



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

Umpumulo Hospital

Inkanyezi YaseMphumulo

STAY INFORMED

Dec /Jan 2019

HOSPITAL AWARDS CEREMONY



UMPHUMULO HOSPITAL AWARDS CEREMONY DAY.....READ MORE ON PAGE 02



MENTAL HEALTH AWARENESS...
[READ MORE ON PAGE 06](#)



KUGQUGQUZELWA ABESILISA...
[READ MORE ON PAGE 04](#)



CLINICAL PASTORAL EDUCATION...
[READ MORE ON PAGE 07](#)



FROM LEFT—RIGHT : DISTINGUISHED GUESTS. AWARDS CEREMONY CELEBRATION CAKE

Cold weather and rain did not stop Umphumulo Hospital Management to reward all those who had excelled in their performance, during the 2nd Annual Hospital Service Excellence Awards. This prestigious event took place on the 28th of November 2018 in the hospital's Chapel.

The chapel was packed with staff from the hospital, clinics, board members, clinic committee members, distinguished guests and sponsors.

Dr Gumede welcomed all present, indicated that this year's awards were extra-ordinary since lot of change was noted compared to last year's event. She thanked all people for their hard work and efforts shown towards the preparation of the awards ceremony. Further said that, being not rewarded in this year's ceremony does not mean that you did bad in your section or facility, but it means that you need to put more effort so you can do much better. She also encouraged those who received the awards to maintain their standard. Just before the awards presentation, our Guest Speaker Ms. G. Baloyi, a retired Matron encouraged the staff to respect their jobs. "Employees should display positive attitude at all times, adhere to their professional ethics and also serve with a smile", said Baloyi.

She said nowadays people follow certain professions just because of money not because of the calling. Individuals should learn self-discipline, respect and portray good qualities when performing their duties.

Lastly she pleaded with staff to practise Batho Pele at all times, she then commended all those who received awards and encouraged others to pull up their socks so they could be rewarded next year.

All thanks to the Organizers and our Sponsors who made this day a success.

AWARDS CEREMONY PICS



UMKHANKASO WOKUFUNDISA ABESILISA NGOKUZIPHATHA KAHLE



ABESILISA KANYE NAMALUNGA OMKHANDLU WAKWAMASIPALA WAKWAMAPHUMULO BEMASHA BESUKA EDLOBHENI KWAMAPHUMULO BELIBANGISE EHHOLO LOMPHAKATHI

Kube nenkulu inhlokomo mhlazane zi –05 kuMfumfu (October 2018) , lapho bekunomcimbi osezigeni eliphezulu wokugqugquzela abesilisa asebesokile mayelana nokuziphatha. Lomcimbi ubuhlelwe uM-numzane Senzo Myeni osebenza ngaphansi komkhakha wakwa– School Health esibhedlela uMphumulo, ebambiseni nethimba lakaMasipala wakwaMaphumulo.

Bese kungokwesibili kulonyaka ukuthi kubekhona umcimbi ofana nalona. Kumenywe bonke abesilisa asebesokile , abasuka ezindaweni ezahlukene KwaMaphumulo namaphethelo ukuthi babe ingxenye yalomcimbi obaluleke kangaka. Phakathi kwabo bekukhona uSekela Meyu—Cnllr. Z. Ncalane, Mrs. T. Mungwe - oqhamuka emnyangweni wezempilo kwisifunda lIembe, ubuholi bendabuko okubalwa kubo amakhosi nezinduna.

Babe nohambo (2km march) olusuka edolobheni KwaMaphumulo luya ehholo lomphakathi eku Wadi 09. Abesilisa bebephetha izingqwembe ezinemibhalo eyahlukene phakathi kwayo bekukhona nekhuthaza uku-bonke labo abangakasokile ukuthi bahambe baye kosoka.

Abesilisa bafundiswe ngendlela yokuziphatha kanye nokuzinakekela emva kokusoka, baphinde bafundiswa nanokuthi kumele babaphathe kanjani abantu besifazane bengabahlukumezi. Baphinde bagqugquzelwa ukuba basebenzise ijazi lomkhwenyana (condom) zikhathi zonke uma beya ocansini ngoba ukusoka akusho ukuthi angeke usalithola igciwane uma wenza ucansi olungaphephile.

Kunconywa kakhulu igalelo lomnyango Wezempilo ngokugqugquzela abesilisa ukuba bahambe beyosoka.

EYE SCREENING CAMPAIGN



FROM L-R : COMMUNITY MEMBERS WAITING TO BE SCREENED . SIR M. GUMEDE SCREENING ONE OF THE CLIENTS

On the 11th and 16th October 2018, Eye /Optometry Department visited Sizamimpilo Day Care Centre and Delwa Day Care Centre , respectively.

