



health

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Health
PROVINCE OF KWAZULU-NATAL

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JULY—SEPTEMBER 2018

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usuku lwabesifazane olu-
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FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE

KUQWASHISWA NGESIFO SOKUPHAZAMISEKA NGOKOMQONDO

July is marked as a mental illness awareness month therefore, Mental Health team from the hospital visited eNsingweni clinic, Mvutshini clinic and Gingindlovu clinic with the purpose of educating communities about mental health illness.



People were informed and educated about the causes and signs of Mental illness and on how to take care of those who are being affected at home and or in the community. Sister BHZ Masondo who is the Professional Nurse working with mentally ill patients and Mr S Khumalo from the Social Worker's office were the champions of these awareness.

Messages were conveyed in different ways including posters, song with mental illness on how to take care of those affected in the community and speeches. People were paying attention and listening on what speakers were telling them.

It was stated clear that in most cases mental illness is caused by stress and depression. People were encouraged to take care of those who are being affected or mentally ill and were advised that one should not keep bad memories within themselves, instead, one should get any person whom he/she can trust to talk to or seek professional help as stress can lead to depression.

IZIMPAWU ZOMUNTU OPHAZAMISEKE NGOKOMQONDO

- ◆ Ukungalali ebusuku
- ◆ Uthanda ukuhlala yedwa angahlanganyeli nabanye
- ◆ Ukhuluma yedwa futhi akhulume izinto ezingahlangani
- ◆ Akakwazi ukucabanga noma agxile entweni ngomqondo.

ABANTU ABAPHAZAMISEKE NGOKOMQONDO BADINGA UKUTHANDWA, BHLONISHWE FUTHI BANAKEKELWE

- Akathandwe njengawo wonke umuntu emndenini
- Avikeleke, ahlale endaweni ephephile anikwe nokudla okwanele nokunempilo.
- Uma egula ayiswe emtholampilo.
- Angakhiyelwa endlini yedwa, athengelwe okoku-gqoka ahlale ehlanzekile
- Angahlukunyezwa ngokocansi
- Akangasetshenziswa njengesigqila athunye noma kungenasidingo



uSister BHZ Masondo efundisa umphakathi wase Mvutshini Clinic ngesifo sokuphazamiseka ngokomqondo.

MENTAL HEALTH AWARENESS AT MVUTSHINI CLINIC ON 20 JULY 2018



uSister Masondo efundisa umphakathi wase Mvutshini Clinic ngesifo sokuphazamiseka ngokomqondo.

MENTAL HEALTH AWARENESS AT GINGINDLOVU CLINIC ON 20 JULY 2018



U Mnu. Smiso Khumalo owehhovisi labezenhlalakahle esibhedlela ekhuthaza umphakathi ukuba umuntu akhulume angabi nenkinga emudla yedwa.

Abasebenzi bebhuyoza becula amaculo beqwashisa ngesifo sokukhubazeka ngokomqondo, bephethe nezingqwembe ezinemiyalezo eyehlukene.



UBISI LWEBELE LUYIKHO KONKE ENGANENI

Ubisi lwebele lubalulekile futhi lunomsoco . Isibhedlela iCatherine Booth saba nomkhankaso wokugqugquzela ukuncelisa ubisi lwebele koma babantwana ezindaweni ezahlukene nase-mitholampilo engaphansi kwesibhedlela okuyi Nsingweni clinic, Gingindlovu clinic kanye ne Mvutshini Clinic. Omama babantwana babephume ngobuningi babo kulezi zindawo bezoba yingxenye yokuzothola ulwazi ngokubaluleka kobisi lwebele kubantwana.

