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HEALTH
KwaZulu-Natal

THE VOICE OF KWA-MAGWAZA HOSPITAL

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C. E. O's DESK

This is the end of 2007/2008 financial year for provincial and national departments. At the beginning of each year operational plans are developed according to the needs of the community that is being served. At the same time a budget is allocated, but it has never been able to satisfy those needs. That is why some of projects end up not being carried out. However, we always make sure that despite the financial constrains, the patients' needs are taken care of even if it means overspending.

As we all know the physical structures in our institution are so limited and very old, we have managed to maintain some structures and postponed other projects for next financial year. Some people are sharing offices, and there is no privacy in the wards. I therefore request that people be patient because we have so many challenges with both office and residential accommodation.

This is beyond our control as we all know that no new structure will be built in this institution since there are plans for a new hospital in the near future. We can only use what we have and the Department of Health has put an embargo on parkhomes. However, we are not folding our hands, we are trying to make use of what we have by upgrading the existing structures within the limited budget.



Mrs T.R Zondo

I wish to extend my gratitude for all the hard work that has been done in the past financial year and the previous years. Please make use of the time that is available and look forward to 2008/2009 which should be regarded as a year of change. Let us unite and strive for excellent service to our community so that we can achieve good results at the end of 2008/2009.

GOD BLESS YOU ALL.





P.R.O'S DESK



Siyabonga ngezincomo esizithola emphakathini wethu esiwusebenzelayo. Siyacela ukuthi wonke umuntu onesincomo noma isikhalazo asebenzise indlela efanele. Lokhu kuzosiza ekutheni igama lesiBhedlela libe lihle.

What we must know is that the community look at us as angels with big hearts who never get angry even at extreme provocation. They strongly believe that once their loved ones are brought in our hands we will turn our magic and they will be healed.

As we are starting the 2008/2009 financial year we must utilize our budget according to our needs. We must buy what we need and not what we want.

My heart goes out to our beloved brothers and sisters, who are sick most importantly the Nursing Manager Ms T.J Vezi. May you all get well.

The P.R. O has been joined by an Intern Sabelo Ngobese who will spend a year with us. Our role as staff is to support him in everything that he aspires to gain from the institution.



Buhle Sithole

Let us all make the use of our newsletter you can submit your views without fear and prejudice.

“Never forget the power your dreams have. Believing in them gives you strength; focus on them and they will come true. Visions of tomorrow help you set the standard for today. Remember life is a journey, you should enjoy the ride”

Till next time
Thank you



Sabelo Ngobese
P.R.O Intern

I'm Sabelo Ngobese PRO Intern at KwaMagwaza Hospital. I have a BA Degree in Communication Information and Technology.

I would like to take this opportunity to thank the warm welcome Kwa - Magwaza Hospital staff has showed me. I hope it will be a wonderful to work with them. I'm very impressed to work with my colleague Buhle (PRO) I think I would gain a lot of experience from her and learn more about the institution.



HEALTHY LIFE STYLES

We have been told over and over again to eat fruits, vegetables and whole grains. Our bodies desperately need vitamins, minerals, fiber and photo-chemical found in plants, not the supplements.

1. Eat at least a cup of vegetables for lunch and for dinner.



2. Add a handful of blueberries or strawberries to your cereal. When they are in season, buy a couple of containers at a time and freeze them for later.

3. More than any vitamin pill, dietary supplement, or bar, getting enough fruits and vegetables will be the single most important thing you can do to avoid being overweight, developing diabetes, cancer or heart disease.



4. Enjoy healthy snack: Instead of settling for a chocolate bar from the vending machine at work. Pack some healthy snacks to boost your energy levels. You will gain most positive energy by eating live food instead of dead food. Some of favorite high-energy snacks in-

clude a few slices of homegrown tomato, a sweet apple or a fresh, juicy peach.

