



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

INSENGWAKAZI NEWSLETTER

BENEDICTINE HOSPITAL

NELSON MANDELA DAY AT BENEDICTINE

25 JULY 2011



“Quote by DR. N .R MANDELA
“ LIVING IS NOT JUST ABOUT DOING
FOR YOURSELF, BUT WHAT YOU DO
FOR OTHERS AS WELL”

DR. N R MANDELA , was born in the Eastern cape, at Qunu which is a big village next to Umtata which is capital city of Transkie. This international icon was the South Africas First Black leader that was Democratically elected in 1994. many of us were still at a young age and others were not even born yet. Dr. N Mandela ensured that every time he celebrates his birthday he does not forget the less fortunate and that gave birth to the 67 minutes you will spend doing good to your community and to those less fortunate. Benedictine attended to the call of contributing to the Nongoma community, by Visiting the Musa school for the Disabled, giving out fruits to Empilweni clients and joined by Love Life team came to do mass cleaning in the institution. **The day was a success and WE SALUTE YOU TATA!!!!!!**

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1. Children from Musa School, teachers hving some fruits infront of them
- 2.Sgameko and Sjabu making beds for the children
3. Msizi from therapy department playing with one of the kidz
4. Benedictine team infront of Musa School



LET US MEET OUR RISK MANAGER

DEFINITION OF RISK, risk is probability, or threat of a damage, injury, liability, loss or other negative occurrence that is caused by external and internal vulnerabilities and that may be neutralized through preemptive action. Mrs P S Mchunu is a risk manager and also chairs the institutional information committee. As a risk manager she is responsible for the following duties ;

1. Co-ordinating identified risks
2. Assist with Scoring
3. A Resource- Assist with action plans
4. Progress chaser
5. The Reporting link, by reporting progress on risks to EXCO and to Risk Management Committee



MRS PATRICIA S. MCHUNU

She is also chairing the information committee in which it has been a success. The institutional C.E.O has commended their excellent results and making hospital staff proud by achieving such a level of performance. The two Deputy District Managers were impressed with the work the committee has done, even the staff doing presentations at District meetings and the Zululand district is using the data templates that have been developed by the committee. We wish you all the best in your work and that your service will bring desired outcomes in improvement of service delivery in the institution!!!



IMPORTANT POINTS TO REMEMBER

Staff and stakeholders need to be aware of issues of clinical and non-clinical risk. Hospital managers must be assisted with their responsibility for disseminating and explaining the risk management process and associated documents to all their staff. The hospital staff needs to develop a Risk communication plan in order to increase awareness and understand the risk issues.

“ Vision is the art of seeing things invisible”

By : Jonathan Swift

“ what ever you can do, or dream you can begin it”

By : Johann Wolfgang Von Goethe

FAREWELL TO OUR MEDICAL MANAGER



DR. E.A AIGBE



Benedictine Hospital management, staff and Patients would like to express their sincere gratitude to the EX-Medical Manager (Dr.A.E AIGBE), who have just got a Registrar post in Durban. The commitment you have shown in turning around the poor service delivery into good was not in vain. We appreciate the time we have spent with you, you have been part of our Benedictine family and we have learnt a lot when it comes to patient care and you have been a good advisor when we needed your expertise on certain issues pertaining to health matters. You have been a friend to everyone. We wish you all the best for your future and always know that you will always be in our hearts!!

TIPS OF ON KEEPING OUR SEVES WARM THIS WINTER, from PRO,S



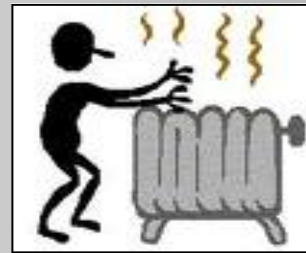
Wear warm clothes



Eat hot foods, eg soup



Wear warm clothes and cover yourselves with blankets



Stay next to the heaters.

WOMANS MONTH ON AUGUST 9, 2011

CERVICAL CANCER

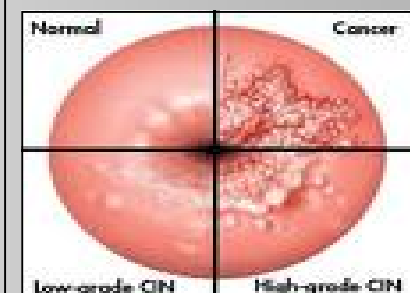
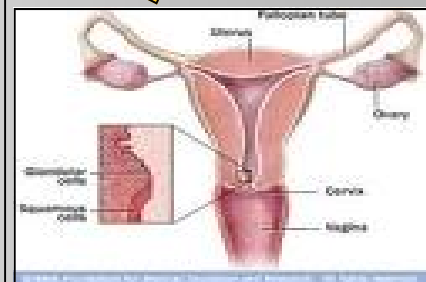
Diagrams showing cervical cancers

According to Medical Experts cervical cancer worldwide is a major cause of cancer deaths in women. Cervical cancer affects the cervix area of a women if it is not detected early.

