

## HEALTH

## LOUD FROM THE TOP OF THE MOUNTAIN

NKANDLA HOSPITAL OFFICIAL NEWSLETTER

## KwaZulu-Natal



**EZIKAMPHATHI** 

FROM THE GOODNESS OF WARM OF THE

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EDITOR.

Mr. B.M. Dlamini

## CEO'S DESK / EZIKAMPHATHI

the race, the frog arrived first at the finish but the tortoise attempted to claim the prize. According to the tortoise the frog did not run the whole race because it was jumping. As we enter the third quarter of the year, we are anxious about the time left for the tasks still to be performed. The festive season and the financial year-end always pose challenges to the procurement processes and the implementation of certain proiects in the institution. As we rush through the second half of the annual race it is necessary to change gears and the running style. The "better late than never" approach is no longer applicable and time is the factor. We hope that our financial "BUS" will improve and get us to the end of the financial year safely.

One of the sports fanatics in the hospital asked me how I felt about the performance of our hospital in the recent sports tournament in Richards Bay. My answer was 'very good". In life there is no Management wishes to congratulate all participants for their efforts. It was reported that the participating staff behaved well and there were no incidents of miscon- mention a few. duct, "picking" or fighting from our players. I hope there was no "match-fixing". Analysts say that the absence of our PRO Mr Vusi Zulu had an impact on the performance of the players as well as the outcome of the matches. Consequently, according to analysts, Mr Zulu decided to quit Nkandla hospital because he hates losing. I wish to distance myself from these visiting pastors promised to pray

When the tortoise and the frog ran allegations. However, I wish to thank our PRO for his memorable contributions to Nkandla hospital and also to wish him well as he assumes his new PRO role in Northdale hospital.

Nkandla hospital has gone a step further in meeting the needs of the skills if there are no dilemmas. community. Staffing has generally improved. According to recent quality surveys, the patients and the community are receiving better care due to the strengthened hospital and community-based and guidelines have also been developed to support staff in taking decisions under certain circumstances where needed. Compliments received from patients still outweigh complaints. Monthly patient satisfaction survevs show that patients are, in general, happy with the quality of service they receive from the hospital. The routine surveys and audits themselves have a direct influence on the improvement care to our patients. This year, Nkandla hospital has achieved such thing as a loss – only lessons. first time compliance with clinical auditing, patient satisfaction surveys, new Mental Health Care Act, PMDS implementation, occupational health establishment – to

> The Department's motto ("fighting disease, fighting poverty and giving hope") has been with us for some time now. The more we live with it the more we get more meaning out of it. It is very interesting to note increasing recognition of the role of spiritual care in institutions. One of the

for us so that "we get enemies and obstacles" According to the pastor, a person grows faster and better if there are challenges. One cannot realize his or her problem solving skills unless there are problems. Similarly, there would be no need for decision making Thank you Pastor!. As a unique institution, Nkandla hospital is offering excellent opportunities for persons who want to grow in problem solving and analysis. Together we continue to fight health programmes. Many policies disease in a poverty-stricken community. Our institution will always be the hope for more than 100 000 citizens who rely on us for health care.

> May I take this opportunity and wish all staff at Nkandla hospital and their families a happy festive season and prosperous new year. In particular we convey our gratitude to the husbands and wives of all staff for their support throughout the year. Many staff members reach their homes late at night on Fridays and leave their homes as early as 3H00AM on Mondays. This is the kind of commitment we witnessed from staff throughout the year in the spirit of service delivery.

Forward the People's Hospital!



MR.M.MNTAMBO-CEO.



## FROM THE GOODNESS OF A WARM HEART PART 2

Siyaqhubeka futhi ne-Story sika Mama uButhelezi esimayelana nobuntu (humanity), kujwayelekile ukuzwa isisho esithi—sibusisiwe isandla esiphayo kunesamukelayo but Mrs Buthelezi goes an extra mile. Woza nendlebe ngize nendaba...

...and my dream so she will help me with goodies and toys and she did.

I then introduced this program inside the hospital and Matron Mnqadi, Zwane and Makhoba loved and welcomed the idea. Every year we received gifts at least 3 times, and gave them to the kids at the childrens' wards, sasibuye siphe ogogo amatshali during dates like women's day.