5. Step away from your Computer : In this age of modern technology, it is important to resist the temptation to remain plugged in all the time. Most of us are constantly at the mercy of computers, fax machines, cell phones and other devices designed to make our lives more efficient. The problem is that all of these machines give off energies that can drain us of our own . Instead of becoming a victim of "techno despair," sitting in front of the screen like a zombie, go outside and take a quick walk in the fresh air to perk up.



Practice Positive Self Talk : A simple but often overlooked way to pick up your spirit is to say nice things to yourself

"To find a direction in life you must have a goal to achieve and have motivation to drive you towards achieving that goal" by J. Arnold

BABY CARE

U

kulahleka nokutshotshwa kwezingane sekusezingeni eliphezulu. Kumele omama bezingane baqaphele futhi bagade izingane uma behamba nazo.

Nazi izinto okumele uzenze ukuze uvikele ukulahleka kwengane yakho -:

Zonke izingane ezizelwe ziyabhalwa amagama afakwe ezihlakaleni nesemaqakaleni.

Uma uqala ukuthola ingane awuvunyelwe ukuphuma ungalandiwe. Uma ubonkala ukuthi uphazamisekile emqondweni awuvunyelwe ukuhamba wedwa.



UKUVIKELA KOKULAHLEKA KWEZINGANE

Izivakashi zisebenzisa umnyango owodwa uma zingena noma ziphuma.

Igumbi labantwana lihlala livaliwe akuvumelekile ukungena kwabantu bangaphandle.

Ungalokothi unike umuntu ongamazi ingane yakho ofike azenze umngane wakho kanti ufuna ukuyintshontsha.

Kubalulekile ukunakekela umntwana wakho ukuze ahlale ephephile.

Emakhaya izingane azigadwe zingadlali ekusithekeni. Asifundise izingane ukuthi zingayi noma zikhulumise umuntu ezingamazi.

Izingane azingashiywa ekhaya kungekho umuntu omdala ozinakekelayo.



COMPLETED HOSPITAL PROJECTS IN 2007/2008

- Shelter for 17 government vehicles
- Renovation of Patient Administration office interior
- Paving of 130m inside road from T-junction to the circle
- Labour ward (maternity)
- Nursery (Maternity)
- Patient waiting area and ablution for disabled patients
- Upgrading of DB (Distribution Board)
- Window seals projects
- Fixing of pipes at the outside road previously dangerous to the outside users
- Painting of some residential houses
- Fixing of burglar guards at staff house
- Renovation and extension of pharmacy & fixing of pipe (By dept of works)
- Building of wall next to the pharmacy to prevent soil erosion & from further deterioration (Works dept)
- Supply and fixing of hand washing basins throughout the hospital
- Installation of medical waste (container) and general waste cage
- Entire renovation of Mrs Ncube's house (prefab)
- Renovation to B47 house (for Doctors)
- Cutting of fallen, dry and dangerous trees as well as removal of old trees rubles around the hospital



Shelter for government vehicles

ENERGY SAVING MEASURES

As we are all aware that we are experiencing power outages every second evening and thereby relying on our standby generator, we kindly request colleagues to switch off all the lights when leaving their offices and residences.

Use of bar heaters is prohibited both in residential areas and working areas. All electrical appliances should first be tested by the Electrician before being used.

Staff members are encouraged to turn off lights and electrical equipment at night and over weekends. Many offices have fluorescent lights, but it is a myth that they use less energy if they are left switched on. They use a lot more energy in their few seconds of start-up than they do in the equivalent time of running. But after being left on for 15 minutes, a fluorescent light will have used 500 times the energy it uses in coming on.

By better positioning employees' workstations, you can make more and better use of natural light and less use of electrical light. When it's warm in the summer, open windows instead of turning on the air conditioning. If it's too warm in the winter, turn down the heating, don't open the windows and allow the heated air to escape. Don't heat areas that aren't in constant use (such as corridors and store rooms), and make sure radiators aren't blocked by furniture.

Devices such as photocopiers, scanner and printers spend a lot of time idling, and even the "energy efficient" ones are burning cash when not in use— so turn them off! This will also help them last longer. If you want to avoid the time-wasting process of booting up, use inexpensive on-off timers in their power sockets to turn them on before the office opens for business.



