



**KWAZULU-NATAL PROVINCE**  
HEALTH  
REPUBLIC OF SOUTH AFRICA

# ESTCOURT DISTRICT HOSPITAL

# EZASE MTSHEZI

# NEWS

August 2025

*'WE HAVE A GOOD STORY TO TELL'*

## MEET OUR SENIOR MANAGEMENT TEAM



Mr . M.P Bekentya—CEO



Mrs W. Adam:  
Nursing Manager



Mr S.S Manyathi  
Human Resource Manag-



Mr S. Nkabinde  
Finance Manager



Mr . S.S Hlongwana  
Systems Manager



DR FOLA - ACTING Medical  
Manager

Estcourt Hospital management's role encompasses organizing and managing resources to ensure efficient and effective healthcare delivery. This includes overseeing operations, managing finances, handling materials, and managing human resources. Essentially, hospital management aims to optimize the delivery of patient care while also ensuring the financial viability and smooth functioning of the

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# ISIBAYA SAMADODA-MENS KRAAL

In commemoration of the men's month, where we celebrate and recognize the importance of men's health, wellbeing, and contributions to our community. Estcourt Hospital in partnership with right to care held a successful ISIBAYA SAMADODA event at uMshayazafe Hall in ward 23.

Prince Nhlanganiso Zulu was among the dignitaries who addressed scores of men's at uMshayazafe Hall on the 31th of July 2025 during Isibaya Samadoda.



Prince Nhlangniso Zulu addressing Audience



The audience listening attentively (amadoda)



Purpose of the day by Mr. S. Manyathi



Program Director Mr. Mkhize introducing Pastor Ncanywa who gave us the word of God

Amongst other things that he touched on was the issues of Tuberculosis where he emphasized the significance of adherence of taking T.B medication as prescribed by medical practitioners, also encouraged men to test for diabetic and those who tested positive to take their medication since diabetic is one of the most killing disease in the country.

He also encouraged males to undergo medical male circumcision for the health of their lives as this decreases chances of getting HIV/AIDS infections by 60%.

On his speech he encourages men and young men's to stay away from substance abuse and women's abuse including alcohol abuse that is led the family division and mental illness.

# INTERNATIONAL MANDELA DAY

Estcourt Hospital celebrated 67 Minutes of Mandela day on the 18th of July 2025. The objective of the campaign was to give back to the community by providing sandwiches, hot vegetable & meat soup, fruits and chips, this was done in honour of the former President Nelson Mandela for his birthday celebration. The campaign was well coordinated, all credit goes to the physio/rehab team for making this day a huge success. The initiative was well received and appreciated by our clients.



On the same week, Estcourt Hospital in partnership with Inkosi Langalibalele Municipality had a successful joint clean-up campaign which was held at uMtshezi Taxi rank. This was done as a form giving back to the community in commemoration of the international Mandela Day honouring the late former President Mr. Nelson Mandela.



## International Mandela Day 2025

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## ILM MAYOR VISIT ESTCOURT HOSPITAL FOR BIRTHDAY CELEBRATION

Estcourt Hospital was fortunate enough to be chosen by the honourable Mayor of Inkosi Langalibalele Municipality Mr. Mduduzi Myeza for his birthday celebration.

On 22 July 2025, the mayor visited the hospital to celebrate his birthday with bundles of joy who were born on the same day as him (birth mates).

He was accompanied by his dignitaries from ILM, The Deputy Mayor, Speaker, Municipality Manager just to name a few.

The Mayor showered these bundles of joy with variety of gifts such as pampers wipes and towels, even the staff members of maternity/labour ward were fortunate enough to receive gifts for their dedication in client centered service delivery. Estcourt Hospital CEO Mr M.P Bekenya expressed his gratitude to the Mayor for choosing our institution and thanked him for the wonderful gesture.