I introduced the ideas celebrating a special day.

I then introduced Matron Makhoba to Wendy and in 1996, a catering company that I was working for told me that they were moving me from Mbongolwane to Nkandla Hospital, when I moved from Mbongolwane, Wendy asked me whether there were some other institution I would like them to benefit from this project and I named Nkandla, Chatherine Booth and Mbongolwane.

When I got here (Nkandla Hospital) I introduced this project, my problem here was that I was from another company and things were not easy for me, very years we had gifts for the Christmas Babies and New Year's Babies as well.

As time goes on, my relationship with the Matrons got stronger and for the project failed because we had no time to sit and talk. In 1997, when the HIV/AIDS epidemic came up I had a wish of helping out but I didn't know how, I then confronted Wendy and told her about my Grandson who lost her Mother when he was only 5 months, and I wanted to help other parents with the same problem, with anything I could.

I used to see kids go to school bare footed and some going to school without anything because they were orphans, I spoke to Wendy about all this and she said their will give us clothes to give to these families and we must sell some as to be able to buy food for them.





Here are the pictures zaboMama eMaternity ward kanye nase Paeds bemukeliswa ngamajezi nezigqoko zomuntuza antofontofo nafudumele, courtesy of Mrs Buthelezi's heartwarming project. Bayadingeka abantu abafana no Mama uButhelezi that don't just mind their own business only. Siyabonga mama, May the Good Lord shower you with his first class blessings. Shenge, Ngqengelele!!!!





## **MPANDLENI CLINIC**

THE NEW DEVELOPMENT IS NOW AT AN END AT NKANDLA AREA.
THIS CLINIC IS ALLOCATED NEAR NKANDLA POSTAL OFFICE.
IT HAS GOT 10 CONSULTING ROOMS INCLUDING 4VCT ROOMS
THIS CLINIC STARTED LAST YEAR AND IT WILL BE FUNCTIONING IN DECEMBER. IT WILL BE OPERATING FOR THE NORMAL WORKING HOURS.



THIS IS THE FRONT VIEW OF MPANDLENI CLINIC AND IT WILL SERVE LARGE NUMBER OF PEOPLE FROM THE SURROUNDING ERAS OF NKANDLA.





FOR MORE INFOR VISIT www.kznhealth.gov.za/nkandlahospital.

## WHO DRIVES WHAT / BAHAMBA NGANI ABABANTU

Now Ixesha lokubona ukuthi uphush' nsimbenjan' sbarie. Namhlanje Kulengosi yethu Sinethulele u Ms Sma Sithole, She is the Mental Health Nurse@Crisis Centre.

Izwi L-Hallo Sis Sma

Sma –yebo Mfowethu (Wayebukeka ethukile)

Izwi L -When did you buy your car?

Sma- I bought it last year 2006)

 $\mathbf{Iwi}\ \mathbf{L}$  -Yini Oyithandayo Ngemoto yakho and why did you choose black colour.

Sma –Firstly it's gud 4 me as a young lady, I luv black colour becoz it's my favorite colour. Wherever I go ngifika in style.

Izwi L- Ujwayele ukuhamba nobani ngayo as Cherie osemncane othanda ubumnandi.

**Sma**- I used to go with my young daugther, Lindo, My Mother and my friends also.

Izwi L-How often do wash your car.

Sma –I wash my car whenever it's necessary.

Izwi L-Injani kupetrol

Sma -Very light 19 k/per liter.

Izw L-Ingeyesingaki lemoto yakho

Sma- It's my third car actually. The first one was iguseshe.

Izwi Lethu liphinde lakhulumisana No Ms NonkululekoZiqubu .She works as a professional Nurse@Martnity ward. She is very shy by the way.

Izwi L- Heita Daar Nonku -Ja my broe

T

**zwi L**-when did you buy your car **Nonku** – this year end of august.

**Izwi** L-Inombala ongajwayelekile &what is so special about it. **Nonku** – Sapphier blue is very unique colour to me.

**Izwi L-**Uthanda ukuhamba nobani ngayo. **Nonku** – My family and my friends

**Izwi** L-did you have car before **Nonku-**No it's my first car.

Izwi L-Injani ukulimaza kwi gas Nonku –My car is very light on petrol.

