



**health**

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

**CATHERINE  
BOOTH HOSPITAL**

**APRIL—JUNE 2016**

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**FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE**

# ISIFO SOKUWA

## Siyini Isifo Sokuwa?

Isifo Sokuwa yisifo esiphathelene nokusebenza kwengqondo esenza umuntu adlikize abuye aquleke. Ngokuvamile lokhu kuquleka kuthatha imizuzu engaphansi kwemihlanu.

## Yini Ebangela Lokhu Kuquleka noma Isifo Sokuwa.

- ◆ Abacwaningi bakholelwa ukuthi ukuquleka kwenzeka uma kuba nokuphazamiseka endleleni amagqamuzana obuchopho (brain cells) athumela ngayo imiyalezo. Akuqondakali ukuthi kubangelwa yini lokhu.
- ◆ Ukuba khona komunye emndenini noma esihlobeni sakho onaso kungadala ukuthi nawe ubenaso. Ukulimala

kabuhlungu ekhanda kwesinye isikhathi okungadalwa yizingozi zemigwaqo nakho konke okuyimbangela yokushayeka ekhanda kungenza umuntu agcine enesifo sokuwa.

- ◆ Izifo eziphathelene nengqondo njengokushaywa yi-stroke noma ube nesimilo engqondweni esingajwayelekile.
- ◆ Izifo ezithelelanayo njenge gciwane lomqondo olithola ngokuba nesandulela gciwane lengculazi —criptococcal meningitis .
- ◆ Ukulimala uzalwa, ngaphandle kokuthi uzalwe ingqondo yengane isuke isathambile futhi ingathikamaziseka kalula. Izifo eziphatha umama zingadlulela enganeni noma ukushoda komoya enganeni kungadala

ukuthi ingane ikhule inesifo sokuwa.

## **Yini Okufanele Ngiyenze Uma Ngibona Umuntu Ebanjwa Isifo Sokuwa?**

Kumele ulinde aze aphaphame ungazami ukwenza okuthile ngaphandle kokuqinisekisa ukuthi akukho okungamlimaza futhi uyakwazi ukuphefumula kahle.

Ukufika ekuseni uma uze esibhedlela noma emtholampilo kusiza ekutheni uzwe ngezinto ezingi okufundiswa ngazo abantu eziphathelene nezimpilo zabo. Lokhu kwenzeka njalo ekuseni ngaphambi kokuqala ukusebenza.

## CERVICAL CANCER SCREENING CAMPAIGN



18-22 April 2016 marked the week for the screening of cervical Cancer at Catherine Booth Hospital. This campaign was led by Sister S.G Jackson from ART. Purpose was to screen all women coming to hospital with an aim of assisting them in knowing their status when it comes to cervical cancer. Cervical cancer is

one of the most common cancers in women. Most adults have been infected with HPV at some time. An infection may go away on its own. But sometimes it can lead to cervical cancer.

That's why it's important for women to have regular Pap tests. A Pap test can find changes in cervical cells before they turn into cancer. If you treat these cell changes, you may prevent cervical cancer.

Team spirit and workforce by other members from the hospital made the campaign a good success.

# FIRE DRILL IN OPD

**Uma kuthiwa  
isakhiwo siyasha  
kunomlilo, ungahlali  
phuma ngokushesha!!**

Kubalulekile ukwenza lokhu okuthiwa kwenze uma utshelwa. Umnyango wezempilo—Catherine Booth Hospital (ESalveshe) siyaye sifundise bese silingisa ngenhloso yokuqwashisa nokufundisa amakhasimende nabasebenzi baso ngezindlela eziphephile zokuvikela ubungozi uma kwenzeka isakhiwo sisha / sivutha umlilo.

UNks Sthembile Qwabe nosebenza ezokuphepha esibhedlela (Safety Officer ebambisene no Nesi wabasebenzi ( Occupational Health Nurse) bahlela usuku lwango-mhlaka 7 April 2016 ukuba kube yilona suku lokuqinisekisa ukuthi ngabe abasebenzi namakhasimende esibhedlela ayawulandela yini umgomo wezokuphepha uma bephuma esakhiweni esishayo. Lokhu kwenziwa njalo ezinyangeni

ezintathu. Lokhu kwakwenziwa esakhiweni esine OPD, X-Ray, Pharmacy Kanye namahhovisi abaphathi.

