



### Woman's Day Celebration

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Omama besimanjemanje basinika umnyankazo owanyakazisa wonke umuntu ngeWomans Day Celebration.



UFiona no Zuzi basipha inkulumbo ekhuthaza abantu besifazane mayelana nezemidlalo kanye nokubaluleka kokuzivocavoca.

**VIVA MBOKODO VIVA!!!!**



## P. R. O's DESK



**Buhle Sithole**  
P.R.O



**N**go 31 July 2008 sihanjelwe uMedical Manager u Dr D.B.P Myeni owathola amadlelo aluhlaza kwenye iDepartment. Ngo September sihanjelwe umama wethu uMrs T.R. Zondo (Hospital C.E.O) naye othole amadlelo aluhlaza kwenye iProvince. Thina njen-gabasebenzi sidlulisa ukubabongela noma sikhala ngakolunye uhlan-gothe njengoba sesihlale nabo isikhathi eside futhi sisebenzisana kahle nabo. Sengathi bengasebenza kahle lapho abayakhona bengashitshi indlela ebebeyiyo.

U-August bekuyinyanga yabantu besifazane, nathi singabasebenzi baKwa-Magwaza Hospital sagubha lolusuku ngokuba nomcimbi wabasefazane lapho sasifundisana futhi siqwashisana ngezinto eziningi. **(Thola konke kupage 4 no 5).**

Akekho ongathandi ukuhleka ngothotho lwamazinyo. Sonke siyathanda ukuba namazinyo ahlelekile futhi amahle. U-August bekuyi National Oral Health Month bekubalulekile kithi sonke ukuthi sithole ulwazi ngokuhlaza amazinyo kanye nokunakekela izinsini ngoba nazo ziyinxenye yamazinyo. Ukuthola ulwazi ngalokhu ungaxhumana no Dokotela wamazinyo (Dentist) noma iDental Therapist. Xhubha amazinyo akho noma kabili ngosuku. **(Thola konke ku page 7).**

**NGIYABONGA**

Ku issue 3 ngabhala ngokuvikela ngokulahleka kwezingane. Ukulahleka kwengane kungenzeka noma kubani. Kumele sigweme ukunika abantu esingabazi izingane.

Omunye wabasebenzi bethu uDee Mhlongo walahlekelwa ingane yakhe cishe izinsuku eziyisithupha, engazi ukuthi ukuphi udlani nokuthi isaphila yini kulezizinsuku isadukile. Umtwana watholakala esaphila.

Sidlulisa ukubongakubo bonke abasebenzi abasingatha uDee ngomkhuleko. Lokhu kwakhombisa ukuthi singabasebenzi siyabambisana uma omunye umsebenzi esebunzimeni noma esenkingeni.

Ngicela siqhubeke nokusebenzisana nokuxhasana.

**SIYABONGA**



**Mthunzi, Dees Son**



**Dee Mhlongo**



# Woman's Day Celebration 20 August 2008



Kusukela kwesokunxele phansi: Sindy and Zuzi.  
Phezulu kwesokunxele: Gugu, Phumlile, Fiona, Belinda and Hle.  
**NANIBAHLE MANTOM-BAZANE**



**Malibongwe igama lamakhosikazi, igama lamakhosikazi Malibongwe**, wayesho kanjalo umphathi wohlelo uMs Ncamile Ntombela.



Kwesokunxele: Mbali, Nonhlanhla, Gugu no Hle belalele ngokuzimisela izinkulumo ezakhayo nezikhuthazayo ezaziphuma kwizikhulumi eziqavile.



**P.H.C CHOIR**



# Woman's Day Celebration 20 August 2008



← Umuntu wesifazane kumele abe muhle ngaphakathi (Inner Beauty) nangaphandle. U-Mrs N Dladla wakhuthaza abantu besifazane ngokuthi kufanele bezinake kusukela ezinweleni kuya ezinyaweni nangendlela okumele umuntu wesifazane agqoke ngayo.



“Lolu usuku lokuthi thina njengabantu besifazane siqwashisane siphinde sifundisane ngokubaluleka kokubakhona kwethu” Lamazwi ayephuma ku Ms Phumlile Mlambo.

UCindy wavusa usinga kubantu besifazane lapho esho inkondlo yokubaluleka kanye nobuhle bomuntu wesifazane.

