



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

CATHERINE BOOTH HOSPITAL

JANUARY TO MARCH

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Ensingweni Clinic is one of the clinics which is piloting the Adolescents' and Youth Friendly Services.

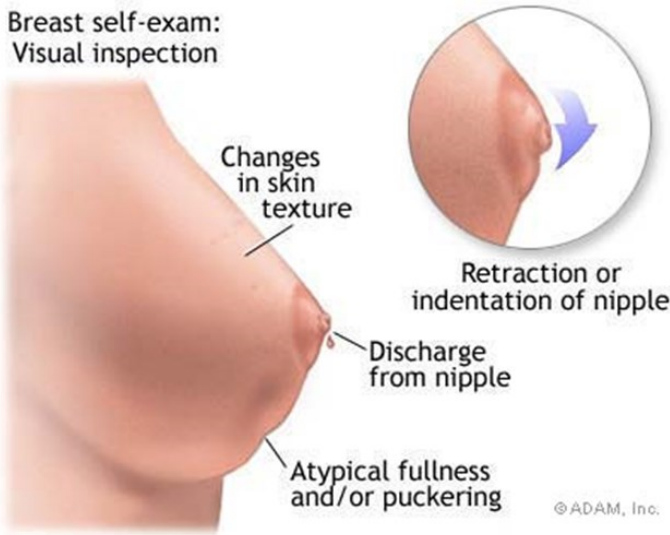
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**ISIBHEDLELA SIQINISEKISA UKUBA ZON-
KE IZIGULI ZITHOLE IMITHI YAZO**

FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE

YAZI KABANZI NGESIFO SOMDLAVUZA

Breast self-exam:
Visual inspection



“Isizwe siphelile umdlavuza, owesibeletho, owama-phaphu owesikhumba, owebele” neminye. Lawa kwakungamagama eculo elaliculwa laze lavunywa ababeze esibhedlela nabahamba bethole umlayezo wusuku lokuqwashisa ngesifo somdlavuza .

Ngomhlaka 01 kuNhlolanja 2016, abasebenzi be-sibhedlela I Catherine Booth Hospital baqwashisa bonke abantu ngesifo somdlavuza. Babehamba becula amaculo aqwashisa ngomdlavuza nayenomlayezo kubantu. Babengena kuwona onke amawodi nase OPD okuyilapho kwafike kwathulwa khona izinkulumo sekukhulunywa nawo umphakathi. Abaphathi be-

sibhedlela babeyingxenye yalomkhankaso. Kwakhuthazwa abantu ukuba bazivikele ezintweni ezingagwemeka ukuze bangangenwa yilolubhubhane. Abantu baphinde baziswa futhi bagqoquzelwa ngezindlela zokuhlola isifo somdlavuza ngokwehlukana kwazo.

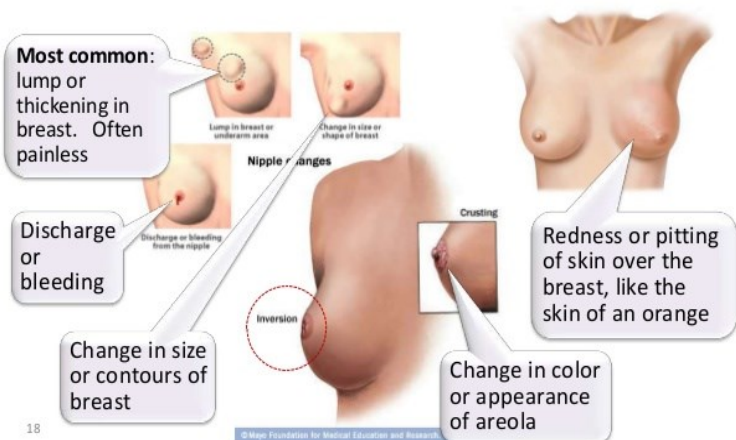
Messages were interpreted in both languages used in the area not only to accommodate other cultures but to make sure that everyone gets the message. Firstly it was explained what Cancer is. It was described as a broad term for a class of diseases characterized by abnormal cells that grows and invade healthy cells in the body.

Testicular self-exam (Men)

- Using both hands, grasp one testicle between the thumb and first finger.
- Roll the testicle gently with the thumb and first finger feeling for lumps or nodules.
- Examine the other testicle using the same procedure.
- If you find a lump or nodule consult a physician.
Note: A lump or nodule may not be a result of disease but this can only be determined by a physician.