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# HR COMPONENT

*Get to know your HR Component*



Mr. Manyathi Human Resources Manager

**HR component encompasses of the following :**

- **HR Practises :**  
dealing with the conditions administration of service e.g. Recruitment and selection, all benefits, exits, leave
- **Human Resource Development and Performance Management**  
:Employee Performance Management and Development Systems for salary level 1-12, bursaries, In-service training, induction and Orientation programme.
- **Wellness Programme:**  
Prevention and Treatment Programmes
- **Labour Relations :**  
Code of Conduct, Grievance procedure and disciplinary code and procedure
- **Occupational Health:**  
for medical well being for all employees in line with Occupational health and safety act 85/1993
- **EAP :** It is designed to help employees with personal and work related problems
  
- **Total number of staff members :** 828
- **Message to staff :** Human Resource Department is the custodian of the wellbeing of the employees. "A happy employee is a productive employee"
- **Healthy lifestyle :** is promoted at all times through work and play

**For any HR related enquiries please visit their offices from Monday to Friday during working hours**

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# PHC OUTREACH EVENT

*Taking the services to the people*

The need for health care services is huge in Wembezi township this was evident in the recent outreach programme which was held in Wembezi Hall ward 11, under Inkosi Langalibalele Local Municipality. The event was targeting mothers and their young ones.



The community came in numbers at Wembezi Hall

The programme saw scores of kids being screened for different health conditions in the area.

The Estcourt hospital, PHC and district team were in full swing offering various services like Malnutrition, weighing, deworming, immunization, health education on breastfeeding, health screenings, family planning and various other services. Our clinicians were onsite to



Nurses providing health care services to the community

**HAPPY WOMEN'S MONTH**

**DURING** the month of August, we honour the women who are at the forefront of healthcare, as well as those who benefit from our services.

**WE** also celebrate the strength, resilience, and contributions of women in our communities.

**LET** us all continue to provide quality healthcare and support to all women, in order to promote their health and well-being.

**LET'S** work together to empower all women and girls in KwaZulu-Natal.

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# WORLD TB DAY 2025

Each year Estcourt Hospital HAST Department commemorate World TB Day on **March 24**, to raise public awareness about the devastating health, social and economic impact of tuberculosis (TB) and urge acceleration of efforts to end the global TB epidemic.

This year's theme is ***Yes! We Can End TB: Commit, Invest, Deliver, is a bold call for hope, urgency, and accountability!!***



***Congratulations HAST Team !!***

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# GOOD FRIDAY PRAYER SERVICE

*Prayer is not asking. It is a longing of the soul. It is daily admission of one's weakness." - [Mahatma Gandhi](#)*



*"We are too busy to pray, and so we are too busy to have power." - [Mother Teresa](#)*



*"Prayer is the most concrete way to make our home in God." - [Pensador](#)*

The staff members of Estcourt Hospital gathered together outside of OPD/CASUALTY area for a Good Friday prayer service, the prayer was led by our very own Pastor Ncanywa .

After a wonderful prayer service, all staff members showed gratitude to the organizers, they felt revived and refreshed through prayer. This goes to show that indeed prayer heals, especially when praying together in a group.

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# ASK YOUR DOCTOR

**DR. ROGERS—MEDICAL DOCTOR**

## 1. How do you communicate with patients about test results, diagnoses, and treatment plans?

I communicate with my nurses if the topic is too complex for my Zulu vocabulary. I sometimes show the patient their results and how they are improving. I enjoy explaining to them how to understand their x-ray picture. The sisters and I explain the treatment to the patient, how long it will be for and what side effects to expect.

## 2. How do you handle difficult or emotional conversations with patients?

Difficult or emotional conversations are best to be held in a private room, if the patient can walk, or in their bed with the curtains closed around us for privacy. Sometimes we can ask the nearby patients to step out of the room for a few minutes if this is possible. Speaking with the relative and the patient helps, especially if you need to explain bad news. This allows them to ask questions together.