Izwi L- Kuyadlelwa kuyona

**Nonku** –I do n't have a problem unless about eating unless you will wash it @ the end of the day. (Kazi Izinsizwa Zashonaphi).





## MOTIVATIONAL NOTE AND POEMS

### **Creativity time**)

#### Simatasatasa

Simatatasa usuk' lonke Kuze kulamul' esokuphumula Zilokhu zish' umshawushiloSehla senyuka, Libalele, Liguqubele Lina.Asiwuzw'msebenzi

> Sincwendw'ngoma yethu Esiyihuba ngamaphimb'afanayo. Siphoxw'ingede Ebayalela lapho sicashe khona

> Bafike basamuk'kukudla kwethu Siphendule ngezindosi nathi,,,

Author Bahle; Busy Bee" Msweli.

#### SIVIVINYO

Uneli anmike Ucebo incwadi,

Nocebo ayemukele ngesandlaesinedumbe.

Ayiklebhuleimvilophi nayo enemijwilana yomjuluko.

Ayifunde buthule elokhu izanya:

Ngibone kungcono ukuthi ngithathe lesi sinqumo Cebo.

Bengikuthanda, Kodwa ngibone kukuhle sivele sehlukane.

Uthando luka Thabani lugcine lungigojele.

Imali obusungiqale ngayo ukulobola soyikhokha.....Acabange igxathu abeselithathile uCebo no Nokuthula.Aqhaqhazele Kakhulu.Aquleke.Esetheliwe ngamanzi, axolise uNeli kuye.Akutshele ukuthi uNokuthula ubemvivinya....

Author Bable Busy Bee Msweli

#### Konke Kunesikhahi sakho

Iqinisile ncwadi engcwele uma ithi konke kunes'khathi sakho. Kukhona isikhati lapho uyaye ufike khona ukwenza into ethize,ivele Kodwa ingenzeki.Lapho kusuke kusho ukuthi sisuke singakafik' isiskhi-

Sokuthi leyonto yenzeke.uyasho umshumayeli kuleya ncwadi, uthi – Kukhona isikhathi sokutshala nesikhathi sokuvuna.Ngeke uvune ungatshalanga

Noma kungatshaliwe.Bandl'ephakathi lapha ngigcizelela ukuthi kuhle sibekezle kulempilo esiphila kuyo. Uma wehlulekile namuhla, yazi ukuthi nekusasa liyeza.

Lokho kusho ukuthi kusasa noma ngomuso, usangaphinde uzame mhlawumbe-

Ugcine usuphumelele. Impilo ngibona ukuthi imazombezombe. Uyaye uthi ikusasa lakho lisempumalanga, ubheke khona ugcine ungaphumeleli uze ushone le entshonalanga lapho wawungafisi ukuya khona, uvele ufike uphumelele uma sewulapho.Ngibona ukuthi into nento eyenzka ezimpilweni zethu unkulunkulu usuke ehlose okuthile ngayo. Uthi uqambe ufika kulesosicongo ubesewuqeqesheile. Ngamanye amazwi usuke sewungakwazi ukubhekana nezinqinambi ezikulelo zinga.

Akumele ugcine sewuzibona uyinto engathi shu, uze ubone ukuthi ngabe kungcono uma kuthiwa ungomunye umuntu. Uma ubukisisa nalowo muntu usuke edinga izinto ezithile empilweni, usuke engenelisekile, usuke efuna ukuqhubekela phambili. Lokho kusho ukuthi kayikho into eyenelisa umutu ngokuphelele kohlale kunjalo nje futhi. Namuhla wehlulekile, zama-ke futhi, isikhathi sakho asikakafiki. Akuvelwa kanye okwamadlebe embongolo.

Uma usaphila yazi ukuthi kukhona osangakwenza uphumelele, ngoba konke kunesikhathi sakho!



BABLE Busy Bee Msweli.

