



Mseleni Hospital

Mseleni Hospital

News Letter

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SPECIAL WORDS

- A miss is as good as a mile
- A person is known by the company he keeps
- A picture paints a thousand words
- A problem shared is a problem halved
- A prophet is not recognized in his own land
- A volunteer is worth twenty pressed men
- A watched pot never boils
- Good things come to those who wait

HOSPITAL MANAGER'S CORNER



Hi all!



We are now approaching the end of year 2006. we must all be thankful to God who has taken us thus far, but also remember that it is not the end of the road. Year 2006 has not been a smooth year. There were so many challenges for Mseleni Hospital. It was through God's grace that our heads were kept above the water. Thank you very much to the hard working staff

because a job makes something for you but a career that one pursue makes something out you. To those who could not pull up their socks a word of encouragement is sent "ukuhlehla kwe ngqama akusho ukubaleka kodwa kusho ukulanda amandla" successful people have a lot of latitude in their attitude.

May the spirit of Christmas prevail you, in your minds and souls and have peace within yourselves

NGINIFISELA UKHISIMUSI ONENJABULO NONYAKA OMUSHA ONOKUTHULA.

Always remember that "when we give and forget, life becomes fun to live"

THANK YOU

BY:

Mrs. T.A. Mqadi



AKE SITHI NQAMPU NQAMPU NGEZITHOMBE

SIBONGA NOTHISHA BASE MSELENI ABET NGEQHAZA ELIMANGALISAYO LOKU-
TOTOBISA IZINZALABANTU

AA

UMiss T.B. Mabuza KADE ENGU CLEANER KODWA NAMHLANJE USENGU GENERAL
PATIENT ADMISSION CLERK NGO A.B.E.T. Phambili Mseleni Phambili!!!!!!!



Ms. T.B. MABUZA, USENGUMABHA-
LANE NGO ABET



MSELENI ABET

ABET @ MTUBA RIVER VIEW

Bekuwubugqigqigqi nobu dididi be-
mashi ebinoggozi lwesasasa kubhekwe
ethendeni ebeliwundabuzekwayo.

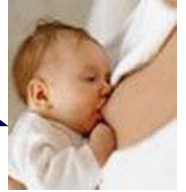
Ubengaze adideke uMotoung we
Kaizer Chiefs azathuke esesayina
isheke ngokucabanga ukuthi naseMse-
leni kunabalandeli bakhe kanti cha ngu-
Mseleni ABET.

Ubungafunga ukuthi abalandeli bempo-
fana behambisana nemithonseyana
yeZenkosi, *ngisho iCosmos phela*, kanti
umbala ophuzi ebebezigqamise ngawo
abafundi abadala basemseleni esib-
hedlela. Lokhu kuchazwe yindlela uM-
sele ozimisele ngayo kugujwa i-ABET
DAY eRiver view Sport Grounds.



Breast Feeding Awareness at Oqondweni Clinic

16 November 2006



Phezulu ngebele phezulu

Phansi ngebhodlela phansi



Ms Ndaba, Breast Feeding coordinator.

Tips for Breast-Feeding Success

It's helpful for a woman who wants to breast-feed to learn as much about it as possible before delivery, while she is not exhausted from caring for an infant around-the-clock. The following tips can help foster successful nursing:

- **Get an early start:** Nursing should begin within an hour after delivery if possible, when an infant is awake and the sucking instinct is strong. Even though the mother won't be producing milk yet, her breasts contain **colostrum**, a thin fluid that contains **antibodies to disease**.
- **Proper positioning:** The baby's mouth should be wide open, with the nipple as far back into his or her mouth as possible. This minimizes soreness for the mother.
- **Nurse on demand:** Newborns need to nurse frequently, at least every two hours, and not on any strict schedule. This will stimulate the mother's breasts to produce plenty of milk. Later, the baby can settle into a more predictable routine. But because breast milk is more easily digested than formula, breast-fed babies often eat more frequently than bottle-fed babies.
- **No supplements:** Nursing babies don't need sugar water or formula supplements. These may interfere with their appetite for nursing, which can lead to a diminished milk supply. The more the baby nurses, the more milk the mother will produce.
- **Air dry:** In the early postpartum period or until nipples toughen, the mother should air dry them after each nursing to prevent them from cracking, which can lead to infection. If her nipples do crack, the mother can coat them with breast milk or other natural moisturizers to help them heal. Vitamin E oil and lanolin are commonly used, although some babies may have allergic reactions to them. Proper positioning at the breast can help prevent sore nipples. If the mother's very sore, the baby may not have the nipple far enough back in his or her mouth.
- **Watch for infection:** Symptoms of breast infection include **fever and painful lumps and redness in the breast**. These require immediate medical attention.

