health
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PROVINCE OF KWAZULU-NATAL

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Catherine Booth staff during the Youth Day celebration.

#AMANDLA AWETHU!!!!!!!!

FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE

SISONKE MASILWE NESIFO SOFUBA

Isifo sofuba ngesinye sezifo esiyingozi kodwa siyelapheka. Ngomhlaka 10 KuNdasa abasebenzi basesibhedlela i-Catherine Booth baba nomkhankaso wokuqwashisa ngesifo sofuba emphakathini owawuvakashele esibhedlela ngalolosuku. Nakuba abantu abaningi bazi ngalesisifo kodwa abezempilo abayeki ukuqwashisa ngaso ngoba sisekhona Futhi siyabulala uma umuntu engakutholi ukulapheka ngendlela efanele.

Abantu mabakhuthale ukuzinakekela bazivocavoce, badle ukudla okunomsoco nokunezakhamzimba ngaso sonke isikhathi. Uma umuntu sekutholakele ukuthi unaso lesisifo se-TB, lowomuntu makadle imishanguzo njengokuyalelwa abezempilo aqikelele ukuthi uyithatha futhi uyidla ngendlela. Uma ogulayo engayidli ngendlela imishanguzo noma eyiyeka kungakashayi isikhathi esinqunyiwe, igciwane libuya seliphindaphindekile emzimbeni selingasalapheki kalula nokwenza umuntu atholakale esene MDR–TB.

<u>uma kukhona oyilunga lomndeni onaso lesi sifo I TB kubalulekile ukuthi onke amalunga omndeni kulelokhaya aye emtholampilo ahlolelwe lesi sifo ukubheka ukuthi abathelelekanga yini nabo.</u>

Uma unezinye zalezi zimpawu phuthuma emtholampilo!!

- **Ukujuluka ebusuku**
- **Ukukhwehlela okunganqamuki ngaphezu kwamasonto amabili**
- **Ukukhwehlela izikhwehlela ezinegazi**
- **Ukwehla emzimbeni nokungakuthandi ukudla**

I TB iyelapheka, Sisonke masilwe nokubhebhetheka kwe TB

Abasebenzi bahambe becula amaculo aqwashisa ngesifo sofuba, bephethe nezingqwembe ezinemibhalo eqwashisayo.

BEST NURSE IN THE HOSPITAL!

Work as if nobody is watching you!

Sitting: Nokwe from ART who was nominated as the best Nurse

Injabulo ibhalwe ebusweni kulaba basebenzi abaklonyeliswa ngokusebenza ngokuzikhandla nabagqoka ngendlela umfaniswano emsebenzini wobuhlengikazi.

During the Nurses day of prayer, best performing nurses and units were awarded for their dedication and excellence in a work place. Mrs WSM Gcabashe reminded nurses of basic nursing care, she called for nurses to do introspection of the relationship they have with their patients. Nurses should be proud to be called nurses, she reminded them the Batho Pele Principles that says *"Patients First".* She reminded them that they are so special they render duties that other people cannot, nurses need to take good care of themselves they should pamper and spoil themselves because they work hard.

FAREWELL TO DR N GOVENDER THE MEDICAL MANAGER

Every journey has an end! That 's what happened to Dr N Govender after serving Catherine Booth Hospital for 8 years. The management bid a Farewell to Dr Govender who was the Medical Manager in this hospital for 8 years.

He was described as a humble person who was always willing to help and was dedicated in helping the community. He was always there if his support was needed. On his response, he thanked everyone who contributed towards his function and surprised everyone when he said the prayer "Baba wethu osezulwini". He expressed his gratitude for such a planned function of which gifts were the bonus. He gave brief background and experiences of his life when he first came to Catherine Booth Hospital from Durban. Dr Govender came here with lots of ideas, he was a soccer team coach for local boys in 2014.

He explained management team as diligent and a dedicated team. He further explained CBH staff members as a welcoming community with Ubuntu. He explained that one day he once had a car tyre puncher on the gravel road but within 5 minutes, about 5 boys came and helped him with everything , they fixed the tyre. "Will remember a drive to mountains and the team I was working with at this hospital". He thanked the CEO for allowing him to take a transfer closer to home.

