



health

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PROVINCE OF KWAZULU-NATAL

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YAZI KABANZI NGESIFO UMALELEVEVA



Ithimba labeluleki nabezempilo beqwashisa ngesifo umalaleveva bekhombisa ngezinhlobo zomiyane

Ngomhlaka 20 ku Mbasa isibhedlela I Catherine Booth saba nomkhankaso wokuqwashisa ngesifo uMalaleveva emphakathini wase Matikulu namaphethelo owawuze esibhedlela ngalelo langa. Umphakathi wakuthakasela ukuthola ulwazi nokuqwashiswa ngabezempilo ngalesisifo umaleleveva. Lomkhankaso wawuhanjelwe ithimba elisebenza ngoMalaleveva kwi sifunda sase King Cetshwayo nababefundisa ngezimpawu, ubungozi kanye nezindlela zokuvikela lesi sifo. Isifo umalaleveva basichaza njengesifo eselaphekayo uma umuntu esheshe waphuthuma emtholampilo.

UNGAZIVIKELA KANJANI

- Qikelela ukuvula imisele uma kade imvula inile ukugwema amanzi ukuthi angami egcekeni abe yidamu ngoba umiyane bathola indawo yokuzalela.
- Shisa izinto zokuxosha omiyane noma ufuthe ngezinto zokubulala izinambuzane ngaphambi kokuba ulale endlini.
- Gqoka izinto ezinemikhono emide, uthenge izinto ezigcotshiswayo ukuvikela omiyane .

Izimpawu zomuntu ongenwe yisifo sika Malaleveva:

- Uyajuluka
- uyashiselwa aphinde agodole
- uphathwa iqolo umzimba uhlale ukhathele
- Uzizwa unenhliyiyo encane kuthi buyisa noma phalaza.

Uma uzwa lezi zimpawu kumele uphuthume emtholampilo ikakhulukazi uma uke wavakashela emazweni angaphandle ungakaze ugomele ukuvikela lesi sifo .

Uma utholakale unaso lesi sifo kufanele namalunga omndeni wakho ahlolelwe lesi sifo ngokushesha.

ISEXWAYISO

Akubona bonke omiyane abanalesi sifo yingakho kumele umuntu onalezi zimpawu aphuthume emtholampilo. Umphakathi wawujabule futhi ukuqonda ukubaluleka kokuvakashelwa osolwazi, babebuzo nemibuzo eyahlukene ukukhombisa ukuthi babelalele futhi basithola isifundo ngalesi sifo.



Sister Tshengi Mthethwa (IPCC) beno Mbali Ntshela (QAM) behola abasebenzi ababecula beqwashisa umphakathi ngesifo umalaleveva

FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE

FIRE DRILL



Patients on wheelchairs were assisted to evacuate the building

Patients evacuating the building after the voice instructing everyone to evacuate the building because there was fire in OPD.

Loud voice was heard by everyone from the intercom that people should quickly vacate the building, there was fire. That was on 7 June 2018 in Catherine Booth Hospital when everybody run towards the exit doors as there were marshals directing patients where to go and others were assisting patients with special needs like those that were in wheel chairs, stretchers and others that needs assistance.

Both staff and patients responded to the instruction by evacuating the building immediately. Staff members in OPD knew their roles, others were closing windows, others assisting patients, others took registers with them while others wore their safety jackets to be marshals. The smoke was within the building. Whistle was blowing and security officers were busy controlling fire with fire extinguishers. Everybody evacuated safely to the assemble point area.

Safety Officer: Mrs Sthembile Qwabe finally asked people to please calm down as that was the drill. She explained that fire drill is done once a year in an institution to check if people

will be able to evacuate buildings safely in case of emergency or disaster. Explaining the importance of responding and acting to the instruction is important, she explained that disaster can happen in any building therefore people should be able to evacuate the building and that everybody should know the meaning of safety signs within the building. The drill was a success and patients understood the importance of the drill.



