



**health**

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

# Umphumulo Hospital

## Inkanyezi YaseMphumulo

# NEWS

### STAY INFORMED

July / October 2018

## OPEN DAY— “OUR PROMISE TO YOU “



**Umphumulo Hospital Management & Hospital Board Chairperson during Open Day.....Read more on page 08**



**HERITAGE DAY...  
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**GATEWAY CLINIC OPEN DAY  
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#### UMPHUMULO HOSPITAL

##### VISION

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

##### MISSION

Umphumulo 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.

## MEET OUR NEW CLINICAL MANAGER—DR. T. ZINTONGA

Dr. Thembile Zintonga is a Qualified Medical Officer, serving as a Clinical Manager at Umphumulo Hospital under iLembe District.

He is originally from the Eastern Cape and currently residing in Ballito.

He matriculated in the Eastern in 2001 and obtained his MBCHS Degree at Walter Sisulu University in 2006.

After his Community Service, he served as an Independent Medical Officer in various Hospitals and Clinics in the Eastern Cape .



**DR. T. ZINTONGA—CLINICAL MANAGER**

He relocated to KZN in 2012 and joined Osindisweni Hospital where he was working as a Medical Officer and passionately assisted as a Clinical Associate Student Facilitator then in 2016 he joined Umphumulo Hospital as Medical Officer, then promoted to Clinical Manager as from the 1st of September 2018

Being asked about his role as a Clinical Manager , he said it is to ensure that provision of high quality patient centered care is achieved at all times. He said his plan is to improve the service delivery and to promote a team work, BATHO PELE ,NCS and Realization of Ideal Hospital.

## HYPERTENSION AWARENESS DAY—OQAQENI CLINIC



FROM LEFT TO RIGHT : SR MABIZELA GIVING HEALTH EDUCATION. CCG'S GIVING MUSIC ITEM

Hypertension, also known as high blood pressure (HBP) is a long-term medical condition in which the blood pressure in the arteries is persistently elevated. High blood pressure usually does not cause symptoms. (wikipedia.org.)

A person with hypertension may not notice any symptoms, and it is often called the “silent killer. While undetected, it can cause damage to the cardiovascular system and internal organs, such as kidneys.

On the 13th of June 2018, Oqaqeni Clinic staff took it upon their shoulders to raise an awareness to the clients at the clinic's Waiting Area. Clients were given information about symptoms and measures to control hypertension. They were also encouraged to do regular check-ups as there are usually no symptoms to make you aware of the condition.

### 13 - FOODS THAT HELPS LOWER BLOOD PRESSURE

1. LEAFY GREENS
2. BERRIES
3. RED BEETS
4. SKIM MILK & YORGUT
5. OATMEAL
6. BANANAS
7. SALMON, MACKEREL & FISH WITH OMEGA 3

8. SEEDS
9. GARLIC & HERBS
10. DARK CHOCOLATE
11. PISTACHIOS
12. OLIVE OIL
13. POMEGRANATES

## UMPHUMULO GATEWAY CLINIC OPEN DAY



From left to right : Clients listening to the speeches. Gateway Clinic staff together with Umphumulo Ward 06 Councillor K.. Xhakaza

Umphumulo Hospital Gateway Clinic hosted its Open day on the 19th of July 2018. The main purpose of the day was to market the services rendered by Umphumulo Gateway Clinic, to the community of KwaMaphumulo at large. Community members were also informed about the operational hours of the clinic.

Clients were given information about different programmes offered at the clinic. Amongst those there was a speech from Sister G.F. Ngcobo who emphasized about the importance of early booking at Antenatal Clinic, once you suspect that you are pregnant. She also spoke about Adolescence Youth Friendly Services that are offered between 14h30 to 15h30

Sister Mayeza spoke about Sexual Transmitted Infections, she encouraged clients to visit the clinic once they suspect that they have STI's, so they could be treated early. She also emphasized that once the other partner is diagnosed with STI's he/she must immediately inform his/her partner so they could be both treated to avoid re-transmission.

There were other speeches from other clinic staff ranging from immunisation, IMCI/IMAM, TB, dog bite, HCT and condom distribution, as well as performance by CCG's.

We were very honoured to have Ward 06 Councillor, Mr. K Xhakaza and chairperson of War Room. Mr. Xhakaza who expressed that Gateway Clinic was doing a great job as they always receive compliments from the community.....( **Story by Sister B. B. Sibisi - Acting Operational Manager** )

# WOMEN'S DAY CELEBRATION



National Women's Day is a South African Public holiday celebrated annually on 9 August. The day commemorates the 1956 march of approximately 20 000 women to the Union Buildings in Pretoria to petition against the country's pass laws that required South Africans defined as "black" under the Population Registration Act to carry an internal passport known as pass, that served to maintain population segregation, control urbanization and manage migrant Labour, during apartheid era. ( Wikipedia ).

In commemoration of this special day in the South African history, Umphumulo Hospital held Women's Day Celebration on the 29th of August 2018 at the hospital's Chapel, under the theme: " **I AM STRONG** ". Hospital female staff came

## FEMALE STAFF ENTERTAINING THEMSELVES DURING THE EVENT

in numbers dressed in full black with their head wraps ( doek ) in honour of all those heroines who fought for equality and representation of women in all spheres.