Cha igalelo lakho mfo kaMsweli libonakele e Nkandla Hospital

## HIV/AIDS AND DRUGS AWARENESS.

HIV/AIDS AWERNESS HELD AT MANZAMNYAMA PRIMARY SCHOOL

On the 6<sup>th</sup> of September 2007, Nkandla hospital was the part of HIV/AIDS and Drugs campaign held at Manzamnyama Primary School. Lot of issues were being discussed as the part of this awareness. Members of love life and community as well were the part of this campaign.

It was very interesting to see community members sharing their ideas about sexual related issues. about HIV/AIDS, DRUGS and Other sexual transmitted diseases.

Some people do not know that -TB can be treated easily as long as you take treatment properly.

It's very imperative to know your status.

Department of health was to give clarity to children, community members and to the teachers as well.

We hope to see this collaboration progressing.

# It's very encouraging to see umphakathi ezintweni ezinje



Itende laligewele lichichima – abantwana,Othisha,Umphathi and others



School choir gave us a beautifully music as they appear in the picture.



You coul get hungry in stomach but not in ears as abantwana ging ukudla kwendle.



Odado was there entertaining umphakithi as you can see can them dancing here.



The space was very limited as you can some of the kids standing up.





Mr.Mlungisi from Nkandla Hospital was there giving advices and and requesting students to stay away from drugs.



Members of the community were listening attentively all the speeches.

## ESHASHALAZINI / SPOT LIGHT WITH THE EXITING **PUBLIC RELATIONS OFFICER**

Izwi-L:

Izwi-L

#### ESHASHALAZINI /SPOTLIGHT WITH THE EXITING PUBLIC RELA-TIONS OFFICER, MR V.N. ZULU

Kulengosi yethu yeshashalazi namhlanje Sivalelisa obesiphethe lapha ehhovisini labaxhumanisi. The one and only, uma Vusana Zulu obeyi Public Relations & Communication Officer at Nkandla Hospital.

Izwi-L :Unjani bra Ma Vusana!

Veezet Ningifake imbiza yini? Ngiyadlala, I'm ok. : Tell us about family and about yourself Izwi-L

- (ubani uvusi) Veezet My full names are VusumuziKaZulu Nor- Veezet

man Zulu, I have two supportive parents another candle. and three beautiful sisters, I'm very outgoing, and I also think I'm very funny!

: Where do come from EMandeni, White City

: Are you married or do you have a girl

Not married yet but very committed....

: What is the saddest moment that has

There are 3 actually, losing my girlfriend in a horrible car accident in 2002, being involved in the car accident myself that paralyzed me for 2 months in 2006, and losing my sister in August this year.

: Is it true that you 'r leaving Nkandla

Hospital and where are you Going It's true, I'll still be within the department of health, just keep your eyes glued to the net. In other words, watch

this space.

Izwi-L : What do you like about your job? Meeting new people, having to stand in Veezet front of the public to address them about the issues at hand and maybe try to be of help and being involved in excit-

ing projects.

: What does it takes to be a good PRO. Self respect, hard work and dedication, having good listening skills coz a good listener makes a good speaker, being humble by going to the lowest level of life, coz once you go down, people will always raise you up, being able get into other people's shoes, ngiyema lapho-.

: Where are we going to see you in 5yrs

Probably having my own communications and entertainment company (I will hire you two) and having two beautiful kids. Jocking

The 3 things that people didn't know about vou.

When I'm hurt, I'm not afraid to cry. Veezet I've got a soft spot for kids.

> Oh...I keep teddy bears, but I'm straight! (laughing)

The fourth one, even though I was asked to mention three is that I am a professional motivational speaker.

: Your last words of wisdom.

A candle never loses its light by lighting

#### **Dedications**

Goodbye's the saddest word I'll ever hear Goodbye's the last time I will hold you near Someday you'll say that word and I will cry It'll break my heart to hear you say goodbye Dedicated to Vusie from Samke.

Goodbye my brother, I'll always think about u. I was hopin' that we would be 2gder till de end of tym You are my greatest inspiration and life 'Il never gonna be de same without u (Moja). Dedicated to Vusi 4rm Mlungisi.



VUSI ZULU EXTING PRO. THIS INTERVIEW WAS DONE B4 UVUSI AHAMBE.

Izwi-L Veezet Izwi-L fried

Veezet Next question?