Safety Officer: Mrs Sthembile Qwabe talking to patients and staff in an assemble point on what to do in case of fire in the building and the importance of knowing and understanding safety signs within the building.

ABANTU BAYAFA NGENXA YOKUSHA IKAKHULUKAZI EBUSIKA

Isibhedlela I Catherine Booth saba nomkhankaso wokuqwashisa ngobungozi bomlilo emakhaya. Abasebenzi bezempilo baqala lolusuku bacula iculo elalixwayisa ngobungozi bomlilo . Balicula leliculo bajikeleza isibhedlela babuye baya lapho kuhlala khona umphakathi osuke ulinde ukusizwa (OPD) belokhu beliculile leliculo labo. Lomculo wawungene yezindlela zokuhambisa umyalezo kubantu.

Abantu mabaqaphele ukusebenzisa izinto ezinjen-gomlilo ikakhulukazi esikhathini sase busika. Imvamisa ebusika kusuke kubanda wonke umuntu udinga into ezomfudumeza. Abantu basebenzisa izindlela ezahlukene ngenhloso yokufudumala ngenxa yamakhaza.

I heater ngenye yezinto ezisetshenziswayo ukuze kuzofudumala kodwa inobungozi ngoba abantu bagcina beyibasile baze bazunywe ubuthongo ingacinyiwe nokuyinto egcina idale ingozinomonakalo.

ISEXWAYISO

- ◆ Ukusetshenziswa kwezimbawula— uma kubaswe imbawula endlini kuyanotha bese abantu abangaphakathi bafikelwe ubuthongo balale yona ibe ivutha nokuvame ukuthi abaningi bashone ngenxa yesimokwe sayo imbawula ebahisha bengezwa ngenxa yobuthongo. Kuyenzeka yokhele ezingutsheni uma isondele eduze kwezingubo zokulala.
- ◆ Isinqamu sikaqwayi. Ababhemayo abaqinisekise ukuthi bayawucima uqwayi ngaphambi kokuwulahlala. Isinqamu sikagwayi siyokhela, sivuthe bese kusha izindawo nemizi uma silahlwe sivutha nokudala umonakalo ngenxa yokuba budedengu.



- ◆ Ukubiliswa kwamanzi— Iketela malingabekwa endaweni lapho kufinyelela khona izingane ngoba zizolidonsa kanti linamanzi abilayo bese ziyasha. Abahlala nezingane mabaqinisekise ukuthi izingane zidla ngesikhathi ngoba phela abancane uma sebelambile bayaye bezame ukuzenzela nokuyimbangela enkulu yokusha kwezingane.
- ◆ Uma umuntu elunqiselela ukuqeza abantwana makaqikekele ukuqala nqamanzi abandayo nqaphambi kokuthela amanzi ashisayo endishini ukuze umntwana noma ngabe uyangena endishini angashi.
- ◆ Izintambo zikagesi ezihlubukile mazingahlali obala kodwa mazigoqwe ngekhava ephephile kagesi. Miningi imizi isha iphela ngenxa yalokhu.
- ◆ Ikhandlela malicinywe njalo uma abantu belala futhi lingashiywa livutha lodwa endlini.
- ◆ Uma kukhona oshiswa umlilo, bangasondeli kuye kodwa bamunikeze I bhulankethi omanzi azigoqe ngawo maqede aginqike phansi noma bamuthele ngenhlabathi, uma umlilo uya ngokudlondlobala mababaleke bafonele izicishamlilo eziseduze

HAND WASHING RELAY

Infection prevention and control is one of the six priorities for national core standards. In response to the adherence to this practice, health care workers at Catherine Booth Hospital had a hand washing competition which was a hand washing relay. The competition was on the 7th of May 2018. The aim of this competition was to remind and monitor the good practice of hand washing in all health care workers despite of the rank or staff category to avoid the spread of infection from one person to another.