“Kubalulekile ukuthi umuntu wesifazane azane noNkulunkulu axhumane naye ngazo zonke izikhathi”. Lawa amazwi ayeshiwo uMrs Khumalo. →





## THE OPERATING THEATRE "OT"

The Operating Theatre is one of the highly specialized Unit in the Hospital . Special training or experience is required for staff working in this Unit. There are various traditions and rituals in the peri-operative Units (This includes the ward preparing the patients for theatre, the Operating Theatre and the wards looking after the patients post surgery). These are collectively referred to as theatre techniques.

Training in theatre techniques takes only 12 months however it takes many years of dedication and hard work to be a specialist practitioner in theatre. This comes with respect for ethical standards namely the principle of not doing harm non malifence, beneficence , being honest, acting with integrity, respectful, considerate, upholding confidentiality, being advocate for the patient and being accountable.



From Left Sr L. P Xulu and N.F Zulu preparing equipment.

The operating theatre is faced with proliferation of actors carrying out theatre and surgical techniques in a diverse manner. This diversity fosters a spirit of both complementarity and ubuntu.

In the theatre reception, the patient is identified to that ensure no mistakes are made. That is the name, sex, date of birth, type of operation etc and if all is correct then is transferred to the operating room or anaesthetic room where the patient is given anaesthetic (there are various types according the type of surgery).



Theatre Staff: From Left S.N Buthelezi, P. Mkhize, L.P Xulu and N.F Zulu



From left : N.F Zulu, Sr L. P Xulu and S.N Buthelezi

In the operating theatre, practice makes perfect. Once done practically it is not easy to forget. Experts say "theory-practice integration in any education is fundamental to all departments in the hospital. Managers and educators must therefore continue to support all the staff with continuing education. Communication and team working are essential elements of peri- operative proactive practice. Knowledge is power and knowledge of ethics, law and religion is essential for the theatre practitioner to make valid decisions, what is illegal is obviously not ethically permissible.



From Left S.N Buthelezi and Sr L.P Xulu scrubbing and wearing sterile gloves

After meticulous preparations, surgery is done and there after patient is transferred back to the ward. This is preceded by intense cleaning of the operating room, the equipment and all instruments used to eliminate any "bugs"(this is done by the entire team).

The clean dry instruments are then sent to the CSSD (which is part of Theatre) for autoclaving / sterilisation.

The rest of the equipment is again checked to ensure they are functional.....**you may never know who could be the next patient.....as it could be you.**



## Dental/Oral Health

### What small, easy steps can I take to have a healthy smile?

Brush your teeth at least twice each day. Aim for first thing in **the morning and before going to bed**. Once a day, use floss or an interdental cleaner to clean between teeth to remove food that your toothbrush missed.



Gently brush all sides of your teeth with a soft bristled brush and a fluoride toothpaste. Circular and short back-and-forth strokes work best.

Take time to brush along the gum line, and lightly brush your tongue to help remove plaque and food debris.

Ask your dentist or dental hygienist to show you the best way to floss your teeth.

Change your toothbrush at least every three months or earlier if the toothbrush looks worn. A new toothbrush can remove more plaque than one that's

### What is oral health?

Oral refers to the mouth, which includes the teeth, gums, and supporting tissues. It is easy to take your oral health for granted, but it is key to living each day comfortably. These tissues allow you to speak, smile, sigh, kiss, smell, taste, chew, swallow, and cry. They also let you show a world of feelings through expressions. Taking good care of these tissues can prevent disease in them and throughout your body.

### Have a healthy lifestyle.

1. Eat healthy meals. Cut down on tooth decay by brushing after meals and not snacking on sugary or starchy foods between meals.

2. Don't smoke. Smoking raises your risk for getting gum disease, oral and throat cancers, and oral fungal infections.

3. If you drink alcohol, only drink it in moderation—no more than one drink per day for women or two drinks per day for men.

