



**KWAZULU-NATAL PROVINCE**

**HEALTH**  
REPUBLIC OF SOUTH AFRICA

# Newsletter

## CATHERINE BOOTH HOSPITAL

# NEWS

STAY INFORMED

JAN—JUN 2024

## ISIBHEDLELA KUBANTU 2024



The community of Mombeni—ward 06 and Obanjani—ward 20 gathered to received healthcare services during Isibhedlela kuBantu outreach Programme. [READ MORE ON PAGE 1-3.](#)



**Best Staff Member**

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**Autism Awareness**

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KwaZulu-Natal Department of Health



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## ISIBHEDLELA KUBANTU OUTREACH PROGRAMME



Mr. M. Sithole—CBH Dental Services screening one of the patients

With its ongoing effort to create access to healthcare services, the Catherine Booth Hospital (CBH) had Isibhedlela kuBantu outreach programme which was held on the 20th March 2024 at Obanjeni Community Hall and Biyela Thusong Centre on the 26th June 2024. The main purpose of this programme was to bring integrated services to the community's door step.

During this outreach programme, a number of services that are normally offered at a hospital setting were available on the spot. This included medical services, eye screening, dental services, chest X-Ray, audiology services, occupational therapy—issuing of wheel chairs and walking sticks just to name but a few.

The CBH identified the hosting community as one of the areas with the high number of TB cases in its catchment area. Hence many people were encouraged to test for this illness and health education during door-to-door was conducted. Other services included children

immunisation, testing and initiation of HIV, women and men health, reproductive health, social welfare, minor ailments, cervical cancer screening and chronic diseases.

The Isibhedlela kuBantu should be an integration of services from all government departments. Departments such as Agriculture, Social Development, Justice, numerous NGOs such as Lima Foundation and Redcross, and representatives from uMlalazi Municipality were also invited to render their services. Addressing the community before door-to-door campaign, Mrs. B.R Msomi CBH Chief Executive Officer alluded that the some issues of Obanjeni don't only need the intervention of Department of Health but other stakeholders are important as most issues are interrelated. She further stated the main goal is assists the community holistically hence the integration.

The CBH management would to appreciate the turn up of Obanjeni community and people from surrounding areas to Isibhedlela kuBantu. The total number of people that received services during the programme were around 700. This includes over 100 male patients, which is a big achievement. The males are still reluctant to seek medical services on time—the high number at the outreach programme therefore encourage others visit the healthcare facility more often as well.





## ISIBHEDLELA KUBANTU GALLERY: 20 MARCH 2024



### REHABILITATION CORNER



Rehabilitation Section with Occupational Therapy, Audiology and Speech Therapy services



Queuing to consult with doctor



### GOVERNMENT DEPARTMENTS

Obanjeni is one of the over populated communities with high rate of poverty. The Department of Agriculture was present during the programme, and gave out seeds to encourage the One Home, One Garden initiative.

While the programme was on-going at Obanjeni Hall, the CBH officials alongside Department of Justice, Lima Foundation, Redcross Society and uMlalazi Municipality. The Social Development was conducting one-on-one consultations with the communities on site.



Children immunisation





# ISIBHEDLELA KUBANTU GALLERY: 26 JUNE 2024



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## CONDOM WEEK AWARENESS



Mrs. Gumede Enrolled Nurse from the HAST unit demonstrating the use of both female and male condoms at the Out Patients Department during the condom week awareness.

In South African, young people between the ages of 13 to 24 years are at a high risk of contracting HIV/AIDS and which is floodgate for other illnesses. For this reason, the Catherine Booth Hospital is investing a lot of time doing awareness's and health education informing the public about various methods available in the healthcare facilities that can be used as a contraceptive measure against the spread of STIs and to avoid unwanted pregnancy.

On the 2nd of February 2024, the HAST Unit conducted a condom week awareness the use of condoms, both male and female. Demonstartion of inserting both male and female condom were done during the presentations which caught the attention of many patients as they never see female condoms before. Dual protection was also emphasised during this awareness – which brought fought subjects like medical male circumcision, PreP, contraception pills, vasectomy, etc.

It is important to note that condoms are available in all units at the Catherine Booth Hospital and in all consultations rooms and waiting areas in subsidiary facilities including mobile clinic and are free off charge, the community are encourage to utilise them





## **REWARDING EXCELLENCE**



**CBH Best Staff Member 2023/24 4th Quarter—Sister N.N Mkhwanazi—  
Maternity Ward**

The Catherine Booth Hospital believe that motivated employees work more efficiently, produce higher quality work which results into improved customer / client satisfaction. Part of what makes a job meaningful is recognition for a job well done, and employee appreciation programmes is the facility's strategic for recognising good performing employees and departments. In addition, by rewarding employees, the facility will be complying with one of Batho Pele Principles – Encouraging Innovation and Rewarding Excellence.

