



**health**

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

# Umpumulo Hospital

## Inkanyezi YaseMphumulo

# NEWS

STAY INFORMED

July / December 2019

## MEET OUR NEW CEO & MEDICAL MANAGER



UMPHUMULO HOSPITAL CEO & MEDICAL MANAGER— DR. M.J.ZULU

### UMPHUMULO HOSPITAL

#### VISION

To provide and sustain optimal health of all persons of KwaMaphumulo.

#### MISSION

Umpumulo Hospital is committed to render an effective, efficient, coordinated and sustainable district health care services through a Primary Health Care approach incorporating utilization of all resources and improvement of its public image and customer satisfaction through caring attitude.

#### CORE VALUES

- Honesty, trustworthy and integrity through mutual respect.
- Commitment to perform based on ethical behavior, team spirit and time management.
- Commitment to change, openness and transparency.

#### OBJECTIVES

- To strengthen PHC services.
- To ensure increased life expectancy.
- To reduce mortality and morbidity.
- To ensure improvement on HAST program.
- To strengthen Quality Improvement Programs.
- To ensure the establishment of highly motivated, well developed and adequate Healthcare Workforce.
- Implementation of facilities management plan and improvement.
- To strengthen focus programs.



**GLOBAL HANDWASHING DAY**  
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**GATEWAY OPEN DAY**  
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## REMARKS BY CEO & MEDICAL MANAGER—DR M.J. ZULU

Ngifisa ukuthatha lelithuba ngidlulise ukuthokoza kwami ngokuthola ithuba lokuhola umndeni waseMphumulo. Ngithanda ukubonga ukwamukeleka ngemfudumalo engikuthole kubasebenzi bonke, abaphathi, amalunga ebhodi yesibhedlela kanye nomphakathi wonke waKwaMaphumulo.

Ngijabulela ukuba ingxenye yalomndeni okhombisa ukuzimisela nokuthakasela ukusiza umphakathi wakithi. Kuningi engifisa ukukuguqula lapha esibhedlela kepha angeke ngikwenze ngaphandle kwabasebenzi kanye namalunga omphakathi esibekelwe ukuwusiza.

Kuyisifiso sami ukuhambela amalunga omphakathi angakwazi ukufinyelela emitholampilo nasesibhedlela ngenxa yezimo ezahlukahlukene, ukuze sikwazi ukubanika usizo lwezempilo olusezingeni elifanele. Kuyiphupho lami ukubona wonke amalunga omphakathi ethola ukulapheka ngendlela egculisayo uma evakashele ezikhungweni zethu zezempilo. Akungabazeki ukuthi uma singasebenza ngokubambisana nokuzimisela ziningi izimpilo zabantu ezizoshintsha ngokwesimo sezempilo. Angifisi ukubona noma ukuzwa ukuthi kunesiguli esiphume singathokozile emitholampilo kanye nasesibhedlela sethu. Uma ungalutholanga usizo olufanele noma ungaphathekanga kahle ngiyacela ukuba uxhumane nehovisi lami noma elikaMxhumanisi Wesibhedlela nomphakathi, izinombolo zikhona kuzona zonke izindawo esibhedlela nasemitholampilo.

Kubasebenzi bonke ngifisa ukubona ubumbano kanye nokuzimisela zikhathi zonke. Ngifisa ukuba umuntu ngamunye akhumbule ukuthi kungani sibizelwe kulomsebenzi, sikhumbule nezifungo esazithathayo. Amalunga omphakathi athembe thina ukwenza izimpilo zabo zibengcono. Ngithanda ukuba sonke njengezisebenzi zoMnyango weZempilo silandele yonke imigomo yeBatho Pele ukuqiniseka ukuthi zonke iziguli zethu zinikezwa lonke usizo okubhekelelwe ukuba baluthole.

Ngiyazi zikhona izingqinamba esibhekene nazo lapha esibhedlela sethu kepha senza konke okusemandleni ukuzilungisa, yize ezinye zazo singeke sizilungise ngobusuku obubodwa kepha ngiyacela ukuba nisinike ithuba sizame ukulungisa lapho kungalungiseka khona.