Community Members were invited to screen for Cataract and other eye-care conditions in preparation for the Cataract camp that was to take place on the 7th and 11th November 2018.

There was indeed a good response from the community members and a total number of 89 patients (46—Delwa & 43—Sizamimpilo Day Care) were screened on both days. Amongst those, 51 clients had cataract, then they were given referral letters to be seen during the Cataract Camp.

Those who had other eye care problems were given appointment dates to be assessed at our Eye Clinic at Umphumulo Hospital.

NB: (Due to unforeseen circumstances , the dates for the Cataract Camp had to be postponed until further notice) .

MENTAL HEALTH AWARENESS DAY



GUESTS FROM MENTAL HEALTH REVIEW BOARD & HOSPITAL BOARD CHAIRPERSON

Mental illness refers to a wide range of conditions : disorders that affect your mood, thinking and behaviour. Examples of mental illness include depression, anxiety, disorders, schizophrenia, eating disorders and addictive behaviours. Many people have mental health concerns from time to time. (Wikipedia.org) .

In creating an awareness to the community about mental illness, Umphumulo Hospital Mental Health Committee hosted an awareness day on the 24th October 2018. The day kick-started with a walk around the hospital, staff members had placards with messages of support. Later staff members and other Mental Healthcare Users

proceeded to the Chapel for the main programme of the day.

All speakers preached one word, encouraging people to respect and look after people affected with Mental Illness. Amongst the invited guests, there were officials from Mental Health Review Board (Durban), Hospital Board Chairperson and hospital officials.

Male Ward and Female TB Ward staff entertained the audience with such a wonderful music item.

Mr. Sibisi (Chairperson— Umphumulo Hospital Mental Health Committee) expressed his gratitude to everyone who made this day possible.

5—WARNNG SIGNS OF MENTAL HEALTH RISKS

1. A change in personality. If someone is acting like a very different person, or not feeling like themselves, this is a warning sign.
2. Uncharacteristic anxiety, anger or moodiness.
3. Social withdrawal and isolation
4. Lack of self-care or risky behaviors.
5. A sense of hopelessness or feeling overwhelmed .



MR. N. L. SIBISI GIVING HEALTH EDUCATION

CLINICAL PASTORAL EDUCATION (CPE)



STUDENT PASTORS WITH THEIR MENTORS DURING THE VISIT AT UMPHUMULO HOSPITAL

In most cases people often believe that spiritual healing is the best cure for the sick. Believers feel that the Creator is amongst them and will definitely heal them from sickness.

On the 24th October 2018 hospital clients were visited by Evangelical Lutheran Church in Southern Africa (ELCSA), Student Pastors from across different parts of Africa . The programme was facilitated by Reverend P.T. Majazi , who assured hospital Management that there wouldn't be any disruptions during the sessions.

The purpose of the visit formed part of their two weeks learning programme known as Clinical Pastoral Education (CPE). Student Pastors visit different health institutions to interact with patients, in order to gain experience and exposure in a hospital environment.

Student Pastors visited different wards and waiting areas, prayed and had one-on-one discussions with clients. After their two weeks programme they expressed their heartfelt thanks to the Hospital Management , stated that they did have fruitful sessions with clients as most of them were co-operative, also added that they gained so much from Umphumulo Hospital.

BREAST CANCER AWARENESS DAY—MAPHUMULO CLINIC & UMPHUMULO HOSPITAL OPD / CASUALTY

Breast Cancer , commonly known as a deadly disease. It is amongst the top 5 killer disease in South Africa. Women are encouraged to perform breast examination as it does help in early identification of breast cancer. In creating an awareness to the public at large, Maphumulo Clinic held a Breast Cancer Awareness Day on the 5th November 2018. Clients were given education on the signs and symptoms of Breast Cancer. Sister M.N. Nene did a demonstration on how to do a breast self-examination



CLIENTS LISTENING TO THE SPEECHES



SISTER MTHEMBU GIVING HEALTH EDUCATION

On the 14 November 2018, Umphumulo Hospital OPD/Casualty Department also hosted the similar awareness day in hospital to commemorate all those affected with Breast cancer. Staff members displayed posters with different messages. In support of those affected with breast cancer, staff wore pink ribbons.



OPD /CASUALTY STAFF JUST BEFORE THE MARCH



STAFF SINGING & DISPLAYING PLACARDS WITH DIFFERENT MESSAGES

UMPHUMULO HOSPITAL SAVING LIVES



UMPHUMULO HOSPITAL STAFF DURING BLOOD DRIVE CAMPAIGN

South African National Blood Services visited Umphumulo Hospital on the 21st of November 2018, for a Blood Drive Campaign.