Abasebenzi bezempilo bakhuthaza omama abancelisa ubisi lwebele ukuthi babakhamele abantwana uma bezohamba beya emsebenzini, esikoleni noma behamba uhambo olubaphoqayo ukuba bashiye abantwana emakhaya. Omunye angazibuza ukuthi uzolenza kanjani ukuba lungonakali nokuthi umntwana aluthole lusasesimweni esihle na? Ipendulo ithi: Zikhona izindlela zokugcina ubisi olukhanyiwe lusesimweni esiphephile kubantwana:

- ◆ Ungalubeka endlini, endaweni epholile engangeni imisebe yelanga kanye nokulufaka kusiqandisi (fridge) endaweni ehlala izaqathi. Uma usulukhamile ulifaka en-

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



komishini evalwayo bese ulubhala usuku olukhame ngalo ngaphandle ukuze kuzoba lula kuloyo osele nengane ukubona ukuthi iluphi olukhanywe kuqala ukuze ezosebenzisa lona.

Imigomo okumele uyilandele uma ukhama ubisi lwebele.

- **Geza izandla zakho, Kanye nenkomishi ozokhamela kuyona**
- **Hlala ngokukhululeka uzizwe unethezekule.**
- **Beka isandla sakho ngendlela efanele, usimise sasikero ukuze isithupa sizothinta lemithambo yobisi engaphakathi ebeleni.**
- **Uma umntwana engekho eduze thola isithombe sakhe ukuze uzothi ukhama ube usibuka, lokho kwenza kubelula ukuphuma kobisi.**

Abahlengikazi abagcinanga ngokufundisa kuphela kodwa kube nemiklomelo enhlobonhlobo yabantwana abondleke ngendlela efanele.



Abasebenzi bephethe izipho zokuklomelelabo bantwana abanceliswa ubisi lwebele abazodla umhlanganiso.

Omama babantwana babephume ngobuningi babo ukuzobungaza umcimbi wokuzogqugquzela ukuncelisa abantwana ubisi lwebele.

PSYCHOSOCIAL ILLNESS AWARENESS AT MAJIYA HIGH (MVUTSHINI)



U Sir BS Mdletshe nosebenza kwa School Health esibhedlela i-CBH ekhuluma nabafundi baseMajiya High School

Kuyinto ejwayelekile ukuthi abafundi uma ku-khulunywa nabo ngezinto ezihlupha bona ikakhulukazi ezempilo badudane ngokunganaki futhi ubabone nje ukuthi abakulalele lokhu okushiwoyo. Ngomhlaka 25 July 2018 ithimba lakwa School Health lasesibhedlela nowasemnyangweni wesifunda bahambela isikole l Majiya High School endaweni yaseMvutshini ngenhloso yokuzoqwashisha ngezidakamizwa ezibonakala zidlanga entsheni. Ngemva kokuba-qwashisa kwabe sekulethwa izinsiza khona esikoleni nokuyilapho okwabonakala abafundi sebeza ngobuningi babo kuyiloyo naloyo eza kokuqondene naye ngokwezinsiza kusebenza ezazikhona. Abasebenzi bakwa SANCA babeyinxenye yalomkhankaso nababesiza abafundi abafisa ukuyeka nokuhlukana izidakamizwa. Abanye babedinga ukwelulekwa ngoko0mqondo, ezenhlalakahle, nangokwempilo

Babebhekwa nesisindo, ubude kanye nendlela abakhula ngayo baphinde babhekwa nokunye oku-mayelana nokwezempilo.

Umfundi owasizakala wabonga umnyango

wezempilo ikakhulukazi isibhedlala iCatherine Booth School Health Team ngokuletha ithuba elinje ezikoleni nowachaza ukuthi kungathi kusuke itshe noma umthwalo



ke nje.

emahlombe kwazise wayethulula isifuba sakhe kumuntu angamazi futhi oqeqeshiwe kulomsebenzi awenzayo. Wabonga ukukhulumisana noSonhlalakahle nabeluleki nokwamenza wakhuluma ngokukhululeka ngesikhathi umuntu owayexoxisana naye ekhombisa ebusweni ukuthi uzimisele ukumsiza, waqhubeka wamakha njengengane esenekusasa eliqhakazile yize edlule ezimweni ezingezinhle kodwa konke lokhu kuyoba umlando naye ayokwazi



Abezempilo bebona umfundi ngamunye ezidingweni zakhe nababephinde babeluleke

BREAST FEEDING AWARENESS AT ENSINGWENI



uSister L.F Myeni (OM) wase Nsingweni Clinic edlulisa inkulumbo yosuku komama ababeyingxenywe yomcimbi wokukhuthaza ukuncelisa abantwana ubisi lwebele

Ixoxwa Ngezithombe

Ubisi lwebele lumahhala!!!