Ngifisa nazi ukuthi ngizimisele ukulalela bonke abasebenzi kuwona wonke amazanga, ingakho nje ihhovisi lami livulelekile ukwamukela nokulalela izimvo zenu. Ihhovisi lami lizimisele ukwamukela imibono esiyisa phambili ukuthuthukisa nokwenza ngcono izimpilo zabantu bakithi.

Njengoba siwumndeni ngifisa ukuba sinakekelane ikakhulukazi ezikhathini ezinzima. Isikhathi sethu esiningi sisichitha lapha emsebenzini ngakho kubalulekile ukuba sikhombise uthando nokwesekana lapho omunye wethu edinga ukududuzwa.

Sengiphetha ngifisa ukugqugquzela ubudlelwano obuhle phakathi kwethu neziguli zethu. Ngiyabonga.

Dr. M.J. Zulu - Umphathi Wesibhedlela

## BABE NESIDLO SASEMINI NABAPHATHI BESIBHEDLELA

Mhla zingama- 24 kuMasingana ( January 2020 ) uMphathi Wesibhedlela u Dr. Zulu bekanye nethimba labaphathi esibhedlela babe nesidlo esikhethekile nabasebenzi abahlanza amageceke ( groundsman ) emitholampilo nasesibhedlela. Umphathi ubonge labasebenzi ngendima abayidlalayo ukuqinisekisa ukuthi amageceke asesibhedlela nasemtholampilo ahlanzeke ngendlela esigculisayo.

U-Dr. Zulu uphinde wadlulisa amazwi okubonga kubona bonke

abasebenzi abebesuka emitholampilo engaphansi kwesibhedlela abebefikile ngalolu suku ukuzolekelela esibhedlela njengoba bese kunendawo enkulu ebisidingwa ukuhlanzwa.

Ube esephinde ebabonga ngokusebenza kanzima nangokukhulu ukuzimisela zikhathi zonke , wabe esenxusa ukuthi baqhubeke nokwenza umsebenzi oncomekayo . Uthena kubalulekile ukuthi imitholampilo kanye nesibhedlela kuhlezi kuhlanzekile ukuze neziguli zethu zizoba nethemba ziphinde zizizwe zisendaweni

ephephile engenakho ukungcola uma zingaphakathi ezikhungweni zethu.

Abasebenzi nabo babe sebedlulisa okukhulu ukubonga kuMphathi wesibhedlela , besho ukuthi bayathokoza uma umsebenzi wabo uncomeka, babe sebethembisa ukuthi bazokwenza konke okusemandleni abo ukuthi lelizinga lenhlazeko alijiki kunalokho kuzodlulela. Babe sebebonga uMphathi ngokulula isandla bathola okuya ethunjini , kwazise nelanga be-

likhipha umkhovu etsheni ngalolusuku. Nabaphathi nabo badlulise ukubonga okukhulu kuMageba ngento enhle ayenzile.



## GOLDEN GAMES AT MNYAMENI SPORTSFIELD



**Senior Citizens during the health screenings**



**Miss T. Ngubane—PRO handing pamphlets**



**Senior Citizens waiting patiently before the start of the Golden Games**

On the 26 July 2019, ILembe District Municipality hosted Golden Games for Senior Citizens from Maphumulo, Mandeni, KwaDukuza and Ndwedwe Municipalities.

The main purpose of this wellness initiative is to keep senior citizens healthy and also to help them prevent diseases such as obesity, heart conditions and many other diseases.

Umphumulo Hospital also joined forces with the Municipality by providing health screenings to all senior citizens before they started participating in the activities planned for the day.

Clients were also given health education and advised to do regular check-ups in order to prevent diseases. All those who had medical conditions were given referral letters to be seen at their local clinics for further management.

