



MONTY NEWS

NEWS

HEALTHY LIVING, HAPPY LIVING

JAN - MARCH 2024

MONTEBELLO HOSPITAL SAYS 'YES! WE CAN END TB'.

The month of March in the health sector is famously known as TB awareness month, and Montebello could not have done it any other way but to bring on an amazing TB awareness event. The 27th of March saw Montebello hospital in a delightful mood as they brought together the staff and patients in giving awareness on TB and also celebrating the patients who have fought against TB by correctly taking their medication as instructed.

Sr D.P.H Nxumalo who explained the purpose of the day mentioned that TB is a curable disease as long as you take your medication

correctly, and that TB clinic staff is there to support their patients. Mr Nqadu Ilembe District Coordinator also shared the TB statistics in his remarks which gave a picture on how far the province has come with fighting TB. The day was filled with speakers who shared the different topics on TB, including the different types of TB, how infectious TB can be, and how it travels from one person to the next, and lastly the Dietetics department sharing the importance of having a balanced diet when taking medication.

The day continued with fun filled activities for our patients, and it couldn't be more entertaining when the Community Health Workers performed a song they created on TB, with also the Nursing staff entertaining the patients with different music and dance.



TB AWARENESS IN PICTURES



Mrs Z.C Mzobe CEO welcoming everyone / Sir TIA Ndlovu giving opening remarks / Sr D.P.H Nxumalo on purpose of the day.



Patients & staff at the event



Mr Nqadu: TB District Coordinator giving his remarks



Mrs G.G Ndlangamandla : Chief Dietitian on healthy eating



IPC Coordinator : Sr P.K Chamane sharing on infection control



Sr N.B.B.J Gumede sharing on TB Treatment



Sr N, Buthelezi giving a talk on MDR TB



Community Health Workers singing a song on TB Awareness



Staff entertaining the patients



It was competition time and give aways for our patients



The Managers were also present to give support on the day.



MONTEBELLO HOSPITAL GIVES THE HEALTH TALK DURING PREGNANCY WEEK / STI's AND CONDOM WEEK



Montebello Hospital Maternity and HAST department were actively giving awareness during Pregnancy week and STI's /Condom week which are during the week of 6-10 February. The week started of with the HAST department getting busy with condom distribution throughout the week, where they also shared talks with the patients in all waiting areas on the importance of using condom protection during sexual activities, and all the risks involved in having unprotected sexual intercourse.

The week continued with Maternity also continuously educating the expecting mothers on the importance of taking care of themselves during pregnancy, which means honouring clinic visits, doing regular minor exercises to keep active, and also eating correctly, with a balanced diet. Sir Mthembu also emphasised to the mothers the importance of condom protection, and also the different types of contraception's that are offered by the hospital which they can choose from.



MATERNITY AND HAST DEPARTMENT DOING HEALTH AWARENESS TALKS AND CONDOM DISTRIBUTION DURING PREGNANCY AND STI's / CONDOM WEEK

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KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA



KwaZulu-Natal Department of Health



KZN Department of Health



kznhealth



@kznhealth

**GROWING
KWAZULU-NATAL
TOGETHER**

DID YOU KNOW THAT THE 3RD OF MARCH IS WORLD HEARING DAY?????



**HEALTH TALK
READ ALL
ABOUT IT !!!**



DON'Ts



Ungenzi



**Vala izindlebe zakho
lapho kubanda**



DOs

all about
EAR CARE



**Ungalaleli
umculo ophezulu
ngesipikha noma
ama-headphone**

**Vimbela amanzi
ukuthi angangeni
endlebeni yakho**



Yenza

Nakekela izindlebe zakho



**Hlanza ingxenye
engaphandle yendlebe
ngendwangu ethambile**

Lawa macebiso alula angagcina izindlebe zakho zihlanzekile futhi zinempilo. Qiniseka ukuthi awuzihlanzi ngokweqile. Kungcono ukuvumela indlebe zihlanze ngokwayo ngokwemvelo ukugcina yonke into isesimweni futhi ikhuthaze ukuzwa okufanele.

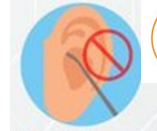


**Ungafaki lutho
ezindlebeni zakho
(isb., ama-cotton
buds, izinti,
amafutha)**

**Zihlole njalo izindlebe
zakho**



audiologist



**Xhumana nodokotela noma
umsebenzi wezempilo uma
izindlebe zibuhlungu,
ziphuma uketshezi
nokungezwa**

**Ukulandela lawa macebiso
okuvikela ukuzwa
kungakusiza ukuthi unakekele
kahle izindlebe zakho kunoma
iyiphi iminyaka.**



**Ungabhukudi noma
ugeze emanzini
angcolile**



**Sebenzisa ama-earplug
kanye nama-earmuff
ezindaweni ezinomsindo**



KHUMBULA!