MALARIA IS A SERIOUS KILLER

Prevent yourself from mosquitoes !!

Many people died because of Malaria and some of them took symptoms for granted and did not seek medical help on time. People are urged to please take some preventative precautions to prevent the spread of Malaria. Health officials at the hospital always make it a point that everybody that come to the hospital is equipped with health information whether that person is sick or they just came for the collection of treatment or any other reason.

With the voice of Sister TS Mthethwa (Infection Prevention and Control Practitioner) and other health officials on 25 April 2019, the hospital did an awareness on Malaria which aimed to educate and equip people with knowledge on Malaria and the type of mosquito that causes Malaria. Educational Messages on Malaria were conveyed though notices, pamphlets, posters and music for community to be able to understand and keep informed. Not all mosquitoes carry Malaria but if a person is bitten by the mosquito with Malaria then the other mosquito can be infected.

Sr TS Mthethwa educating about Malaria during the awareness in OPD

If you have any of these symptoms, please do not hesitate to go to the nearest health facility

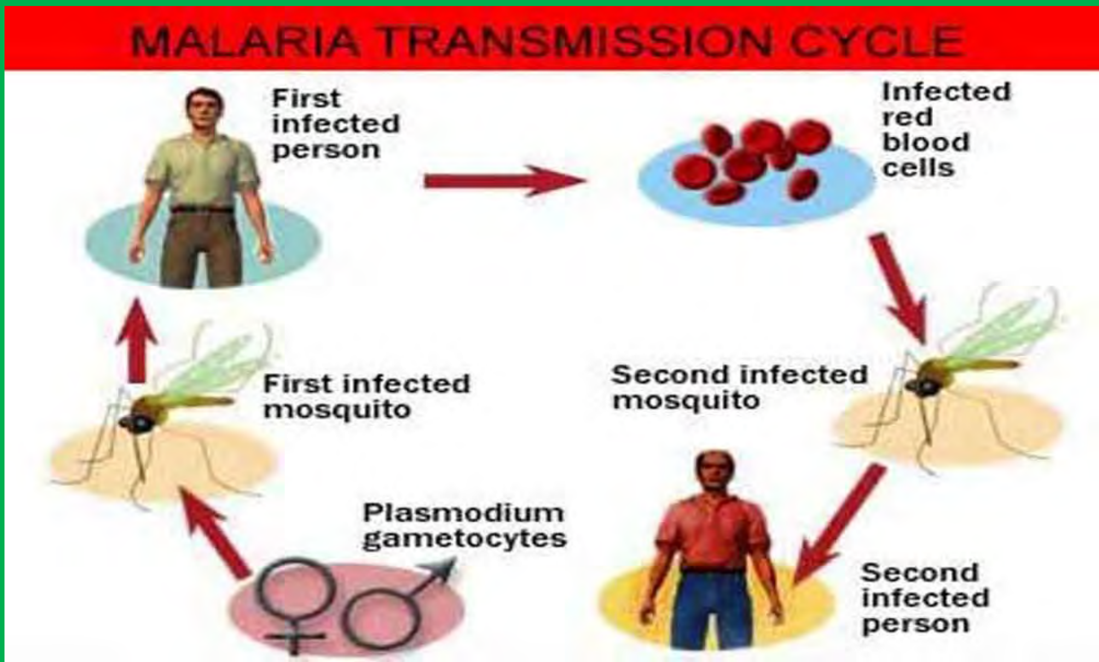
1. Headache
2. Vomiting
3. Painful joints
4. Body sweating
5. Loss of energy and appetite

Vaccinate before you visit other countries to prevent Malaria.

FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE

Ixoxwa ngezithombe

Abasebenzi badlulisa imiyalezo kamaleleveva ngomculo namabhodi anemibha-



"Take responsibility of your own health" "Impilo iyasetshenzelwa"

FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE

GEZA IZANDLA ZAKHO NGAMANZI AHAMBAYO NENSIPHO NGASOSONKE ISIKHATHI

Clinical and non-clinical staff demonstrating steps of hand washing in the health care facility

Ngomhlaka 23 KuNhlaba isibhedlela I Catherine Booth saba nomkhankaso wokuqwashisa ngokugezwa kwezandla owawubhekiswe ngqo kubasebenzi besibhedlela. Inhloso yalomkhankaso kwakuwukukhuthazana nokukhumbuzana ngokubaluleka kokugezwa kwezandla ngendlela ephephile njengabezempilo.

Lomkhankaso wawuholwa ngobhekelele ezokugwema nokunqanda ukubhebhethekiswa kwezifo (Infection Prevention and Control) uSister T.S Mthethwa.

She emphasized that hand washing is for everyone and it should be done in accordance with the 5 moments of hand hygiene. The 5 moments of hand wash was explained and demonstration was then done in order to remind who ever that might not remember it.

“Patient’s wellbeing in the health facility depends on us and we should not infect them of gems because of our failure to practice basic things like hand washing” Hands washing should be done before and after touching a patient. A song on hand wash and demonstration was watched on the screen and was practiced in the boardroom while dancing as part of the awareness and it was fun!

Health care workers demonstrating steps for hand washing for health care workers.

Abasebenzi babedansa umdanso wokugeza izandla bebukela kumabonakude

FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE

NURSES DAY OF PRAYER—2019

It is not every day that you see the angels walking on earth, but on the 24th of May 2019 CBH was blessed beyond measures to have angels walking the grounds of CBH, a beacon emotion clouding CBH on the day from the angelic nurses themselves to the patients and rubbed off to the general staff as whole.

Nobody new about the choristors at the hospital until this special day. Nurses singing choral music and Mrs PZ Mbonambi (DMN) allulating.

The 24th of May declared as an International Nurses Day which is named after Florence Nightingale's birthday. Florence is a nurse who fought for fair treatment and helped soldiers at war and went beyond her calling to serve humanity. A beautiful day indeed, as we walked to the hall where the ceremony was held, the decoration reminded

Nurses doing their nursing pledge led by ANM Magongo

every single one of the nurses who attended the ceremony of their importance and the role they play in healing and nurturing patients lives. It was a sunny beautiful day as nurses were in full arms in their nursing uniform looking like angels representing their noble professions they pledge to the atmosphere brought a sense of hope, peace, love and caring was restored not only to the nurses but the patients and general staff as well.

Speaker of the day (Mrs WSM Gcabashe) gave the speech of the day to those who were attending the ceremony. She said she can write a book about thus guest speakers with many acculades a lady and a half, a flower, a veteran in the nursing profession, she lives nursing loves, nursing is closer to Godliness and cleanliness. She represents both worlds, always clean, walk like a lady all the times, talk like a lady.

I really believed that nursing was a calling for her, she treats everyone with kindness, love and respect, always on time, on duty and leaves late, she come from home even when she is off to render the some of humanity. She reminded nurses about holistic nursing care, dealing with the mud, body and spirit of soul.

NURSES DAY OF PRAYER

Kwavumbuka ikhono elalingaziwa amanesi ecula umculo wemizwilili

uMatron WSM Gcabashe owabe eyisikhulumi sosuku edlulisa amazwi akhayo kubahlengi naku-bahlengikazi.

Umphathi sibhedlela (Ms TR Vezi) ed-lulisa inkulumo yokwamukela kwababethamele umcimbi.

All nursing staff with their candles during the nurses pledge that was led by Matron PS Magongo.

This is what they mean if they say “Walk like a Nurse” Nurses started their cele-bration by a walk with plug cards written positive messages for them.

IMBIZO YOMPHAKATHI NGEZEZEMPILO

uSister Jackson ekhuluma nomphakathi owawusembizweni ngezinhlelo zesibhedlela nomyango wezempilo

Isibhedlela asisebenzi nje kuphela ngabantu abeze esibhedlela ngoba sebegula kodwa siphinde siphume siye emphakathini ukuyokhangisa ngezinhlelo zezempilo ezitholakala esibhedlela. Ngomhlaka 13 ku June 2019, abasebenzi bezempilo babehamele umphakathi wakwaKhoza owawuqoqelene esikoleni i-Mfihlo Primary School ngokubambisana nomnyango wezemfundo owawubize abazali bezingane esikoleni.