## BREAST FEEDING AWARENESS WEEK



**FROM LEFT TO RIGHT : TARGET AUDIENCES LISTENING TO THE SPEECHES. STAFF MEMBERS PERFORMING BREASTFEEDING SONG**

There is no doubt that breastmilk is the best. Healthcare professionals always preach these words to all pregnant women and those who had given birth. Mothers are encouraged to exclusively breastfeed their babies, especially for the first 6 months because breast milk has all the vitamins and nutrients which keeps the baby's body healthy and help them to grow well.

To witness this Umphumulo Hospital Dietetics Department, Maternity and Paeds Unit hosted several Breastfeeding Awareness Campaigns during the week of 1-7 August 2019. They were giving health talks to all breastfeeding and pregnant women.

On the 7th of August 2019 a formal event took place at Umphumulo Hospital Chapel where all breastfeeding mothers and their babies were invited to be part of this event. Mothers were encouraged about personal hygiene during breastfeeding. It was also emphasized that they should always wash their hands before breastfeeding their babies.

After all the speeches, there was a question and answer session based on the health talks for the day and prizes were given to those who gave correct answers.

Maphumulo Clinic also had a similar event inside the clinic .

# TRAINING FOR PHC GOVERNANCE STRUCTURE MEMBERS



Clinic Committee Members & Clinic Operational Managers

It is very crucial for each and every health facility to have Governance structure members, in order to ensure that they promote and protect the health of people served by a public health facility .

During the week of 19-23 August 2019, all Clinic Committee members under Umphumulo Hospital were given training at Umphumulo Hospital. The training was facilitated by KZN Department of Health in conjunction with Health Systems Trust ( HTS ).

Clinic Committee members were given in-depth knowledge about the functionality of PHC facilities. Facilitators encouraged the members to support their facilities

despite the challenges they are faced with.

## Roles and Responsibilities of PHC facility governance structures

1. Provide oversight through encouraging and ensuring accountability and stewardship of all resources at the clinic , including the provision of quality health care.
2. Advise on and approve the strategic direction of the clinic.
3. Ensure stakeholder involvement and management.
4. Perform the functions and carry out the duties and responsibilities imposed by the Act and
5. Perform any other function or carry out any other duty imposed by any other law.



Participants during group session



One of the facilitators, Mr. Zondi

# WOMEN'S DAY CELEBRATION

The month of August is regarded as Women's month and South Africans embrace this month by having lot of celebrations where they recognize the role played by women of 1956 who fought against pass-laws. These women marched to the Union Buildings to hand-over the petition to say "enough is enough " with the pass-laws which was introduced by the apartheid government.

On the 28th August 2019 Umphumulo Hospital hosted Women's Day Celebration. The event took place at the hospital's Chapel. Women came dressed in their floral outfits to celebrate this prestigious event.

Mrs. Sphelele Ngubane gave a short background about the purpose of the day, she then encouraged women to never stop fighting for the struggle of this country and also to look back and celebrate the role played by women of 1956.

Women were also encouraged to report about gender based violence. Miss S. Zwane ( Social Worker ) said the statistics shows that there is an increasing number of women who are abused daily. "As women, we should fight for what we are worth, we should not allow men to destroy us then keep quiet about it. If you are faced with a situation that you cannot handle on your own try to get help, never suffer alone ", said Zwane. She further said that her office is always open should someone needs to talk to her. Women should also protect their children, they should report any form of abuse based on children. Parents should never protect the perpetrators just because some of them are bread winners.

It was also a blessing in disguise to have our Guest Speaker Mrs. Nonhlanhla Mhlongo from Old Mutual who gave a talk about Money Literacy. She expressed that most of South African Women are drowning in debt due to different reasons. Mhlongo advised them to do a monthly budget and avoid buying unnecessary things just to impress others . She further said that people should learn that we come from different backgrounds and the level of living will never be the same and people should not try to live other people's lives .

It was indeed a very informative event for all women.



**Imbokodo dressed in their floral outfits**



**From L TO R : Women listening to the speeches during the event**

# GLOBAL HANDWASHING DAY

October 15 is Global Handwashing Day, a global advocacy day dedicated to increase awareness and understanding about the importance of handwashing with soap as an effective way to prevent diseases and save lives. Handwashing with soap and water is the simplest and most effective way to prevent the spread of diseases. The theme for Global Handwashing day this year is “**CLEAN HANDS FOR ALL**”, reminding us that we must be inclusive when addressing Handwashing disparities. This year’s theme follows the push to leave no one behind in the Sustainable Development Agenda.

