

31 March 2007

Volume 1, Issue 2

Editor: Dr. L. Naidoo



SNAKES LURKING AT CBH

Inside this issue:

Part of the Furniture 1-2

Healthcare Christian Fellowship 2

Activities and Events 3

Entertainment 3

Staff news 3

Notices 3

Fighting for Love and Crossword puzzle 4

A 2.6 metre black mamba was killed outside OPD early this month. The snake was apparently spotted by a patient who was sitting outside OPD. It had appeared from underneath the cars parked in front of OPD. Presumably brought into the premises by one of the cars

Phakamani from the laboratory was quite valiant enough to search for the snake which had gone into pipe near the Paediatric ward.

The snake had an estimated weight of about 3.5 kilograms and a length of 2.6 metres.

Two other snakes were killed on the hospital premises in the same week. One was near the nurses' residence and another near the Stores depart-

ment.

Zululand has a relatively high incidence of snakes in the vicinity, and the prevalence of snakebites in hospitals is at its peak during this period.

It is advisable to be extra careful when walking on the hos-

pital premises, especially at

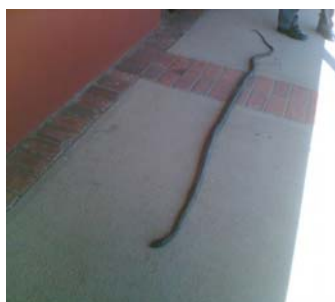
night. **Story by: Dr.**



The black mamba, measuring 2.6 metres with an average weight of 3.5 kilograms



pital premises, especially at



L. Naidoo

Phakamani courageously holding

PART OF THE FURNITURE

Gone are those days when we used to wash patients' clothes in the rivers. This is the message from 4 ladies who have been working at CBH for more than 30 years. They are Mayo Mthembu, Thandazile Zulu, Ethel Zulu and Thenjiwe Shembe.

Zhane: Naqala nini ukusebenza kulesisibhedlela?

Thandazile: Mina ngaqala

ngo 1971, October 26. Umama wangikhulumela no Coner (Ngqofela) ukuze ngithole umsebenzi.

Mayo: Ngazizela mathupha ngizof una umsebenzi ingekho yonke lento yokupplaya. Isibhedlela sasi-phethwe amaSalveshe ngo-January 1971.

Ethel: Nami ngozoqala ngo1971 ngazicelela mina. Ngasebenza ewondini lezin-

gane.

Zhane: Kwakuyini umsebenzi wenu?

Mayo: Wawenza noma yini obona kubalulekile ukuthi uyenze. Ngasebenza eMale ward iminyaka engu 7 ngadlulela ekhishini ngase ngaya elondolo.

Thanda: Sasi cleaner ngamadolo weZanele ngane yami singafaki ngisho amagloves kodwa singaguli kodwa

...PART OF THE FURNITURE

abamanje bayakhala ngisho besebenzisa imishini.

Zhane: Nani hola malini ngenyanga?

Ethel: Sasi hola uR6 kodwa yayiningi ngoba nezinto zazisa shibhile. Buka nje isaka lem-puphu u50kg wawu biza ishumi, amazambane ewu 45c, ushukela u2.5kg u15c.

Mayo: Futhi uNgqofela wayesidayisela amasekeni.

Zhane: Izingubo zaziwashwa kanjani kanye nokudla kwakuphekwa kanjani?

Mayo: Kwakukhona umshini wokuwasha kodwa uma ufile sasihamba siyowasha emfuleni. Imoto yayisithatha nezimpahla siphathe netiye kanye nesinkwa sokudla kuthi uma sesiqedile ibuye isilande.

Thanda: Ukudla kwakuphekwa esitofini samalahle ngamabhodwe amakhulu. Kwakuphekelwa wonke umuntu iziguli kanye nezisebenzi. Ukhwenyana kamaGuma ebhaka amakhekhe. Kukhona nesigubhu samasi uRobert Mthembu kanye noZakharia Mthembu babebuye baphe isibhedlela amasi. Kanye nabanye esengabakhohlwa.

Zhane: Nizizwa kanjani njen-goba senisebenze iminyaka engaka lapha. Futhi ngo-

kuguka kwami nisaphila?

Thanda: Wengane yami mina ngikhathele manje sengizozimpheshela kodwa khona ngiyambonga uMdali.