Signs and Symptoms



Tatoos Cancer

“SAFETY FIRST” FIRE DRILL

Safety Officer (Mrs Sthembile Qwabe) conducted a fire drill at all clinics and in the hospital Out Patient Department. The fire drill was conducted on different days in clinics.

The purpose of the drill was to practice evacuation procedures and to make sure that all staff and patients are familiar with them.

During the drill after everything was prepared for a fire, the Safety Officer announced that there is a fire and all staff and patients should evacuate immediately. Everyone acted on the instructions given but there is room for improvements in some areas.

Everyone responded well and ensured safe evacuation from the building. Drill lasted five minutes.



Responsibilities of Health Care Workers

- ◆ Make sure that all patients are directed to the assembly point area.
- ◆ Ensure that walk ways and emergency exit doors are not obstructed.
- ◆ To prevent or reduce injuries during evacuation of patients.
- ◆ Staff should be familiar with the assembly point area

- ◆ Ensure that patients on stretchers and wheel chairs are not left behind.
- ◆ Operational Manager must ensure that head count is done at assemble point area in order to ensure that no person is left inside the building.

Responsibilities of Patients during fire

- * To listen and act upon the instruction given to them by the Health Care workers.
- * Patients should know all the signs within the hospital e.g. emergency exit signs, fire extinguishers and other signs.

Mvutshini Clinic	19 February 2016
Ensingweni Clinic	11 March
Gingindlovu Clinic	11 March 2016



- ◆ When exiting staff should ensure that all people are out of the way of emergency personnel and are not blocking or standing at the main entrance.
- ◆ Assembly point area should be communicated by staff to patients and be clearly marked and visible.
- ◆ Assembly point area must not be obstructed by vehicles parking in it and it is recommended to have an alternative incase the primary assembly point is not available.
- ◆ Participation of Operational Manager is recommended so as to conduct his/her responsibilities (eg. head count) during emergency evacuation.

ENSINGWENI CLINIC OPEN DAY

Ensingweni Clinic opened the year with effort on focusing more on community education. 26th January 2016 marked the clinic open day where community was educated on clinic services with the theme “We focusing on child health, immunization and maternal and child wellbeing.” Aim of this open day was to inform and to educate community of Ensingweni and surrounding on services rendered at the clinic.

Representative of the clinic committee, Mr A.V. Nzuzwa attended the open day and she thanked all

staff members from the clinic for their commitment and dedication as they go an extra mile when attending to clients despite the challenges of staff shortages. He was the one who was informing the patients / community on challenges from the clinic.

Shortage of water and drought was explained to the community as it is not only affecting the clinic but community as a whole. Community was made to understand the impact of water shortage to the clinic as they have same water problem as the community.

Apart from the normal services that are rendered at the clinic, community was educated on all the services and some of the topics covered were

- ◆ Importance of child immunization
- ◆ Maternal and child wellbeing
- ◆ Child’s growth

During the Open Day, the community had a chance of asking questions based on every presentation that was done.

Piloting the Adolescent's and Youth Friendly Services

Ensingweni Clinic is one the clinics which is piloting the Adolescents' and Youth Friendly Services.

This programme is led by Sir Vusani Myeni who is youthful himself. According to the research done, teenagers, understand better if they hear from someone closer to their age.

This helps them to easily voice out their feelings and communicate whatever challenges they



Sir Vusani Myeni and the “buddies” after the “Happy Hour” as they rejoice the existence of their programme at the clinic.

are facing as teenagers.

He understands the youth and as a nurse, he has passion for them despite of their current challenges including peer pressure.

Clinic has a specific time allocated for youth where they discuss youth issues. That is called “Happy Hour” Happy Hour is done every Thursday from 14H00—16H00.

PHOTO GALLERY FOR FIRE DRILL



Patients waiting in the waiting area at Ensingweni Clinic

Patients were evacuating after given order to evacuate.

Assistance was provided to those who cannot help themselves in an emergency evacuation (Ensingweni Clinic).



Gingindlovu Clinic

Staff and patients evacuating the clinic to the assembly points.



During the evacuation, staff and patient **should** assemble at assembly point area to avoid scattering causing blockage of main entrances.