## INTRODUCTION

ILembe District Municipality hosted the 2019 Global Hand Washing Day event at Nyamazane Primary school which is situated in the Sub-district Maphumulo under Maphumulo Local Municipality. Nyamazane Primary School has a total enrolment of approximately 1007 learners mostly from disadvantaged communities.

Maphumulo Local Municipality is located in rural area where hand washing facilities are limited. It therefore provided an ideal opportunity to commemorate the Global Hand Washing Day event within its area and acted as a best platform to share, sensitize and empower individuals, schools and surrounding communities on the meaning of washing hands with soap at critical times.

Inequalities in hand washing facilities and ineffective hand washing promotion programs can put individuals at higher risk for diseases that impact their health, education, and economic outcomes.

The event aimed to disseminate health education information to all learners, teachers and the nearby community members.

## OBJECTIVES OF THE GLOBAL HANDWASHING DAY

- ◆ To create environments conducive to the promotion of good hygiene practices in schools, homes and in health facilities.
- ◆ To increase awareness on the link between poor hygiene and diseases.
- ◆ To create awareness on the link between hand washing and food safety.

## PARTNERSHIPS AND STAKEHOLDERS

For the event to be a success, Environmental Health worked in collaboration with various stakeholders. Each Stakeholder played a very critical role in ensuring the success of the event. Hereunder is a list of stakeholders who participated in the event :

- ◆ National Department of Health [Environmental Health and port health services directorate]
- ◆ Provincial Department of Health
- ◆ Unilever
- ◆ District Health promotion
- ◆ Infection control
- ◆ Community care givers
- ◆ School health team
- ◆ Department of basic Education
- ◆ SAPS
- ◆ School governing body
- ◆ Communications
- ◆ District CDC
- ◆ NGOs [Love Life and Soul city]



# GLOBAL HANDWASHING DAY CONTINUES...

## BUILD- UP CAMPAIGNS

Prior to the main event, a number of build-up activities were conducted within the district. Build-up activities included Health education on food hygiene, personal hygiene, hand hygiene and demo's on the construction of Tippy taps as well as Environmental hygiene.

## CONCLUSION

Judging by the response received from the communities that attended, the enthusiasm from school children, full participation by different departments, lead stake holders including our political leadership and the world-wide coverage of the event by all forms of Media, one is optimistic that a convincing message was successfully shared.

The information shared on this day was truly an eye opener to everyone present in the event. The department is therefore committed to continue raising awareness to strengthen the message of hand washing to all communities. ( Article submitted by : Mrs. D. Padayachee - IPC Manager )



Invited Guests & Community Members during the event



Nyamazane Primary School Learners performing on stage



Learners who won during the handwashing poster competition



Cutting of the ribbon for the unveiling of handwashing basins donated by Unilever

# MENTAL HEALTH AWARENESS WALK /RUN



FEMALE PARTICIPANTS DURING THE FUN RUN



MALE PARTICIPANTS DURING THE FUN RUN /WALK

Umphumulo Hospital Mental Health Committee hosted 5 km fun walk/run in giving support to people living with Mental illness. Hospital employees participated in this walk which took place on the 23 October 2019 at Umphumulo Hospital. Mental Healthcare Users were also invited on the day but they joined the main event where health education was given to everyone after the fun walk/run.

Mr. Sibisi, who is the hospital's Mental Health Co-ordinator expressed the importance of supporting Mental Health program within the institution. He said it should be everyone's responsibility to ensure that Mental Health Care Users receive equal healthcare services offered by the hospital.

" People living with mental illness should not be discriminated just because of their sickness, and people should not call them with all those kind of names that we normally hear", said Sibisi. He further said they are also human beings and they deserve to be loved and taken care of.