Kuhle ukubona abazali bephume ngobuningi babo bethamele izinto ezithinta bona kanye nabantwana babo. Isibhedlela sasikhangisa ngezinsiza ezenziwa esibhedlela kubala nokusokwa kwabafana. uSister Jackoson nokunguyela obhekelele ezegciwane lesandulela gculazi negciwane laso (HAST Co-ordinator) uyena owayekhuluma nqgo! Nomphakathi ngezokusoka.

Umphakathi waziswa ngezinhlelo zezempilo nokuthi babike indlela abaphatheke ngayo ukuze bezohlale bethola usizo lwezempilo oluseqophelweni eliphezulu.

Njengoba izikole zazilungiselela ukuvalwa, abazali babantwana abaneminyaka eyishumi (10) kuya phezulu babekhuthazwa ukuba bavumele abantwana ukuba basoke ikakhulukazi uma izikole zivaliwe.

Bafundiswa futhi nangokunakekelwa kwabafana abaphuma ukuyosoka. Waphinde wacacisa kubazali nothishanhloko ukuba baqaphele ukuba abavumeli nanoma ubani oyofika athi usoka abafana kodwa wathula okunguyena ogqugquzela abafana endaweni nokungumuntu wendawo osuke ehambisana nosuka emyangweni wezempilo ikakhulukazi isibhedlela I Catherine Booth Hospital.

Uma sebesokiwe abafana bayatshelwa ukuba babuye esibhedlela zingakadluli izinsuku ezimbili ukuzobonwa ukuthi ngabe kuphola kahle yini. Owezokuxhumanisa naye uMrs Nompilo Xaba wakhuthaza umphakathi ngokusebenzisa isibhedlela nokuthi abantu babike ngempatho abayitholayo ukuze isibhedlela siyohlale siletha ezempilo eliseqopheleni eliphezulu ngaso sonke isikhathi.

YOUTH DAY CELEBRATION

"Learners from CBH" wearing school uniform celebrating youth day

On the 21th of March 2019 Catherine Booth Hospital staff members were celebrating the youth day in the facility encouraging staff members to empower themselves with more knowledge. All staff members were wearing school uniforms from different schools, it was an awesome day, they were singing the songs that were sang by the youth of 1976, they were moving around dancing and jumping while they were singing. The behavior of employees were same as school children. No wonder why the behavior of children is different from what they are if not on school uniform. It was noticed that someone's behavior changes when wearing a school uniform.

Mr S. Mhlongo (Chairperson of the Hospital Board delivering speech

Mr S. Mhlongo the chairperson of Hospital Board was the Guest Speaker. He motivated the youth to use education as a weapon for the sake of those who strike and died for our freedom. He then encouraged the youth to equip themselves with education and open their small businesses instead of waiting to be employed.

From Left: Nokuphila,Nkwanyana, Thoko, , Feh, Philile, Khule and Sebeh enjoying to be school children on their uniform

YOUTH DAY CELEBRATION

"AMANDLA!!!" abasebenzi bekhombisa ubumbano kulo-lusuku olugujwa minyaka yonke.

UMrs S.S Qwabe edlulisa amazwi okubonga nokuvala ngomkhuleko

Abasebenzi bedansa I Sarafina beholwa u Nurse CD Biyela from MDR-TB Unit

uMrs L.N Ndlovu enikeza ababethame-le umcimbi inhloso yosuku.

U Mrs S Zulu (HR Manager) ekhuthaza intsha ngokufunda nokuzithuthukisa amakhono

Abasebenzi begqoke imfaniswano yesikole bebhiyoza isibhedlela sonke becula amaculo omzabalazo.