Patients after the drill at Mvutshini Clinic



Sir Myeni was demonstrating on how to use fire extinguisher using the P.A.S.S technique



DENTAL SERVICES TO CATHERINE BOOTH HOSPITAL PATIENTS

Catherine Booth Hospital is committed to render an optimal health status for all persons in its catchment area. The obstacle of not having a Dentist in this hospital did not make management to sit back and let patients suffer.

Negotiations were done with one of the neighboring hospital to provide outreach to Catherine Booth Hospital instead of making patients travelling long distances for dental services.

The Dentist from Eshowe Hospital visits Catherine Booth Hospital on every alternate Wednesdays.

WEHLELWE IMANA U MNCUBE WASE X-RAY

Yehlele ku Mr MMJ Mncube owaziwa ngo Justice osebenza njenge Radiographer imana kulandela ukuqokwa kwakhe kulesisibhedlela njengomunye ozoqeqeshelwa ukusebenza emafutheni (Ultrasound) . Ngemuva kokuphuma komyalelo wokuba abasebeza njengama Radiographers abavumelekile ukwenza I ultrasound (amafutha) ezigulini. U-Mnumzane Mncube ube eseqokwa ukuy-othola uqeqesho lweminyaka emibili (2 years) e DUT ngosizo lomnyango ukuze ezokwazi ukusiza iziguli ezidinga ukusizwa emafutheni.

Akuhamba kwakhe akumisi umsebenzi kodwa kuyindlelela yokucija abasebenzi ngenhloso yokudlulisela usizo lwezempilo olusezingeni elephezulu. Usazoqhubeka nokusebenza nakuba ezobe efunda ngoba uzochitha izinyanga eziyi 10 esikoleni ezimbili abe sesibhedlela ukwenza umsebenzi. Ozakwabo bona bazosala beyibambile.

ISIBHEDLELA SIQINISEKISA UKUBA ZONKE IZIGULI ZITHOLE IMITHI YAZO NGOKUSHESHA

Impilo yomuntu ibekwa ungakashayi u 16H00 phambili! Ngokwezikha- nokwenza ukuthi kuthi thi zokusebenza kuvalwa e Khemisi, esibhedlela sase CBH bonke abantu babe esidume ngokuthi sebeyitholile imithi. isibhedlela sase Umphakathi uyacelwa Salveshe, ikhemisi livulwa ukuba ufike ekuseni ngo 07:00 kusenekhathi uma uza livalwe ngo 16H00. esibhedlela ukuze bezot- “isikhathi asiyona inking, hola imithi uma kuphela nje uma iziguli kufanele. Uma kwenze- zithole ukusizakala” kile kwaba khona Ukusebenza ngokubam- obonwa ngemuva kuka bisana kwabahlengikazi, 16H00, ikhemisi liba odokotela kanye ne nomuntu ohlalayo khemisi yikhona okwen- alinde ukuze zonke izigu- za imiphumela emihle. li zihambe nemithi Odokotela baya- ezibhalelwe yona gudo- kuqinisekisa ukuthi izigu- kotela. li ezizobonwa udokotela e-OPD zibonwa zonke

SINAKEKELA ABANAKEKELI - WE CARE FOR THE CARERS

Sekungumchilo wesidwaba uku-bona abahlengi ikakhulukazi laba abangabahlengikazi nabasebenza kwezempilo bephelela emehlweni bebe behamba. Lokhu kwenzeka nje iningi labo lichitha isikhathi esiningi benakekela izimpilo zabantu nokuyaye kuphethe ngokuthi umuntu akhohlwe ukunakekela eyakhe impilo. Ihhovisi lezabasebenzi nokungumtholampilo wa-

“BE HEALTH CAUTIOUS”

1. Promotion of good nutrition – eat 5 portions of fruits and vegetables daily
2. Regular physical activity – be active for 30 minutes a day, five times a week
3. Tobacco control – stop smoking
4. Interventions against alcohol and substance abuse – if you drink- drink responsibly
5. Promotion of safe sexual behavior

advising staff on their financial matters.

All staff with abnormal tests were seen at Staff Wellness Clinic for monitoring. Mrs Manqele, Occupational Health Nurse worked tirelessly and with commitment for the health of all staff in the institution. There was a team including Dietician, Audiologist, Optometrist, IPC, Health and Safety and Waste Management who were assisting during the day.

All staff complimented work done for their health and benefit.