Umlilo ohleliwe wawubaswe ngaphandle kwesakhiwo endaweni ephephile kwabe sekuba khona owayememeza ukuthi abantu mabaphume ngoba isakhiwo siyasha. Abasebenzi nabagulayo babelindeleke ukuba baqinisekise ukuthi zonke iziguli ziyaphuma esakhiweni nalezi ezihamba ngezinqola nabangakwazi ukuhamba ziyalekelelwa ukuba ziphume, amafasitela nawo ayavalwa kulesakhiwo. Nakuba abanye abantu babekhungathekile bethuswe umlayezo wesakhiwo esishayo kodwa benza njengomyalelo naku-ba kukhona okusadinga ukulungiswa.



**Abasebenzi neziguli bephuma ngokulandela umdwebo njengesayini yokuphuma**

*Noma ngabe ukusiphi isakhiwo uma kunombiko othi isakhiwo siyasha, wonke umuntu kumele alandele imigomo ephephile nokulandela imidwebo ekhombisa ukuthi kuphunywa kuphi uma kunesimo esiphuthumayo (emergency exit signs).*



**Ophethe isicishamlilo, u Phakamani Khumalo owayecima umlilo, ngemuva kwakhe u Mnu Qwabe, Mrs Sithembile Qwabe (Safety Officer) Ongaphambili u Mhlengikazi wabasebenzi—Sister Manqele no Mr Kruger wase Maintenance.**

# UNGADLALI NGEMPILO YAKHO, BAMBA IQHAZA EKUGWEMENI IZINKINGA ZEZINSO!

Uma umuntu efika esibhedlela okanye emtholampilo, kubalulekile ukuba afike ekuseni. Uma wenza njalo usuke ungenzeli nje ukusheshe uqede ugoduke kuphela kepha kusiza nasekutheni uthole abahlengikazi abazokufundisa ngezihloko eziningi ezahlukene ngaphambi kokuthola usizo lwezempilo oze ngalo.

Nsukuzonke ekuseni ngaphambi kokuba kuqalwe usuku l OPD iyaye ithale imizuzu engeqile kweyi 30 ifundise abantu abeze esibhedlela ngezempilo okuyaye kube izihlokwana ezahlukene nsuku zonke. Ngomhlaka 21 April 2016, kwakuqwashiswa ngokunakekela izinso nokugwema ukungaguliswa izinso.



Sister B.B. Mtshali, OPD Operational Manager talking to patients during the awareness

Uma unesifo senhliziyo  
noma sikashukela, qiniseka  
ukuthi uya njalo ukuyohlo  
la emtholampilo ngoba lezo zifo  
zombili zingezihamba phambili  
namuhla ekuphathweni yizinso  
lapha eNingizimu Afrika. Ake  
sibheke ukuthi ngabe lokhu  
kushoni...

## UNGADLALI NGEMPILO YAKHO, BAMBA

## IQHAZA EKUGWEMENI (SIFO SEZINSO)

### Zisebenza kanjani

### izinso zethu?

Izinso zenza yonke imisebenzi  
emizimbeni yethu ngaphandle  
kwengqondo. Zakha amakhemikhali  
abalulekile emzimbeni, zibulala  
amakhemikhali angadingekile  
nayingozi bese zigcina lawo abalulekile.  
Nsuku zonke izinso zethu  
zihlanza uketshezi olungamalitha

angama-150 emizimbeni yethu  
okubandakanya nomchamo.

## Isisusa sezinkinga zezinso

ENingizimu Afrika imbangela enkulu  
yezinkinga zezinso umfutho  
wegazi ophezulu ulandelwe yisifo  
sikashukela. Kubantu abaningi, isifo  
sezinso sihlala isikhathi eside singabonakali  
ngenxa yokuthi izinkomba  
zaso ziyaba ngezinye izifo  
okuwukukhathala nengcindezi.  
Size sivele uma sisisibi ngempela.  
Ukunakekela izinso zakho kungazigwema  
izifo zezinso. Okunye  
kubandakanya ukudla ngendlela  
efanele nokuzivocavoca.

## Zelashwa kanjani izinso?

Inkinga enkulu yesifo zezinso ukwehluleka  
kwezinsu ukusebenza.

