



UVOLWETHU

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HEALTH
KwaZulu-Natal

THE VOICE OF KWA-MAGWAZA HOSPITAL

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CHANGING DIABETES BUS



Umpakathi wase Ndundulu waba nethuba elihle loku-vakashelwa iDiabet Bus ngomhlaka 06 July 2008.

Umpakathi wawuhlololwa isifo sika-shukela, I BP , amehlo bafundiswa nangoku-baluleka ukudla okunempilo, nokunakekela umzimba njengokuzivocavoca.



MASILWE NEZIFO!!



Umphakathi wase Ndundulu weza ngobuningi bawo uzohlololwa a izifo.



CEO'S DESK



As we are all aware that the end of the first quarter of 2008/09 financial year was on the 30 June 2008, we need to reflect on the accomplishments and the challenges that we have encountered. Where we have made accomplishments, we need to give ourselves a pat on our shoulders, and where challenges were experienced, we need to identify the gaps and make the necessary means to fill them. If we continuously work as a team, we will be able to assist each other in making sure that everybody works towards a common goal which is rendering quality health services to all our clients.

As we are all aware through the departmental circulars and the media, the Provincial Dept. of Health has budgetary constraints. We therefore, need to exercise cost savings measures which will not be favourable to everybody but we all need to understand the situation and avoid any wastage. Let us all be honest and report any malpractices that lead to wastage of resources so that we can be able to continue rendering quality patient care and receive our salaries.

We need to remind ourselves every day the reason for the existence of a hospital and uphold the Patient's Rights Charter as well as implement the Batho Pele principles. Well done to all those that have received complements from our clients and those that have received complaints should pull up their socks and redress.



Thank you to everyone for the perseverance on the unfavourable working conditions that they are working under due to shortage of staff and working space as well as inadequate residential accommodation.

I wish to pass my condolences to all our staff members that have lost their loved ones and wish for a speedy recovery to those that are sick. To those that have exited our service, I wish them success in their future careers. Lastly, I wish to express my deepest sympathy to the Shandu family for the loss of their daughter, Makhosi who was a Chief Professional Nurse at the Maternity Ward.





P.R.O'S DESK



Welcome back to our 4TH edition of our news letter. After a dazzling long period a lot has happened. We did a client satisfaction survey which was successful. I would also like to thank all our clients and staff who participated in this survey.

Our Institution has added a new service for our clients i.e Dual therapy started on 1st of April 2008. We provide dual therapy for pregnant woman who are HIV positive and hope our clients will benefit from this service.

Our maintenance plan has been severely affected due to financial constrains. We have managed to complete some of critical projects e.g Paving of access Road to the oxygen plant and installation of 7x400w security lights.(See page 7)

I would also like to welcome our new staff members who have recently joined us. I hope and trust that we will work together to achieve our goals, mission, vision and improve our service delivery.

Further to all this I am sure we are all feeling the pinch of the economy. It is biting. The cost of food has gone up in recent months. From this point of view there is little we can do but, simple changes can make all the difference for each one of us and the whole community.

- Lets plant food gardens because they are a way of life. Let's reap the benefits.



Buhle Sithole

- Cut on expenses like alcohol and smoking (more over, it is bad for your health)
- Good health is a must. Play safe, boost your immune system and do exercises. Exercise will cost you nothing but your time and energy. You don't need to go to the gym, here at the hospital you can play football, netball, tennis or just do brisk walking (power walking). All this makes a difference to our health and in the end we all cut down on medical bills thereby having more to spend on healthy food.

Thank You



I'm Khanyi Ngobese P.R.O Intern at Kwa- Magwaza Hospital. I would like to thank the Management and staff of Kwa - Magwaza Hospital for the warm welcome and support that they have given me.

The Department of Health designed Internship this programme in order for us to gain experience and earn an education and training credit.

I hope that we will work efficiently together.

Till Next Edition.



WARD AUDITS

Infection Control Floating Trophy was awarded to Female Ward IPC Audit tool was used to audit Male ,Maternity, Paediatric, Female Ward and OPD. Waste Management and handwashing tool were also used to audit the wards. The results were as follows:

Female Ward	88%
Male Ward	75%
Paediatric Ward	82%



Left : Ms T.G Myeza receiving the Infection Control Trophy from Mrs T.R Mbatha (Infection Control Supervisor)



Female Ward Staff

The floating trophy was moved from Paediatric Ward to Female Ward in July 2008.

CONGRATULATION TO ALL FEMALE WARD STAFF KEEP UP THE GOOD WORK!!!!

ANTENATAL CLINIC DEMONSTRATION GARDEN



From left:Ms Jali, Mrs Ziqubu, Mr Gabela, Mrs Mchunu, Ms Zitha and Ms Dludla.

Abasebenzi base Antenatal Clinic behlangene no Mentor Mothers ne Support Group basungule ingadi lapho betshale khona amaklabishi, anyanisi, tamatisi, lettice nokunye.Lengadi ibuye ifundise isupport group ukubaluleka kokudla ukudla okunempilo nokubaluleka kokutshala

Ukutshala izivande indlela yokuphila. Sonke singahlomula. Kubalulekile ukudla okunempilo ikakhulukazi okuphuma emhlabathini.

Masisukume silwe nezifo, Silwe Nobubha, Sinike ithemba.





TB ANYWHERE IS TB EVERYWHERE

TB awareness was held on the 23 July 08. The purpose of this awareness was to give health education to members of the Taxi Industry and their clients/customers about T.B.



U-Mrs B.T Ntombela (T.B Coordinator) giving health education to the community.



Health education on TB was given and relevant questions asked and answered affectively. Specimens were collected from those who were willing to be tested

We wish to thank Melmoth Taxi association for their participation in the fight against TB because TB anywhere is TB everywhere.



Community members asking questions from Mrs Ntombela





CHILD PROTECTION WEEK

The 26- 30th of May 2008 was the Child Protection Week, during that week social workers conducted Child Abuse awareness at schools.



Ms N.B Hadebe conducting awareness at St Paul.



Ms P.E.Mlambo conducting awareness at St Paul.

Social workers targeted six schools for Child Abuse awareness, but only succeeded visiting five schools because the sixth school was occupied with other activities. Social workers visited, St Pauls Primary School, Inqaba Primary School, Kwa Magwaza Primary, Kwa Nxusa High School, Yanguye High School.



Ms N.B Hadebe educating learners at Kwa - Magwaza Primary on child abuse. And giving away gifts for participation.



Learners at Yanguye High School listening to the presentation

The awareness was successful since it has empowered learners with information regarding abuse. Except the fact that the awareness was a preventive measure, it was also therapeutic to those learners who are experiencing abuse and to those who can not speak out about their problems now they know that there are services available for support.



Learners receiving gifts for their active participation.



MENTAL ILLNESS FACTS

July was Mental illness Awareness month. I want us to share this information.

There is more to good health than just a physically healthy body, a healthy person should also have a healthy mind. A person with healthy mind should be able to think clearly, should be able to solve the various problems faced in life, should enjoy good relations with friends, colleagues at work and family, and should feel spiritually at ease and bring happiness to others in the community. It is these aspects of health that can be considered as mental health.

Just as the physical body can fall, so can be the mind. This can be called mental illness. Mental illness can be identified as any illness experienced by a person which affects their emotions, thoughts or behavior, which is out of keeping with their cultural beliefs and personality, and is producing a negative affect on their lives or the lives.



Why should you be concerned about mental illness?

There are many reasons why you need to be concerned about mental illness.

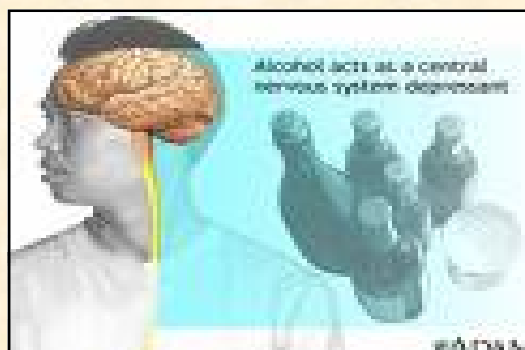
- Because they affect us all. It is estimated that one in five of all adults will experience a mental problem in their lifetime. This shows how common mental health problems are. Anyone can suffer a mental health problem.
- Because mental illness leads to stigma. Most people with a mental health problem would never admit to it. Those with a mental illness are often discriminated against by the community and their families.
- There is a severe shortage of Psychiatrists, Psychologists and other Mental Health Professionals in most countries. These specialist spend most of their time caring for people suffer from severe mental disorders.

