



HEALTH
KwaZulu-Natal

WENTWORTH FOUNTAIN

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Zintle Mkwela

Top 14 Pop Idols
contestant: On her journey



Out-reach

On HCT, TB, Breast
Cancer, Diabetes,
Cholesterol and
Hypertension



Heritage Day

Celebrating One nation
with different cultures

Quality Day

Quality is an essential element for every organization. The hospital had its quality /open day on the 11th of November. The main objective for the event was to showcase the quality



improvement that different departments have done to ensure that our clients receive the optimum quality care services.

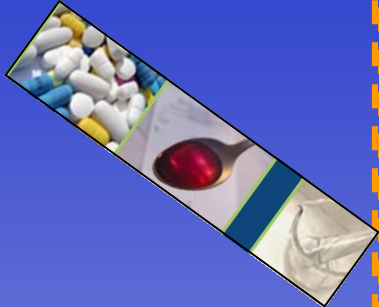
Dr Kader, hospital CEO, welcome all guests who came. The event was also graced by Mr. Yose (Deputy District Manager), Mrs. D.E.Z. Radebe and Mrs. N. Ngcobo. Hospital board members and colleagues from different hospitals around eThekweni District and were also

present. The theme for the day was *"Dedicated to rendering quality care"*.

Congratulations to the following departments who were the top five on their quality improvement projects. There are, the social work, mental health, infection control, nursing management and Masibambisane department

Pharmacy Week

Pharmacy plays a very important role in our health that is why every year hospitals celebrate pharmacy week. This year's theme was "**Your pharmacist hold the key to good health**". During the pharmacy week pharmacists educated patients on health care services that they provide. Patients also get a chance to know about different types of medicine and the importance of taking the specified dosage so as to improve their health



Pharmacist educating patients on the proper taking of medication.

and quality of life. They also encouraged patients to keep to their dates of collecting medication as it has great effect on persons health and for every patient to know their medicine by names.

The dental department had it oral health day. The oral hygienist was educating both staff and patients about the importance of taking good care of your teeth.

Oral Health Day

Her presentation focused more on how to brush teeth in a proper way. It is recommended that a person must brush his/her teeth at least twice a day.

She also encouraged patient to



Slindile (oral hygienist) educating patients about the important of looking after your teeth.

visit a dentist at least once in six months. This will help them to avoid oral problems such as gum diseases, dental cavities and tooth decay which lead to teeth extraction.



Male Medical Circumcision

The institution had its male medical circumcision (MMC) campaign on the 26 of July 2010. The campaign was a huge success as we were able to circumcise +- 140 men's from different areas.

Male circumcision is the surgical complete removal of the foreskin covering the end of the penis so as to permanently expose it. Circumcision though does not in any way protect against HIV /AIDS thus the need for a proper use of condoms.

However, when male circumcision is combined with other methods of safer sex such as use of condoms, the reduction of sexual partners and abstinence from sexual activities the risk is reduced. Furthermore, under no condition is unprotected sex safe

How does MMC benefits you.

- ⇒ Reduces the risk of HIV infection.
- ⇒ Reduces your risk of sexually transmitted infections.
- ⇒ Reduces your partners risk of cervical cancer
- ⇒ It lowers the risk of penile cancer.
- ⇒ Removes certain cells within the foreskin that act as an entry point of HIV.
- ⇒ It keeps the head of your penis hygienically clean.

Pictures: 1. Osindisweni nursing manager, 2. Registration point, 3. Mr. Yose (District Deputy Manager) in the middle with Mr. Nkomo CEO from Charles James Hospital. 4. A group of young males awaiting.

The campaign was driven by the eThekweni district and MATCH. We were assisted by our colleagues from different hospitals. A big thank you goes to everyone who was involved in this campaign.





Staff members who attended the woman's prayer day.



Our guest for the day from left Pastor Hlefane, Reverend Bhangushe and Nokuzola Mzolo



Reverend Bhangushe, the new Chaplain.

Women's Prayer Day

Once again our institution had a women's prayer day. This was to commemorate the national march of women which was on the 9th of August in 1956. This march was opposing the law of carrying the identity document which oppressed Africans during apartheid.

The Management of thanks all our guest who came to celebrate this day with us.

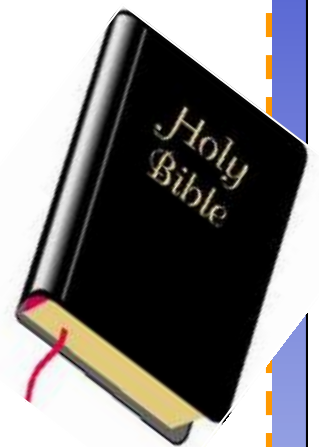
Meet the new Chaplain

The department of health

appointed Reverend Bhangushe as our new chaplain in Wentworth hospital. He will render spiritual support to all health care workers within our institution, also to provide care and counseling to all our staff if need arises.