Women were very impressed by the most inspiring speeches from our special guests for the day. Amongst our guests we had Miss Shiella Zwane, who covered topics based on Social Issues faced by women in the workplace. She emphasized that although women are now presented in high positions but there are those people who still treat women unfairly just because they are females.



OUR GUEST SPEAKERS FOR THE DAY : MRS NGUBANE, MRS DLODLO & MISS ZWANE

She also encouraged women to love and take care of themselves, as most women tend to give much love to their beloved family members and forget about themselves. "As women we should spoil and pamper ourselves quite often since we work so hard for what we are earning", said Zwane.

Mrs. Dlodlo encouraged women to support each other, as research shows that most women become so greedy when they see other women become successful.

She also said that greed is not something that started nowadays, as it was also observed in ancient times, she

even quoted scriptures from the book of Judges 4 & the book of 2nd Samuel 21: 8 –10 from the Holy Bible where greed was seen in women mentioned in these two books.

# WOMEN'S DAY CELEBRATION ...continues

The last speech was from Mrs. S. Ngubane who touched on labour issues faced by women. She explained that in other places women are still regarded as housewives who should be sitting at home and looking after children, she also defined this as politics of which is something that started long time ago, and further said politics is everywhere and it starts at home.

She said most people do not respect women as they play a vital role in a workplace and they can perform their duties which were previously known to be done by males, and can perform them according to their ability and skill. Lastly she thanked Hospital Management and the Organizing team for giving them such an opportunity to celebrate this special day.

After the event women were treated to light lunch sponsored by hospital men.

We would like to extend our sincere thanks to Sr. Khoza from Casualty Department and Matron Z.V. Khuzwayo who made this day possible.



SR. KHOZA GIVING TOKENS TO ALL WOMEN



HOSPITAL CHOIR GIVING FOOD FOR SOUL



LADIES ENJOYING THEMSELVES DURING THE EVENT



LADIES POSING FOR A PHOTO

# UMPHUMULO HOSPITAL OPEN DAY



HOSPITAL CEO DR. GUMEDE GIVING A SPEECH DURING OPEN DAY

On the 12th of September 2018, Umphumulo Hospital hosted Open Day. The day was aimed at marketing hospital services to the public/clients.

Different hospital department had stalls where they were showcasing services they offer, there were also departments who did presentations regarding their respective departments.

Dr. Gumedu, CEO gave a brief presentation about the hospital background, vision, mission and core values. After her presentation she encouraged clients to make use of the hospital since it belongs to them as

Maphumulo residents.

Mr. F.M. Xulu ( Acting M& E ) gave a speech based on National Health Insurance ( NHI ), an initiative by Minister of Health, Dr. Aaron Motsoaledi which will be introduced to all South African people. This initiative will provide a better, equal health services to all South Africans.

We were very humbled to have the presence of the Hospital Board Chairperson, Mr. N. Sibiya who unpacked the roles and responsibilities of the hospital board. He further encouraged the clients to express their views and concerns should they feel that there are things that needs to be improved in the hospital.

Hospital Public Relations Officer, T. Ngubane explained the Complaints, Compliments and Suggestions procedure as part of the programme.

It was indeed a very informative session though there were minor challenges before the commencement of the programme. All thanks to the all the Departments who made this day a success.



HOSPITAL STAFF AND CLIENTS LISTENING TO THE PRESENTATIONS ON THE DAY

# SIGUBHA USUKU LWAMAGUGU



ITAFULA ELALINEZIDLO EZAZILETHWE ABASEBENZI



IZIBILIBOCO EZAZILUNGISELELWE USUKU

Kwakuqhuma imikikizo kukhala amakhwelo mhlazane kubungazwa usuku lwamagugu esibhedlela uMphumulo mhlaka 26 kuMandulo ( September ) 2018. Lolusuku lugujwa mhlaka 24 September minyaka yonke eNingizimu Africa ukubungaza nokuziqqaja ngamasiko ethu ahlukehlukenene. Abasebenzi babevunule beconsa, behlobe ngezimvunulo zesintu.

Ngaphambi kokuba kuqale umcimbi iminyango ( departments ) ehlukenene ngaphakathi esibhedlela , babengena bephethe ukudla kwesintu abebekulungisile, kwakuthi lapho kungena abasebenzi balowo umnyango uzwe ngomkikizo okwakukhombisa ukuthakasela okwakwenzeka.

Emva kwalokho umphathi wohlelo uMn. Nzama wanikezela ngethuba kubasebenzi ababefisa ukunandisa noma ukudlulisa imiyalezo ngokwamasiko abo, okubalwa Ingoma, isigekle kanye nenkondlo.

Kwakuyinjabulo yodwa ubona ukuthi abasebenzi babefisa sengathi kungahlezi kubungazwa usuku lwamagugu. Emva kwalokho abasebenzi bazitika ngezibiliboco ezazilungiselelwe lolu suku.