NURSING DEPARTMENT COLUMN

OCCUPATIONAL SPECIFIC DISPENSATION IN NURSING.

This was brought by the National Department of Health in trying to retain nurses in South Africa. The most important points with O.S.D is that it identified people who have specialities and emphasized on having those people working in their correct specializing units. It also brought changes with the categories of units (e.g.) Operational Managers instead of ward managers. On the negative side of it, it brought unhappiness to the nurses, though problems are being sorted out with Human Resource Department and organized labour.

NURSES ON TRAINING.

- CPN studying advanced midwifery.
- Studying Diploma in Paediatrics.
- 5 Professional nurses doing Diploma in Midwifery.
- 8 Enrolled Nurses doing Bridging course.
- 2 Enrolled Nursing Assistants doing bridging course.

COVERAGE OF WARDS BY NURSES.

We are doing well in organizing the wards more specially that we have had 16 enrolled nurses joining us from Eshowe in February 2008 after completing their. We are in the process of opening in P.M.T.C.T Unit to assist with the Dual therapy.



Ms N.P Zulu (Assistant Nursing Manager)

BEST WARD IN INFECTION CONTROL.

We audited wards in trying to find out which ward is adhering to infection control measures Paediatric ward was found to have highest percentage, and was given the floating trophy.



The Paediatric ward Staff and Mrs T.R .Mbatha (Infection Control Manager)

Infection Prevention and control Audit for units was done on the 4th -5th February 2008

TOOLS THAT WERE USED:

Infection Prevention and control Audit tool.
Hand washing tool
Health care risk waste management tool.

The wards that were audited are the ff:

- Male ward Medical and Surgical
- Female ward Medical and Surgical
- Maternity ward
- Paediatric ward

THE RESULTS WERE AS FOLLOWS.

- Male ward obtained = 85%
- Female ward obtained = 74%
- Maternity ward obtained = 61%
- Paediatric Ward obtained = 90%**

The Paediatric Ward received an infection Prevention and Control floating trophy for being the best ward.

The operational Manager and Staff were congratulated for that good job done.



HUMAN RESOURCE DEVELOPMENT AND PLANNING

- An employee intending to pursue studies shall discuss first with his/ her supervisor.
- An employee shall then be advised to complete an application form which is obtainable from HRD & Planning and direct it to the supervisor for acknowledgment
- An employee shall make an application three (3) months before commencing the intended course. These exclude short courses, i.e course less than 1 year duration.
- The IHETDC members shall attend to the application forms and approve it, if all requirements are met.
- An employee shall register one programme at a time
- An employee shall not be granted another study leave before serving period elapses, unless service delivery needs arises.
- An employee who has attended a Workshop must give feed back within one (1) week of return

Mayelana nezinye izifundo

Kulezi ezinye izifundo esizenzela layikhaya kunemigomo esiyilandelayo.

YILENA IMIGOMO ESIYILANDELAYO:

Basebenzi sicela ukukusho kucace lokhu thina njengo-HRD & Planning asibakhethi abantu abazofunda. Esikwenzayo thina sibhalela bonke abaphathi sicele amagama abantu abazofunda, akwenzeki nangelizodwa ilanga sizikhethela abantu abazofunda.



NGOHLU LWE- COMPUTER COURSE

Uma ufuna ukufunda i-computer ulandela lemigomo engenzansi:

YILENA IMIGOMO ESIYILANDELAYO:

✦ Ugcwalisa ifomu etholakala ehhovisi lika HRD & Planning.

✦ Kunesikhala esigcwaliswa uMphathi wakho Kunendawo edinga inombolo ye-computer oyisebenzisayo.

Ngokwe – Policy ye-computer ithi umuntu ongayisebenzisi i-computer emsebenzini akawenzayo akuvumelekile ukuba anikezwe ithuba lokuyofunda i-computer ngaphandle uma kubonakala isidingo sisikhulu, umphathi wakhe kudingeka abe nencwadi yokusekela lokho.