Ingane encela ibele
ayigulaguli!!



Omama kanye nabantwana abakhelene nendawo yase Nsingweni beqeda ukwamukela izipho ezaziklonyeliswe abantwana.

Iqembu lo nompilo (CCG's) becula iculo bedlulisa umyalezo mayelana nokubaluleka kokuncelisa ubisi lwebele.

ISIFO SAMA-RABI ASILAPHEKI!!!

Umnyango wezempilo Catherine Booth Hospital ubambisene nomnyango wezemvelo bahambela imitholampilo engaphansi kwesibhedlela okuyi Mvutshini Clinic, Gingindlovu Clinic, Kanye ne Nsingweni Clinic ukuqwashisa imiphakathi eyakhele lezi zindawo ngesifo samarabi. Lokhu kwakungenxa yenani labantu abalunywa yizinja nokubhekwa kwesifo samarabi kuzo lezizindawo. Imiphakathi yayiphume ngobuningi ukuzolalela osolwazi beqwashisa ngesifo samarabi. Izikhulumi kwakungu Mrs Mthethwa (IPCC) no Mr Ndlovu wezemvelo. Imiphakathi yakulezizindawo ingeminye yemiphakathi enemfuyo nokubalwa kuyo izinja, amakati kanye nezinkomo. Onompilo nabo babamba elikhulu iqhaza ngoba yibona ababedlulisela imiyalezo emiphakathini bekhuthaza imiphakathi ukuthi iphume ngobuningi bayo.

Izimpawu obona ngazo uma inja inaso lesi sifo samarabi.

- Ivuza amathe
- Inhliziyo iyacanuka, iphalaze/ ihamba ihlanza
- Ihamba sengathi ikhubazekile (ikekele)
- Iba nolaka namehlo ajika abe bomvu
- Idla noma yini kanti iyasabisa ingakuluma
- Ayihlali ekhaya ihamba njalo



Sister TS Mthethwa efundisa abantu ngesifo sama Rabbie

- Ishaya umkhulungwane ongapheli
- Kanjalo nomuntu uba nezimpawu ezifanayo njengalezi ezibalwe ngasenhla uma esenaso lesi sifo.

Usivikela kanjani isilwane sakho ukuze singezukuba naso lesi sifo?

- Qikekela ukuthi isilwane sakho sihlala sisekhaya singabi uvanzi ikakhulukazi inja ngoba izogcina isilunywa ngezinye izinja ezinaso lesi sifo nayo bese igcina isitheleleka.
- Izilwane mazigonywe njalo njengokomyalelo wabeluleki bezemvelo.

Uma umuntu elunywe yinja okanye wakhwejwa yikati, kumele asheshe aphuthume emtholampilo noma esibhedlela ukuze ezothola usizo ngokushesha.



Abezempilo becula beqwashisa ngesifo sama rabi bephetha izingqembe ezinemilayezo ngesifo sama rabi.

ABEZEMPILO BENIKA U GRADE 07 KA 2018 WASE MEHLWANA PRIMARY SCHOOL UMPHAKO WENDLELA



Phambili kwesokunxele uMnu. Smiso Khumalo oqhamuka kwabezenhlalakahle owayeluleka izingane no Mnu. Bukhosi Mdletshe wakwa School Health nabafundi bebanga lesi -7 eMehlhlwana Primary School

Ngomhlaka 26 September 2018, ithimba elisebenza nezikole kanye nehhovisi likasonhlalakahle lame-nywa yisikole i-Mehlwana Primary ukuba lizo-khuthaza okanye ligqugquzele abantwana njengoba benza ibanga lokugcina emabangeni aphansi sebe-yoqala e High school ngonyaka ozayo ka 2019.