RECYCLE WASTE, SAVE THE ENVIRONMENT AND MAKE MORE MONEY

Izinto esizilahlayo emakhaya zisengasenza sibe osomabhizinisi noma zisenzele imali. Lokhu esikubiza ngo doti esikulahlayo njengamaphepha, amakopi nokunye kwenza izinto eziwusizo nongaziphika ukuthi zenziwe ngodoti obungasadingeki. U Nks SS Qwabe nobambe njengobhekelele ukulahlwa kwemfucuza esibhedlela wayehola lo mkhankaso wokufundisa abasebenzi nomphakathi ngezindlela eziphephile zokonga nokusebenzisa imfucuza ibe wusiso. Wayegqoke isiketi sakhe esihle esakhiwe ngamaphepha njengenye yezindlela zokwenza imfucuza ibe wusizo Futhi ingenise imali ekhaya kuxoshwe ikati eziko. Lomkhankaso wawungomhlaka 18 June 2019 esibhedlela

Umphakathi waphinde wafundiswa ngezindlela eziphephile zokulahla izinto ezinobungozi ezinjengemijovo emakhaya nokugwema ukutheleleka kwezifo ngenxa yemfucuza engalahlwa ngendlela.

Infectious waste

Soiled linen

Non-infectious waste

Hlukanisa imfucuza bese uyilahla ngokwemibala yoplastiki

REDUCE, RE-USE AND RECYCLE

Abasebenzi bekhombisa ngokuqoqwa kwemfucuza nangokuyihlukanisa indlela elahlwa ngayo ngokwemibala

HOSPITAL RECEIVED AWARDS IN MASEA

Ms TR Vezi (CEO), Mrs PZ Mbonambi (Deputy Manager—Nursing) and Mr E Kleinhans (Systems Manager) received awards on behalf of the hospital

For the first time Catherine Booth Hospital was amongst hospitals who received awards during MASEA. Dedication and hardworking of units made the management proud. The CEO and the management were happy to be called amongs the hospital who received awards.

Indeed the song "Zange kube nje laphekhaya" had to be sang. The hospital received one for being the best in complaint resolution and the second one in improvement in maternal mortality / consistently low maternal mortality

Dr Parks receiving award on behalf of Maternity team from the CEO during General staff meeting

Hospital achieved 4th place in improvement in maternal mortality / consistently low maternal mortality: Hospital conducting less than 1500 deliveries per year

CEO congratulating the PRO for obtaining an award in Best Complaint Resolution

UMTHOLAMPILO UBUNGAZA USUKU LWENTSHA EMVUTSHINI

Ngomhlaka 13 kuNhlangulana 2019 abasebenzi bomtholampilo I Mvutshini kanye nentsha yasendaweni bahlangana babungaza usuku lwentsha ngenhloso yokwakhana nokugqugquzelana ngokubaluleka kwemfundo.

Intsha yayidlala izinhlobo ezehlukene zezindaba mdlalo ezinemiyalezo eyakhaya nokuyiyona enengqikithi yosuku, babecula amaculo omzabalazo, befunda nezinkondlo ezakhayo begqugquzela ukubaluleka kwemfundo entsheni. Ukugujwa kwalolusuku kwakungenye yezindlela okwakugqugquzelwa ngazo abantu abasha ukuba bazithuthukise ngokwemfundo nangamakhono benze okuncono kunalokhu okwenziwa yintsha yango 1976.

Kudlalwa umdlalo weshashalazi ofundisa nonqanda isihlava sokukhulelwa kwezingane ezisencane nezesikole

FROM THE PRO'S OFFICE

Lesisibhedlela saziwa ngesibhedlela esinempatho nesinakekelayo. Uma uze kuso uphuma ulaphekile. Iziguli zizisholo zona ngempatho nothando abaluthola kulesisibhedlela. Amabhokisi emibono, izincomo kanye nezikhalazo avulwa njalo ngeviki kanti nezikhalazo ezibikiwe ziyalandelelwa kuze kube ziyaxazululeka. Abantu bayakhuthazwa ukuba babike ngempatho abayitholayo esibhedlela nasemitholampilo ngenhloso yokugcina izinga eliseqophelweni lezempilo.

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MS NONDUMISO LUSHOZI AND MRS NOMPILO XABA

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