Here are some important facts about mental illness and recovery:

Mental illnesses are biologically based brain disorders. They cannot be overcome through "will power" and are not related to a person's "character" or intelligence.

Early identification and treatment is of vital importance; By ensuring access to the treatment and recovery supports that are proven effective, recovery is accelerated and the further harm related to the course of illness is minimized.

The best treatments for serious mental illnesses today are highly effective; between 70 and 90 percent of individuals have significant reduction of symptoms and improved quality of life with a combination of pharmacological and psychosocial treatments and supports.





MAINTENANCE PROJECTS

COMPLETED MAINTENANCE PROJECTS (FEB-JULY 22-2008)

PROJECT	COMPANY	DATE	COST
Paving of access road to the oxygen plant rooms	Zulu Construction	05-2008	195 356,31
Repair of genset	Electrogen cc	04-2008	14 729,59
Repair of damaged glass cubicle @ OPD	D & S Projects	06-2008	17 971,00
DB repairs @ Male and X-ray and replacing elements @ kitchen	MR Zulu Electrical contractors	06-2008	9 224.49
Installation of conduits at Ndundulu clinic	DSM Maphanga Electrical	05-2008	6 524.74
Installation cable to new O2 point	DSM Electrical	06-2008	32 711.79
Isolation leaking pipe @ Female Ward, replacement of selector switch & eam	Matt Engineering	05-2008	4 044.90
Replacement of batteries on genset	Electrogen	04-2008	6 504.38
Additional spares and repairs for gas banks	Medical Technology	04-2008	1 739.18
Installation of 108 fluorescent lamps	DSM electrical	03-2008	13 868.65
Repairs to serving trays and tumble dryer at laundry	Dalow	03-2008	15 270.51
Replacement of broken boom gate at the security gate	D&S Projects	04-2008	14 912.56
Major service & repairs to compressor at Vacuum plantroom	Medical Technology	04-2008	13 560.94
Installation of suspended ceiling at Female Ward	Dons Maintenance	04-2008	15 941.87
Cutting of 15 Trees	Somlomo Trading	04-2008	59 781.30



MAINTENANCE PROJECTS

COMPLETED MAINTENANCE PROJECTS (FEB-JULY 22-2008)

Installation of 7x400w security lights and repair existing ones	DSM Electrical	03-2008	34 595.70
Repairing -40 'C fridge @ Yanguye clinic	Coolpoint cc	03-2008	8 701.43
Repairs on 2 Theatre aircons	Coolpoint	02-2008	6 886.94
Major service on auto-claves	Medical Technologies	03-2008	21 790.99
Installation water tank & booster pump for autoclaves at CSSD	Medical Technologies	03-2008	25 201.60
Major service of medical gas banks and vacuum plant	Medical Technologies	03-2008	6 158.83
Repairs on burst underground pipe	DPI Ichweba	02-2008	2 865.35
UPS INSTALLATION	DIVERSIFIED TECHNOLOGY	TO BE DONE	70 452.00
LAUNDRY REPAIRS	MATT ENGINEERING	17-07-2008	16 311.58
FRIDGE REPAIRS	MR ZULU CONTRACTORS	18-06-2008	2 619.50
REPAIR OF MEDICAL WASTE CONTAINER	MR ZULU CONTRACTORS	20-06-2008	8 790.52
TOTAL			626 651.65



SPOTLIGHT WITH NTOBEKO

S

ikhuluma no Ntobeko Zungu owaziwa ngo "Javas". Osebenza ePharmacy njenge Pharmacy Assistant.