Heavy alcohol use raises your risk for oral and throat cancers. When alcohol and tobacco are used together, your



### Follow your dentist's advice.

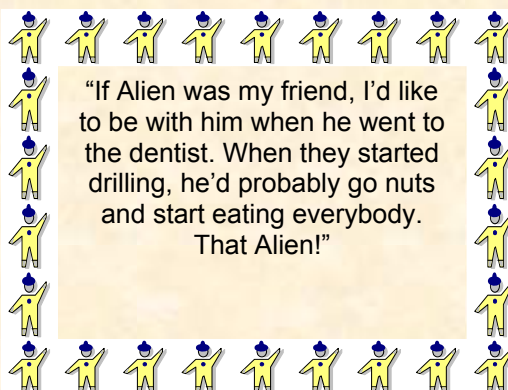
Your dentist may suggest that you do different things to keep your mouth healthy. He or she can teach you how to properly floss or brush, and how often. He or she might suggest preventive steps or treatments to keep your mouth healthy.



### Get regular check ups.

1. Having an oral exam twice each year will help find signs of problems early. During regular check ups, dentists and other types of dental providers can find signs of nutritional deficiencies, diseases, infections, immune disorders, injuries, and some cancers.

2. Make an appointment right away if your gums bleed often, if you see any red or white patches on the gums or tongue, have pain mouth/jaw pain that won't go away, have sores that do not heal within two weeks, or if you have problems swallowing or chewing.



"If Alien was my friend, I'd like to be with him when he went to the dentist. When they started drilling, he'd probably go nuts and start eating everybody. That Alien!"



## SPOTLIGHT WITH ZAMO MSOMI



**P.R.O :** Ubanu uZamo?

**Zamo:** UZamokuhle Innocent Msomi, umfana wase Nkonjeni ozithulelayo ozama okuhle njen-gengama lakhe "Zamokuhle" ozwana nalo lonke uhlobo lomuntu.

**P.R.O:** Uqale nini ukusebenza Kwa-Magwaza Hospital

**Zamo:** April 2006

**P.R.O :** Yini eyakwenza ukhethe ukusebenza eRevenue Department?

**Zamo:** Kwaqondana ngoba izifundo en-gangizenza eMangosuthu Technikon kwakuyi National Diploma in Agriculture ngangifuna ukuba yi Agricultural Economist. Kodwa manje senginothando lalomsebenzi engiwenzayo, sen-gizama nokuzithuthukisa kulomkhakha ngoba sengenza izifundo se Finance and Accounting (Public) e-University Of South Africa (UNISA)

**P.R.O:** Ngoba usuwenza lezizifundo uthanda ukuzibona usukuliphi izinga?

**Zamo:** Ngisesikhundleni esiphezulu mhlampe ngiyi Auditor noma Finance Manager kwi Public Sector.

**P.R.O:** Ubani umsebenzi ongathi uyi mentor yakho?

**Zamo:** Mr T.J Mdlalose (F&S Manager) uhlale esigqugquzela ukuthi sifunde, sizithuthukise sigcine singaphezu kwakhe indlela enza ngayo iyangikhuthaza ukuthi ngifunde ukuze ngithole namaye amathuba ngokomsebenzi.

### Zamo Contact Details

**Tel:** 035 450 8236

**E-mail address:**

**Mhlongo.dorris@kznhealth.gov.za**

**P.R.O :** Iluphi ushitsho osulubonile kulesisibhedlela njengoba ususebenze lapha ngaphezu konyaka?

**Zamo:** Kuningi noma ngingekusho konke, kodwa iMaintenance Department iyona engiyibona yenze ushitsho. Maningi amaprojects abonakalayo ase-bewenzile kulesisikhathi uma ubheka isimo se-budget esibhekene naso kwi Department of Health.

**P.R.O :** Uma ungekho emsebenzini usichitha ngani isikhathi sakho?

**Zamo:** Ngiyafunda, ngidlala ibhola abangazi bazokwazi manje ukuthi nginzima ebholeni, ngilalela umculo ngihlala namajita sishaye lezo...uyazi nawe!!



**P.R.O :** Ngoba unzima ebholeni iyiphi iclub oyid-lalayo?

**Zamo:** Movers F.C edlala kwi Castle League ngiphinde ngidlalele nesibhedlela.

**P.R.O :** Ungumlandeli wayiphi iClub and ubani umdlali okudlalela kamnandi ibhola?

**Zamo:** Mina ngiyi Khosi 4 life. Noma ngingeyena umlandeli we Sundowns kodwa uDerric Spencer uyangidlalela. Indela adlala ngayo ngiyafisa ukud-lala njengaye ngoba sidlala ama position afanayo.