Abafundi babegqoke izimpahla zalokhu abafisa uku-ba yikhona uma sebeyofunda emabangeni emfun-do ephakeme. Izingane zinamaphupho amahle okungo dokotela, othisha, amanesi, amaphoyisa, amabashayeli bezindiza, onjiniyela bakagesi, ama-phoyisa omgwaqo, abezindaba bakusasa.

Ingane ngayinye yayisukuma isho lokhu efisa uku-ba yikho uma isikhulile, wawuyibona nje iseza in-gane ukuthi lo! Udokotela, unesi, iphoyisa noma unjiniya wakusasa ngendlela ababezimisele ngayo nababegqoke ngayo. uMnu. Smiso Khumalo wasehhovisini likaSonhlalakahle no Sir Bukhosi Mdletshe wakwa School Health nethimba bakhuthaza baphinde bayala izingane ngabazobhekana nakho nokubaluleka kokuzi-

phatha njengoba beya komunye umhlaba wase High School nokuthi futhi ziningi izinselelo abasazobhekana nazo kodwa umuntu kumele abe nephupho azi ukuthi uphumaphi. Baphinde babakhuthaza ukuba umuntu iphupho lakhe lifezeke kuphela uma ezimisela.

Bayalwa futhi ngokuthi umuntu angazibukeli phansi nokuthi uphuma emndenini onjani okanye endaweni yasemakhaya kodwa lokho ke akuvimbi ukuba iphupho lifezeke. Baphinda ba-baqwashisa ngezinhlobo zabangani abazohlangana nabo kodwa babeluleka ukuba bak-hethe labo abanezifiso namaphupho afanayo nawabo futhi bangakhohlwa lapho abaphuma khona.

Ukuzalelwa endaweni yasemakhaya akusho ukuthi ngeke ube wutho kusasa!! Smiso Khumalo



HOSPITAL EMBRACING CULTURES AND DIVERSITY



Njengoba inyanga uMandulo yaziwa njengenyanga yamagugu kuleli lakwa-Zulu. Isibhedlela iCatherine Booth naso asizithelanga ngabandayo saba nendumezulu yomcimbi wokugubha lolusuku olubalulekile bekhumbuzana ngemvelaphi namasiko esizwe ngokwahlukana kwawo. Abasebenzi babevunule behlobe ngezinhlobonhlobo zezimvunulo ngalolusuku. Babecula behaya nama-hubo esintu bekhumbula amaqhawe, amakhosi

akwazulu.

Ngalolusuku amaqembu ayemi ngokwezigaba zawo okubalwa kuwo izintombi, ibutho, omama nezinkehli. Omama basina isigekle, Izintombi nazo azizibekanga phansi zisina amaculo aqondene nezinga lazo Izinsizwa nazo azisalelanga ngaphandle zashaya imicwi emibili nje kwacaca. Iqembu lase MDR-TB unit nalo lalishaya lize lishikile. uNks N Mpanza nomnu Bheki Maphumulo yibona ababeyizikhulumi bechaza kabanzi ngokwakwenzeka emandulo nokuyikhona okwakuyingxenye yokufundisa ngemvelaphi yesizwe sabampisholo nokubaluleka kwesiko.



**Abasebenzi base MDR bangena ngengoma kwachwaza !!
besho ngengoma nesigqi! begqiza ! Kwakikizwa kwan-jeyaya!! Kwavuka usinga kwabaningi**



**Kwesokunxele u Fundile Nyandeni,
Sonia Enock no Buyi Nyawo**

FAREWELL FOR MRS SHEMBE



Abasebezi basesibhedlela iCatherine Booth banothando njengoba besebenza ndawonye sebefana nomndeni, banothando, bayanakekela futhi banozwelo. Lolu usuku olukhulu lapho kuvaleliswa omunye welungu lomndeni uMatron Shembe esethatha umhlalaphansi emsebenzini. Bekukuhle yize bese kubuhlungu ukuhlukana kwezihlobo esezazane iminyaka esezifana nezizalwa umama oyedwa ngenxa yokuthandana nokuhloniphana. Abasebenzi bebenezipho ezinhlobonhlobo ukuvaelisa kwi lungu lomndeni becula namaculo anhlombonhlobo okumvaelisa.