## 3. Can you describe your approach to patient education?

Patient education should be scheduled into the nursing ward routine as well as done regularly on ward rounds in small bits to allow the patient to learn without becoming overwhelmed with too much information at once.

## 4. How do you balance work and personal life?

At work I try to fit my administrative tasks into my day so that I can be more present with my family after hours. Working overtime, especially during the Covid pandemic was tough.

## 5. What do you find most rewarding about being a doctor?

I enjoy teaching and learning together with nurses so we can empower our patients.

## 6. How do you handle stress or burnout in your profession?

Burnout is much less when you have a supportive team who lead the hospital. When you care for each other you can face another day, together. I find speaking with my wife about work issues helps. She is a Family Physician at Emmaus Hospital, Dr Mampho Mochaoa. Exercising by walking or jogging daily with our two dogs helps me de-stress.

## 7. What are your work hours and availability?

7h30 to 16h00 and doctors call me sometimes for advice after hours

## 8. How do you handle emergencies





# ASK YOUR DOCTOR

**DR. ROGERS—MEDICAL DOCTOR**

## 9. What inspired you to pursue a career in medicine?

I was inspired by a children's book I read about a missionary doctor from Scotland; David Livingstone. He was exploring central Africa and fighting slavery of Africans by Europeans, Arabs and fellow Africans. He was well loved by the people there; the town overlooking Victoria Falls, on the Zambian side, is named after him.

## 10. Can you share your educational background and training?

I schooled in Cape Town, Grahamstown/Makhanda and then the University of Cape Town medical school. I studied further after graduating and passed 4 diplomas, in anaesthetics, paediatrics and child health, obstetrics and maternal care, and HIV care.

## 11. How do you stay current with the latest medical advancements?

I stay current through HIV and TB conferences and seminars which are usually held in Durban. There are also online updates like Zoom based lectures on new medications or on drug resistance.

## 12. How would you describe your approach to patient care?

My approach to patient care is to try to not only hear their symptoms, diagnose and treat them, but I try to also explain to them their illness and to involve their family in their care. If your approach is to include the patient as a team member in the decision making process they are more likely to take ownership of their health journey.

## 13. What do you believe are the most important qualities for a doctor to have?

Important qualities are resilience for those doctors doing overtime as this can mean 28 hour shifts. But also patience, humility and ability to listen well. A good attitude and a sense of humour help both the doctor and patient.

## 14. What areas of medicine do you specialize in?

I am a generalist or GP but my current focus is Drug Resistant TB/tuberculosis and HIV (human immunodeficiency virus)

## 15. How do you handle complex or challenging cases?

Complex cases need more of a team approach. Dr Fola Adebolu is a specialist Family Physician with many years of experience. I consult him here for advice, as well as my doctor and allied colleagues. Allied professionals are nurses, social workers, dietitians, physiotherapists, speech and hearing therapists, occupational therapists and psychologists. A team approach really helps. We also consult specialists at Ladysmith, Greys and Inkosi Albert Luthuli



## LET'S HEAR FROM THE PATIENT—NGESO LESIGULI

### *Compliments/Izincomo*

I would like to express my gratitude to the staff of 4B ward who treated us like their family members not as patients, they made us feel comfortable. Thank you keep up the good work —**LUNGISILE MCHUNU**

My stay at the Hospital was very well and i appreciative the level of care provided by the nurses . I wish they could continue treating all patients with the same level of care—**NGCINANI MKHIZE**

Thank you to the Doctors and Nurses working in ward 4B for saving my life—**SIBONGILE P. MAZIBUKO**

I would like to say thank you to sister S.W Nyathi she treated us exceptionally well, especially the time I was giving birth, she showed great patience, understanding of childbirth —**MBALI DLADLA**

Thank you to Estcourt Hospital in ward 3 for treating us well .They make sure we eat on time, take our medication on time and they make sure we stay clean—**THOKOZANI NJOKO**

