



# Siyacobelelana

Volume 1 , Issue 2

October 2009

## The Biggest Loser

### Eshowe District Hospital

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World Health Day on 7 April was the inspiration of an internal weight loss project at Eshowe District Hospital.

Based on the television programme and the need to promote health and well-being within Eshowe community it was felt that nurses should set an example

From April to September participants gathered in anticipation for weigh-ins , waist circumference and Body Mass Index (BMI) measurements

An explanation of the Glyceamic Index (GI) and low fat, low GI foods were given .

Exercises focusing on the various parts of the body and heart-rate recording

and monitoring, together with food diaries and water intakes were some of the topics discussed in depth

Participants were kept motivated by a monthly hamper sponsored by Eshowe Super Spar which went to the monthly "Biggest Loser"

The Grand finale was attended by Eshowe Super-Spar management who presented hampers to winners Nonto Zulu and Fikile Liseli.

Sasko Bakery caps and T-shirts were handed to other contestants which ensured that no one was left empty handed.

Besides the weight loss, the competition also cre-



ated great spirit among staff members and created awareness of healthy living

Organizers of the project Eshowe Hospital Dietician , Anita Reimers, and Eshowe Hospital Physiotherapist , Ashleigh Hansen thanked their sponsors for their support

#### Special points of interest:

- Learners were awarded with prizes and certificates for participation
- Eshowe currently has 100 patients requiring hearing aids.
- Our secret, we do group counseling and confidential individual counseling and testing to all 1st visit pregnant mothers

## World Movement Day

"Move your body, come on everybody "..... World Movement Day , officially on the 10 May 2009, was celebrated at Eshowe Hospital on the 2nd July 2009. What better way to celebrate such a day than that of walking ! Lead by the Physiotherapy Department , proudly sponsored by Old Mutual , the keen

and the energetic hospital staff took to the roads in full force to spread the message. A message to encourage physical activity as part of a healthy lifestyle and a means to combat and prevent the chronic diseases we face today.

All participants managed to finish the 4.5km festive

walk through town in good time , even the CEO of the Eshowe Hospital. A big thank you is extended to all those who were involved in the organization of the event as well as to all the participants!



## STRESS AND DEPRESSION

Stress and depression are major killers linked with everything from Cardio disease to cancer and suicide. Seeking help is also a major step against mild to moderate depression as any other treatment. Take 15 minutes to relax in a bath , write a journal meditate or pray and have a massage whenever you can.

Eating smartly helps too, imbalances caused by too much sugar can contribute significantly towards mood swings and depression



## AN AIDS FREE GENERATION



If you are not coping find help from your EAP or Psychologist. Therapy will help you challenge negative thoughts

We at Eshowe Hospital are proud to announce that we have won a trophy sponsored by the URC for the Prevention of Mother to Child Transmission.

It was not an easy journey. It was through dedication, team work of all concerned, i.e nurses, hiv counselors, mother to mother and laboratory technicians.

Our secret, we do group counseling and confidential individual counseling and testing to all 1st visit pregnant mothers. Before results, post counseling is given. We render ongoing counseling to all pregnant women that's how we maintain 100%

## ISIFO SOFUBA TB IMIYALESO EBALULEKILE NGE TB

1. Kungaba uyazi ukuba unaso yini isifo sofuba(TB)?

- Iya emtholampilo oseduze nawe uzathola ukuxilonguwa isifo sofuba mahala

2. Uyazazi izimpawu zesifo sofuba?

- Ukukhwehlela esekuthathe ngaphezu I kwamasonto amabili
- Ukujuluka kakhulu ebusuku , ukukhatthala ngokweqile
- Ukonda emzimbeni

- Izinhlungu esifubeni
- Ukukhwehlela igazi

3. Uyafuna yini ukwehlula isifo sofuba?

- Ngakho-ke
- Thatha imithi yakho ngokufanele isikhathi esipheleleyo
- Umsizi wokwelashwa kwesifo sofuba angakusiza uqede imithi yakho