Symptoms: In early stages, it can cause abnormal bleeding or bleeding after sexual intercourse and an abnormal discharge. As it advances, it can cause urinary blockage, back pain, or neurophathic pain, such as pins and needles sensation in the skin

Risk factors : Human Papilloma Virus (HPV) causes 99% of cervical carcinomas. The majority of sexual active women will be exposed to HPV at some point in their lifetime. Other risk factors include multiple pregnancies, a long duration of birth control pills and tobacco use

Screenings: Pap Smears are recommended for cervical cancer screening. Screening should began at 21 or three years after first sexual intercourse, So ladies it is advisable that you visit your clinic or Doctor for regular check ups!!!!



SUCCESSFUL WINTER MMC CAMP at BENEDICTINE



The boys from various schools around Nongoma looking excited



Mothers came to give support their sons during the circumcision



Occupational health and safety nurse ensuring that everything is in order



Initiates waiting to be circumcised

Benedictine Hospital hosted another Male circumcision camp on these following dates 24,25,30,7 July 2011. the camp was a success because the planning team from the hospital organized all the logistics of the camp up to the last detail. There were 181 boys that were circumcised coming from different schools surrounding Nongoma. The Doctors, Nurses, Kitchen staff, Administrators and Drivers worked tirelessly in making the project a success, and we thank GOD that no complications were mentioned by the initiates after the process was done and they all went home being proud to be responsible men for their health

GET CIRCUMSISED-KNOW THE FACTS

Reduces the chances of men getting infected by the HIV by 60%

Reduces the chances of cancer of the cervix in women

Your penis is odour free and feels cleaner

WHAT DO YOU HAVE TO DO TO GET CIRCUMSISED

Visit your nearest clinic for help and support

The clinic staff will prepare you for MMC with screening for diabetes, hypertension, TB, HIV.

WHAT DO I DO TO RECOVER QUICKLY AFTER MMC

Avoid heavy work or exercise after MMC allow the wound to heal

Take good care of your wound

Clean the penis twice a day with salt water

Keep penis dry and clean

Avoid sexual activity—even with a condom

It is important to visit the clinic on the given date usually within 1-5 days

Do not pull or stretch the penis while it is healing

RETURN TO THE CLINIC IF:

There is bleeding that does not want to stop

Difficulty in urinating

Lots of swelling around your penis

Discharge from the wound

Severe pain—especially in your lower abdomen

“MMC IS FREE AND CONFIDENTIAL AND IT IS SAFE”

Let us meet some of our newly employed staff !!!



Mr. M. Hlabisa from H.R.O Department, I am excited to be part of the HR team



Mr. M.T.Z Gumede from H.R.O Department "am very thrilled that am part of Benedictine Hospital and the warm welcome that I received definitely make me to contribute positively and provide service to my clients in a satisfactory way" He said.



Mr. S.N Ndabeni from H.R.O department " am very happy to get this opportunity to work in this organization Benedictine Hospital and I promise to do well to my clients" He said.



Mrs. S.G Masikane From H.R.O Department "I am happy to join Benedictine H.R team" she said.

This is a group of 41 newly appointed EN & ENA,S who recently joined us



Mr. P. Khumalo from H.R.O Department. 'Am glad to be part of this organization , especially to work in HR



BENEDICTINE MANAGEMENT WELCOMES YOU AND WISHES YOU A PLEASANT STAY, AND ALL THE BEST IN YOUR FUTURE ENDEVOUS!!!

PROMOTIONS

1. NKWANYANA T.D — FINANCIAL MANAGEMENT OFFICER
2. DLAMINI S.B — ARTISAN PRODUCTION
3. HUDLA V.D — OPERATIONAL MANAGER
4. MPANZA H.B — OPERATIONAL MANAGER
5. MASIKANE S.G — PRINCIPAL HUMAN RESOURCES OFFICER
6. NENE P.H — CHIEF HUMAN RESOURCE OFFICER
7. MAPHANGA B.N — PROFESSIONAL NURSE



Benedictine Management wishes to congratulate the staff members who have received promotions!!



DEATHS

SHABALALA S. L—G/O
DATE—2011/07/17

Management wishes to convey their sincere condolences to the Shabalala Family and May His Soul Rest in Peace .