He will be available in the hospital on Tuesday from 11h00 to 14h00 pm if anyone need assistance from him.

Reverend Bhangushe will be with us for a twelve (12) months period. We hope we will develop a good working relations with him.



"Each day is a new life. Seize it. Live it" David Guy Powers.

Bon Voyage



Some of the department in the hospital had to say goodbye to their work colleagues. The matrons organized a surprise farewell party for Mrs. Magudulela (night matron) who has been in the department for thirty five (35) years. The out patients department (OPD) and OHC clinic also prepared Dr Devanathan a party for all these years he has been with us.

The systems department also had to bid farewell to Mrs. Ndaba who has been in the department for twenty (20). On their farewell parties they were all thanked for the commitment they showed in their work, by putting patients first and treat them with smile and respect.

For Dr Dev, may your dreams become a reality and for Mrs. Magudulela and Mrs. Ndaba we wish you all the best on your retirement. All your good work was noticeable.

Pictures below narrating stories on the different parties held.

World AIDS Day Celebration

World AIDS day was commemorated to give hope to the affected and infected.



The theme was, ***I am Responsible***. The question that was posed to the audience was how responsible are you?

One can be responsible in so many ways for example, by wearing a condom, having one sexual partner and by checking his/her HIV status.

People need to know that AIDS knows no gender, age nor colour, start now and responsible of your life .

Health Promotion Outreach Programme

Wentworth hospital staff had an outreach programme where they visited Cheshire



home which is the home for physical disabled people. The objective for this programme was to educate them and to give out relevant information concerning TB (tuberculosis), HCT(HIV Counseling and Testing), breast cancer, diabetes, hypertension and cholesterol. This was also done to remind patients about the importance of living a healthy lifestyle.



Health screening was done, and patients were given pamphlets which will help them to gain more information and tips about different diseases.

World Sight Day

On the 12th of October the health promotion department in conjunction with the eye clinic had an eye screening campaign. This was done in order to celebrate world sight day which is celebrated annually on the 14th of October.

Patients had their eyes screened while they were waiting to be seen by the doctors or to collect their medication.

After the eye screening was done patients who were found to have problems with their eyes were referred to the hospital eye clinic for a full assessment and some were advised some were advised to see the eye specialist.



Patients waiting to have their eyes screened.



Health Promotion Co-ordinator, Sr. Bodha during the world sight day

Domestic Violence Seminar

The social work department organized the domestic violence seminar for the institution. This was done in order to motivate and educate staff on different forms of domestic violence. Our speaker for the day was Cookie Edwards who is the director of the KZN Networks for women abuse. She made us understand more about domestic violence by sharing her past experience with us.

She stated that people need to understand that domestic violence does not discriminate, it affects women mostly and it could be financial, domestic ect.

It mostly occurs when a person in an intimate relationship tries to dominate and control the other person. It is very impossible to know what is happening behind people's closed doors, but there are signs and symptoms of a person who is facing emotional abuse and domestic violence. This includes feeling depressed, isolation from friends, emotional instability, suicidal attempt ect. If one is noticing these signs from their loved ones, friends or family members it is better to talk to them or to consult and seek help from the support services. We need to work together as a society to try and put a stop on domestic violence.



As a token of our appreciation: Dr. Ramdeen presenting Cookie with a gift.

16 Days of activism

On the 6th of December we celebrated 16 days of activism against women and children. This was an initiative between the social work department and Wentworth police station trauma unit. This was done to create an increased awareness of the negative impact of violence against women and children. This was also a manner to encourage silent female victims to talk about abuse and ensure that they get help.



1. Scramble for information on women and children abuse. 2. Zakiya (Social worker), sister Bodha with a line of t-shirts on carrying anti-abuse messages. 3 and 4. Members from the Wentworth Network against abuse and KZN Network for violence against women.

Zooming In On Zintle –Top 14 Pop Idol Contestant

Who is she?

Zintle Mkwela is a 24 year old lady who was born in Durban. She work as an medical orthotics & prosthetics intern in Wentworth at Orthopedics.

What inspired you to enter the Pop Idols South Africa competition?

I entered the competition because I love singing. I had attempted twice before without making it even past the prelim judges, so this time was really a gamble and I just wanted to have fun while taking a risk.