IXOXWA NGEZITHOMBE—

1



2



3



4



5



Ingoma evuka la!!!
Umuntu akahlwa~~~~~

6



7



8



HTING POVERTY, GIVING HOPE

TB BLITS AT OBANJENI -ENSINGWENI

Ngomhlaka 10 kuya ku 14 kumaNdulo 2018 amathimba ezibhedlela asebenza ophikweni lwesifo sofuba (TB) bahambela umphakathi wasoBanjeni endaweni yase Nsingweni ngaphansi kwesibhedlela I Catherine Booth bengena umuzi nomuzi ukulwisana nokubhebhetheka kwesifo Sofuba kanye negciwane le Ngculazi nesandulela salo. Lokhu kwakungenye yezindlela zokuhambisa izinsiza-kusebenza emphakathini. Emzini ababengena kuwo babefike bathole umlando ngalowo muzi, neminingwane ukuthola ukuthi bangaki abantu abahlala khona, abasebenzayo,

izingane bese behlolelwa isifo sofuba ngokuthatha izikhwehlela nokuhlolela igciwane lengculazi kwabavumayo. Kulomkhankaso, onke amathimba ezibhedlela ayesebenza ngokukhulu ukuzikhandla nokuzinikela behamba elangeni elalikhapha umkhovu etsheni bengena emzini yabantu. Kuningi okunye okwakutholakala ngale kwezidingo zezempilo okwakuyizingo zomphakathi. Lezo



Ithimba labasebenzi besifo sofuba basezibhedlela zonke ezise King Cetshwayo okuyi Catherine Booth, Ngwelezana, Nseleni CHC, Mbongolwane, Eshowe, Nkandla, Kwamagwaza beholwa owengamele isifo sofuba esifundeni .

zidingo nokwakutholakala kwabikwa kumholi womphakathi (Councilor) nakwi War room yaku ward 20.

Isibhedlela sidlulisa ukubonga kubaphathi nakubasebenzi bonke ababeqhamuka ezibhedlela ezahlukenesasesifundeni iKing Cetshwayo ngokubambisana emkhankasweni wokunqanda ukubhebhetheka kwesifo sofuba.

PATIENTS ARE URGED TO PLEASE PROVIDE CORRECT DETAILS TO CLINIC

As part of the communication strategy for Catherine Booth Hospital, war rooms are attended by health officials for health related services or enquires. On 12 September 2018, Operational Manager for Ensingweni Clinic (Sister L.F Myeni) together with the Public Relations Officer (Mrs NH Xaba) attended the war room at Obanjani in ward 20 in order to communicate health services and challenges by the clinic to the community. Clinic is facing the challenge of patients who register wrong particulars each time they go to the clinic. In most cases, such patients are defaulters and some of them know their HIV/ Aids status from

other clinic or from the same but when they come again, they will register with the different name pretending to be a new client. Community was advised to provide correct personal details when coming to the clinic or hospital to avoid duplication of patients file and that will reduce waiting time to get files. Community Care Givers (CCG's) working in that area also attended the meeting as they gave report on their field work since they visit house hold on daily basis. Community health services e.g Outbreak of measles campaign, TD/ HPV campaign and Rabies awareness campaigns reports were given to the war room.

ISIBAYA SAMADODA EVENT AT ENSINGWENI ON 31 JULY 2018



Lendumezulu yomcimbi wawuhlelwe umtholampilo eNsingweni Clinic nowawuhlonishwe yizinyane lesilo umntwana uNhlanganiso owayeyisikhulumi sosuku. Lomcimbi wawuhlose ukuzokwakha “indoda” nokukhulisa abafana ngendlela ukuze bazoba amadoda ngomuso. Ababefisa ukusoka nakho kwakwenziwa njengoba kwakunomahamba nendlwana bokusoka.