Mental Healthcare Users were also encouraged to take their medication regularly. Mr. Sibisi pleaded with their families to ensure that they give them support and accompany them during their regular visits to the hospital. After presentations there was a question and answer session where clients were asked questions and prizes were given to those who gave correct answers. There was also an awarding of prizes to all the winners who participated in the walk/run.

The Committee extended its appreciation to everyone who contributed towards the success of this day.



Mental Healthcare Users and their families during the event



Winners for the day celebrating their victory

# UMPHUMULO GATEWAY CLINIC OPEN DAY

It is very important for each and every organization to market its services so they should be known to the public. Umphumulo Gateway Clinic also took this opportunity on the 6th November 2019, to market the package of services offered by the clinic.

Sister Thwala - Operational Manager said the purpose of this day was to make sure that all their clients are aware of what to expect when visiting the clinic. She also informed them about the vision, mission, core values and the clinic's operational hours. Thwala further informed the clients that all services offered by Umphumulo Gateway Clinic are free of charge and also that everyone is entitled to receive equal services at all times



Sister Mbatha ( Programme Director ) seen entertaining the audience

Amongst the presentations that were done, clients were given education about the importance of early booking should one suspects that she might be pregnant. The reason behind is to detect an early stage of pregnancy if there are any problems and should the problem occur, a remedial action will be taken to assist the mother and the baby. Male partners were also encouraged to support their partners when attending the clinic for regular check-ups.

Mothers were also encouraged to breast feed their babies at least for the first 6 months from birth. Breastmilk has all the vitamins needed by the baby to grow well. They were also encouraged not to use teats when feeding babies as they contain lot of germs but instead they should use feeding cups. Working mothers were informed that they should express milk and keep it in the fridge/freezer so that babies should not run out of milk while mothers are at work.

Audiences were also informed about the importance of immunization. It was highlighted that some of the parents do not bring their babies to the clinic for vaccinations. Immunization prevent diseases such as polio, measles and many others. It was also said that those parents who are not living with their babies should ensure that they leave behind the child's Road to Health Card with the Guardians.

It was indeed a very informative day as there were other presentations about services offered.



Matron Khuzwayo & Sister Thwala ( Operational Manager )

## KUBUNGAZWE USUKU LWABADALA

Mhla ziyi-6 kuLwezi ( November ) 2019 isibhedlela Umphumulo sibungaze usuku lwabadala. Lolusuku lugujwe ngokuthi kube nomkhankaso obuhlelwe abasebenzi basewodini labesifazane ( Female Ward ) .

Umpathi wasewodini uSister Ngcobo uthe inhloso yalolusuku bekuwuqwashisa nokugqugquzela ukunakekelwa kwabantu abadala. Njengoba besebenza ewodini labesifazane bahlangana nabantu abahlukene ikakhulukazi ogogo asebhulile abanye babo abangasakwazi ukuzinakekela ngenxa yokuguga noma ngenxa yoku-



U-Sister Ngcobo bekanye nabasebenzi bebungaza abadala basewodini labesilisa

gula. Kube sekunxuswa wonke umuntu ukuba abathande aphinde abanakekele.

Abagcinanga ke ewodini labesifazane babe sebedlulela kwamanye amawodi nakwezinye izindawo esbhedlela behambe becula, bephethe nezingqembe ezinemibhalo ehluahlukene egqugquzela ukunakekelwa kwabantu abadala.

Kube injabulo yodwa kwizaguga ebizivakashele esbhedlela uma zibona ukuthi kukhona abantu abaqhakambisa ukuba banakekelwe baphinde banikwe nothando. Akugcinanga lapho ngoba baphinde baphiwa neziphu.