UNtobeko uqale ukusebenza Kwa-Magwaza ngonyaka odlule. Usezakhele olukhulu udumo ngokudlala ibhola lezinyawo nokushaya amagoli. Okukhulu kunakho konke umsebenzi wakhe awuthanda kakhulu futhi omfundisa izinto eziningi.

P.R.O: Yini eyakwenza ukhethe lomsebenzi wase Pharmacy?

NTOBEKO: Mina bengithanda ipolitiki kakhulu. Ngangithanda ukusebenza ngibe yi Political Analyst. Lomsebenzi wase Pharmacy ngawuthola nje ngoba angikwazanga ukuqhubeka izifundo zami ngenxa yesimo sezi mali.

P.R.O: Umsebenzi wakho ukufundisa ziphi izinto?

NTOBEKO: Ngifunda izinto ezifana nokubaluleka kokuthatha imithi nemishanguzo ngesikhathi kanye nokubaluleka kokuzihlola wazi ukuthi impilo yakho imi kuphi.

P.R.O: Usengathanda ukuqhubeka izifundo zakho kwipolitiki noma usuzoqhubeka kwiPharmacy?

NTOBEKO: Ulwazi esengilutholile namathuba engiwabonayo asengenze ngakhuthazeka emsebenzini wami futhi ngathanda ukuqhubeka nokusebenza ePharmacy. Into engingathanda ukuyibona yenzeka ukuthi ngithole itraining nokuthi ngizi fundise mina ngithole nolwazi oluningi ngomsebenzi wami.

P.R.O: Imuphi umsebenzi ombona sengathi uwukhuthalele umsebenzi wakhe nawe ongafisa ukuthi ufane naye ngokukhuthala kwakhe?

Ntobeko: UBheki Nxumalo osebenza ARV Clinic ngimbona njengomsebenzi owuthandayo umsebenzi wakhe uyazinakekela iziguli, unesineke kakhulu. Iyangikhuthaza indlela enza ngayo ngoba sonke njengoba sisebenzela umyangi wenzempilo kufanele sikhuthale siwusize umphakathi ngendlela esingawusiza ngayo.

P.R.O: Iliphi iqembu lebhola olithandayo futhi ubani umdlali omthandayo?

Ntobeko: Ngisaphotha Orlando Pirates, umdlali engimthandayo u Teko Modise uma ngingabona yena noma ngidlale naye umdlalo owodwa kanye nje ngingabona ukuthi ngibambe izulu ngezandla.

P.R.O: Uma ungekho emsebenzini yini ojwayele ukuyenza?

Ntobeko: Ngidlala ibhola lezinyawo, ngifunde amaphepha ngibuke neT.V.

Umlayezo ovela kuNtobeko

Basebenzi ngicela siwuthande umsebenzi wethu, sizinakekele iziguli. Okunye okubalulekile ukusebenzisana singabasebenzi.

P.R.O: Ubani ongathanda ukumazi kancano?

Ntobeko: Zamo Msomi osebenza eRevenue Department.



STAFF NEWS

WELCOME ON BOARD

May 2008

Magwaza S. (Telecom Operator)
 Mbatha N.N (Finance Service Officer)
 Sosibo K.R (E.N.A)
 Ncanana G.J (E.N.A)
 Ngubane M.J (E.N.A)

June 2008

S.M Biyela (Supply Officer)
 Dr F. Fisher (Senior Medical Officer)

TRANSFERS IN

Mr S.P Gumede (Finance Service Officer)
 Ms S.S Nxumalo (Staff Nurse)
 Mr E.H.M Xulu (Professional Nurse)
 Mrs Z.P Xulu (Professional Nurse)

July 2008

Khumalo Z.G (Staff Nurse)
 Cele M.S (Senior Human Resource Practitioner)
 Sibiya M.K (Staff Nurse)
 Nkabinde L. N. (General Orderly)
 Mungomba B. (Chief Radiographer)
 Dr. Bantu K.D (P.M.O)
 Dr B.S Makhanya (P.M.O)

EXITS



Dr Myeni started working at Kwa-Magwaza Hospital as a Medical Manager from 01 December 2004 until 31 July 2008. He's now going to work at Mpumalanga Province—Impala Platinum Mines.