Izwi-L happened in your life?

Veezet

Izwi-L Veezet

Izwi-L Veezet

Izwi-L to come? Veezet



First up is our SMO- Asset, Supply Management Officer, Mr. S.E.E. Ngema

Thank You.

Sub-component of Supply Chain Management under Finance Component.

We are dealing with the maintenance of the Hospital equipment (Medical and Domestic) as well as all clinics' equipment.

To provide efficient and effective duties about equipment in our hospital & clinics, to reduce longer waiting times for our clients (patients) due to inefficient equipment.

Our main objective is to provide good service of equipment in our institution plus clinics and be able to be reached if it's about equipment and try to minimize problems about the equipment, especially the medical equipment. Monitor each and every asset that we have in our institution, to educate people that each and every asset within our hospital is of very high importance and very costly.

To handle day-by-day complaints about equipment, to give advise about procedures of purchasing new equipment and to ensure that all medical equipment are in good condition. Ensure that all records of equipment in sections are properly up to date.

Feel free to call me on ext. 295 first to make an appointment, or come in person (strictly job-related issues), our office is situated at the Procurement/HR Manager Park Home.



Mr. S.E. Ngema– Supply Management Officer– Asset.





## EZIKA SOMLOMO / PRO'S DESK

First and for the most I would like to thank god the almighty for being with me from tertiary institution up until now. Secondly – how can I forget the management for believing in me especially Mr. M.Mtambo (CEO) in terms of public relations related issues.

It's also imperative to acknowledge Nkandla Hospital Staff for their superior respect luv they demonstrated to me.

Without you guys this news letter wouldn't be successfully so your contribution is phenomenal.

Lastly I salute those heroes who were with us (friends that we lost). I hope that they are safety in god hands and their souls may rest in peace, unfortunately I can not name you all and I wish you all the best 4 2008.



MLUNGISI DLAMINI PRO INTERN

Let me take this opportunity to thank Mr.V.N.Zulu the former PR / Communication practitioner for his contribution in this hospital. Bengicabanga ukuthi ngizoba nesikhathi esanele nginawe ukuze sizobonisana.

I wish you a good lucky in NorthDale Hospital and remember that whatever you do either good or bad you 'r representing Nkandla Hospital.

I'm proud to say that u had put a mark@Nkandla Hospital especially in the field of PR/Communications Component. Always put yourself down so that other people will lift you up. Never under estimate any God creation becz we were all created by God for the same purpose thank you.



Mr.VN.ZULU EXITI NGPRO.

God may shine his soul upon you Samke as you go back to school. Iqhaza lakho libonakele and I hope that you are going to be a good symbol out there.

I'm willing to see you graduating next year and you must work hard. We live in the society whereby education is the key of life. During the apartheid regime/ era only few black people were allowed to study to the tertiary institution so use this opportunity effectively becz this moment comes once in life.

To the newly appointed employees feel@hme guz,
Nkandla Hospital is the place to be, although u away from home.
You came here to fulfill only one purpose of studying.



SAMKE NDLOVU.FORMER ASSISTANT PRO

May God Bless you and I luv you all. 4RM MLUNGISI BLESSING DLAMINI. PUBLIC RELATION OFFICER.(INTERN)



## HEALTH EVENT HELD@NONGAMLANE CLINIC HOSTED BY NKANDLA HOSPITAL



MISS Masuku 4rm Health District delivered the speech on behalf of health Dept.



Inkosi yakwa Khanyile on the right Inkosi yakwa Zondi on the



SIS OLGA MANTENGU DOING ENTRPRETA-TION FOR AWASENDIYA DURING DE EVENT@NONGAMLANE



SEEN HERE IS SISTER .D.MSIMANGO AT THE EVENT DOING SCREENING



MISS LANGA 4RM NKANDLA HOSPITAL.EHLOLA UGOGO.



MISS .B.NQULUNGA DOING VCT EKARIN

SCREENING WAS DONE EVERY-WHERE DURING THE EVENT.



