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Catherine Booth Hospital



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Prayer Day held at CBH

On the 20TH of November was a day of prayer and thanksgiving for the students that had passed their examinations recently. The students had done themselves, their families and the hospital proud. Rev. Mbatha suggested this day as she also bid farewell to the hospital to be ordained further into the ministry.

Matron Magongo and her team went all out with the preparations. The day was one of peace and joy. Our choir once again did a splendid job. Accolades goes out to all who made this day a success. Listed below are the graduates:

1. Chief Professional Nurse: R.N Shamase (Advanced Midwifery)
2. Senior Professional

Nurse: B.B Mtshali (Midwifery Course)

3. Bridging to professional nurse: P.N Ndzimande, N.F. Ndlovu, B.P Dladla, V.S Ngobese, Z.G Mduli
4. Clerks to Enrolled Nurse: G.A Mthethwa, J.N Maphumulo.



Above: Our Guests of Honour (ex-students); Rev. Mbatha seated

"Thoughts to bear in mind":

- Sometimes the majority only means that all the fools are on the same side
- When it comes time to die, make sure all you got to do is die



Above Left: Members of the CBH Choir

Above Right: Even the guys stepped in to clean and set up

TB Awareness Day and Blitz

CBH recently held a TB Blitz at the Obanjeni Area from 28 to 29 November. The campaign was led by Sister Mwandla (TB co-ordinator).

On the 28th November, five teams consisting of 3 members each, headed for Sibhamu in the Obanjeni Area. The Kwamakweqe area was visited on 29th November. A total of 118 homesteads were visited by the teams, and 112 TB suspects were located.

Of these suspects, 84 were tested for TB via sputum collection. The specimens were sent to the laboratory, and one was found to be AFB positive. However, considering the incidence of HIV / AIDS in the community, it is not surprising have a high number of sputum-negative TB cases. Ill TB suspects were referred to Nsingweni Clinic / CBH.

Patients were also referred to the mobile clinic for VCT.

TB AWARENESS DAY:

On 30 November 2007, the TB Team from CBH once again set out to promote the international STOP TB campaign.

The TB Awareness function was held at the Obanjeni Community Hall from 9h00 to 13h00, and lunch was served thereafter. About 150 people attended the function. The modest turnout was due to the TB Blitz held the previous day, where most of the community households were visited and people were made aware about TB.

Guest speaker, Sister Mthethwa (CBH staff member), educated the community on TB, its symptoms, diagnosis, treatment and prevention.

The Programme Director was Mrs. Nelly Ndlovu.

The event was also attended by Mr. Vundla (Hospital CEO), Matron Mbonambi (CBH Nurse Manager), Dr. L. Naidoo (TB exec. committee member), staff members from Nsingweni and Mvutshini clinics, community leaders and activists.

Staff members from the clinics rendered lovely song / dance items which enthralled the audience.

The TB executive committee of CBH would like to thank all those who contributed to the Blitz and TB Awareness Day.

By: Dr. L. Naidoo



**WORLD AIDS
DAY**

**1 DECEMBER
2007**

**STOP HIV AND
TB!**

**HIV AND TB
ANYWHERE IS
HIV AND TB
EVERYWHERE!**

Staff News

CONGRATULATIONS...

Our wonderful and dedicated community service doctors, Dr. Y. Sookrajh and Dr. P. Govender, were recently married on 24 November 2007. We would like to congratulate them and wish them both a lifetime of joy and happiness together. Congratulations also goes out to them on being accepted in their respective registrar programmes in Durban! All the best!



All good things come to an end...

It is quite sad to mention that some of our doctors will be leaving CBH in the New Year. My three dear colleagues, Dr. Sookrajh, Dr. Govender and Dr. Thandrayen, and myself, have newfound journeys to embark upon next year. Dr. Thandrayen will be the new medical manager at Eshowe Hospital. Drs. Sookrajh and Govender will be specialising next year in Psychiatry (Prince Mshiyeni Hospital) and Anatomical Pathology (Inkosi Albert Luthuli Central Hospital) respectively.

As for me, I will be the new medical manager at St. Margaret's Hospital in Umzimkhulu (Sisonke District). I have been working at CBH for the past two years, and I have definitely enjoyed my stay. Despite the numerous impediments I was faced with in the past two years, I have learnt a lot in the process of overcoming these challenges. It suffices to say that I am well-equipped with the vital skills to take up a management position.