MENTAL HEALTH PROBLEMS

MENTAL HEALTH PROBLEMS ARE VERY COMMON IN SOCIETIES THROUGHOUT THE WORLD. THERE ARE MANY DIFFERENT KINDS OF MENTAL HEALTH PROBLEMS. PEOPLE WITH ANY MENTAL HEALTH PROBLEM NEED TO BE CARED FOR. PEOPLE WITH MENTAL HEALTH PROBLEMS ARE GENERALLY NOT DANGEROUS



SCHIZOPHRENIA

THE THINKING AND FEELINGS OF A PERSON SUFFERING FROM SCHIZOPHRENIA ARE DISRUPTED. IT OFTEN INCLUDES EXPERIENCES SUCH AS HEARING VOICES OR HOLDING FIXED ABNORMAL BELIEFS. TREATMENT SHOULD USUALLY BE MEDICATION AND A (PSYCHO - SOCIAL) PROGRAMME

DEPRESSION

A PERSON WITH DEPRESSION FEELS VERY LOW AND DOWN. THEY LOSE INTEREST IN THINGS AND FEEL VERY LITTLE PLEASURE. IN SOME CASES THIS MOOD IS SUDDENLY SWAPPED WITH VERY HIGH OR MANIC FEELINGS AND BEHAVIOUR. TREATMENT IS USUALLY PSYCHOLOGICAL INTERVENTION (COUNSELLING) OR MEDICATION. BOTH.



EPILEPSY

THIS IS A BRAIN DISEASE WHERE PEOPLE USUALLY SEIZURES (FITS) THE FITS CAN RANGE FROM BEING VERY SHORT AND NOT OCCURRING OFTEN TO BEING SEVERE AND HAPPEN REGULARY. MEDICATION IS THE BEST TREATMENT.

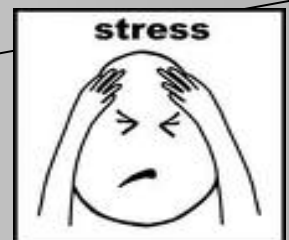


ALCOHOL dependence

This is when people drink alcohol to problem levels. They usually cannot control their drinking and experience a bad physical reaction if they don't drink. Drinking usually starts harming the persons social life and their relationships. Medical treatment is often needed to help a person when they stop drinking, but support programmes in the community are most important.

Stress related disorders

Severe stress can often cause people to be unable to cope effectively with their lives. For example severe natural disasters (e.g floods) or acts of violence (e.g armed robbery) can leave people suffering from (post traumatic stress disorder). People often think back to the event without wanting to and find it hard living their old lives. Counseling is usually the best treatment but in very severe cases medication may be needed.



THE OPENING OF QUEEN NOLONOLO CLINIC



THE OFFICIAL OPENING OF QUEEN NOLONOLO CLINIC

“ It is with honour that today we open a health centre comprising of a maternal and child services unit as well as primary health care clinic in a complex named after a remarkable Queen of the Royal household , the late QUEEN Nolonolo who at a time when it was uncommon to have African professional nurses and midwives ,”said MEC Dhlomo at the opening of the Queen Nolonolo clinic in Nongoma

On the 12 APRIL 2011 QUEEN NOLONOLO was officially opened by His Majesty King Zwelithini Zulu, the Premier Dr. Zweli Mkhize, Dr. Meshack Hadebe of Social Development. Queen Nolonolo trained at Benedictine Hospital for Midwifery in 1958. After qualifying for as midwife and worked at the hospital. Queen Nolonolo moved to Hlabisa hospital where she worked until 1968. she returned to Benedictine Hospital in 1980. in May 1982 Queen Nolonolo was involved in a fatal car accident outside Benedictine Hospital and was laid to rest on 4 June of the same year. The event was graced by the presence of Queen Nolonolo, daughter, and Dignitaries from Royal family, MEC,s and KZN Premier . Social Development was part of this big event as Dr. Meshack Hadebe came to announce the building of a one stop service centre in Usuthu area and announced the commencement of construction. The Premier Dr. Z Mkhize is the champion of the Masisukume Sakhe programme which seeks to address social challenges in KZN. In the Nongoma area the programme has three key challenges 1. Substance abuse, 2. teenage pregnancy, 3 High Unemployment rate.