Uma kwenzeka lokhu ube usudinga  
ukuya esibhedlela esiyisipesheli  
kanye ngesonto noma ngenyanga  
uyofakwa emshinini oyokwenza  
umsebenzi wezinso zakho. Bani  
kakhulu abantu abalinde ukuthola  
ukwelashwa kanti futhi kubuye kudle  
nasephaketheni. Ukuhlanzwa  
kwezinsu kungenziwa kaningana  
ngosuku noma ngesonto kanti  
kwenziwa impilo yakho yonke  
kuze kube uthola ozokunikekela  
ngenso.

## ONGAKWENZA UKUZE UBE NEZINSO EZINEMPILO

Akukuningi okumele ukwenze ukuze ugcine  
izinso zakho ziphilile. Udinga  
impilo enhle kanye nokudla ngendlela  
efanele. Lokho kusho ukungabhemi,  
ukwehlisa etshwaleni, usawoti kanye nokudla  
okuthosiwe bese  
udla kakhulu izithelo nemifino – un-  
gakhohlwa ukuzivocavoca, ngisho un-  
gahamba kambalwa ngesonto kungakusiza.



# MALARIA REMAINS HEALTH THREAT.



**Not all mosquitoes can cause Malaria.**



**Staff members looking at posters with sample of Mosquitoe for Malaria**

The hospital Infection Prevention and Control in partnership with Malaria Control conducted an awareness to staff on Malaria during the World Malaria Day which was on 25 April 2016. Official from Malaria Control came to hospital to do an awareness on Malaria Prevention following Malaria cases that were reported from the farm workers.

Malaria posters were posted around the hospital as part of the awareness to both human capitals and clients.

“Malaria is caused by a one-celled parasite called a *Plasmodium*. Female *Anopheles* mosquitoes pick up the parasite from infected people when they bite to obtain blood needed to nurture their eggs. Inside the mosquito the parasites reproduce and develop. When the mosquito bites again, the parasites contained in the salivary gland are injected and passed into the

blood of the person being bitten. Malaria parasites multiply rapidly in the liver and then in red blood cells of the infected person. One to two weeks after a person is infected the first symptoms of malaria appear: usually fever, headache, chills and vomiting. If not treated promptly with effective medicines, malaria can kill by infecting and destroying red blood cells and by clogging the capillaries that carry blood to the brain or other vital organs”.

**First Aiders Awarded Certificates after their Training by Occupational Health and Safety Team.**



Safety representatives from wards, departments and clinics received certificate after the training in order to be able to give first aid to any one in need of first aid in their respective units. Training was conducted by IPC, Occupational Health Nurse (Sister Manqele) in the hospital.

# HYPERTENSION DAY

19th of May 2016 marked the Hypertension Awareness Day at Catherine Booth Hospital as part of educating community on causes, treatment and prevention of high blood pressure (Hypertension)

## Causes of hypertension

As acute stress, intense exercise and other factors can briefly elevate blood pressure even in people whose blood pressure is normal, a diagnosis of hypertension requires several readings showing high blood pressure over time.

Having high blood pressure for a short amount of time is a normal physiological response to many situations. However, a systolic reading of 180 mmHg or higher OR a diastolic reading of 110 mmHG or higher could be a sign of a hypertensive crisis that warrants immediate medical attention.

Anyone who gets such a reading when testing their own blood pressure should wait a couple of minutes and repeat the test. If the reading remains at that level or increases, seek emergency medical

treatment (call an ambulance or have someone drive you to the hospital immediately).

Blood pressure does vary throughout the day, lowering during sleep and rising on awakening. It also rises in response to excitement, **anxiety** and physical activity.<sup>7</sup>

Blood pressure also increases steadily with age as arteries become stiffer and narrower due to plaque build-up. Vascular and **heart disease** also contribute to rising blood pressure in older adults, and a high systolic reading is a major risk factor for cardiovascular disease in adults over 50 years old.