4. Uyazi ukuthi imithi yokwelapha isifo sofuba itholakala



mahala futhi iyasebenza

- Uma ufuna ukwazi kabanzi , iya emtholampilo oseduze nawe manje
5. Kungaba isifo sofuba siyelaphela ?
- YEBO—uma nje uthatha imithi yakho ngemfanelo nesikhathi esipheleleyo

## BATHO PELE

IMIGOMO YOKUQALA IZIGNQUKO EZIZOTHUTHUKISA UKWETHULWA KWEMISEBENZI ESIZA UMPHAKATHI

Thina minyango kahulumeni esebenza ngokusiza imiphakathi siyazibophezela ukulandela le migomo yokusebenza ngokubeka "Abantu Phambili" ngaphandle kokuwananaza. Sizonyusa sithuthukise izinga neqophelo lokusebenza ngendlela eyamukelekile ngokushesha. Lona olandelayo ngomunye wemigomo :

*UKUPHATHWA KAHLE NANGENHLONIPHO*  
Yonke imnyango kufanele izibophezele kumazinga athile aphezulu malungana nokuphathwa komphakathi. Lawo mazinga kufanele ashicilelwe kumqulu wokoziphatha kwabasebenzi. Kufanele abe mdibimunye nalokho okungamagugu , agqanyiswe aqhakanjiswe nalapho kuqeqeshwa noma kufundiswa

abasebenzi ubuchwepheshe nokusebenza ngokuzimisela kwabasebenzi kufanele kweluswe, kunjalo nje ukuhlukunyezwa nokungahlonishwa komphakathi akuvumelekile



**PHOTO GALLERY**



FUN WALK

BIGGEST LOSER ENTRANTS  
AND WINNER : MISS N ZULU

LEARNERS FROM NKUME  
SCHOOL VISITING THE  
HOSPITAL



**Quotable Quotes**



“Life is based on growth and finding new challenges to overcome , new contributions to make to society, and constantly coming to a better understanding of yourself and the universe in which you live”

Dennis Waitley

God didn't promise days without pain, laughter without sorrow, sun without rain, but he did promise strength for the day, comfort for the tears, and

Light for the way  
If God brings you to it , he will bring it through it

**OUR LIVES ARE BOOKS AND EACH DAY IS A PAGE. WE CAN'T ERASE WHAT WAS ALREADY BEEN WRITTEN, BUT WE CAN AL-**



THERE ARE MANY THINGS IN LIFE THAT WILL CATCH YOUR EYE, BUT ONLY A FEW WILL CATCH YOUR HEART...PURSUE THOSE.

PASSION

## CSSD UPGRADE , AND GATEHOUSES



## PHOTO GALLERY - FAREWELL, BATHO PELE APPRECIATION



BATHO PELE—STAFF APPRECIATION—MR V NDELU FOR THE MONTH OF OCTOBER



FAREWELL TO MR SHEZI—HRD

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Batho Pele is an initiative to get public servants to be service orientated, to strive for excellence in service delivery improvement.

It is a simple, transparent mechanism which allow customers to hold public servants accountable for the type of service they render. "Batho Pele" is a process, it is not something you can do in one year or one decade and then you are done with it. It is a process but you have to start somewhere. I would encourage every institution that feels that they are too busy to implement Batho Pele, that they are the ones who need it most

Belief Set : we belong, we care, we serve at the heart of Batho Pele is the belief set. We belong, we care, we serve, it is the compass that gives Batho Pele its direction through the implementation of Ba-

## Batho Pele

### tho Pele Principles

Batho Pele belief set, we belong, we care, we serve

#### We belong

A sense of belonging makes people feel at home as members of the community or organization. The most important aspect of belonging is being part of an effective team, a team that works together for the people out there to serve

We belong also is about fostering partnerships with the recipients and beneficiaries of public services and thus ensuring that the public service is responsible to peoples needs in line with the notion of "putting people first"

#### We care

Public servants should be courteous when providing services to the public by listening to there problem, apologizing when necessary and serving people with a smile. We care because we are devoted to serve, to the end, ensuring that we deliver beyond cus-

tomers expectations. Public servants should respect all citizens irrespective of background, gender, colour or creed

#### We Serve

The Public service should develop service standards, provide information, seek service delivery solutions and go beyond the call of duty. We serve by delivering quality services and make citizens look forward to receiving world class integrated service delivery by :

- Anticipating customer needs through the introduction of customer surveys on the type of services citizens would want to receive
- Going beyond the call of duty even under difficult circumstances where there are limited resources

## Hearing Loss In Focus

The month of September besides being dedicated to an array of other causes, is also Deaf Awareness Month. To focus attention on the Deaf, Eshowe Lions invited Browyn Heins to address them on the work being done in the area regarding deaf or hard of hearing people.