ABASEBENZI BASESIBHEDLELA ABEBEHLOBE NGEMVUNULO



WAYEMUHLE KANJE U- SYLVIA...LILILILI!!!!!!



# HERITAGE DAY IN PICTURES



UYOTHI WABONANI NGALELILANGA.....



MOOKHOO EHLOBE NGEMVUNULO YASELESOTHO



BABEBUKEKA BETHOKOZILE IMPELA NGALOLUSU



ABASEBENZI BEZITHOKOZISA NGELANGA LOMCIMBI

# FAREWELL PARTY FOR EXITED BOARD MEMBERS

It was indeed a very joyful day when Hospital Management and current Hospital Board Members hosted a farewell party for our exited Hospital Board Members, Rev A. E. M. Cebekhulu and Mrs. P.E. Nxumalo.

This prestigious event took place on Friday 12 October 2018 at Umphumulo Hospital Lecture Hall. The purpose was to honour these heroes who served Umphumulo Hospital Board for more than 16 years without any remuneration, but just for the love and benefit of the community.

Rev Cebekhulu ( Mkhulu ) said when they first applied to serve as Board Members, it was 8 of them and they were expecting remuneration, but were told upon their appointments that there was no stipend it was just on a voluntary basis. He further said most of the members decided to quit, since they were not going to be paid. They were only left with 3 members, including the late Mrs. Thwala.

He thanked the previous and current management for trusting them for so many years and he thanked God that during all these years as a Hospital Board Chairperson, he was able to attend the meetings even during times when there was no hospital transport to collect them from their homes.

Mrs. Nxumalo expressed her heartfelt thanks especially to the Clinic Committee Chairpersons who had also served in the Clinic Committees for a number of years. She encouraged them to continue doing the good for their communities.



REV. CEBEKHULU & MRS. NXUMALO DURING THEIR FAREWELL PARTY



MANAGEMENT & HOSPITAL BOARD MEMBERS



TABLE SETUP ON THE BIG DAY

## FEMALE WARD STAFF GETS APPRECIATION



A BEAUTIFUL CAKE FROM THE LATE MRS. VALENTIA VILAKAZI

Isisho sesiZulu sithi : kumnandi ukubongwa usaphila. Kubenjalo ke nakubasebenzi basewodini labesifazane ( Female Ward ) mhlazane bethola ukubongwa ngu Mrs. Valentia Vilakazi ( ongasekho ) wasendaweni yaseMthandeni , owayelaliswe ewodini labesifazane ngenyanga kaMandulo( odlule emhlabeni emva kwamasono ambalwa ephumile esibhedlela) , nangaphambi kokuba lushi-cilelwe udaba lwakhe.

Noma engakwazanga ukuzifikela yena mathupha ukuzodlulisa ukubonga kwakhe, wathumela umhlobo wakhe, Umnu. Sipho Molefe ukuba azodlulisa isipho sekhekhe kanye nekhadi elalinomyalezo owawuphuma enhliziyweni yakhe uya kubasebenzi bonke basewodini.

Kepha sithand ukudlulisa okukhulu ukubonga emndenini kamama njengoba engasekho, siyathokoza uma kukhona abalibonayo igalelo neqhaza elibanjwa abasebenzi bezempilo ukusindisa izimpilo zabantu.

Yize Umxhumanisi Wesibhedlela Nomphakathi uThandeka Ngubane eke waba naso isikhathi sokuxoxa nentombi endala ngaphambi kokuba idlule emhlabeni, uchazile ukuthi uyasithanda kakhulu isibhedlela Umphumulo ngoba abasebenzi bakhona bayanakekela futhi banothando, ngakho uyafisa ukuthi bengahlezi benomoya owodwa nezi-nhliziyo ezimnene.

“ ENGATHI UMPHEFUMULO WAKHE UNGAPHUMULA NGOKUTHULA “



ABASEBENZI BASEWODINI U-DR. GORDON BENO MNU. SIPHO VILAKAZI OWAYELETHE ISIPHO



ABASEBENZI KANYE NOMPHATHI WEWODI U-SR. NGCOBO BEJABULELA ISIPHO SABO

# SPORTS & WELLNESS PAGE

On the 8th of August 2018, Old Mutual KwaDukuza Branch donated Netball Kit to Umphumulo Hospital Netball Team, as part of their Corporate Social Responsibility Programme. Excitement was written all over the ladies faces after receiving this gift. Hospital Management thanked Old Mutual Team for their continued support. The kit came right in time of need as the team was going to participate in the District Tournament.



**HOSPITAL NETBALL TEAM WITH OLD MUTUAL TEAM & HOSPITAL MANAGEMENT DURING HANDING OVER OF NETBALL KIT**



**UMPHUMULO HOSPITAL NETBALL TEAM DURING WORK & PLAY TOURNAMENTS AT KWADUKUZA**



**UMPHUMULO HOSPITAL SOCCER TEAM DURING WORK & PLAY TOURNAMENTS AT KWADUKUZA**



**UMPHUMULO HOSPITAL CHOIR DURING CHORAL MUSIC COMPETITIONS AT KWADUKUZA TOWN HALL**

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