The Queen Nolonolo caters for the following areas , Ebukhalini , Mcebo, Mbonjeni, Ziphethe, Ophiyaneni, Ophalule, Mncwembe, Nhlophenkulu, Manzimakhulu, Zingcingweni, Thokoza areas. As mobile clinic visits points once a month it caters for the following areas Thokazi, Sidinsi, Kombuzi, Esiphambanweni, Holinyoka, Mpunzana, Khokhwaneni , next paragraph

As this clinic is in town where all the services are located ie shops, social service, offices ,Municipal Offices it also caters for people from other areas in the district of Nongoma, some from Pongola, Mtuba influenced by the flow of transport daily from living areas to town. The catchments population is 28293. The clinic has an active advisory committee especially in clinic matters, and early booking in ante-natal clinic has been influenced by doing it daily, and Mother to Mother has personnel and 1 site mentor is available for pregnant clients.



Mec with the H.O.D, Dr Zungu, District Manager



Mec and his entourage walking inside the Queen nolonolo clinic full of patients

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Please contact us and we will gladly assist you



SIHLE, NOMVELO PR STUDENTS AND HOSPITAL P.R.O MBUYI



SIHLE AND NTSIKE PR INTERVIEWS

PUBLIC RELATIONS OFFICE

ON THE LEFT SIDE IT 'S ME SIHLE NTSHANGASE , I JOINED BENEDECTINE HOSPITAL ON THE 31 JANUARY 2011 JUST TO GET EXPERIENTIAL INFORMATION. I WAS ALLOCATED AT P.R.O DEPARTMENT SIMPLY BECAUSE MY FIELD OF STUDY IS BASED TO THAT DEPARTMENT WELL I'M VERY GLAD & IT 'S ALSO SO FANTASTIC TO WORK IN THE P.R.O DEPARTMENT. IN FACT I GAINED A LOT IN THIS OFFICE LIKE RECENTLY I KNOW & I UNDERSTAND VERY WELL HOW TO HANDLE COMPLAINTS, HOW TO ORGANISE EVENTS, HOW TO ATTEND THE COMPLAINTS COMMITTEE MEETINGS WITH DEFFERENTS DEPARTMENT AND I HAVE ALSO LEARN MORE ABOUT BATHO-PELE PRINCIPLES. SO SHORTLY I LIKE TO THANK MIISS QONGQO THE P.R.O OF THIS INSTITUTION FOR DEDICATING HER TIME TO TEACH ME MORE ABOUT THE P.R DUTIES AGAIN I LIKE TO THANK ALL THE MANAGEMENT OF THIS INSTITUTION, MY PERIOD FOR EXPOSURE HAS NOW COME TO AN END & I WILL BE COMPLETING MY PRACTICALS THIS COMIING FRIDAY 29 JULY 2011 THANK YOU VERY MUCH BENEDECTINE!!!

WE WELCOME OUR READERS IN THIS SECOND QUARTER OF THE YEAR AND HOPE THAT YOU WERE SO EAGER TO KNOW WHEN IS THIS NEXT ISSUE COMNG OUT. AS YOU KNOW READERS THAT THIS IS WOMANS MOTH WE ENCOURAGE MOTHERS, SISTERS OUT THERE TO VISIT THE CLINIC FOR DOCTOR FOR CERVICAL SCREENING, HAVE OUR BREASTS EXAMINED CHECK AND TO PAMPER OURSELVES BECAUSE WE DESRVE IT. FOR ANY ENQUIRES PLEASE DO NOT HESITATE TO CONTACT THE PUBLIC RELATIONS OFFICE , AND TO THE NEWLY APPOINTED STAFF WE SAY NAMUKELEKILE EKHAYA !!!!!

NATIONAL CORE STANDARS AT BEN-HOSPITAL

The National Core Standards are used to assess and measure the quality of health care service that is provided to the citizens of South Africa. These standards form a basis of a process that appraises the performance of the health establishment against a uniform set of expectations of what constitutes quality health care delivery. Benedictine Hospital was the first hospital to be done baseline audit by independent auditors from provincial office in the Zululand District. The baseline assessment was conducted in three days. The assessors were unpacking a the **7 domains using monitoring tool** which are **Patients rights, Patient safety, clinical support service, Public health, operational management, Facilities and infrastructure, leadership**. A significant improvement has been seen in Benedictine as the assessors commended the hospital on cleanliness of the environment , the institution is clearly marked which assist the patients in easily finding their way in an institution . The 6 priorities were also unpacked by assessors which are: Availability of medicines, Patient safety, infection control, staff attitudes, waiting times, cleanliness. Indeed this was a worthy exercise for the management and staff as so much was learnt , gaps identified & action plans to be done after the assessment. The overall score for the institution was symbol **B, NON COMPLIANT**, which is not bad at all , because due to few Vitals we did not achieve, but the rest of the audit the assessors were very pleased with the work done in the hospital. After finishing the hospital the provincial team moved to clinics .



Team from Head office briefing the management and staff on proceedings of the day



C.E.O , management and staff during the briefing