**P.R.O :** Ubani ongafisa ukumazi kangcono kwi bhuku lethu elilandelayo.

**Zamo:** Sir Nathi Gabela osebenzela e Antenatal Clinic

Umlayezo ovela ku Zamokuhle

Njengabasebenzi asihlangane sibe nomoya munye lokho kuyosiza ekufezeni inhloso yethu okuwukusiza umphakathi.

**"TOGETHER WE STAND, DIVIDED WE FAIL"**



**HEALTH**  
KwaZulu-Natal

# IMMUNIZATION AWARENESS

What is immunization? Immunization is an act of preventing childhood diseases such as whooping cough, measles, diphtheria, chicken pox, small pox, poliomyelitis and yellow fever by giving chemical substance which has the causative organism of the infection to reduce virulent state. It can either be given by injection or through mouth.

The Hospital embarked on immunization awareness within the Hospital. This was one of the main priorities of child healthcare.

The awareness took place on the 13th August 2008.



One of the most important things you can do to protect your child's health is to see that she receives all of her recommended immunizations--and that she receives them on time. Vaccines have been proven to be one of the most effective tools ever created to help people live longer and have healthier lives. They work by preventing infectious diseases, some of which have the potential to cause long-lasting or permanent health problems, or even death.

**Community came in numbers to get information on the importance of Immunization.**



Ms T.T Mgwaba doing presentation on the important of immunization.

## Number of doses your child needs

The following vaccinations are recommended by age two and can be given over five visits to a doctor or clinic:

- 4 doses of diphtheria, tetanus & pertussis vaccine (DTaP)
- 3-4 doses of Hib vaccine (depending on the brand used)
- 4 doses of pneumococcal vaccine
- 3 doses of polio vaccine
- 2 doses of hepatitis A vaccine
- 3 doses of hepatitis B vaccine
- 1 dose of measles, mumps & rubella vaccine (MMR)
- 3 doses of rotavirus vaccine
- 1 dose of varicella vaccine
- 2-3 doses of influenza vaccine (6 months and older) (number of doses depends on child's birthday)







# FAREWELL MRS T.R Zondo (C.E.O)



Mrs T.R Zondo C.E.O esesho amazwi akhe okugcina kubasebenzi baKwa-Magwaza. UMrs Zondo wabonga ukubambisana okube khona phakathi kwakhe nabasebenzi waphinde wabonga noDistrict Manager uMs D.D Msomi ngokuba uphathi oqotho nomfundise izinto eziningi.



Ms D.D Msomi District Manager evalelisa ku Mrs T.R ZONDO

Mrs T.R Zondo ( C.E.O)



Board Members from Left: Mrs D.T Dlamini and Mr V.B.C Mthlane



Board Members Ms .N.N.P Mkhulisi and Mr D.M Dludla (Hospital Board Chairperson)



Dr R.N Mokoena Eshowe Hospital C.E.O and Mrs Jafte Mbongolwane Hospital



Board Members from left Mr E.B Msimango and Mr D.S Magwaza



# FAREWELL MRS T.R Zondo (C.E.O)



I-Hospital Choir yamangaza uHospital C.E.O ngendlela ababecula kahle ngayo.



Ngabe ayikho iHospital Choir ukube azikho lezizinsizwa.



iKwa-Magwaza Primary School banandisa nendlamu.



Kuseyiyona Kwa-Magwaza Primary School benandisa ngengoma.



Hospital Manager Mrs T.R Zondo receiving a gift from Ms N.P Zulu.



Farewell Mama Zondo Hamba kahle: From left Mr N.C Ntulu H.R Manager, Buhle Sithole P.R.O, Zanele Ndlela Senior Systems Officer and Linda Mbatha H.R Officer.



## Contact Us



### UVOLWETHU

THE VOICE OF KWA-MAGWAZA HOSPITAL

Kwa - Magwaza Hospital

Private Bag X 808

Melmoth

3835

For more information and comments you can  
contact

Ms Buhle Sithole @ :

Phone: 035 450 8321

Fax: 035 450 2286

E-mail: [buhle.sithole@kznhealth.gov.za](mailto:buhle.sithole@kznhealth.gov.za)




**Kwa-Magwaza Hospital**