The day was filled with fun and educational at the same time. All sections were represented during this competition including clinical staff and non-clinical staff who are laundry, kitchen and Admin staff. Judges were: M& E Manager (Mrs WSM Gcabashe), Infection Prevention and Control Coordinator (Mrs Tshengi Mthethwa) and Quality Assurance Manager (Ms Mbali Ntshela). There were two teams (red team and blue team) comprises of both clinical and non-clinical staff who were competing. Both team started on the same time, The first one had to start washing hands following all steps and run to his / her team mate who was to

do the same until they are all done within the specific time. There was also the time kipper and the referee encouraging both teams. Audience and team supporters were singing, screaming and encouraging their teams to perform accurately and fast while all this exercise was done on air (demonstration).

Winning team was awarded with medals and were grateful. They sang from the ground to out patient departments passing hand washing messages to everybody for the infection prevention and control.



Two teams on relay: left -Mrs NS Cele from laundry holding soap and tap while Sister Jackson is washing hands.

Rights: Mrs Sthembile Qwabe washing hands with her team

GEZA IZANDLA UNGADLULISELI AMAGCIWANE KOMUNYE



Mrs WSM Gcabashe, nurse T. Mhlongo, Sthe Qwabe, Hlengiwe, Mrs Zanele Maphumulo and Nompilo Xaba celebrating after winning the relay. They were singing and demonstrating hand washing



Mrs Sthembile Qwabe (Safety Officer and Mrs Gcinile Ngcobo (FIO) singing and leading the team after the relay from ground to OPD

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FIRE DRILL AT MVUTSHINI CLINIC



Iziguli zaziphuma esakhiweni esasishunqa intuthu



Ngomhlaka 08 Ku June 2018 obhekelele ezokuphepha esibhedlela i-Catherine Booth u Nks Sthembile Qwabe nethimba bavakashela umtholampilo wase Mvutshini ngenhloso yokwenza samdlalo isilinganiso sokuthi kwenziwa njani uma kungaba nesehlakalo somlilo esakhiweni.

Abasebenzi, Iziguli nababeze emtholampilo babengatshelwanga lutho. khona omemezayo ukuba abantu mabaphume isakhiwo siyasha. Nangempela bonke abantu baphuma ngayo yonke iminyango ephuma ngaphandle njengokomyalelo, ngalesosikhathi, abasebenzi babevala amafasitela, abanye besiza abangakwazi ukuzihambela, abanye bekhombisa ukuthi abantu mabaye ngaphi.

Okwakhlekisa kakhulu ukuthi akekho umuntu ongakusabi ukufa!! Bakhona ababebaleka bebheke emakhaya nabavinjwa ngonogada. Sebephume bonke abantu, uNks Sthembile Qwabe wabe esechaza ukuthi lokhu kubukeka samdlalo kodwa inhloso ukucija abasebenzi nabantu bonke ngezinto okumele zenziwe uma kungenzeka kube nesehlakalo somlilo esakhiweni. Wabe esefundisa ngezokuphepha nokubaluleka kokwazi izimpawu zezokuphepha kunoma yisiphi isakhiwo ukuze abantu bangalimali okanye bafe kungenasidingo noma ngenxa yokungabi nalo ulwazi.



uNks Sthembile Qwabe echaza ngezokuphepha kubantu abaphuma bama endaweni ephephile (assemble point area)

Ithimba lezokuphepha elaligqoke libonakala ukuthi yilona abasizayo uma kunesidumo.



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MABANDE OMAMA ABAKHATHALELE IZIMPILO ZABANTWANA

Banengi omama bezingane abasabela ngesikhathi umnyango wezempilo ngophiko luka community outreach ngaphansi kwesibhedlela I Catherine Booth unomkhankaso wokubhekelela izimpilo zabantu besifazane nezingane. Ngomhlaka 20 April 2018, lomkhankaso wawusendaweni yase Nsingweni ku Ward 17. Okwakwenziwa;



From left (emuva) Nomusa Mtshali, Slindile Buthelezi no Sanelisiwe Xulu Phambili: Zanele Zungu Kanye nezingane zabo

kwakubhekwa amakhadi emigomo yezingane ukuthi ingane awukho yini umgomo engawutholanga bese inikezwa, iphilisi lezikelemu no vitamin A. Kubantu abadala besifazane babehlolwa umlomo wesibebeletho (umdlavuzwa), ukuhlela umndeni (family planning) nokubheka ukutheleleka kwesifo sengculazi negciwane laso.