Thank you so much to ward 3 staff for treating me well and to those who will follow after me continue treating them with care—**MHAWUKELWA KHOZA**

I'm complimenting Nurses and Doctors of Estcourt Hospital in particular ward 2 about the kindness, compassion, respect and working with dedication it shows you really enjoy your work—**ZINHLE SHABALALA**

Thank you so much to the kitchen workers they do an amazing job ,they cook healthy and delicious food for us —**STHEMBILE MADONDO**

I want to say thank you for the way I was treated here in the Hospital. they treated me very well ever since the day I arrived ,they take good care of us—**SYABONGA MKHIZE**



## LET'S HEAR FROM THE PATIENT—NGESO LESIGULI

### *Compliments/Izincomo*

I want to express my exceptional care shown to us by the TB ward. The staff took excellent care of me until my discharge, and I truly hope they continue to provide the same level of treatment to other patients in the future—**SITHOLE HLENGIWE**

I would like to say thank you to all nurses in ward 2, they treated me with respect, and showed kindness and compassion throughout my stay their professionalism and gently approach make a significant different I'm truly thankful for their dedication—**SNEGUGU NDLOVU**

Estcourt Hospital the service is good and the staff work hard during the day and night thank you to ward 5 team—**NKOSIKHONA MVELASE**

I was admitted in ward 7 the nurses were all nice ,they made us all feel welcomed to be in the ward, thank u to Doctor Xulu she so humbly and does her job with love and passion—**THANDOLETHU MLABA**

I would like to say thank you to all staff working in HASTt clinic, they work hard so that the patients don't stay for too long time—**MZWANDILE GUMBI**

I want to pass my gratitude to all staff working in ward 4B they play huge role for providing us with outstanding care and support during our pregnancy journey and trying to do their best for safe arrival of our babies ,Were forever grateful—**NOKWANDA KHANYILE**

*Thank you Siyabonga Baie dankie!!*



# UBUWAZI?

## did you know

## PrEP

know the facts

PrEP is a safe HIV prevention method that HIV-negative people can use to prevent HIV.

- ♥ The pills need to be taken daily to help prevent HIV.
- ♥ Oral PrEP has been shown to reduce the chances of HIV infection by more than 90%.
- ♥ You have to take the pills every day, for as long as you need it.
- ♥ PrEP is only for people who are HIV-negative.

### PrEP during pregnancy:

- ♥ If you are pregnant and have sex without a condom, your chances of getting HIV is much higher.
- ♥ If you test positive for HIV, you will receive ARV treatment - this prevents your baby from getting HIV.
- ♥ Using PrEP before, during and after pregnancy can prevent HIV.

PrEP IS CHOICE  
#ICHOOSEME

### What is the difference between PrEP, PEP, and ART?

All three use antiretrovirals in different combinations for different purposes:

♥ **PrEP** is when ARVs are taken before exposure to HIV, to prevent getting HIV.

♥ **PEP** is when ARVs are taken after exposure to HIV, to prevent HIV (within 72 hours and taken for 28 days only).

♥ **ART** is when ARVs are used to treat a person living with HIV, and is taken lifelong.

Ask PrEP anything on 085 889 8031

## PrEP

know the facts

Oral PrEP, a daily pill, is an additional prevention option for people who are HIV-negative.

Oral PrEP is a safe HIV prevention method. The pills need to be taken daily to help prevent HIV.

PrEP can be used by people who are HIV-negative. Oral PrEP has been shown to reduce HIV infection by more than 90% if taken daily.

PrEP IS CHOICE  
#ICHOOSEME

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Ask PrEP anything on 085 889 8031

#CloseTheGap #StartAndStayOnHIVTreatment #MyHIVTreatmentWorks #BetterMen4Tomorrow



## PrEP

Pro (before)

Exposure (coming into contact with HIV)

Prophylaxis (a medicine to prevent infection)

### Where can I get PrEP...

PrEP is now available in all public primary health care clinics. Visit your nearest clinic if you are interested in using PrEP. For more information about PrEP, please visit [www.myprep.co.za](http://www.myprep.co.za).