“There are so many ways to fail but only one way to succeed; NEVER GIVE UP!”

IZINKINGA ESIBHEKENE NAZO (Nge-Computer Training)

Kuye kube nezikhalazo ukuthi kukhethwa kanjani uma usufake isicelo sakho sokuyofunda i-computer. Esikwenzayo njengo- HRD & Planning sithatha amafomu siwafekisele ePietermaritzburg emnyangweni oqondene nayo i-computer bese beyazihlelela bona ukuthi bababiza kanjani abantu, thina siye sibone uma sebesithumelele isibalo sabantu ababad-ingayo. Akwenzeki sikhethela abangani bethu noma izihlobo zethu.



From Left: Ms Sihle Ngubane – HR Practitioner, Ms Nelisiwe Ngcobo – HR Officer (Trainee) and Mr. Siyanda Mthimkhulu – HR Officer

(Ngamanye ama Courses)

Kuyenzeka ukuthi umuntu ekhethiwe ukuba abe ngomunye wabazofunda (athenda), angaphenduli noma angathintani ne hhovisi lethu ngesikhathi ukusho ukuthi akasaphumeleli lokho kusinika inkinga uma sekumelele sichibiyelele ukuze lilingane inani labantu okumele bafunde. Okunye okungasiphathi kahle yilapho abaphathi bamagumbi benganikezi ihhovisi ngesikhathi abantu nenani elifanele labantu okumelwe bafundiswe okugcina sekudala ukungaphumeleli kahle kohlelo lokufunda.



SPOTLIGHT WITH MODY

It's very encouraging to see young people who are dedicated to their work in our Department. Who would ever thought that this department doesn't have young Professional Nurses. If you do you thought wrong because in this Institution we have young Professionals males and females who are devoted, committed and trustworthy.

Mody Majozi speaks openly about herself and why she deviated her dream career of becoming an accountant to Nursing.



P.R.O: You look younger than me how old are you?

Mody: (Laugh nervously) A lady never tells her age

P.R.O: Where are you from and where did you do your training?

Mody: I'm from Kwa-Nongoma and I did my training at Benedictone Hospital in 2003 August and completed in 2007. I assumed my duties here at Kwa-Magwaza Hospital on the 1st August 2007 practicing as a Registered Nurse, General Nurse, Community Nurse, Psychiatric Nurse and Midwife.

P.R.O: What encouraged you to choose this career?

Mody: To tell you the truth when I was growing up I never dreamed of becoming a Nurse I wanted to be an Accountant . But when I saw people suffering, dying, in my area I said to myself no! no! I'm the one who can help and give hope to these people.

P.R.O: Do you like what you're doing?

Mody: 100% , you know what I believe that God has called me to this department because he knew I was the right person who can do it He will never fail me.

P.R.O: What about challenges?

Mody: Challenges are everywhere. People are not 100% satisfied they will always complain, you must be patient and understanding. The journey is long and winding but remember there is a reward in store for us.

P.R.O: Who's your mentor?

Mody: Dawn Ntuli the Operational Manager at Yanguye Clinic. She is kind and what I like most about her is that she has perfect Managerial skills.

"God has called me to this department because he knew I was the right person who can do it He will never fail me."

P.R.O: Just tell me five things you like about yourself

Mody : Five ? Wow!! That's too much, the first one is that I'm not moody, I like to socialize with everyone it doesn't matter what position you're in, I'm like an open book, to cut matters short I like everything about me.

P.R.O: Who would you like to know better on our next issue

Mody: It would be Ntobeko "Javas" Zungu Pharmacy Assistant .



Is there anything you would like to know about Javas just send me your questions to:



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DISTRIBUTION OF DONATIONS FOR ORPHANS FROM PEP STORE

KwaMagwaza Hospital received six (6) boxes of donations for orphans:

- 1 box of boys shorts
- 1 box of tracksuits
- 1 box of baby jackets
- 1 box of girls sleep wear
- 1 box of baby sandals



Social workers with orphans at Mfanefile area.