RESIGNATION

Dr D.B.P Myeni
 Dr N.N Myeni
 Sr N.M Mnguni

TRANSFERS OUT

Dr A Murugan (SMO) to Eshowe Hospital
 Mr U Pillay (Pharmacy Manager) to Murchison Hospital
 Ms P.T Mathenjwa (Pharmacy Assistant) to COSH
 Ms P.N Mlaba (Professional Nurse) Mbongolwane Hospital
 Mr O.F Mthembu (Professional Nurse) PMMH
 Mr K.M Xulu (Professional Nurse) Dumbe CHC
 Miss L.V Khanya (Professional Nurse) Eshowe Hospital
 Mr B.K Ndlovu (FSO) Nkonjeni Hospital

Abaphathi besibhedlela naba sebenzi badlulisa okukhulu ukudabuka emndeneni, ezihlotsheni naku-bangani ngokudlula emhlabeni komunye wabasebenzi u Sr. Makhosi Shandu osishiye zingu 31 July 2008 . May Her Soul rest in peace!!!





HEALTH
KwaZulu-Natal

STAFF NEWS

BELINDA'S PROGRESS



Perform high-level aerobic activities. Moderate aerobic workouts incorporating jogging, brisk walking, cycling, aerobic machines, or classes not only burn calories -- they also keep your heart healthy. Swimming is also great, especially if you are quite overweight or have joint problems, because you can get the same benefits of running -- typically burning even more calories -- with much less stress on your joints. Try to get at least 30-40 minutes of aerobic exercise at least three or four days per week.

From Left :Belinda and her friend Christina Hughes

Belinda and Lucille

Lots of energy. Belinda did the 10km East Coast Radio Big Walk in June 2008 in Durban and in July she did 10km Spar woman's challenge in Durban



Belinda after operation 88.6kg in July 2008



Belinda before at 150kg in March 2007



The Management and Staff of the Supply Chain Department wish to congratulate S'bahle on the birth of her beautiful daughter Ayamkela Ayabonga Sqhamo Magagiyana born on the 22nd July 2008. Praise be to God for his Miracles.





STAFF NEWS

BIRTHDAY CELEBRATION



Sydney Khumalo celebrated his birthday on the 09 July 2008. Birthdays are good for you Boy . Statistics shows that people who have the most live the longest!



You're another year older and another year wiser
So put your brain to work and figure out there ain't no gift for you. **From Andile and Nonhlanhla.**



From Left : Sydney, Thulani and Bongga



May this birth-day be just the beginning of a year filled with happy memories, wonderful moments, shining dreams and the beginning of a year full of happiness. **From Andile Dlamini**



Some words of wisdom for your birthday, "Smile while you still have teeth!" **From Dee and Sizah**



Birthdays Means: cake, presents, wrapping paper, money, clothes, friends, parties etc. What more could you want on your birthday? Wishing you good health and happiness in life. **From left Njabulo, Zamo, Mbuso and Ntokozi**



SPORTS



← This is the best team “Izilwane” if you want to feel the heat, hlala ocingweni njenga manje, uze la noma sizifikele.

The half time the veterans were planning for the better to conclude with Nkandla in the second half, If ucabanga nje wawungalunga wena? Ndawo.



← Javas and Oscar were celebrating after the final game.

The guyz were thrilled after hammering the host team Ekhombe in the finals, vele izinto ezinje sizijwayele KwaMagwaza ukuwina yinto yethu. Nabo bayazi ukuthi siyavuka isibhaxu KwaMagwaza Hospital uma ungazi buza Ingw... nabanye bazo-kutshela.



Soccer Team won 2-1 against Nkandla and played Ekhombe Hospital on finals and they won 5-4 on penalties though akusiyo into yethu ama penalty.

Thanks to Gudla Khanyile and Fono Biyela and the Committee for a very organized event guyz keep it up!!!! Iyobonana Kwi District Tournament nani niyazi !!



Contact Us



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