Uthungulu District has an estimated population of 899 000 people who are served by two regional hospitals, six

it is too late to remedy. Children between 7 and 10 years will have missed their development milestones to develop spoken language. This makes signing very important in such cases. Cued speech is another strategy, similar to signing, but uses eight symbols and signs which make up the cued speech language. Bimodal communication includes both

district hospitals, 44 fixed clinics and 14 mobile clinics. Each of the eight hospitals have a waiting list of 60 to 100 patients needing audiology attentions. There are two audiologists available in the Uthungulu District. Ms Heins works with a number of communication strategies. The first is the auditory oral approach, which includes a child being fitted with amplification in the form of a hearing aid and learn-

signing and oral speech

Eshowe currently has 100 patients requiring hearing aids.

Second-hand hearing aids are in most cases usable. Anyone with old hearing aids is encouraged to donate them to the Eshowe Lions who will pass them on. Ms Heins plans to visit local schools and the Zululand

ing normal spoken language

Speech therapy and aural habilitation are extremely important for success

Signing, although well-known by the public, is not the preferred option for communication

In rural areas, however there is no early detection of hearing loss and by the time a problem is detected,

Home for the Aged. At the schools she talks about hearing care and also the career path of Audiology. Unfortunately for the many patients needing audio help, Ms Heins finishes her year of community service at the end of the year and we wish her well for the future

## Albinism Open Day at Eshowe Hospital

Eshowe hospital hosted a albinism open day at Eshowe town hall on 11 July 2009 at Eshowe town hall

Dr Zuziwe Zungu Optometrist was our guest speaker who gave a speech about care of the eyes, disability grants and driving

Future leaders motivated the members to boost their esteem.

In attendance were the Department

of Education, SAPS, Department of Justice, Department of Health, Department of Social Development, Disability and Rehabilitation. ± 200 community members attended from Ulundi, Mandini, Eshowe, Richards Bay and Empangeni



## Womens' Month

In honor of Women's Month all facilities engaged in breast examination and cervical cancer screening.

Health education on the importance of breast examination and cervical screening was done in all facilities. Mobile services gave health education in 31 mobile points

HCBC and Youth Ambassadors were also informed about Phila Ma Project and the importance of breast and cervical screening.

### PAP Smears conducted per facility

Mobile I—56, Mobile II—42, KDC - 35 (2 sqamaous cell abnormalities), Nkwalini Clinic—8 (3 abnormalities) , Ndlangubo—44, Eshowe Clinic—58

### FOOD SERVICE UNIT CELEBRATES WOMEN'S DAY

The food service unit decided to honor the women in their department with a special Womens' Day Celebration held on Wednesday 12th August 2009. a venue was sourced and decorated with beautiful overlays and crockery befitting a celebration. But arguably the best part was that the gentlemen gave speeches, cooked and served all the ladies. To top it all off the music was turned up and the

ladies shook whatever their mama gave them

To all who joined us, and those involved behind the scenes a big THANK YOU for making the day so special



## Cleanest school competition 2009

Four schools entered the competition:

- Ncemaneni CP School obtained 93%
- Mathubu Primary School obtained 91% , Nsukazi Primary obtained 92%, Gcininhliziy Primary School obtained 92%

Two high schools were entered for the essay writing project funded by Paraffin company

They are :- Mgitshwa High School and Yamela High School

Learners were awarded with prizes and certificates for participation

services under Primary schools—39 , High schools—18

Total Promoting School (HPS)

Total number of schools implementing HPS = 10

3 schools are in pipeline to HPS—awaiting for assessment by the District

### ESSAY WRITING PROJECT

### SCHOOL HEALTH SERVICES

School health services renders its