Expect engorgement: A new mother usually produces lots of milk, making her breasts big, hard and painful for a few days. To relieve this engorgement, she should feed the baby frequently and on demand until her body adjusts and produces only what the baby needs. In the meantime, the mother can take over-the-counter pain relievers, apply warm, wet compresses to her breasts, and take warm baths to relieve the pain.

Eat right, get rest: To produce plenty of good milk, the nursing mother needs a balanced diet that includes **500 extra calories a day and six to eight glasses of fluid**. She should also rest as much as possible to prevent breast infections, which are aggravated by fatigue.

Ms Ndaba



Interviews with the community mothers about how do they feed their children

THE EXTENAL QUALITY SURVEY: AUGAST 2006

Ngithanda ukubonga ukuzimisela nokubambisana kwenu emsebenzini esizibophezele ukuwenza. Nansi imiphumela yethu lapho sihlezi khona okwamanje ngokwe-Quality.



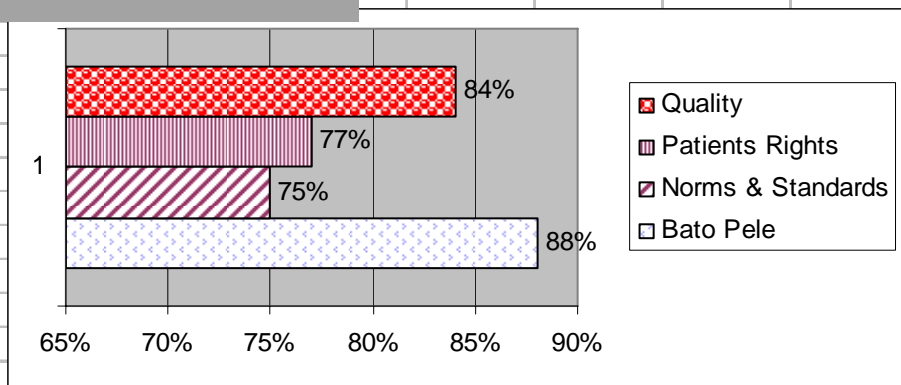
Asiyibambeni njalo size siwiswe yisiyezi

"I thank you all, kuze kube ngokuzayo" WOZA 2007

Ms. Phindo Mlambo
Quality Co-ordinator

| <u>Here is the stats</u> | <u>Aug</u> | <u>Sep</u> |
|--------------------------|------------|------------|
| Quality | 83 | 84 |
| Patients rights | 70 | 77 |
| Norms & Standard | 86 | 75 |
| Bato Pele | 83 | 88 |

August Month External Quality Survey Graph



Notice Board

"..... It erupts like an earthquake and then subsides. And when it subsides you have to make a decision. You have to work out whether your roots have become so entwined together that it is inconceivable that you should ever part. Because this is what it is. It is not breathlessness, it is not excitement, and it is not the broadcast of promises for eternal passion. Love is a temporary madness"

What is Quality ?

Some people when you ask for Quality they say its **Phindo** (Quality Assurance) in most of the time you hear people saying I want



• Open/ Quality Day on the 21st of November 2006



Guest Speaker Mr. GV Mthethwa

“Quality”, you even hear ogo saying “ngifuna imbewu yamakinati eyi Khwayithi” even if you want to get married you look for QUALITIES. One day my wife was talking to our daughter, asking her what type of husband she would like to have, she said “ I would like to have one with good Qualities of being responsible and loving as my dad” not quarrelsome.

GATE

Our security must give good Quality service, the manner in which they search bags, not just saying “Vula , Vula, but may I search your bag mama or baba. Our cars Vula iboot, vula, but politely, ngicela ukubheka ngemuva. That’s good Quality of approach.

WARDS AND SERVICES PROVIDERS/NURSES:

A provider without a greeting to client is like a car without a battery. Good Quality is greeting to all your clients, not just as you enter the ward “Phenduka isikhathi sokujova, dunusa/phenduka that not a good Quality

to great your client, a patient can fill better just by talking nicely to them. You can even eject your patient with still water as long as you show good Quality of what you doing and talking about. Smiling face bakwethu counts a lot on Quality.

BATHO PELE “SERVICE STANDARS”

When you are looking for better service, you shop around e.g. if you want to service a car you will look for the provider that has good Quality record of servicing the cars. Same thing must apply in this institution, we must have G.O, C.O , N.A, staff Nurses, Sisters, Matrons, Doctors, management that has good qualities of placing this institution into a province, National as well as international map. I have read in one of the Magazine that one the Mseleni Doctors has skills and Quality of healing the MJD, that is step one of the qualities that we must hunt for. That was Dr Fredlund we must give Dr V.G. Fredlung a big applaud for Quality he has on MJD operation.