To all my colleagues: It has been a pleasure working with you at CBH. To the nurses... You all have been and will always be my motivation to strive for righteousness and justice in the workplace. I know what you all have to put up with at work, and only through equipping ourselves with the necessary skills can we fight for what we all deserve.

My message to everyone...

Just remember two things:

Firstly, you have just one life. Make the most of it and take care of yourselves.

And, secondly, above all...

Only through education and commitment can you achieve what you desire... Whether it's wealth, love, happiness... **KNOWLEDGE IS POWER!**

Take care... See you at St. Margaret's Hospital.

Dr. L. Naidoo (editor)

CBH's Dental Clinic

The clinic was founded in October 2006, with the arrival of Mr. S. Ngcobo. The credit goes to the Hospital CEO for making sure this department comes into function. Since there had been no Dental Clinic before, the department was started from scratch, from the buying of equipment, the location, to the filling and creation of posts.

This might be a small department but a hospital would be incomplete without this service. This is where one gets all the help concerning one's Oral Health, from oral education to tooth extraction. Tooth conservation, X-ray and scaling and polishing are done here.

OPERATION:

The Clinic opens from Monday to Friday, but Tuesdays and Fridays are reserved for clinic visits. The other days are for the entire community to come and get help. The Clinic opens from 08H00 to 16h00; from 08H00 to 11H00, all people who need teeth extraction are attended to. After 11H00, all patients with appointments, either scaling or cons appointment are attended to. Ensingweni Clinic and Mvutshini Clinic are attended to on alter-

nate Tuesdays respectively and Gingindlovu Clinic on Fridays.

STATISTICS:

On a daily basis, usually ± 20 patients are seen, and 15-35 patients are seen at the clinics. Veli Mthembu, who is a nurse, used to work together with our Dental Therapist and did an excellent job, mind you, until July 2007 when I, Khetha, the Dental Assistant, was hired.

MISSION:

Our mission is to provide comprehensive oral health care for patients, and we work hard to achieve this.

By: Khetha Mathenjwa



Left: Mr. Ngcobo and Ms. Mthembu at work at the Dental Clinic

Below: School visit — Ms. Mthembu and Ms. Mathenjwa seen with the children

Employee of the Month

At times the one who seems the most insignificant and is least appreciated is actually the one we rely on, and if his work is not done to the fullest, others will not be able to function. So the Employee of the Month for November goes out to the Mr. Guma, the grounds man who toils from the morning till the afternoon. Mr Guma, well done for being the Employee of the Month for November 2007.

By: Dr. M. Thandrayen

Notice

Dr. Pillay and team will be hosting a grand party for the Paediatric patients on 11 December 2007 (11h00 to 14h00) at CBH Dining Hall. All people willing to assist in the function, please contact Dr. Pillay. Your assistance will be greatly appreciated.



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Wishing all our readers a MERRY CHRISTMAS!



Department of Health

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 me.

Please submit your letters with concerns and/or grievances, and any other important information that you would like to be published.

We hope to keep you informed!

Take care during the festive season.

Dr. L. Naidoo (Editor)



PLEASE NOTE THE FINAL ISSUE FOR VOLUME 1 OF UMBIKO WILL BE RELEASED DURING THE LAST WEEK BEFORE CHRISTMAS.

Laughter, the best medicine

By Avisha Baijnath



"If we gave you nice food, you'd want to stay here instead of going home to your loved ones."

Is she feeling any better?

Doctor: Nurse, how is that little girl doing who swallowed ten quarters last night?

Nurse: No change yet.

Bad temper

Patient: Doctor, you must help me. I'm under such a lot of stress, I keep losing my temper with people.

Doctor: Tell me about your problem.

Patient: I just did, didn't I, you stupid fool

Good news and bad news...

An old man visits his doctor and after a thorough examination, the doctor tells him, "I have good news and bad news, what would you like to hear first?"

Patient: Well, give me the bad news first.

Doctor: You have cancer, I estimate that you have about two years left.

Patient: That's terrible! In two years, my life will be over! What kind of good news could you probably tell me, after this?

Doctor: You also have Alzheimer's. In about three months you are going to forget everything I told you.



Wishing our readers a Merry Christmas. Have a safe and joyous Festive Season!

The editor