Out Patient Department with their written messages on prevention of hypertension. Patients were listening to messages and

## ENSINGWENI YOUTH

**HAPPY HOUR AT THE  
CLINIC**

**EVERY WEDNESDAY FROM  
14H00 –15H00**

## Ensingweni Youth Celebrated their day in style

The Adolescence Youth Friendly Services (AYFS) program of Ensingweni Clinic led by Sir Vusani Myeni celebrated Youth Day in style on 16 June 2016. AYFS is the programme of encouraging youth to come forward at the clinic with their health problems where they are attended to /treated special by the professional Nurse who is in their age group and where **they are free to discuss youth issues and challenges (Happy Hour)**.

That was done in a form of Music Festival where all schools around Ensingweni catchment area competed in a form of talents with the message of HIV / Aids as a means of transmitting health messages. Youth enjoyed the day entertaining one another with any kind of entertainment.



# DIETICIAN WEEK 6-10 JUNE 2016



A Guide to Building...

## Healthy Snacks & Lunchbox

PIIP

Bring **WATER** everyday!

Thompson uses this strategy with a PIP and with my son and daughter at PIP!



<h3>Whole Grains</h3> <p>Make sandwiches with whole grain bread. Look for labels that say "100% Whole Grain!"</p> 	<h3>Fruit</h3> <p>Pack fresh fruit each day for snack and lunch. There are easy, convenient ways to add fruit to your day.</p> 
<h3>Snacks</h3> <p>Pack healthy snacks each day. Add a healthy sweet or savory treat. Try whole grain crackers and pretzels for savory snacks or dried fruits for sweet treats.</p> 	<h3>Veggies</h3> <p>Add veggies to your child's lunch. They add a healthy crunch instead of chips.</p> 

Source: The Nutrition Source

Nothing more but your diet and physical exercise can keep you healthy and looking good!!! Visit your Dietician.

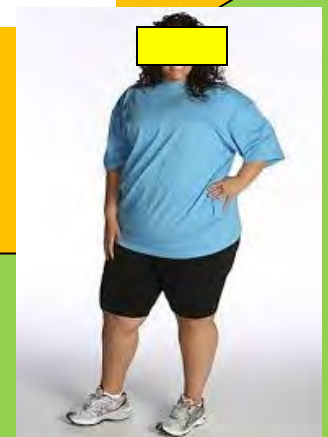


## THE BIGGEST LOSER CHALLENGE

3 MONTHS. 9 FITBLRS. 1 CHALLENGE.



**Half way there!!!!**



# IXOXWA NGEZITHOMBE



*Noma ngabe umuntu uze egula engazi ukuthi yini imbangela kodwa ngokuthamela lomkhankaso, ababeze ngezinkinga ezidalwa ukungadli ngendlela amaphilisi bazisholo bona babona futhi ukuthi ukudla amaphilisi ngendlela kubalulekile ngoba*



**Abasebenzi ababeqwashisa nge BP kumakhasi-mende abo bephethe nemibhalo eqwashisayo**

**It is not an Infection Prevention and Control meeting if hand washing is not demonstrated!!!**



**ZAZI** – IF ALL GIRLS CAN  
LISTEN AND LIVE THEIR DREAMS

**Boys must always support and respect girls**

**Teenage Pregnancy & Aids can be conquered!!!!**





# HEALTHY BABY COMPETITION

0-18 MONTHS

All children

10 August 2016

## Stop Worrying About Baby's Development



Even if you fear you don't know the first thing about newborns, after a few weeks with your own little darling, you start to hear a difference between his hungry and tired cries. You know how he prefers to be rocked and burped. You grow more

confident about your parenting skills. If it weren't for the exhaustion and the hormonal overload, you'd feel like you have everything under control. But all it takes is a small, paranoid thought -- is my baby eating enough? Is all this crying unusual? -- and you can easily fall into a spiral of anxious concern. You seek out friends and ask, "Does he look okay to you?" They say yes, but still, you can't help but worry.

So you search around online and read the comforting, vague phrases: "Healthy babies exhibit a wide range of behaviors, appearances, and temperaments." Question is, how do you know that your baby is happy and developing normally? To help reassure you, we've assembled a list of indicators to watch for that prove an [infant](#) is doing just fine. Relax, will you?

- Baby calms at your touch and at the sound of your voice.

You're changing 8 - 10 wet diapers a day, and Baby is gaining weight. **What It Proves:** He's getting enough milk and growing at a healthy rate, even if how much he drinks changes day by day.