DEPARTMENTS

Must produce good Quality on their services, but while saying that department cannot produce good Quality if they are not given Quality equipment to produce. Let us take Laundry for example, if Laundry don’t have Quality soap, Quality stain remover, rust remove, Quality machine and Quality staff cannot perform the way they right now. Laundry is giving good Quality in Linen cleanness.

Lastly, but not least we are all to produce good Quality in this institution, so as to place it in a map.

WE MUST MOVE AWAY FROM QUANT AND IMPLEMENT OUR QUALIFICATION AS TO QUALIFY FOR QUALITY.

IN HUMAN WE SAY KINDNESS IS A HUMAN QUALITY THAT EVERYONE ADMIRES

I THANK YOU !!

PREPARED AND DELIVERED AT QUALITY DAY
BY: MR G.V. MTHETHWA

Hast Awareness



Mrs. Gumede
HIV/AIDS Coordinator

The HAST at kwa - Makhasa Reserve went very well people came in their big numbers to celebrate this awareness with us. Dignitaries were observed, to mention few, were headmasters, counselors, teachers, mothers and fathers and well as scholars. Community health workers entertained the ceremony with fantastic musical items. Thanks to each an every speakers who came prepared to answer rains of questions raised by the community. That showed that people were eager and ready for this day through their interest they showed.



Umphakathi wawuthe shaye

HIV/AIDS DEPARTMENT Supervisor, Mrs. Gumede delivered a sound speech in the closing of the function explaining the importance of checking one's status. Because the death rate sometimes is caused by the fact that people start to take ARVs when there are severely sick and not knowing that there are HIV positive. She further encouraged the issue of taking ARVs timously. Because other people default the treatment. The atmosphere was very high because people were showing interest by asking questions and confirming that they are HIV positive but stressing out that ARVs have taken a huge part in saving their lives. About 23 smiling people raised up and confirm that they are taking ARVs.

Bab' uMalambule also rendered his item on Tuberculosis (TB). He stressed out that people must not default treatment because they are applying for an MDR/XDR which is in-

Like who in the WORLD crossed a red sea, but we are tolled Israelites did. Never ever try to cross the red line of life.

A- ABSTAIN

B-BE FAITHFUL

C- CONDOMISE

NEW STAFF MEMBERS FOR PAST FEW MONTHS



IYANAMUKELA EMNDENINI WASEMSELENI ESIBEDLELA



Be courageous

Education is not a preparation for life, education is

life itself. Therefore learning is the product of what is already there in pupil's soul, it is a lifelong adventure that begins in the womb and continues throughout our lives.



LOVE ONE & THE ONLY ONE LIFE YOU HAVE

Abasebenzi abasha (New Staff Members)

- | | |
|-----------------|------------------------|
| 1. Mdlalose NI | General Supply Officer |
| 2. Mtshali ZP | General Supply Officer |
| 3. Mnguni ZL | Record Officer |
| 4. Ntuli SE | Supply Officer |
| 5. Mathonsi LR | Radiography |
| 6. Dlamini NE | Chief Professional |
| 7. Thwala T | Chief Professional |
| 8. Ntombela SD | Chief Professional |
| 9. Nxumalo S | Chief Professional |
| 10. Mbonambi TN | General Supply Officer |
| 11. Vumase D | Social Worker |

In the confrontation between the stream and the rock, the stream always wins, not through strength but by perseverance. Remember, it is by what we ourselves have done, and not by what others have done for us, that we shall be remembered in after ages

Editor's Office

We wish you a Merry Christmas and Happy new year.

- Elokugcina bazalwane bami qinani ekungashayeleni niphuzile, don't drink & drive nasekulikeni emakhaya kusakhanya kungahlwa nisesemabhishi nasema bottlestore. Ngoba ngokwenza lokho nobe nizikhulisela amathuba amaningi okuphinde sibonane. Nihlome izikhali zokusebena kwezomnotho ngendlela ehlelekile khona nizoba namandla okumelana nenkangala yango January. Malapho sekudlule ukhisimuzi ningabi

ne-stress. Kodwa nime.

Sinithanda nonke

It is not your aptitude, but your attitude, that determines your altitude.

Thanks for your unfailing support to all sections that have devoted themselves in making all previous issues a success. And many more thanks to Kathryn Potgieter for your massive but accurate publications you do on the Intranet

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