Abahlengikazi benikizela ngeziphu kubantu abadala



Abasebenzi bephethe izingqembe ezinemiyalezo

## UMKHANKASO WOKULWISANA NOKUHLUKUNYEZWA KWABANTU BESIFAZANE KANYE NEZINGANE

Izwe lakithi iNingizimu Afrika ibhekene nengqinamba enkulu lapho kuhlezi kubikwa ngezigameko zokuhlukunyezwa kwa-bantu besifazane kanye nezingane. Cishe nsukuzonke uma ufunda emaphephandabeni noma ubukela umabonakude uzwa ngezigameko ezimbi kanye nezinyantisa igazi mayelana nokudlwengulwa kuphindwe kubulawe nabantwana. Abantu besifazane sebezithola bengaphephile neze abasakwazi nokuhlala ngokukhululeka ngisho emakhaya abo ngo-ba abazi bazohlangebezana nani.

Minyaka yonke kuhlezi kubanjwa imikhankaso elwisana nodlame olubhekiswe kubantu besifazane kanye nabantwana. Umtholampilo waseMthandeni nawo ube nomkhankaso mhla zi-3 kuZibandlela ( December ) 2019. Inhloso nqangi yalolusuku bekuwukuxwayisa umphakathi ukuba uvikele uphinde ulwisane nalesisihlava esesihlasele izwe lakithi. Umphathi womtholampilo uSister Blose uthethe : “

Kuyakhathaza ngampela ukubona izibalo zabantu besifazane nabantwana abazithola sebeyizisulu zokuhlukumezeka usuku nosuku. Umphakathi wakithi , ikakhulukazi abantu besilisa ibona okumele basivikele kepha kubuhlungu uma uzwa ukuthi ibona abanukubeza abantwana babo. Siyanxusa ukuba umphakathi wakithi ubike ngezigameko zokuhlukumezeka ukuze labo abazithola sebeyizisulu bezonikwa usizo ngokushesha.”kusho uBlose.

Kuphinde kwaba nenye inkulumbo ngo Nksz. Samke Mthembu owuSonhlalakahle ngaphansi kwenhlangano engenzi nzuzo i-Siyabathanda. UMthembu unxuse amalunga omphakathi ikakhulukazi omama ukuba babike ngezigameko zokuhlukunyezwa kwabantwana emphakathini. Uthena bayazi ukuthi kunamanye amalunga omphakathi asabayo ukubika ngenxa yokubheka isimo sasemakhaya njengoba abanye abenzi bobubi kuyibona abasebenzayo



Abasebenzi baseMtholampilo bephethe izingqembe ezinemiyalezo



Amalunga omphakathi abeyingxenye yomcimbi

nabondlayo emakhaya. Uthena lokhu kuyalihlukumeza ilungelo lalowo osuke ethole ukuhlukumezeka ngoba uphila nakho impilo yakhe yonke agcine esephazamiseka engasakwazi nokuqheka nempilo. Abenzi bobubi kumele bajeze bathole isigwebo esibafanele ukuze kuzothumela umyalezo nakulabo abasuke bengakabanjwa. Uthena impilo iyayiqhubeka nanokuthi imindenithola ukwelulekwa iphinde ihlinzekwe ngosizo eludingayo

Emva kwezinkulumbo kube sekukhanyiswa amakhandlela ukukhumbula bonke laba abayizisulu nasebedlulile emhlabeni ngenxa yokuhlukunyezwa. Kubuye kwakhunjulwa bonke abaphila negciwane lesandulelangculazi.

# PHOTO GALLERY

## HERITAGE DAY CELEBRATION



## CHORAL MUSIC COMPETITIONS



## WELLNESS GAMES AT KWADUKUZA



# PHOTO GALLERY

## INTRODUCTION OF THE NEW CEO



## CHILDREN'S CHRISTMAS CELEBRATION



## YEAR END LUNCH



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**DR. M. J. ZULU**  
EDITOR



**THANDEKA NGUBANE**  
PHOTOGRAPHER , WRITER &  
DESIGNER



**health**

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

## CONTACT DETAILS

Physical Address: R74 Greytown  
Road, Maphumulo, 4470

**SWITCHBOARD:**  
032 – 481 4100 ext. 4193

**SWITCHBOARD FAX NUMBER:**  
032 – 481 4159

Postal Address: P/Bag X 9219, Ma-  
phumulo, 4470

[www.umphumulohospital.gov.za](http://www.umphumulohospital.gov.za)

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