Sithi mabande omama abakhathalele izimpilo zabo Kanye nabantwana babo. **Izingane zingabi imithwalo yogogo emakhaya.**

SIYABONGA KOGOGO ABANAKEKELA ABAZUKULU



Ugogo uZweli Buthelezi waseVukayibambe nabazukulu bakhe

Ugogo uZweli Buthelezi ungomunye wogogo abahlala nabanakekela abazukulu emakhaya. Echaza ugogo uButhelezi wathi yena uyakuqikelela ukuthi abazukulu bakhe bayaya emgomeni kanti akaphuthi ngosuku atshelwa ukuthi abobuya ngalo. Waphinde wabonga abezempilo ngokusondela ebantwini ikakhulukazi ngezidingo zabo zezempilo.

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YOUTH DAY CELEBRATION AT CATHERINE BOOTH



CBH Team (learners of 2018) singing songs for freedom

CBH Health Care Workers were on their school uniform celebrating lives of former youth of 1976 who lost their lives fighting for their better education.



Mr Z.R Mhlanga from District Office who was the Guest Speaker



Learners sang and dance SARAFINA which was well rehearsed by all inservice trainees at Catherine Booth Hospital. HRD office facilitated it and learners had a lunch "amagwinya with polony and fried chips"

Enjoying to be learners for one day, everybody ate the student lunch (amagwinya). Diet was not considered only for that day, people were enjoying to be learners. Everybody was encouraged to further his/ her studies as youth day is about empowering youth on education.



CEO -Ms TR Vezi and Mr Z.R Mhlanga

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EZEMPILO ZIYISWA NGQO EMPHAKATHINI



Ithimba elisebenza emphakathini nonompilo besebenza esikoleni iVukayibambe Primary School

Ngomhlaka 20 kuMbaso 2018 ithimba lezempilo elisebenza nomphakathi kanye nonompilo basemiphakathini (Outreach team) besibhedlela I Catherine Booth bavakashela umphakathi wase Vukayibambe ngenhloso yokuhambisa ezempilo ebantwini ikakhulukazi izingane nabesifazane.

Izisebenzi zezempilo zenza ngokusemandleni ukuthuthukisa izingane lezempilo emphakathini. Lokhu kwenza sibukeke njengesibhedlela esinakekelayo nesinempatho ezigulini nakubantu.

Umphakathi wakubeka kwacaca ukuthi ukuvakashelwa abezempilo kwenza impilo ibe lula ikakhulukazi kwi zinselelo ababhekana nazo uma kufanele baye

emitholampilo, abanye babo badla imbuya ngothi, abanye bahlale bebuthaka lokho okugcina sekubavimba uku- ba bafinyelele emtholampilo/esibhedlela. Lomkhankaso wawenziwe ngenhloso yokunakekela izimpilo zabesifazane nezingane okubalwa kukho ukuhlolwa kwesifo somdlavuza kwabesifazane, ukugonywa nokukalwa kwabantwana kanye nokubhekelela ukuthi umntwana ukhula kahle ngendlela yini.

Abesifazane abasebasha Kanye nabantwana babephume ngobuningi bekhombisa ukujabulela usizo lwezempilo olulethwa kubo nokuyinto encomekayo ukuthi omama baziambisele bona mathupha izingane zabo emitholampilo



Omama bezingane babelethe izingane

“Bazali sicela nisiphathele kahle amakhadi ethu omgomo ukuze nathi sizokhombisa abantwana bethu noma size sithole ama ID”

YOUTH DAY CELEBRATION AT ENSINGWENI

Ngomhlaka 16 June 2018 intsha yaseNsingweni yabuthana ndawonye ngenhloso yokwakhana nokuqhakambisa amakhono njengoba kwakuwusuku lwayo futhi ngenyanga yabantu abasha. Lolu wusuku lapho kukhunjulwa intsha yesizwe sabampisholo eyazabalaza ilwela amalungelo abo ikakhulukazi kwezemfundo. Abafundi babecindezelwe bephoqwa ukuba bafunde izifundo zabo ngolimi lwesibhunu. Intsha yango 1976 yaba nesibindi, yabonakalisa ubuqhawe ngokuzabalazela impilo engcono.



Intsha eyayizobungaza usuku lwayo eNsingweni Community Hall

Intsha yaseNsingweni ngaphansi kwesibhedlela i-Catherine Booth nayo yakhumbula lolusuku ngezindlela ezehlukene ukukhuthaza ulusha ngemfundo nangekusasa layo. Abasebenzi bezempilo okungo Buyeni noVusani Myeni nokuyibona abakhuthaza intsha yasendaweni nabagqugquzela ukuziphatha



Babecula amaculo omzabalazo bephethe imiyalezo bekhumbula intsha eyandulelayo yango 1976

entsheni yibona ababehlele lolusuku. Intsha yagala ngokucula amaculo iphethe amabhodi abhalwe imiyalezo eyakha ulusha nokuthuthuka kwayo.

Lolusuku kwaba usuku lapho intsha yayiveza khona iqhakambisa amakhono anhlobo nhlobo okuyimindanso, umculo, ingoma kanye nezinkondllo ezinemiyalezo eyakhayo. Amalungu omphakathi nokuyintsha endala nayo yiyikhona ukweseka njengabantu abadala okubuzwa kubo indlela.

Abafundi bezikole eziseduze babeyinxenye kanti yibona ababekhudelana ngamakhono, bebuzwa nangemibuzo mayelana nokwakwenzeka ngalolusuku.

Abezempilo badlala isiqeshana sendaba mdlalo befundisa futhi bekhuthaza ulusha ngemfundo nokuzinakekela. Intsha yaluthakasela lolusuku kodwa onendlebe wezwa!!!

YOUTH DAY CELEBRATION AT MVUTSHINI CLINIC.



Zama from Mvutshini Clinic motivating youth

On the 22th of June at Mvutshini Clinic staff members and the community were celebrating the youth day. All staff members were wearing school uniforms. It was an awesome day, they were singing the songs, moving around with charts that were written different messages to remember those youth who died in the year 1976.

brated because others lose their lives because they wanted better education. The speaker said mouthful words on the importance of education and the future .



Speaker of the day was Sister Zama who works at Mvutshini Clinic. Community youth were part of the celebration. Youth was encouraged about education as the day is cele-



**Youth of Mvushini
singing and dancing
celebrating their day**

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Firstly I would like to thank all readers of this publication, colleagues

and management for their unfailing support. This office is joined by the young talented and enthusiastic lady Nondumiso Lushozi who is



**Ms. Nondumiso Lushozi
PR In serve**

doing her in-service training. Catherine Booth Hospital is known for its caring attitude towards patients. This is witnessed by the number of cross border patients who prefer to be treated at this hospital leaving their nearest hospitals. They even said it mouthful that they prefer to come to CBH despite of the distance they travelled because of the care they receive in this hospital.

We are encouraging patients and relatives to please give us feedback on the service they receive so that if ever there is something that they are not happy with, we can attend to it and continue with the good service. Patients are encouraged not to leave the hospital if not satisfied about the service. If ever one is not happy about the service, he/she should first report to the Operational Manager of that unit or write to the suggestion boxes which are placed in strategic points within the hospital wards.

Outreach team works tirelessly to reach the unreachable areas for health services to the community. Hospital is serving communities which are in deep rural areas and some of them does not have good infrastructure including schools, clinics, road etc. Those people rely on mobile units for health services. The team sometimes discover problems in those areas either from schools or from the community with the support of Community Care Givers (CCGs).

Hospital is also attending war rooms and Operation Sukuma Sakhe for health issues and to address challenges pertaining to health ser-

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