Ethel: Ngikhathele ngophumula manje mabazukulu bami. Okungijabulisayo ukuthi nami ngilibambile iqhaza kulesisibhedlela.

Mayo: Mina ngangena ngithathe umfana wami wokugcina uyaganwa manje kodwa ngibonga uNkulunkulu ngoba abanye esasi nabo sebasishiya.

Labomama babesiza futhi basasiza ekugcineni isibhedlela sisesimeni esihle siyababonga futhi ngethemba ukuthi umphakathi wakwaKhozha uyaziqhenya ngabo.

=====

Mrs. Thenjiwe Shembe was one of the nursing staff during the 1970's. Talking to her made me realise that on earth there are people who care about the lives of others despite working conditions and challenges they meet...

Zhane: When did you start working here?

Thenji: It was 1975. I earned R24, bonus included, but that did not matter because I was happy and enjoyed being a

nurse. It was not for the love of money.

Zhane: Who was your matron?

Thenji: Ms. Coner (Ngqofela) was our matron. Anyway, she was everything: hospital manager, matron, a doctor, HR manager, night super, priest as well as a principal because we had a nursing school for ENA's. Even now, I don't know how she managed, but she did. There was a man who worked at the graveyard digging holes for patients, with no relatives, who died...that graveyard at the back of the old nurses' home. They were buried with respect. On Sundays, all patients and workers attended services under the tree, led by that strong Ngqofela. She was so amazing. I think we need to write something about her and I am willing to be a part of that.

Zhane: What about infection control?

Thenji: We tried to be as clean as ever...as for sputum samples, patients were given stainless steel sputum mugs. And to discard the sputum, we had to dig a hole and bury it using Jeyes fluid as disinfectant. Those who were working at TB ward had to take INH daily.

Zhane: What about training, because now you're no longer a nursing assistant?

Thenji: Oh, I had to train as an enrolled nurse and thereafter, within 6 months, I was called to Marianhill Hospital to do my diploma. Mind you, Ngqofela liked people who progressed.

Zhane: I find it very amazing that you are still working here, while some people stay for a short while and leave CBH, saying that its boring, "bundulike", and people here are not stylish! But how come you are still here?

Thenji: They are weak futhi bathanda ukufika lapho izinto sezenziwe. They don't want to be part of change and be proud of it.

THANK YOU ladies. In the next issue, I will be talking to the guys. No matter what you are doing for CBH, you are very important and we are all proud of you... So unga-zibukeli phansi. I am also challenging the management to do something about the workers who had worked for CBH for more than 20 years!

By: "Zhane" Khanyile

HEALTHCARE CHRISTIAN FELLOWSHIP (HCF)

"More People Pass Through the Health Centres of the World than Through its Churches"

Let us talk HCF:

The HCF is interdenominational and operates as an arm of the Church, with Jesus Christ as the central figure. Members of all disciplines have a fellowship together, placing emphasis on fundamental truths and avoiding controversial issues.

Who can be members?

There is no joining fee, nor any membership card required. In fact, we should all join hands in supporting our clients holistically and give them hope, starting from the person at the gate, to clerical staff, nursing, medical staff, boilermaker, cleaners, kitchen staff, therapists, management, and all other members of the health care team.

How did it all begin?

During the terminal illness of their father, Carl and Francis Grim recognised the great spiritual need in hospitals. If doctors, nurses and other members of the healthcare team were won to Christ, He could communicate His compassion through them to their patients. Thus in 1936, constrained by God, they formed a Fellowship, which was later known as Hospital Christian Fellowship, now Healthcare Christian Fellowship. Pioneering journeys were undertaken to many parts of the world; training bases have been established for the ever-growing number of nationals whose hearts have been captured by the vision of HCF; and international conferences have become a regular feature, linking believers worldwide in a fellowship of prayer and care.

HCF at CBH: Some members of the healthcare team gather every Wednesday between 13h00 and 14h00 for prayers and sharing God's word, and later, every evening from 18h00-18h30 for prayer. Please do join us as we move forward to Evangelism!

By: Mrs. P. S. Magongo

Activities and Events

Parties:

There is that amazing term called Team Spirit in O.T. Every month they host a party for each and every member there. So on 21 March, I went there uninvited to see what's up. Hey wean zibuya! It was during lunch... worry nor Management! Big cake, KFC (mind you, the real one, not those esizenzela zona emakhaya), soft drinks, and snacks. On the other table, there were more than 10 presents wrapped up in different gift-wraps. Cha akekho owaye cove nge sterisheet.