LOCAL CHOIR GAVE US UKUDLA KWENDLEBE

## Ezibuhlungu Azipheli

PRIVATE INTERVIEW AT NKANDLA HOSPITAL

Mhla ziyisithupha ku November 2007 kwaba nesigameko esinyantisa igazi enkandla old age home, Lapho kwashona abantu abangu 12 and four of them were admitted to Nkandla hospital. That was the most saddest disaster ever seen. According to the reports from old age home the cause of the fire was not yet been determined and investigation continues.

The survivors expressed themselves as James Khuzwayo admitted at the male ward Shange Ntombincane, Christinah Nzuza and Helela Manzini all admitted to the female ward. All of them were treated for smokes inhalation and they were in the stable condition

Nkandla Hospital management passed their deepest condolences to the families of the deceases and Department of Health as the



whole were much involved in terms of the burial preparations. The Hospital Manager and the HR Manager had an interview with Dr. Mishack Radebe at Nkandla Hospital, Minister of Social Development. SABC journalists were there-to collect information.





Dr. Mishack Radebe visited the Wards where survivor in the incident admitted. He shared jokes with them as they able to speak.



In the scene at Nkandla old age home. Everything was burnt into ashes. Only four survived out of 12 people.

## MENTAL HEALTH CONER



Miss Smah S'thole Mental Health Practitioner For more infor Call (035)8330012/246

There's a great improvement on the mental health corner. Training are still conducted properly, Many clinics and units have received trainings. Since then admission ,transfers and discharges are now done correctly and forms are sent to interview board according to act. Further more it's the honor to see positive end results after training had been conducted. Wards are doing a very exceptional. "I'm very much impressed with your performance guys and it's encouraging to be with you.

Your dedication had been acknowledged''. All these sweetest words are coming from SMA SITHOLE the mental health practitioner.

# **OCCUPATIONAL HEALTH NEWS**

<u>'Today I have set before you life and death, curses and blessings but</u>

choose life that you may live" Deuteronomy 30:19

Always know that any choice/decision

you make in 2007 will influence 2008 and the rest of your life,

be wise make a Godly choice

Choose life!

OH&S wishes all the staff a safe and healthy festive season Merry Christmas.

#### OCCUPATIONAL HEALTH AND SAFEY

#### INCIDENT/ACCIDENT AND INJURY

#### 1. Accident/incident

It is an unplanned, uncontrolled event which may cause major or

minor injury or disease, illness, death, damage or other loss

# NO ENTRY NO EXIT

STHE DLAMINI

OCCUPATIONAL HEALTH AND SAFETY PRACTTIONER

#### 1.1Examples of accidents:

Absorption

Ingestion

Inhalation

Falling and tripping

Entrapment

Electric contact or exposure

Struck by falling objects etc

#### 1.2Factors contributing to accidents

Ancestry and Social environment

Fault in a person

Unsafe Act and/or mechanical or physical hazard

#### 2. INJURY

#### It should be noted that an injury is not the same as accident.

An injury is a harmful condition sustained by the body as the result of an accident and can take any form from a less serious abrasion or bruise to laceration or a more serious injury such as fracture, penetration of a foreign body, burns or electric shock, all of which may or may not cause permanent deformation, malfunction and even fatal consequences.

#### **Employees are urged:**

To adhere to safe working procedures thus preventing accidents and injuries in our Hospital environment.

To report any of these conditions to the Health and Safety Officer with immediate effect.

Not to perform duties that they are not trained for or out of their scope of practice

Not to operate defective machinery

Report any hazard that may compromise their health and safety.

## BEZIWA KUPHI / WHERE THE PARTY WAS AT



Mr.Nzimande on the left,Mr.Mnambo in the middle Babaphamandla on the left.



Nonkululeko& Mr.R.Melvin having fu fun



Zinhle izintozi ziswele amasoka



Yooh uyahamba mngani Lungi on the left and her friend



Xiting POR. Mr. Vusi Zulu .sheshisa Mshumayeli there was no need4mic



Mcweshu is cutting the cake. The house was on fire.



Mr Bhudda Nomcebo



Uvusi kanye nezimpelesi zakhe etafuleni



Mr. Mntambo doing twalatsa and having fun.



Samke Ndlovu gave the last speech 2



Thinah sorry! Akukho okubabayo Mfana



Chairperson of the SAB Khumalo was de