Find your nearest clinic with this code:



### Starting PrEP...

#### First visit:

- Health check, including screening for HIV and STIs, supported by counselling.
- Get your oral PrEP supply for a month.
- As oral PrEP builds up in your body, use a condom or abstain from sex for the first 7 days of taking oral PrEP.
- After 7 days, you need to continue taking oral PrEP daily for as long as you need it.

#### Month 1 visit:

- Health check, including screening for HIV and STIs, supported by counselling.
- Get your 3-month supply of oral PrEP pills.

#### Every 3 months:

- Health check, including screening for HIV and STIs, supported by counselling.
- Every 3 months, you return for an HIV test and a 3-month supply of oral PrEP.

Oral PrEP works best when taken daily and used with a condom.

### Decide if PrEP is for you:

- ♥ PrEP is safe for you and your unborn baby and child, while you are pregnant and/or breastfeeding.
- ♥ PrEP can protect you from HIV.
- ♥ PrEP is easy to take, just one pill a day.
- ♥ You can take PrEP without anybody else knowing.
- ♥ You can keep PrEP if you and your partner who is living with HIV want to have a baby.
- ♥ You can continue taking PrEP even when you are breastfeeding.

### You can take care of yourself and your baby, choose PrEP!

Use a condom

If you test negative for HIV, you can use PrEP!

Ask your partner to test for HIV

Start and continue with ARVs if you test positive for HIV

Encourage your partner living with HIV to take ARVs daily

## PrEP

Pro (before)

Exposure (coming into contact with HIV)

Prophylaxis (a medicine to prevent infection)

So... a medicine you take before you come into contact with HIV, to protect you from HIV.

PrEP is a prevention method for people who test negative for HIV and are likely to be exposed to HIV.

### Starting PrEP...

#### First visit:

- Health check, including screening for HIV and STIs, supported by counselling.
- Get your oral PrEP supply for a month.
- As oral PrEP builds up in your body, use a condom or abstain from sex for the first 7 days of taking oral PrEP.
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- Get your 3-month supply of oral PrEP pills.

#### Every 3 months:

- Health check, including screening for HIV and STIs, supported by counselling.
- Every 3 months, you return for an HIV test and a 3-month supply of oral PrEP.

PrEP works best when taken daily and used with a condom.

### Health tip...

PrEP used together with condoms and contraception can prevent HIV, other infections from sexual contact and pregnancy.

### Where can I get PrEP...

PrEP is now available in all public primary health care clinics. Visit your nearest clinic if you are interested in using PrEP. For more information about PrEP, please visit [www.myprep.co.za](http://www.myprep.co.za).

Find your nearest clinic with this code:



PrEP is one of many options for HIV prevention. You can also try:

- ♥ Condoms
- ♥ Other PrEP options which may be available at your clinic, ask your provider
- ♥ Counselling
- ♥ PrEP
- ♥ Treatment for STIs
- ♥ Male medical circumcision
- ♥ ART for partners living with HIV

#CloseTheGap #StartAndStayOnHIVTreatment #MyHIVTreatmentWorks #BetterMen4Tomorrow



#CloseTheGap #StartAndStayOnHIVTreatment #MyHIVTreatmentWorks #BetterMen4Tomorrow



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# Gate and Cornfields clinics raise awareness on breastfeeding .

1-7 August is breastfeeding week



GATE CLINIC BREASTFEEDING WEEK



CORNFIELDS BREASTFEEDING WEEK OUTREACH EVENT



GATE CLINIC BREASTFEEDING WEEK



CORNFIELDS BREASTFEEDING WEEK OUTREACH EVENT



GATE CLINIC BREASTFEEDING WEEK



CORNFIELDS BREASTFEEDING WEEK OUTREACH EVENT

# ACKNOWLEDGEMENTS

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