Blood Drive Clinic Co-ordinator, Miss Anele Ngcobo reported that there is a huge shortage blood in the country , and said that they were now engaging with other organizations to get more people to donate blood.

Those who participated during the campaign, were first given education on how to go about when donating blood. It was also said that , those who were interested to donate but unable to do so on the day due to minor problems were encouraged to come back during the next Blood Drive Campaign.

The process took about 25 minutes, and one (1) pint of blood was drawn from each donor.

SANBS Clinic Supervisor, extended his gratitude to all those who donated blood and said they were hoping to see more people in the next Blood Drive Campaign.



INKOLOVUZANE LAUNCHED AS HPS

Inkolovuzane Primary School, situated in a deep rural area alongside Umvoti River banks, was officially launched as a Health Promoting School on the 4th of December 2018.

The school has 150 learners and had met all the criteria as a Health Promoting School. Most of the learners have challenges since most of them come from poor families.

The school principal Mrs. N. Mhlongo expressed her gratitude to Umphumulo Hospital School Health team, for giving them support whenever they needed help. Excitement was written all over her face.

Mrs. Rasi from KZN Department of Health Provincial Office handed over the certificate to the school principal.

Apart from the launch there was also a farewell party for Grade R and Grade 7

It was indeed a most joyful day for school learners, educators and school governing body. There were also guests from District Office and local schools.



School Principal, Members of the school governing body receiving a certificate from Mrs. Rasi.



Inkolovuzane Primary School Grade 7 learners



Inkolovuzane Primary School Grade R Learners

WORLD AIDS DAY—MBHEKAPHANSI CLINIC



MBHEKAPHANSI CLINIC STAFF DURING A ROLE PLAY BASED ON HIV/AIDS

Mbhekaphansi Clinic held World Aids Day on 5 November 2018, in commemoration of those infected and affected by HIV/Aids.

Clients gathered in the clinic's waiting area to get more information. They were warmly welcomed by clinic staff who gave them a musical item before engaging them (clients) into aerobics session.

Sister Khumalo (Clinic Operational Manager) then shared the purpose of the day, stating that community members

need to ensure that the Rights of people living with HIV/Aids are not violated.

“Most people find it difficult to disclose their HIV Status just because of stigma. Community Members should support one another in the fight against HIV/Aids”, said Khumalo .

Pregnant mothers were encouraged to test for HIV at an early stage to prevent the transmission of HIV virus to their unborn babies.

Clients were also encouraged to take their treatment regularly and also to use condoms when engaging in sexual activities.

Clinic staff did a role play based on HIV counselling and testing. It was indeed a very informative session.



YEAR—END PRAYER

Izwi leNkosi lithi uma ababili noma abathathu behlangene ngami, nami ngikhona phakathi kwenu. Lamazwi afa-kazwele umkhuleko wokuvala unyaka esibe nawo lapha esibhedlela mhlaka –19 December 2018.

Inhloso bekuwukubonga uMdali ukuthi uqale unyaka nabasebenzi wabavikela kukhona konke okubi obekungabehlela kwaze kuba sebeyawuphetha unyaka. “Kuningi obekungenzeka kithina kepha uSomandla uye wanqaba nathi. Khona abasebenzi abasishiyile ngezindlela ezahlukene kepha thini sisagciniwe esandleni somusa, sizosho nje ukuthi Ebenezer (usigcine kwaze kwaba la), kusho u Sister B.B. Sibisi .

Kulenkonzko kube nendumiso, kuhutshwa ,kujatshulwa ubona ukuthi abasebenzi bayaluthokozela lolu suku olubaluleke kangaka.

Kuphinde kwavalelisa uSister W. Ntuli obewu Sekela Sihlalo we—Healthcare Christian Fellowship (HCF). U Sister Ntuli ubonge ithuba abenalo namanye amalunga e HCF, ikakhulukazi igalelo abalikhombisile ukuqinisekisa

ukuthi izinkonzko kanye nemi-khuleko iyenzeka.

Ube esenxusa ukuba baqhubeke bayibambe , ngoba umkhuleko unamandla zikhathi zonke .



ABASEBENZEI BESENKONZWENI YOKUVALA UNYAKA



U—Sister Sibisi edlulisela isipho ku Sister Ntuli



Umfundisi Nzama ngesikhathi eshumayela

ACKNOWLEDGEMENTS



THANDEKA NGUBANE
WRITER & DESIGNER



DR. N. N. GUMEDE
EDITOR



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

CONTACT DETAILS

Physical Address: R74 Greytown
Road , Maphumulo 4470

SWITCHBOARD:
032 – 481 4100

Postal Address: P/Bag x9219, Ma-
phumulo 4470

SWITCHBOARD FAX NUMBER:
032 – 481 4159

www.kznhealth.gov.za

FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE