



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

Catherine Booth Hospital

MARCH ISSUE

ABAGULAYO SEBEQALILE UKULASHELWA EMAKHAYA NGOKUKA COMMUNITY BASED MODEL



Liqalile ithimba lase CBH ukuhambisa izinsiza zezempilo kubantu emakhaya ngohlelo luka Community Base Model

. Loluhlelo lwaqala ukulungiselelwa ekupheleni kuka November 2018 ngemuva kokuba umnyango wezempilo uqhamuke namasu okuletha izinsiza kubantu emakhaya nokuyinto eyenziwa kumazwe anjengo Cuba. Isibhedlela I Catherine Booth kumasipala uMlalazi kusifunda I King Cetshwayo saqoka indawo eku u-Ward 6 eMlalazi Municipality ukuba kube yiyona okuqalwa kuy-

ona loluhlelo lokuhambisa ezempilo kubantu emakhaya. Leliwadi laqokwa njengewadi elihlwempu ngokuka Operation Sukuma Sakhe (OSS).

COMPILED BY

PUBLIC RELATIONS OFFICE

Nondumiso Lushozi (PRO INSERVE)

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FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE

UMNDENI WAKWA MAJOLA UBE OWOKUQALA UKUVAKASHELWA ABEZEMPILO NGOKOHLELO LWAKWA COMMUNITY BASED MODEL



Umama Majola Nendodana yakhe.

Isibhedlela siqale amalungiselelo okwenza loluhlelo lokuvakashela abagulayo emakhaya ngo December 2018. Izinhlaka zomphakathi othintekayo (ward6) zaziswa ngaloluhlelo okubalwa Inkosi nomkhandlu wayo, abelaphi nabezendabuko, OSS nomphakathi. Abezempilo ngophiko lwezasemphakathini (PHC) no Nompilo yibona abahambela umphakathi nemizi ngokwezigodi kubhekela imindeni okuyiyona enezidingo kakhulu ngokwezempilo (profiling).

Zonke izidingo ezitholakalayo ku-lowomuzi zithunyelwa emnyangweni oqondene ngokusebenzisana no Operation Sukuma Sakhe (OSS).

Umndeni wakwa Majola esigodini sase-Zimbidli ku Ward 6 eMlalazi yiwona owaba ngowokuqala ngqa! ukuvakashelwa yithimba lezempilo ekhaya ngaphansi kohlelo luka Community

Based Modern. Unompilo wendawo uyena owadlala iqhaza elikhulu ekuhlonzweni kwalelikhaya. Kuthimba lasesibhedlela kwakukhona abakwa PHC, Facilitator, School Health, Social Services, abamathambo (Physio), kanye nabezokuxhumanisa (PRO). Kulelikhaya kuhlala amalunga ayi- 9 (umama 43, amadodana amathathu 30 years, 24 years, 22 years undodakazi oneminyaka- 26 naye onezingane zakhe eziwu -4 ezineminyaka eyi 10, 15, 7 no 9 years) bonke lababantu bahlala endlini eyodwa yomxhaso.

Kulomndeni ziningi izinqinamba zezempilo ezitholakale eziyizingo ezinye zidinga bona njengamalunga omndeni ukuze bethi abezempilo benza nabo bebe bezinakekela. Izingane zona zvakashelwa esikoleni ngalolosuku nokwathi laphinda futhi ithimba lasezikoleni (School Health) lazivakashela seliyocwaninga ingane ngengane esikoleni.

Ithimba lezempilo ngosizo lwabezenhlalakahle esibhedlela lapha lomndeni izimpahla zokugqoka.



Mrs SK Maphumulo enikeza izipahla umndeni wakwa Majola.

KNOW YOUR BREAST

The better you know your breasts, the better you're able to spot changes.

Anyone can get breast cancer, male or female.

Breast Cancer is one of the most serious killer disease. One can save his / her life from getting Breast Cancer by knowing your breast which will make it easier to spot any change early on time. Community of Ward 15 at Umlalazi Municipality in KwaKhoza reserve were empowered and encouraged to know and examine their breast at least once a month.

This was done on 27th of February 2019 as an awareness of breast cancer that is killing people while most people are ignoring it. Signs and symptoms of breast cancer was explained with posters showing what breast looks like if it has cancer. Demonstration of self breast examination was explained and done to people for them to do it at home and to be able to spot any changes early.

IF YOU DETECT OR SEE ANY OF THESE SYMPTOMS, PLEASE VISIT YOUR NEAREST CLINIC OR HEALTH CARE

1. A lump or swelling of breast or in armpit
2. Change in the size or shape in the breast
3. Inverted nipple
4. Eczema like rash in the nipple
5. A bloody discharge from the nipple



A new mole, coughing, fatigue, changes in bowel habits, and other symptoms should be reason enough to visit a doctor. Early detection is the key to recovery.

Most forms of breast cancer are treatable. Screening tests can help detect abnormal cells before they cause signs or symptoms. If you have a family member with breast cancer, regular tests are a must.



FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE

OUTREACH TEAM IMPLEMENTING COMMUNITY BASED MODEL (CBM) FOR THE FIRST TIME – 24 JANUARY 2019.

Comm Serve Physiotherapy did her first outreach during CBM.

On 24th January 2019 Catherine Booth Hospital Outreach Team implemented the Community Based Model by treating critically sick patients at their homes. The team visited KwaNyembe area, eMankentshaneni area, and Nhlenzuka area in Ward 6 (uMlalazi Municipality) where five families were visited for health services at their homes. At eMankentshaneni area, Mahaye Family headed by granny Gester Mahaye (74 years) who had a stroke and she uses her hands to walk. Physiotherapist helped her with exercises at home.



Kwanele Hlophe assisting granny Mahaye (74 years) with exercises.



Khumalo Family Emanketshaneni area (Mom Nkwanyana 88 years granny) staying with her disabled granddaughter abandoned by her mother. Granny Nkwanyana had no walking stick. Walking stick was given to her by Physiotherapist she was so happy to have a proper one as she was using homemade stick for a long time.

Granny Nkwanyana receiving her walking stick from Kwanele

CBH TEAM VISITED NGEMA FAMILY AT MANKENTSHANENI AREA ACCOMPANIED BY CCG (COMMUNITY CARE GIVER)

Kwa Ngema family -Granny Matholose Khuzwayo (70 years) who was unable to walk and there is a disabled child (25 years) who cannot do anything by himself. Nappies were given to them and Comm. Serve Physio helped them in doing exercises and taught the guardian on how to help them to do their exercises at home.

IZINYEMBEZI ZENJABULO KOBESELELE IMINYAKA ENGAKWAZI UKUHAMBA ETHOLA INSIZAKUHAMBA (WALKING FRAME) EKHAYA

Waswela amazwi okubonga umama uHilder Ntuli (87 years) owahlomula ngensimbi yokulekela ukuhamba (walking frame) ngesikhathi abomnyango wezempilo (Catherine Booth Hospital Outreach team) betheleka kwakhe engazelele ngomhlaka 24 January 2019. Abezempilo bafika nje, nomakhelwane bakhe nabo babekhona ukuzombona bamlekelela lapho adinga khona usizo ekhaya. Sithi makwande ukunakekelana komakhelwane emphakathini!!!

Ugogo uHilder usewumuntu ohlala embhedeni ongakwazi ukuhamba nobengenazo izinsiza ukuhamba ogulela ekhaya. Izinyembezi zenjabulo ebonga umnyango ngomenzele khona njengoba esezokwazi ukutotoba alule nezinyawo.



Ugogo uHilder Ntuli ezama ukuhamba esizwa uKwanele.

UHLOMULE NGESITULO SAMASONDO OSEHLALE IMINYAKA EWU 13 ENGAKWAZI UKUHAMBA.

Umndeni wakwa Nkwanyana onelunga lomndeni eliphila nokukhubazeka (Mendomuhle Mgeyane) uhlomule nesitulo samasondo (wheel chair) emzamweni yomnyango wezempilo ekuhambiseni usizo kubantu emakhaya. Lo wesifazane (13 years girl) ubengakaze abe nesitulo sokuhamba ubehlala ehleli yonke leminyaka.

Uhluleke ukuzibamba ezibongela ngokushaya izandla nokuyindlela akhombise ngayo ukubonga. Ngesikhathi abezempilo behambela lelikhaya ugogo Gcwalisile Nkwanyana nohlala nabazukulu bakhe ngoba umama esagana ehlala eMvutshini naye uzwakalise ukubonga okukhulu.



uAnele Hlophe (comm serv physiotherapist) efundisa uMendomuhle Mgeyane ukusebenzisa isitulo samasondo, elekelelwa U S.K Maphumulo no Sbusiso Mbatha.

EZEMPILO ZIHANJISWA NQO! KWABAGULELA EMAKHAYA

Wheelchair Bag



Please send
them back to
the hospital or
clinic if you are
no longer
using it



KUSENGABA USIZO KOMUNYE UMUNTU

Uma umuntu enikezwe izinsiza kuhamba ngabezempilo kumele aqiniseke ukuthi ufundiswe kahle ngokusebenza kwazo.

Ngesikhathi abezempilo (Outreach Team) behambele abagulayo emakhaya, bayaye baqinisekise ukuthi ogulayo uyanakekeleka futhi uma enikezwa izinsiza uyazisebenzisa.

Abanye kutholakala ukuthi lezinsiza bayazithatha bese bezibeka emakhaya bangazisebenzisi

Kucelwa ukuba uma umuntu engasazisebenzisi izinsiza azibuyisele esibhedlela/emtholampilo okanye baxhumane nonompilo wendawo uku- ba lezo zinsiza zisize abanye abantu abazidingayo.

HHAYI BO!!! UKUKHULELWA KWEZINGANE

EZIKOLENI KUDLA LUBI! ZINGANE KHUZEKANI!!!

“Njengoba kuvulwe izikole, ukwanda kwenani lezingane ezikhulelwe ezikoleni liyadumaza. Akwazeki ukuthi uma ngempela ingane efunda esikoleni samabanga aphantsi ifika esikoleni inezimpawu zabantu abadala abathandanayo leyo ngane ikusasa layo likuphi, kuvele kucobe amathambo” Ithimba elihambela ezikoleni linengcindezi yokubhekana nalezizinto njalo uma lihambele ezikoleni.



KHUZANI BAZALI!!!! KHULUMANI NEZINGANE
EMAKHAYA!!!

Omi ngaphambili u Sir Bukhosi Mdletshe ongumhlengi wasezikoleni ehambisana nethimba beqwashisa ngokukhulelwa kanye nezidakamizwa esikoleni i-Majiya High School

BAMUKELWA NGENJABULO ASEBENGABA HLENGIKAZI EMTHOLAMPILO WASENSINGWENI



From left Mbonambi , Nxumalo no Muke Makhathini abathola ukuqashwa

Inyoni inyele esandleni kubasebenzi besibhedlela abayi 9 okubalwa kubo nabase mitholampilo abayi 6 abathole ukuqashwa ngokusemthethweni ukuba babe ngamanesi ngokwezigaba ezahlukene. Abasebenzi babeqashwe baba amakhansela e HIV/AIDS emnyangweni wezempilo nokwathi

ngokuhamba kwesikhathi babe sebefundela ubuhle ngikazi .

Umtholampilo wase Nsingweni wabungaza usuku lokujabula bebongela ozakwabo abathola ukuqashwa ngokugcwele ekubeni abahlengikazi kulomtholampilo. Badla isidlo esasiyidili elikhethekileyo, asebemkantsha ubomvu babemukela nabo bebegqoke ezimhlophe ngalolo suku.

APPRECIATION FOR HARDWORK AND DEDICATION

It is common that children from the same family behave differently. One would notice that one child excels more than the other and perform duties independently and without being reminded. In the absence of the Medical Manager, it was noted with appreciation the dedication and effort Dr GV Parkes and Dr N Khumalo showed in their acting capacities respectively in ensuring that service delivery continues and duties of the Medical Manager are acted upon with promptness, their timely response from cases that needed the intervention of the Medical Manager did not go unnoticed. Thank you Dr GV Parkes and Dr N Khumalo for making a mark in the lives of the patients and staff, keep it up!!!

SPACE SHORTAGE IN FEMALE WARD.

Patients, relatives and community of CBH are advised on the space shortage especially in the female ward. This is caused by the old buildings (ward) which are no longer safe to

be used for patients. That forced the hospital to take a resolution to close some of the ward for safety of our patients, relatives, staff and everyone in the hospital. Some services are cut off/ stopped as we understand that health services is a priority to everyone. Thank to our staff members especially nurses and doctors who work tirelessly with dedication under stressful conditions but they still serve patients with a smile.

WELCOME TO THE TEAM OF CATHERINE BOOTH HOSPITAL

S Zulu	: Human Resources Manager
E. Kleinhans	: Systems Manager
PH Mcanyana	: PHC Supervisor
TT Mahaye	: ANM MDR Unit
ZM Mbatha	: ENA Gr1
MT Manqele	: Enrolled Nurse
Dr Simamane SP	: Medical Officer
MI Nxele	: Artisan Plumber
TA Mhlongo	: Artisan Painter
ZA Nkwanyana	: Pharmacy Ass Basic Gr2
SA Bhengu	: General Orderly
SZ Nkwanyana	: Porter
SL Buthelezi	: General Orderly



Happiness and smile from to the Deputy Manager: Nursing (Mrs PZ Mbonambi) following her effort and hard work in filling the vacant posts in nursing component. She was all by herself previously as the team of nursing management was a skeleton of which one had to be off or on leave. The management were happy for the filling of management posts which were also vacant for the long time. Newly appointees were introduced to the team of CBH. They received a warm welcome from the staff.

PREGNANCY AND CONDOM WEEK AWARENESS



Mrs Gumede ekhuluma ngokubaluleka kokuzivikela nokusebenzisa ijazi lomkhwenyana

Ngomhlaka 14 kuNhlolanja isibhedlela I Catherine Booth sasifundisa abantu ababevakashele isibhedlela ngalolusuku mayelana nokubaluleka kokusetshenziswa kwejazi lomkhwenyana kanye nokuzigcina bephephile ngaso sonke isikhathi uma bezimbhandakanya ocansini. Abasenbenzi babebhiyoza isibhedlela sonke bephethe amabhodi anemibhalo eyahlukene ukwedlulisa umyalezo bacula namaculo aqwashisa ngokukhulelwa nangokusebenzisa ijazi ngaso sonke isikhathi.

Abantu bakhuthazwa nangokuzivikela okumbaxambili okungukuvikela ukukhulelwa kanye nokusebenzisa ijazi lona elivikela ukukhulelwa kanye nokuthelelana ngezifo zocansi

Ukubaluleka kokusetshenziswa kwejazi kuchazwe njengokubalulekile

- ◆ Lisiza ukuzivikela kwizifo zocansi (STI) isifo sesandulela ngculazi negciwane laso HIV&AIDS.
- ◆ ukukhulelwa okungahlelelwe.

Baye baqeqeshwa ngokuthi lisetshenziswa kanjani lona ijazi futhi ikuphi okubhekwayo ukuze lizobonakala ukuthi lisesimweni ukuba lisetshenziswe. Uma

uzolisebenzisa uqale ulipotopotoze ulizwe ukuthi ngabe alinayo yini indawo ephuma umoya, uma usukuzwile lokho ubheke ukuthi linesikhati esingakanani lenziwe, ubheke nokuthi linayo yini lento engamafutha uma ulipototopotoza ngaphakathi.

Okubalulekile ngejazi lomkhwenyana

- Uma senikulungele ukuzithokozisa nophathi hlamba izandla zakho ukuze uzobulala amagciwane.
- Thatha ijazi lakho ulibuke ukuthi lisesimweni yini ukuthi alinayo imbobo, akukho la kuphuma khona umoya. Phinda ibheke I expiry date ukuthi ayikadluli yini
- Livule ngendlela ephephile ulibambe phambili ukuze kuzoba nendawo ezokwenza umoya phambili ukulivikela ukuthi lingaqhumi uma senizithokozisa.
 - Uma seniqedile thatha iphepha elithambile (toilet paper) ulikhiphe maqede uligoqe ngalo ulilahle endlini yangasese yomgodi ukugwema ukuthi abantwana bengathuki sebezicoshela becabanga ukuthi ibhelundi abangalifutha.



UKUZINIKELA KWETHIMBA LEZEMPILO YIKHONA OKWENZA UHLELO LWE COMMUNITY BASED MODEL LUBE YIMPUMELELO KU WARD 06 EMLALAZI



Ithimba labezempilo okubalwa oNompilo, OTLs, Comm Serve. Physiotherapist , Audiologist kanye no PRO libuyekeza indlela okusentshenzwa ngayo

Ithimba lesibhedlela elisebenza ngokuzinikela nokuzikhandla yilona esiziqhakambisa ngalo njengoba kuqhubeka ukuhambela abagulayo emakhaya ngokohlelo lwe community base model. Lelithimba labezempilo lihambela ngokukhulu

ukuzinikela ezindaweni ezingenazo nezinqalasizinda behambela abantu ebagulela emakhaya abo. Laba abahanjelwayo yilabo abahlonzwe ngabezempilo nokubonakale kungelula ukuba basheshe bafinyelele esibhedlela ngenxa yezinkinga ezahlukene ababhekene nazo ngokwezempilo.

Ithimba labezempilo okubalwa noNompilo nokuyibona abasondelelene nabasebenza nqo!emphakathini futhi nokuyibona abahambela lemizi ehlonzwa njengedinga ithimba ukuba libahambe emakhaya. Ukuhlangana kwethimba yikhona okwenza kube lula ukuqonda kangcono nangendlela okumele loluhlelo lwenzeke ngayo njengabantu abahambela imizi emphakathini. Kwakucaciswa ukuthi abanjani abantu okumele babahlonze njengabadinga usizo abangahanjelwa emakhaya okubalwa abadinga usizo lukadokotela wamehlo, abamathambo, abezindlebe nabagula ngendlela yokuthi lowomuntu akasakwazi ukuhamba noma enenye inkinga.

FAREWELL SAMKELISIWE NGUBANE



uMnu Smiso Khumalo evalelisa kuSamke ababesebenza naye ehhovisi labezenhlahlakahle

The moment of saying good bye is never easy but inevitable at times. Just imagine the excitement of welcoming the new member joining the team , and later you say good bye to the same person while enjoying and helping one another to grow in the working environment and socially. Samke was described as a hardworking, dedicated and a loving Social Worker who has a positive caring attitude towards people and clients. She used to treat patients as her own family members, I remember she used to come

with the plastic full of all goodies you will think of, guess for who? For the patient who was an old granny in the female ward waiting to be transferred to Old Age Home.

Among those goodies, there were different types of sweets, chocolates, juices, chips, cakes and airtime . She will make sure that Gogo will have a bite of her choice for the whole week then she will buy the other one during weekend for the following week . She was not only the Social Worker by profession but had a passion for the clients. The good news were the bad news to the hospital when she received greener pastures and the team to say fare well, you will always be missed, umbe umgodi kuSonhlahlakahle oyokulandela!!



Last team building exercise with Samke at CBH. From left: Malume, Stheh, Gcinile, Tshengi, Mpilo, Samke and Slie holding drinking tumblers from Samke as the token of appreciation.

KUQWASHISWA NGESIFO ESIBIZWA NGE MANGO/TUMBO FLY

Ngomhlaka 19 March 2019 obhekelele ezokuvikela ukuthelelana kwamagciwane (Infection Prevention Control) u Sister Tshengi Mthethwa esibhedlela I Catherine Booth waba nomkhankaso wokuqwashisa ngohlobo lwempukane eyingozi. Wafundisa iabasebenzi, ziguli nomphakathi ngesifo esibangwa ukulunywa yile mpukane ethize ethi uma ike yakuluma ube nokusaqhubu elilumayo bese kuphuma isibungu esikhumbeni.

Lokuhlobo lwempukane olunalesi sifo lubizwa nge Mango Fly. Akuzona zonke izimpukane ezinalesi-sifo.

Lempukane ifike ihlale emzimbeni womuntu qede ishiye ubuthi egazini okuthi ngemuva kokuhamba kwesikhathi kube sekumila iqhuquhuva elilumayo elinenunu phakathi, leliqhuquhuva liyangokuya likhula uma sewulikhama kuphume inunu eyisibungu.



Isikhumba esiphuma izibungu ezidalwa yilempukane

Uma umuntu esebonile kwenzeka lokhu kumele avakashele emtholampilo noma esibhedlela ukuze azothola umjovo. Enye indlela yokuzelapha kulesi sifo ukugcoba uvaselina kulo iqhuquhuva lokho



Uhlobo lwempukane ehlala esikhumbeni bese kuphuma izibungu

kwenza inunu engaphakathi ingakwazi ukuphefumula igcine isifele khona ngaphakathi. Lesisifo asithelelani uma oyedwa eseke waba naso lokho akusho ukuthi nonke ekhaya senithelelekile.

Isindlela zokuvikela lesisifo

- Ukuqikekela ukuthwisha ingubo yakho njalo uma uzoyigqoka ukuze uzobulala amagciwane asengutsheni nge ayina.
- Ukujwayela ukusebenzisa zinto zokufutha ukubulala lonke uhlobo lwezimbuzane okubalwa nazo izimpukane.
- Ihlanzeko emakhaya, ukugwema izinto ezithandwa yizimpukane.



HPV CAMPAIGN AT VELAMUVA PRIMARY SCHOOL



Government is offering this immunization free to all primary school girls in Grade 4 who are at the age of 10 years.

Parents are urged to please sign the consent form sent home for parents to sign in order for the learner to receive this immunization.

Uma umzali noma ohlala nengane engasayinanga ukuthi ingane igonywe, leyongane ayiwutholi umgomo.

FROM THE PUBLIC RELATIONS OFFICE

Kuyintokozo enkulu ukuba kanye nani kulolushicilelo lokuqala lonyaka ka 2019, ukubambisana kwabasebenzi ukuhloniphana kanye nothando ikhona okwenza ikhaya lihlale lifudumele ngaso sonke isikhathi. Asiqhubeke sibambisane nanoma ngabe sibhekana nezinsalelo ezinzima kangakanani ukuze sizogcina umphakathi wethu ugculisekile ngezinsiza kusebenza nangempatho esibanika yona.

Ukugcina umphakathi ujabulile ikhona kanye okuhamba phambili ukuze isibhedlela sethu sizohleze sigondaba mlonyeni ngenxa yempatho, uthando kanye nokubanakekela ngendlela egculisayo. Sikhuthaza abantu

ukuba basitshela ngempatho abayithola esibhedlela sethu kanye nasemitholampilo okuyi eNsingweni, Gingindlovu kanye nase-Mvutshini Clinic. Sizimisele ukuthuthukisa izinga lezempilo kubo bonke abantu.

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