Then I asked Sr. Nene about it. She said, "We believe in creating a good team spirit. So

every month, we buy presents for the one who was born that month. Yena athenga ikhekhe nanoma yini enye than we enjoy!"

That day, it was Mrs. Mchunu's party. Last month was NJ's party. I think this is amazing guys, and they have to keep it up... setting a good example to other departments! Anyway, they gave me some cake to eat!

Sports:

Bad news: soccer and netball teams were supposed to visit COSH for a game, but something went wrong. "What happened?" asked concerned

Entertainment

Hey workers! When I got here, I thought to myself, there's no way I'm gonna stay here for a year. But hey, whoever said Catherine Booth was boring and a place for "Old Mutuals" was sooo wrong! There's a pool table at the kitchen, and it's working, so those who love taking time to relax and enjoy a game of pool, it's available till 22h00.

I also heard there will be a

table tennis table very soon, so guys, life is what YOU make of it. If you are boring, your life will be just that... "Boring!"

By the way, the soccer team is still on a high, a game to Pietermaritzburg's Edendale Hospital is on the cards. Unfortunately we will be without one of our very vocal players, Bongani Buthelezi, who got injured during a soccer practice session.

NOTICES

PLEASE TAKE NOTE OF THE FOLLOWING:

THERE WILL BE A CAMPAIGN HELD AT CBH TO COLLECT OLD AND/OR UNUSED CLOTHING, SHOES, STATIONERY, SCHOOL BAGS, AND

OTHER USEFUL GARMENTS OR ITEMS FOR THE UNDERPRIVILEGED. THESE ITEMS WILL BE DISTRIBUTED TO THE NEEDY PATIENTS.

members.

Siphiwe: Mina angazi ukuthi kwenzekeni ngoba kade labantu bethi bafuna igrade kodwa manje bathi abanamali (guys) girls were willing to go!

Sibonelo: The thing is asiholi sonke ngo mhlaka 15.

Jabu: Abafana bahlupha bazi kahle ukuthi ngeke sihambe ngaphandle kwabo.

Bongani: Mina kwazi noma ubani ukuthi ngilimele edolweni ngangingadlala kanjani?

Zinhle: A had cash and I was willing to go!

A.K.: Poor organizing!

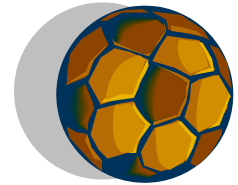
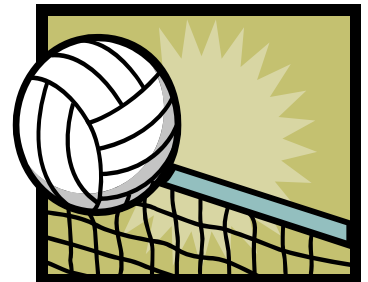
Sayinile: Mina I was off but

waiting at home cos iChurch of Scotland ingase khaya ngalinda ngaze ngakhathala.

Phakamani: Mina amakhokho ami ayengimphintsa so ngangingadlala kanjani.

But all in all, girls were so disappointed in their boys because they were counting on them. Girls played Amatikulu and won 26-08. But next time there won't be any excuses. Siyahamba futhi sizowina coz we're all strong and willing!

By: Zhane Khanyile



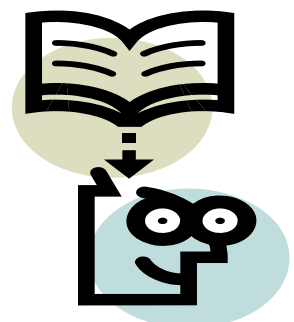
Till next time... Keep well chillers!

By: Xolile Ngweni

Staff News

We would like to say farewell to the following doctors who have left us: Dr. Dimitriades and Dr. Marais have moved to Port Shepstone hospital, and Dr. Zwarts has taken up private practice in Mtunzini. However, there is hope that he will be doing sessions for our hospital. Thank you for your service and contributions to CBH. A warm welcome to the new doctors: Dr. Mulongo (our new CMO) from Empangeni Hospital, and Dr. Pillay from Prince Mshiyeni Hospital. We hope you enjoy your stay.