**Uma ukhathazekile
ngokuthi kunenkinga
yendlebe, vakashela
udokotela wezindlebe
namuhla.**



**Ungabelani nabanye
ngama-earphone noma
ama-earplug**



**Sebenzisa kuphela imithi
enqunywe isisebenzi
sezempilo noma udokotela**

**Ungasebenzisi izinto
ezicijile njengama-safety
pins**

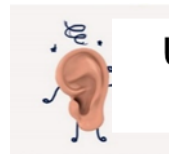


**MONTEBELLO HOSPITAL AUDIOLOGY SERVICES
ARE AVAILABLE FROM MONDAY TO FRIDAY
FROM 07H30 – 16H00.**

**Get in touch with our Audiologist for all your
ear problems**

Ms N.P Mbutho

Montebello Hospital Audiologist



**Ungazizibi izinkinga
zezindlebe**

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KWAZULU-NATAL PROVINCE
HEALTH
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KwaZulu-Natal Department of Health



KZN Department of Health



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**GROWING
KWAZULU-NATAL
TOGETHER**

MONTEBELLO STAFF GET ACTIVE DURING HEALTHY LIFESTYLE AWARENESS

The 6th of March was a very active day for Montebello hospital staff as the Physiotherapy department hosted a Healthy Lifestyle Awareness day. The day started off by the Physio team giving the health talk to patients on the importance of exercise and body movement, and further handed out pamphlets that they can read at home which will help the patients do home exercises. The day proceeded with the Physio



Montebello Hospital physiotherapists during Healthy Lifestyle Awareness
Miss Z.Z Mkhwanazi /Miss M. Zindela /Miss P.P Njoko

department getting the staff together for health exercises and indigenous games which demonstrated the different types of exercises one can do on a daily basis. The exercise and fitness classes are provided everyday for staff by the Physiotherapy department between 15h00 - 16h00 From Monday - Thursdays.



PICS: staff members participating in the different activities during the healthy lifestyle awareness.



LET'S TALK OBESITY UKUKHULUPHALA NGOKWEQILE

KUYINI UKUKHULUPHALA ?

Ukwanda kwamafutha emzimbeni okugcina sekudala ukukhuluphala okunobungozi emzimbeni



YINI EBANGA UKUKHULUPHALA

- ◆ Ukunganyakazisi umzimba
- ◆ Ukungazivocavoci
- ◆ Ukuphuza ngokweqile utshwala
- ◆ Ukudla kakhulu ukudla - take aways, fast foods okunamafutha, nosawoti noma noshukela omningi
- ◆ Ukungahleleki kahle kwashukela



Montebello Hospital Dietetics Department services are available every Monday - Friday from 07h30 - 16h00.

Mrs G.G Ndlangamandla
Montebello Hospital Chief Dietician

UKUDLA NGENDLELA UKUVIKELA UKUKHULUPHALA

Thokozela izinhlobo zokudla

Ipleti malibe nezinhlobo ezimbili zamaveji



Yenza isitash isisekelo sokudla okuningi okudlayo

Idla isinkwa sikakolweni, namasiriyeli anefayibha eningi, irayisi elinsundu, Kanye namaveg afana nombila oyisikhwebu kanti futhi nobhatata uyisitashi esinempilo



Idla kakhulu amaveji nezithelo nsuku zonke

Zama ukudla ama veji anombala ogqamile , ophuzu noma elinombala oluhlaza njenge klabishi, I broccoli, ithanga, ubhatata, ukherothi, imifino noma ibhathanathi zonke izinsuku.



Zivocavoce

Kubalulekile ukunyakazisa umzimba nsuku zonke ukuze uvimbele ukukhuluphala.



Phuza kakhulu amanzi ahlanzekile futhi aphephile

Phuza izinkomishi eziwu 8 ngosuku, kanti abantwana kube izinkomishi ezintathu noma ezine ngosuku.



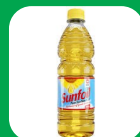
Sebenzisa kancane usawoti

Ungafaki usawoti omningi kakhulu uma upheka noma sekuphekiwe ukudla, kanti futhi gwema nama snacks



Idla amafutha kancane

Siding ukudla amafutha anempilo njengamafutha kabhekilanga (Sunflower) noma imajarini ethambile nsukuzonke, kodwa hhayi kakhulu ukuze ukuze ungabi nesisindo esiphezulu bese ukhuluphala kakhulu .



HAPPENINGS IN THE LAST FEW MONTHS OF 2023



DIETETICS DEPARTMENT HOSTED MONTEBELLO HOSPITAL BREASTFEEDING WEEK 2023



DIETETICS DEPARTMENT HOSTED THE NATIONAL NUTRITION WEEK FUN WALK & FRUIT PLATTER / SANDWICH COMPETITION



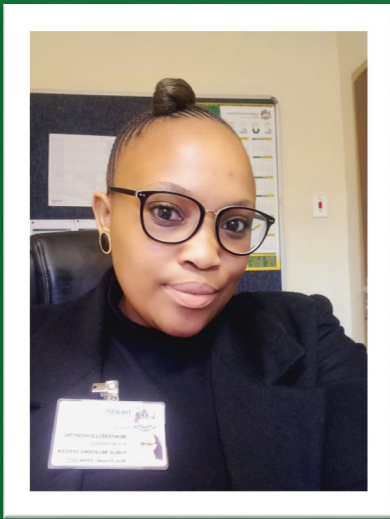
MONTEBELLO HOSPITAL HOSTED A FAREWELL EVENT FOR THE RETIRED STAFF



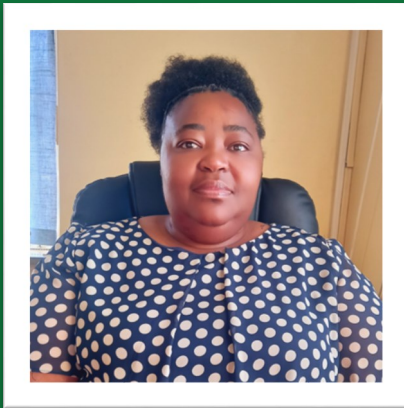
AND WE BID FAREWELL TO OUR COMM SERVES FOR 2023



ACKNOWLEDGEMENTS



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