For this reason, every quarter, through the feedback mechanism which is suggestion boxes (Complaints, Compliments and Suggestions), the hospital look at the most complimented staff member by patients and customers and he/she is set forth as the Best Staff Member of the quarter.

In 2023/24 4th quarter (January—March 2024) Sister N.N Mkhwanazi was the best performing staff member according to patients. In total there were 119 compliments the hospital received for the for the aforementioned quarter. Departments including the Medical Male and Female ward, Maternity Ward, Paediatrics Ward and Out Patients Departments were amongst the most compliments units. The MDR-TB, HAST and Rehabilitation were the most improved units in terms of number of compliments from patients.

The hospital management hereby appreciating all individuals and departments that were compliments, their dedication and commitment towards service delivery as she is setting an example of what is expected from a public servant and public facility should be. The patients are requested to compliments, suggest about services they've received, and if there are areas of dissatisfaction they should inform either the head of the concerned department, component manager, Public Relations Officer or the Chief Executive Officer soon after the incident. Moreover, the community can utilize the suggestion boxes that are located in strategic areas within the facility.





## **CBH STAFF MEMBER PARTICIPATION IN COMBRADES MARATHON**



Mr. N.C Sibiya—Supply Chain Clerk with his medal at the Comrades Marathon.

The Catherine Both Hospital is motivated and proud to announce that Mr. N.C Sibiya was one of thousands of runners who participated in the 2024 Comrade marathon which was held on Sunday 09 June 2024.

The comrades marathon is an ultramarathon of approximately 89 km which is run annual in the KwaZulu-Natal Province of South Africa between the cities of Durban and Pietermaritzburg. The comrades is a very special event that should be on all runners buckets list. The strong values of camaraderie, courage, commitment, dedication, passion and perseverance are key to making this event unique. The comrades marathon famously alternates the direction each year , and this year race which was in relatively ideal conditions meaning runners began in the lower-altitude Durban and ended in the higher-altitude Pietermaritzburg.

As a health institution, we encourage such participation in sporting codes as it play a pivotal role in individual's health. Regular running or jogging offer the following benefits:

1. Help to build strong bones, as it is a weight bearing exercise;
2. Strengthen muscles
3. Improve cardiovascular fitness.;
4. Burn plenty of kilojoules.;
4. Help maintain a healthy weight.

As beneficial as it can be, running and jogging should be done correctly—for best results your running program, one should do the following:

1. Eat a healthy and balanced diet, and don't run after eating.
2. Drink plenty of water before, during, and after your run.
3. Wear reflective clothes if running early in the morning or late in the evening.
4. Take regular breaks to let your body rest. If you get an injury while running, stop and get medical care right away.
5. Combine your running program with other forms of exercise for variety.





# AUTISM 101

## 1. What is Autism?

Autism, or autism spectrum disorder (ASD), can be defined as a broad range of conditions characterised by challenges with social skills, repetitive behaviours, speech and nonverbal communication. It is important to note that Autism looks different for everyone, and each person with autism has a distinct set of strengths and challenges.



## 2. Signs and Symptoms

People with ASD often have problems with social communication and interaction, and restricted or repetitive behaviours or interests. People with ASD may also have different ways of learning, moving, or paying attention. These characteristics can make life very challenging.

## 3. Diagnosis and Treatment

Diagnosing ASD can be difficult since there is no medical test, like a blood test, to diagnose the disorder. Medical practitioners look at the child's behaviour and development to make a diagnosis. ASD can sometimes be detected at 18 months of age or younger. By age 2, a diagnosis by an experienced professional can be considered reliable. Treatment plans usually involve multiple professionals and are catered to the individual as every person is different. Currently, Current treatments for ASD seek to reduce symptoms that interfere with daily functioning and quality of life.

## 4. CBH Autism Awareness

On an on-going effort to increase awareness about aforementioned health condition, the Catherine Booth Hospital had an Autism awareness which was held on the 09th of April 2024 at the Out Patient Department. During this informative session, Ms. N. Mtshali—Community Service Officer Occupational Therapy and Ms. McTeer Community Service Officer: Speech and Language Therapy shared information and gave clarity about this condition.



Ms S. Mlambo painting in support of people with Autism.