Sister Ngema checking BP to Mr SP Mhlongo

basebenzi lahlela ukuba kube nosuku lapho bonke abasebenzi bezoxilongwa khona izifo ezinjengo BP, ushukela, isisindo nobude, isifosandulela gciwane kwa-

bathandayo, amahle, izindlebe Kanye nokwalulekwa ngezindlela zokudla.

This Healthy Lifestyle and Wellness event was done on 23 February 2016 for all permanent and contracted staff including staff for outsourced services. Screenings were done by specialized staff . There were also financial advisors from outside who were



During weighing of weight and height

JOIN OUR BIGGEST LOSER CHALLENGE!!!!

(6 months)
1 April 2016
to
October 2016

As a part of supporting the Healthy lifestyle programme that was launched by the MEC in 2012, Catherine Booth Hospital is encouraging all staff

members to participate in the programme to overcome obesity.

Anyone interested to join Biggest Loser Challenge

may contact Mrs Nompilo Xaba (PRO) on ext. 118 / Sister Manqele (Occ. Health Nurse) Ext 118 / Geraldine Bower (Dietician) on ext. 148

Activity classes available every Tuesdays and Thursdays from 15H00—16H00

ENSINGWENI CLINIC ASSESSMENT BY NATIONAL DEPARTMENT OF HEALTH

U Nurse Mdletshe.. osebenza ekhemisi no-wayephos wa imibuzo ngayo imithi ekhemisi



Ezezimali nazo zidlala indima enkulu ikakhulukazi uma kudingeka izinto ezingekho nokungafanele umtholampilo ungabi nazo. Ezinye zezinto kwakumele ukuba zenziwe ngokusebenzisa okukhona njengesibambiso, nokuyinkinga yokuthi kusebenzelisana emuva ngoba iphepha liwa noma inini uma kunomoya.

INsingweni Clinic iwumtholampilo owakhiwa kudala kanti isakhiwo sakhona kunzima ukuba kutholakale konke okudingwa iloluhlelo lwe Ideal Clinic. Nakuba kunjalo umphathi womtholampilo ebambisene nabasebenzi basebenza ngokuzikhandla ukumelana nesimo eku-beni kungumtholampilo ohlale unabantu abaningi abeze kuwo.

Umtholampilo ongaphansi kwesibhedlela igama lawo kuyi Nsingweni Clinic lingelinye lemtholampilo eyaqokwa ukuba kubonakale ukuthi uhlelo lokwenza ncono imitholampilo "Ideal Clinic" lungaqhuba kahle yini.

Ngomhlaka 08 ku February 2016 kwafika ithimba labacwaningi elalivela emnyangweni wezempilo kuzwelonke lihambisana nethimba elisuka esifundeni sezempilo oThungulu ukuzobheka ukuthi ingabe lomtholampilo okulungele yini ukuba ngaphansi kohlelo lwe Ideal Clinic. Kuningi ke okubhekwayo ikhakhulukazi amabhuku nemibhalo okuyiyona eqondisa ukusebenza ukuthi ngabe kukhona nokunye okwakudinga ukuthi bazibonele mathupha ezindaweni zokusebenza.

Amathimba ayehlukene phakathi ngokuhlukana kwamatools nginhloso yokonga isikhathi nangokwemikhakha

yawo.

Amalungiselelo ayenziwe kwazise "umakoti uyalungiselelwa emzini". Ngale kwezingqinamba ezingaphezu kwamandla abaphathi besibhedlela nawo umtholampilo

ezifana nezakhiwo, ithimba lalikhuthaza ukuba la kungalunganga khona kulungiswe. Okuningi nokho kwakudinga ukuba kuthengwe noma kudinga ukuba kube khona imali / budget ukuze kuzokwenziwa.



Mrs Myeni from District Office, representative from National DOH, Matron R. Shange (PHC) Superviso Kanye no Ms Ntshela (Quality Assurance Manager) waiting and observing services as part of the assessment.

FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE

FROM THE PRO'S OFFICE

Sanibona ngingu Nompilo Xaba osebenza kulesisibhedlela nongumxhumanisi wesibhedlela nomphakathi (PRO). Ngibingelela bonke abafundi baleliphephabhuku ngibafisele futhi impatho enhle esezingeni uma beze noma abathandiweyo babo beze kulesisibhedlela. Leli iphephabhuku lokuqala kimi kulesisibhedlela I Catherine Booth Hospital nengethemba ukuthi wonke umuntu uzo-lithokozela futhi afunde okuningi kulo nakwamanye ezayo.