PLEASE CONTACT DR. GOVENDER IN OPD FOR FURTHER INFORMATION. YOUR DONATIONS WILL BE GREATLY APPRECIATED.



Catherine Booth Hospital

The Editor
Umbiko Newsletter
P/Bag X105
Amatikulu
3801

Phone: 035-4748402
Fax: 035-4748413
E-mail: benzgn@webmail.co.za

We're on the Web! Visit:
[www.kznhealth.gov.za/
catherineboothhospital.htm](http://www.kznhealth.gov.za/catherineboothhospital.htm)

Bathe Pele and Patients Rights! Do you know the standards? Contact the Editor for more information.



Department of Health

FIGHTING FOR LOVE

A young man was in love with his high school sweetheart. But the girl was living with her strict granny who would not let her go out with friends, not even her boyfriend. She had her bedroom on the third floor of their mansion.

One day the boyfriend decided:

Boyfriend (to himself): I'm gonna steal my sweetheart from the jaws of this nagging lady.

The granny (to the little girl): Tonight we shall swap our sleeping places. I will go up next to the window for fresh air and you will use my bed.

The girl: Okay, granny. No problem.

That very night about 11pm:

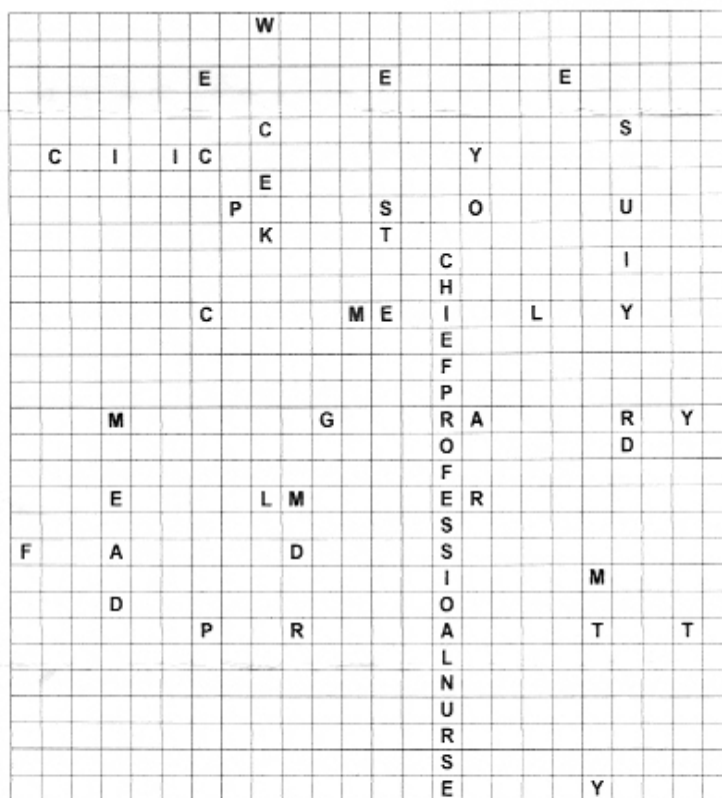
Boyfriend: I'll use this stepladder to climb up and fetch my love. He climbed up and found that the window was wide open. He jumped inside, folded the old lady with the bedding and down he climbed, only to find that it was the 87 year old granny!

By: Smanga Khoza.

This newsletter has been launched to facilitate interaction between staff and community members, as well as patients. It is a necessity that the staff of CBH are well aware of happenings around them, especially if they have a direct impact on them. All news published herein is free of discrimination and bias, and is fair and factual. If anyone has any constructive criticisms, comments, suggestions or interesting news that they feel should be published, please feel free to contact the editor.

We hope to keep you informed! Enjoy reading!

Dr. L. Naidoo (Editor)



VERTICAL WORDS

WARD CLERK
STOREMAN
CHIEF PROFESSIONAL NURSE
SECURITY GUARD
MALE WARD
MATERNITY
CRISIS CARE

HORIZONTAL WORDS

ENROLLED NURSE
CLINICAL ORDERLY
PROFESSIONAL NURSE
MEDICAL
GENERAL ORDERLY
MEDICAL MANAGER
PHARMACY ASSISTANT
FEMALE WARD

By: Blessing Mthethwa