Abafana bezikole ezakhelene nendawo yaseNsingweni babeyingxenywe yalomcimbi njengoba kwakufundiswa bona kakhulu ngokuba yindoda.



Amakhosi nawo ayemelelekile njengoba kwakunezithunywa zenkosi, izinduna kanye namadoda ayephume ngobuningi bawo.



From right, Sbu Mbatha, Mthembu no Buyeni bengenisa uMntwana eyophuza amanzi. UVusani Myeni (ofulathele) nowayewumqondisi wohlelo



Kwazulu siyephana!! Izinyane lesilo alihambanga lilambatha kodwa lahlatshiswa ngeziklabhu.



POVERTY, GIVING HOPE

FROM THE PRO'S OFFICE

I would like to thank everybody who participated in our Patient Experience of Care survey which was conducted on 20th of August 2018. The hospital Quality Assurance team and community care givers for their dedication towards the success of the survey done in the hospital and clinics.

Patients are encouraged not to leave the hospital or clinic premises if they are not satisfied with the service rendered to them. If anybody wants to report any complaint, compliment or suggestion, please do not hesitate to contact or report it either in writing, telephonically or verbally to the in charge of that unit / section/ clinic. You can also ask for the Public Relations Officer. We aim to render a high quality service to our level best. Your feedback on service received will help us improve if there are any gaps identified and we are committed to render a quality health service to all.

You may call 035-474 8402/7 or write

to Nompilo.Xaba@kznhealth.gov.za

alternatively drop it in the suggestion boxes placed at strategic points in all units and wards. Suggestions at the hospital are opened weekly.



PATIENT EXPERIENCE OF CARE (PEC) SURVEY

**Want to make
your voice heard?**

Tell us about your experiences
of health and care services



babephendula emaphepheni umuntu ngamunye kwakuthi noma kukhona abangakuqondi babebuza kanti nabasebenzi babekhululekile ukubasiza nokubachazela ukuze bazokwazi ukuphendula ngendlela efanele. Ezinye zeziguli zakubeka ngemba-

Kusukela ngomhlaka 20 August kuya ku 24 August isibhedlela saba nocwaningo lokubheka indlela iziguli eziphatheke ngayo kulesisibhedlela i-Catherine Booth. Onompilo (CCG's) yibona abebelekelela ekwenzeni lolu cwaningo. Abantu bakuthokozela ukuba yingxenye yalolucwaningo,

ba ukuthi yize kuthe ukuqhela noma behamba ibanga ukuza kulesisibhedlela kodwa ngeke bayeke ukuza kuso ngenxa yempatho abayitholayo egculisayo.

Ezokuzivocavoca.

Babuye ngezinkani abadlali bebhola lomnqakiswa eCatherine Booth Hospital nababhaxabula kabuhlungu iMbongolwane Hopital ngomhlaka 02 kuMandulo 2018 khona ezinkundleni zaseMbongolwane! Babekhipha isibhongo emva kokuthola isibhaxu ku District tournament eyayi ngomhlaka 11 August 2018 e Richards Bay Sports complex.



Team CBH!!!!!!

Isibhaxu esivuka laaaaaah!!!!!!!!!!!!



FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE

YAZI KABANZI NGAMAPHILISI OWADLAYO

Abasebenzi basekhemisi bafundisa bakhuthaza iziguli ukuba zazi futhi ziqonde konke ngemithi namaphilisi ezi-wadlayo. Uphindile uyena owaye-fundisa izigulu mayelana nokubaluleka kokulanda, ukudla amaphilisi ngesikhathi nangendlela efanele, baphinda bagqugquzela ukuba uma kukhona izinkinga abah-



langabezana nazo mayelana nemithi noma amaphilisi ukuba babike kanti noma benikezwa imithi yabo, mabaqikelele ukuthi usokhemisi ubachazela konke nokuthi bazowadla kanjani futhi nini.

WATHINT'ABAFAZI WATHINT'IMBOKODWE



Please read our special article for women's day celebration, this is just a highlight.

The End!!!! Thank You!!!