How did being in the top 14 feel?

“ It felt overwhelming beautiful ,being in the top 14 in the country out of +- 8000 entries. The joy is indescribable because with it comes with makeovers, the pressure, the bonds created with fellow contestant and the crew. On the other hand it feels weird because even though people complement you, to you it feels like life is going on as usual with a bit more surprises. It very glamorous when you are looking at it from the outside, but it feels more normal and much more fun adventure when you are part of it.”

Any lesson learnt from the competition?

“Quite a lot, firstly was the fact that there will always be someone who can perform better than you and that is why you should not compete, but be the best at being yourself because nobody else can ever be at your best. I also discovered that I was not as hard as I thought because I bonded easily with my fellow contestant. “Lastly the entire journey has taught me that life is incredibly beautiful whichever way you look at it, It is all about the precious moments in-between that carry you through it all.”

How do you feel about your new celebrity status?

“ It the funniest, loveliest thing. I don't consider myself a celebrity really but I appreciate the response I receive from people. Some people will put you on pedestal and demand that you be superhuman performing miracles while some expect you to be arrogant.”



On her journey: Zintle Mkwela awaiting to prove her worth.

Isifo Sofuba Kubasebenzi Bezempilo

Balinganiselwa esibalweni esingangeshumi ngenyanga abasebenzi bezempilo abatholakala negciwane lesifo sofuba. Ukuze kwehle lesisibalo umnyango Wezempilo ukhipha isivikelo sama (musk, N950) kubo bonke abasebenzi bawo abasencupheni yokuthola leligciwane.



Baphinde banxuse bonke abasebenzi bezempilo ukuthi bahlolole isifo sofuba njalo emuva kwezinyanga eziyisithupha.



U– Sister Mbatha no Nigel emkhankasweni wokufundisa ngesifo sofuba

World Diabetes Day

World diabetes Days is celebrated every year on the 14th of November. The aim of the day is to educated staff and patients on diabetes, its signs and symptoms and factors contributing towards becoming a diabetic.

The theme for this year was **“Let’s take control of diabetes”**. The institution celebrated the World Diabetes



Sr. Fayers examining a patient foot during the diabetes day



Testing station for sugar levels.

day in style by providing foot examination to all known diabetes patient.

The examination was done to exclude any infection such as calluses, swelling and other abnormalities. The Glucose testing was done on all patients that were diabetic and non diabetic. Patients were also provided with the information on how to examine their feet at home.

Heritage Day Celebration

The institution celebrated heritage day on the 23rd of September 2010, on this day the staff celebrated their cultural heritage and the diversity of their beliefs and traditions that make us the rainbow nation we are. The staff also got the opportunity to understand the importance of different cultures and how they got to be. This also served as an opportunity to reflect on past experiences and were allowed to dress up in their traditional regalia to show their different yet beautiful backgrounds.



From left to right: Some of the staff that attended, Sr. Magwaza, Michelle Collett and Gonam Moodley on their cultures and beliefs that makes us a true rainbow nation.

Staff Wellness Day



My advice is: One of the staff members getting all the information

The HRD practitioner in conjunction with the Public relations department organized a wellness day for the staff. The purpose of this day was to show our staff that they are highly appreciated by giving back to them. This also provides an opportunity to boost the morale of staff members as they see that somebody cares for them.

Old Mutual, Ned bank, Capitec bank, virgin active and LIPCO (law for all) were invited to give their different advise to the staff.

The staff were also tested on blood pressure, blood sugar, cholesterol and body mass index all these test were done for free.



Getting all the help she needs: Rasheed and Old Mutual staff

Quality Day/Open Day in Pictures

It is said that a picture is a thousand words, we have more pictures of what happened on our quality day. From different departments winning to Zintle singing her lungs out. Feast your eyes and enjoy.



East Coast Visit

The Paediatric ward had an early Christmas when East Coast radio brought them some presents.

The management and staff of Wentworth would like to thank the station for its kind gestures.

Every year, they have never failed us.



Xmas Lunch for Patients



All our gratitude goes to the Spur at the Bluff for the lunch they provided for our patients.

As the year comes to another close the Public Relations department gratefully pause to wish the staff and our clients a blessed, safe and happy holiday season. May the year ahead bring joy and all the good things you wish for.

Wentworth Fountain is an official publication of Wentworth Hospital, compiled and edited by the Public Relations Officer, Carol L. Dlamini and the PR intern Zandile Yeni. Suggestions to improve this publication are welcomed. They can be sent via this email address: carol.dlamini@kznhealth.gov.za or hand delivered to the PRO's office