events "EDH Events Committee", other two members were held up somewhere.



Mrs . G Biyela performing "Nomvula" originally by Nathi



Ladies that performed a play with Dr Kavuala on the right aka "Skizozo"



Best dressed Mrs V Ajencu

Valentines Gala was just an introductory event for 2016, aim was to celebrate the month of love together as a family of Eshowe District Hospital, many thanks to those who sponsored and contributed towards the success of this day. Not forgetting Skizozo and team for giving us a good

ACKNOWLEDGEMENTS



Mr. PN Sangweni
EDITOR



Sineziwe Duma
WRITER
PHOTOGRAPHER
DESIGNER

A big Thank you to those who contributed to the success of the newsletter and hopefully our readers will find the publication interesting and informative. For any suggestions, compliments or complaints please forward them to PRO Sineziwe.Duma@kznhealth.gov.za, contact details below :



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