The hospital has managed to distribute donations to orphans through home visits. It's worth mentioning that these donations have made a difference in the lives of orphans in our community even though they didn't get everything they need but it means something to them. Thanks to PEP stores and to the Department of Health for co-ordinating this.



Social workers managed to distribute donations through home visits. Donations were sent to orphans in their homes. The social workers were working in collaboration with the community health workers of different areas for fair distribution of donations.



Above: Guardians at Makhasaneni area with orphans under their care carrying clothes donated by PEP stores



Above : The granny and a grandson happy to receive clothes, and the granny signing to confirm that she received donations.



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TEENAGE PREGNANCY AWARENESS WEEK

The week of the 10th to the 16th of February was the Pregnancy awareness week as per the health calendar. During this week the social workers conducted teenage pregnancy awareness at schools.

Social workers intended to visit four high schools for teenage pregnancy awareness, but only succeeded in visiting three schools because in one school the social workers' visitation was disturbed due to school sports.

The schools that were visited were: Mthonjaneni High School, Phumosizini Secondary School, and Dumanikahle High School.



Ms. P.E. Mlambo giving her presentation to the learners at Mthonjaneni High School on Teenage Pregnancy.

Learners were educated on the causes of teenage pregnancy, the effects of teenage pregnancy, and prevention thereof. The fact that some teenagers might be pregnant already was not overlooked, thus social workers also educated them on pregnancy options, i.e. keeping the baby and taking care of it, placing the baby for foster parenting, or placing the baby for adoption.



Ms. N.B. Hadebe giving her presentation to the learners at Phumosizini Secondary School.

Social workers also encouraged teenagers to set up goals for their lives, and also to learn to prioritize. A lot of information was disseminated to the learners. They also had a lot of questions to ask, and social workers managed to answer their questions effectively.



Social workers educating learners at Dumanikahle High School on Teenage Pregnancy, and learners listening attentively.



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T.B BLITS CAMPAIGN

- It was world Tuberculosis Day on the 24 March 2008. T.B Day celebration event was held on the 27th March at Kwa-Magwaza Hospital. All specimens taken tested negative.
- T.B Blits campaign was held at Ntabayenkosi and Mahehe area Kwa-Yanguye on the 21st and 22 February 2008. Homesteads visited and two clients were tested positive.



Mrs B.T Ntombela issuing food passels



Sappi Forest Mooiplaas staff

- T.B Blits campaign was held at Nkunzemphe and eMayeni on the 18 and 19 March 2008. In Homesteads visited. Specimens were taken and only one client was tested positive.



Kwa-Ngconco Support Group vegetable garden



Kwa-Ngconco Support Group vegetable garden

- World Health Day celebration event was held at Kwa-Ngconco area. T.B Team invited Kwa-Ngconco TB/HIV support group. Health education was given. All members were screened for diabetes and hypertension. Support group vegetables gardens were visited.

T.B is a disease that attacks the lungs and also causes major damages to other body tissues. Symptoms might include a cough (lasting longer than three weeks), a fever, night sweats, weight loss, chest pain or coughing up of blood. Visit your nearest clinic to get tested.



T.B BLITS CAMPAIGN

Undasa bekuyinyanga yokuqwashisa ngesifo sofuba (T.B). Ithimba leT.B labamba iqhaza ekuqwashiseni nokufundisa umphakathi ngokubaluleka kokuhlololwa isifo sofuba kanye nokuthatha imishanguzo ngendlela efanele.

Masilwe nesifo sofuba ukuze siphile. Khumbula isifo sofuba siyelapheka.



(Ophambili) uMrs Ngidi ongunompilo naye wabamba iqhaza kumkhankaso we T.B Blits



uMr Shinga no Mr Ntuli bazinikela behamba ibanga elide befundisa behlolela nesifo sofuba.



Ithimba le T.B Blits



UMrs Ntombela efundisa ugogo ngokubaluleka kokuhlololwa isifo sofuba.