- If you're nursing, how can you be sure your baby is drinking enough [breast milk](#)? The proof is in the wet diapers.

Baby is quiet and attentive at least a few times each day.

- She's observing the world and starting to learn.
- Baby turns toward a new sound and quiets down to listen. His hearing is developing, and he's using his brain to discern sounds.
- She looks at patterns, colors, and movement. Eyesight is sharpening and baby's brain development is ramping up.
- She makes eye contact, smiles, giggles, and flirts with people. Your baby is becoming a social -- and happy -- creature.
- She cries a little less and sleeps more regularly.
- Baby begins to support her own body weight.
- Lots of babies hold their head up briefly -- so briefly! -- by 1 month. By the time they're 3 months old, they're typically doing so more regularly and with greater skill. If your baby can hold her head up or shift around in your arms, you know she's flexing her growing muscles. To help her along, make sure she's spending quality time outside the carrier or car seat. Tummy time on the floor (most babies' version of an exercise class) can especially help speed up the development of different muscles, including ones that allow her to roll or sit unassisted.



**BREAST  
MILK IS  
THE  
BEST!!!**

## CONGRATULATIONS AND FARE WELL TO WASTE OFFICER—SIHLANZIWE MKHWANAZI (ZULU TO BE)



An ever smiling somebody Ms Shlanziwe Mkhwanazi (Waste Officer) was crowned by Crises Care Centre human capitals who bid her a fare well and congratulations party. She was going on her new environment both family and work. She was given gifts to say All The Best on Your Marriage and on your new job environment!!!



**Soon to be Mrs.  
Zulu**

## CHILD PROTECTION AWARENESS

27 May — 02 June 2016 events were also part of the campaign. This was the eye marked Child Protection awareness as they are the opener to other parents as Week. Team from school ones to play a role in pro-social workers and school health and social services protecting their young ones from health team explained their make the week a success as being the victims of crime and experiences on types of child they visited schools and child abuse. Ten schools including crèches were visited children which other parents children on their rights. Partly by the team for this campaign are unaware of.

## FROM THE PRO'S OFFICE / EDITOR

Greeting and warm welcome to all our clients and readers of this newsletter. This office with to thank all our clients for their positive response towards their own health when it come to the utilization of health services. Despite of our clinic infrastructure challenges, our dedicated staff works tirelessly with positive attitude towards patient care.



**Mrs Nompilo Xaba**  
Public Relations Officer

Community section including CCG's also work hard to reach community which are far from clinics to bring services to the community. Formation of clubs also helps community to get their treatment closer to their homes instead of travelling long distances to the clinic. I would also like to thank the management for the support, all staff for their hard work especially the outreach team who goes an extra mile in reaching the community out there.

Please continue to give us feedback on the services you have received in our clinics and hospital. This helps us to improve the quality of our services to our clients.

NH Xaba

## ENSINGWENI AYFS AND SCHOOL HEALTH TEAM(CONDUCTED YOUTH DIALOGUE TO SCHOOLS FOR THE FIGHT AGAINST TEENAGE PREGNANCY



**Children listening attentively to different speakers during the dialogue at**

As part of OSS, School Health Team, NGO's, Traditional Leadership, other Government Departments and community gathered together to assist youth in fighting the burden of teenage pregnancy. This was community dialogue specifically for teenage girls also in support of youth friendly services at the clinic. Target was all girls both at schools and from the community integrated. It was held at Zithume High School (Ensingweni).

Apart from the talks from different stakeholders, children where also screened on health issues such as eye, audiology and general wellbeing. Dieticians, and rehab team were also part of the screening team on the day. This was facilitated by School Health Nurse, Sir BE Mdletshe who is passionate on children.





# MVUTSHINI CLINIC OPEN DAY



**Operational Manager, Sister Dube on the table with the Traditional Leadership watching and listening to the programme director**



Services were rendered while others were listening to speeches on what the clinic is doing for the community



Phakamini Khumalo (Social Worker) explaining their role as Social Workers and emphasized on child protection



This day was not going to be such a great success with community participation and attendance without the support from Clinic Committee, Traditional Leadership of Emtutshini Area working together with the clinic and Community Care Givers.

Well done and Thanks Lot!!!

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THANK YOU



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# THANK YOU!!! SIYABONGA!!!