Lesisibhedlela sidume kwabasaziyo ngesibhedlela umuntu othi uma efike kuso asinde ngisho noma kuthiwa umndeni ubusulilahlele ithemba. Ukuzimisela nokuzikhandla kwabasebenzi uma kuziwa ekusizeni "isiguli" yikhona okwenza abantu



basithande lesisibhedlela. Asigcini ngokwelapha abagulayo kodwa siphinde selaphe lalaba abanesifo sofuba nokubalwa I MDR esifundeni sasoThungulu. Iziguli zesifo sofuba ezisuka kwezinye izibhedlela zilashwa kulesisibhedlela futhi ziyasinda. Lelihhovisi likhuthaza ukuba abantu baphatheke kahle esibhedlela futhi nabo basazise ngempatho

abayitholayo esibhedlela. Izincomo, Imibono Kanye nezikhalazo yizona ezisenza ukuthi sisebenze ngokukhulu ukuzimisela ukuze iqophelo lizohlale lisezingeni eliphezulu. Ziningi ezincomo esizitholayo kanti futhi unganqeni ukumbiza ngegama omncomayo. Ungazifikela mathupha ehhovisini elise park home (Crisis Centre opposite OPD) noma

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AKUSHO THINA KUSHO BONA

Ngeyi 17/02/2016 ngathola ukunakekeleka ukunakekeleka kulesisibhedlela abasenbenzi baso banothando futhi bayawazi umusebenzi wabo. Abahlengikazi bakunika lonke ithemba ngempilo baphinde baqinisekise ukuthi imithi yakho uyithole yonke yini

Ngiyabonga ngiyanconcoza ngokunakekelwa engikuthole kulesisibhedlela. Ngifisa bangayeki umusebenzi wabo omuhle

Nokwethemba Gumede (Ezamokuhle-Obanjeni)

Wonderful staff, ever smiling and caring. Dedicated to their job

Anonymous

I had a wonderful stay at Catherine Booth Hospital. The staff are very professional and welcoming. Thank you guys for helping me deliver my son and taking good care of us even after delivery

*Thank you, Keep it up
Silindile Dube*

Impatho yakhona, hhayi bayanakekela xem, amanesi, odokotela bonke bane-sineke nozwelo.

Ngiyabonga mina

Thabile Ncobo

Baphathi. Ngifisa ukubonga nokuncoma laba Kanye namathimba abo ngendlela abangiphathela ngayo udadewethu kusukela efika kwaze kwaba sekupheleni kwezinsuku zakhe. Dr Maree, Matron Shembe, Sister Khanyile Z.M, Sister Mthethwa S.M, Sister Masinga N.W, Sister Ndlovu S.A.

Ngiyafisa ukuthi uNkulunkulu asigcinele bona lokhu abakwenza kithi baze bakwenze nakwabanye

Phambili ngesiguli (patient first)

SZ Ngubane - Female Ward

NEW APPOINTMENTS



A warm welcome to all staff that joined the team of Catherine Booth Hospital during this period and wish them a long , dedicated and fruitful stay at this hospital.

New Broom Sweeps Better!!

1. Xaba Nompilo - Public Relations Officer
2. Ntshela Mbali - Quality Assurance Manager
3. Dr Z.L. Vezi - Medical Officer
4. Rooplal MS - Comm. Serve. Pharmacist
5. Dr Qwabe N.S. - Medical Officer (Community Service)
6. Singh M.S - Comm. Serv. Audiologist
7. Rambally A. - Physiotherapist
8. Govender J - Comm. Serv. Speech Therapist
9. Chonco L.P. - Intern Pharmacist
10. Chetty J - Comm. Serv. Pharmacist
11. Govender V. - Comm. Serv. Radiographer
12. Bower G.M. - Comm. Serv. Dietician
13. Buyeni P.N. - Professional Nurse
14. Dr Mathenjwa M.N. - Medical Officer (Community Service)
15. Mthethwa AT.B - Supply Chain Clerk
16. Biyela M.P. - Comm. Serv. Prof. Nurse
17. Masondo G.T. - Professional Nurse
18. Zungu L - Professional Nurse