U-Sithe Buthelezi eduduza ugogo ohlala nezingane ezinathu.



Ugogo ohlala yedwa nezingane ezinathu.



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BUILD UP EVENTS FOR TB WORLD DAY



U-Ms A.J.K Biyela efundisa ngokubaluleka kokuhlalelwa iSTI



Mrs Zondi efundisa ngokuxhumana kweTB ne negiwane le HIV/AIDS



Umphakathi waKwa-Magwaza wawuzolalela ngokubaluleka kokuhlalelwa kweT.B



Tizozo no Professor banandisa ngomculo owathokozelwa abadala nabancane.



“Uma ungalandeli indlela efanele yokudla imishanguzo ye T.B uzozwa mpama and qupha bese ngikusa emtholampilo”



Angeke ukwazi ukuphuka iqolo ungakayihloleli iT.B futhi ungayidli ngedlela imishanguzo



District Office T.B Team, Kwa-Magwaza T.B Team sharing a happy moment with Tizozo, Character and other artist .



WELCOME ON BOARD

Siyanamukela Kwa-Magwaza Hospital



Mr.S.S. Thabethe
Data Capturer



Mr.M.C.Nyawose
Pharmacist



Mr.V.G.Biyela
Enrolled Nurse



Mr.T.S.Mkhwanazi
Enrolled Nurse



Mr S Ntuli
T.B Aso



Mr M. Mkhize
Enrolled Nurse



Mr.D.P.Nzuzo
Enrolled Nurse



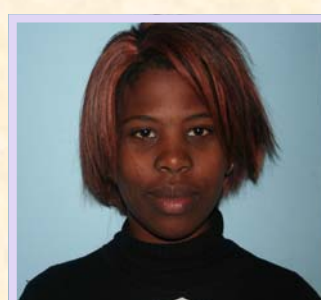
Mr.S.S.Majosi
Enrolled Nurse



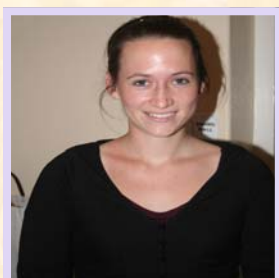
Mr.M.H.W Zuma
Artisan Superintendent



Mr.Z.S Ndlovu
Artisan Foreman



Ms.N.S.Xulu
Records Officer



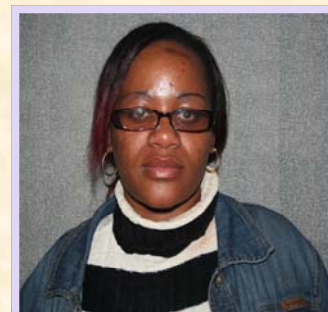
Ms.F.A Gibson
Occupational Therapist



Ms.S.Z. Ndebele
Physiotherapist



Ms B.C Mkhize
Human Resource Officer



Ms T. Mathenjwa
Pharmacy Assistant



SPORTS

On the 29th March 2008 Kwa-Magwaza Hospital hosted a farewell tournament for Tolly Ndlovu and Bongani Khanyile.



CBH Netball team

CBH netball yahlula inetball team yaKwa-Magwaza ngo 13-7. Mantombazane anenzanga kahle!!!



Kwa-Magwaza Hospital soccer team

Kwa-Magwaza Hospital team won three games. Sibonga umfana omncane U-**Javas**.



Tholi Ndlovu got a senior position at Old Mutual as a Distribution Support Administrator. Congratulations Gal.



Bongani Khanyile got a Senior Post at Ngwelezane Hospital as a Assistant Manager (Radiographer)

GAME RESULTS

- Kwa-Magwaza 03—Melmoth SAPS 3
Melmoth SAPS won 4-2 on penalties
- CBH 0- Kwa-Magwaza 04
- EMRS 3— CBH 3
EMRS won 5-4 on penalties
- Polyclinic 3—SAPS 0
- Kwa-Magwaza 5— Polyclinic 4



Contact Us



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