Ms. Mtshali and Ms. McTeer from Rehabilitation department

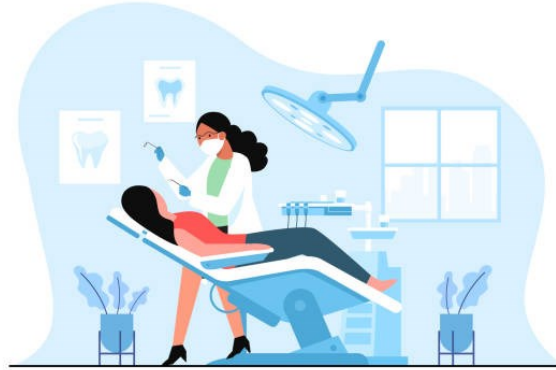


## OPENING OF THE DENTAL CLINIC

The Catherine Booth Hospital is delighted to announce the opening of dental services within the hospital premises. This is day clinic which operates Monday to Friday between 07h30am to 16h00pm in which Wednesday services are offered at the subsidiary CBH PHC facilities which are Gingindlovu, Ensingweni and Mvutshini Clinic. At the present moment, only the following services are offered:

1. General Consultations
2. Extractions

Note: Filings and cleaning of teeth are not yet available. The public will be informed once these services are available.



## MFIHLO MOBILE POINT PARKHOME



From L-R: Mr. O.N Dlodla—CBH AD: Finance Management, Mr. E. Kleinhans— CBH AD: Systems Management, Mrs. L.S Zulu—CBH AD: Human Resources, Mr. Villakazi—Ward 15 Councillor, Mrs. P.Z Mbonambi— CBH Deputy Manager: Nursing, Inkosi Khoza—KwaKhoza Reserve Chief, Mrs. B.R Msomi—CBH Chief Executive Officer and Mr. M. Xulu—CBH Hospital Advisory Board Chairperson.

After years of working in a non-conductive community hall which was previously vandalised, as a result, no electricity, no water and functional ablutions; the Mfihlo mobile point has received a park home which will be used to render healthcare services with ease. The new park home will have 4 consultation rooms, electricity and functional toilets. The services will be offered at this mobile point on specific days which will be communicated through Community Healthcare Workers.



Mfihlo mobile point park home.

This was made possible by the collaboration between the KwaKhoza Traditional Council, Ward Councillor and CBH management. During the site inspection which was held on the 1st of May 2024, the CBH management is pleading with the community to ensure that the Mfihlo mobile point is well taken care of.



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## PATIENT'S ADMINISTRATION WINS 2024 HANDWASH DRIVE



On an effort to enforce compliance to Infection Prevention and Control standards, the Catherine Booth Hospital held their annual Hand Hygiene Drive on the 23rd of May 2024. During this awareness, all departments within the facility were requested have an activity around Hand Hygiene and further perform all moments of hand wash and hand rub.

2024 Hand Hygiene Drive Winners—Patient Administration staff with their Supervisor, Mrs. A.B Nyawo and Mrs. B.R Msomi Hospital CEO.

Thereafter, departments were judged according to the creativity of the activity and performance of hand wash and/or hand rub. All departments that participated received certificate of participation, and the 3rd Prize went to Medical Female Ward, 2nd Prize went to Rehabilitation Department and the 1st Prize went to Patient Administration Department.

A number of infectious diseases can be spread from one person to another by contaminated hands. These diseases include gastrointestinal infections, respiratory infections, such as influenza, colds and coronavirus (COVID-19). Therefore, handwashing helps prevent spread of infectious diseases.



Hand Washing Drive 2024 Judging Panel



Sister Baleni from HAST





# HANDWASH DRIVE GALLERY



Campaign started by march singing songs and slogans about hand hygiene



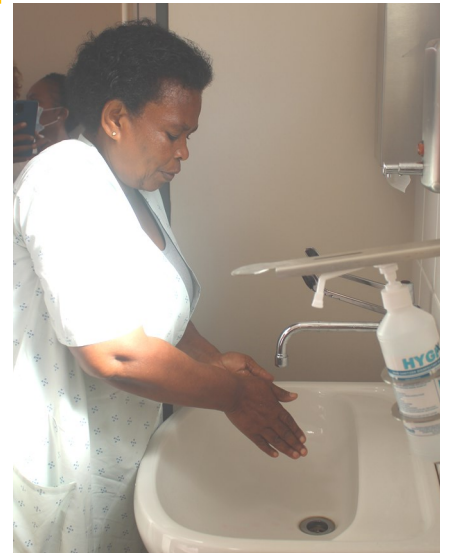
Nurse Msweli from MDR-TB Unit



Rehabilitation department



Pharmacy



Laundry Department



Medical Male Ward



Food Services





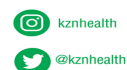
## KING CETSHWAYO HEALTH DISTRICT NURSES DAY



On the 24th of May 2024, the King Cetshwayo Health District organised a Nurses day celebration event under the theme “Our Nurses, Our Future. The Economic Power of Care”. This prestigious event was held at Imbizo Hall at eMpangeni where nurses across the district gather to celebrate the critical role nurses play not just in health, but in shaping economies and societies.



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## CHILDREN PROTECTION WEEK 2024



From L-R: Nurse F. Dludla, Mrs. B.P Nkosi—Social Worker, Lieutenant A. Mbane, Mr. S. Khumalo, Matron Mthethwa, Mrs Dubazane—Social Worker, Lieutenant N. Mbane and Sister Makhaye.



The appropriate way of hugging children of the opposite gender.

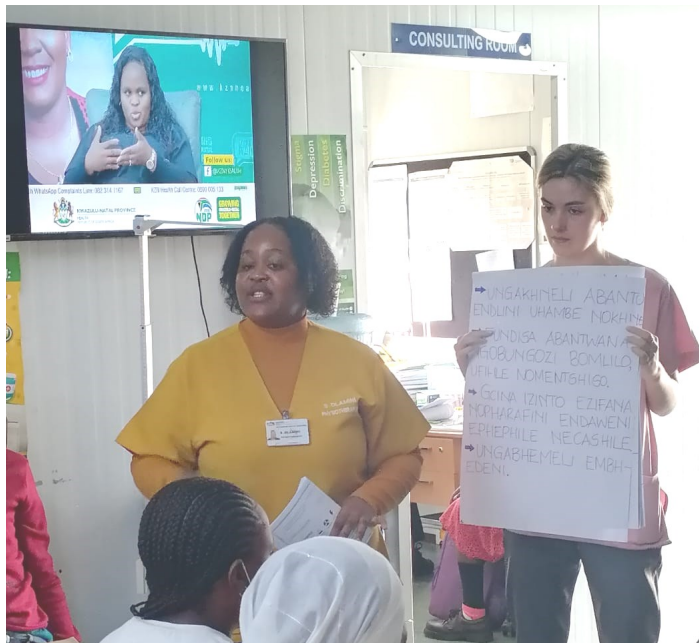
As part of Child Protection Week, Lieutenant A and N Mbane visited the Catherine Booth Hospital Paediatrics Ward on the 30th of May 2024. The purpose of the visit was to empower children on how to identify child abuse and when and how to report if they encounter abuse. This session was fused with games and participative activities for the children to better understand the content of the teachings.

The children protection week is commemorated annually in the month of May and June. The main objective of Child Protection Week is to raise awareness on the need to protect children against abuse, exploitation, neglect and all forms of violence by ensuring that the most vulnerable in our society do not suffer abuse. This is done not only educating children about their rights, but also by educating the adults, parents, guardians and teachers who are responsible for protecting those rights.

The Catherine Booth Hospital is calling all stakeholders to join hands in protecting the future leaders of the national. Protecting children shouldn't be a one week programme, but something that is done 365 days a year. A round of applause to all individuals and organisation that are working tirelessly to protect children.







Miss S. Dlamini—Physiotherapist and Miss K. Grobler Community Service Officer: Physiotherapy doing a presentation at HAST during burns awareness week.

# BURNS AWARENESS 2024



National Burns Awareness Week

13 - 17 May 2024.

The Catherine Booth Hospital encourage the communities to prevent burns and to be prepared for any possible emergencies—being prepared for an emergency can be the best safety tool of all.

1. Be careful when cooking: keep children out of the kitchen if possible. The kitchen is full of potential fire hazards – food left unsupervised on the stove or in the oven or microwave, grease spills, electrical appliances and dish towels near burners. Hot oil and porridge are particularly hazardous.
2. Electrical appliances and cords: make sure your electrical appliances (such as ovens, stoves, heaters, kettles, toasters and irons) are in good condition, without loose or tattered cords or plugs or worn insulation.
3. Kettles : kettles are ‘weapons of mass destruction’. Keep kettles and kettle cords out of reach of children.
4. Microwaves: Be careful of the high temperatures containers and fluids can be heated to after warming in a microwave. Also steer clear of boiling eggs in a microwave – they often explode on removal and can cause serious facial and eye damage.
5. Fire gels: fire gels should be used with caution. Pouring gel fuel into a device that is not completely cool may result in a fire or injury, therefore it should never be poured directly from the container onto flames. Burning fire gel sticks to skin and is difficult to extinguish, causing prolonged burning with severe scarring.

# ACKNOWLEDGEMENTS



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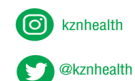
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