



VOLUME 12 ISSUE 04/2010

# CTK MATTERS

## CHRIST THE KING HOSPITAL CHRIST THE KING HOSPITAL



### MEETING THE TRADITIONAL HEALERS.....

As Christ The King Hospital we fully understand the importance of knowing and understanding our clients. We are a Hospital situated in an almost 98% rural area. Batho Pele belief sets order us to belong, care and serve. We feel part of Ubuhlebezwe community because we have and are striving to learn speaking their language, understand their norms and values, acquaint our selves to their customs and traditions. Because we respect our clients' beliefs, we therefore must make it a point that while our clients continue to practice their customs their health is guaranteed. As instructed by Millennium Development Goals, it is one of our priorities to see to it that we do not loose mothers and babies in our labour word. In the quest of minimizing risks that



might claim our patients' lives we convened a meeting with traditional healers just so there could be an understanding in so far as how each one of us operates. The meeting was very fruitful, it bore good results. We got to understand a lot of staff that we would not have had a clue of had we not been pro-active

enough as to convene a meeting of that nature. Seeing clinicians in the form of Doctors, Nurses, Pharmacist and Therapists engaging robustly with Sangomas and iziNyanga was almost out of this world thanks to Christ The king Management for making it all possible. More pics on page 5

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#### Special points of interest:

- Consultation of all stakeholders on what to expect from us and what is expected from them.
- Promotion of two-way communication.
- Creation of a sense of belonging to both internal and external Clients



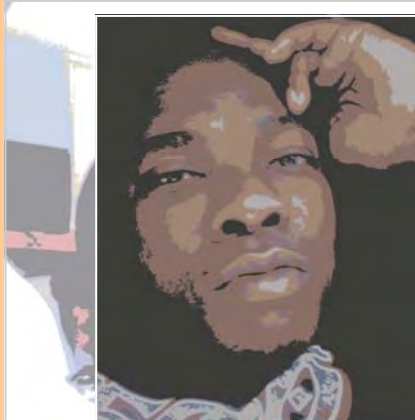
*FROM MY DIARY.....*

**A NEED FOR TOLERANCE.....**

We are all born different and that is what makes us unique. In South Africa this uniqueness was a source of conflict, intolerance and injustice, where people were divided according to race, color and creed. A decade later when people are supposed to be united as South Africans, in this era of our democracy we still bear witness to intolerance within our societies and our workplaces.

In a workplace there are unique individuals from different backgrounds with different opinions, hence tolerance and acceptance becomes vital for a productive and harmonious working environment. It is for this reason that we must see ourselves as members of a family seeking towards serving a common objective, and that is the provision of excellent service delivery to our clients. Everyone in the organization needs to see themselves as a critical contributor to the existence of a holistic system, where all the contributors are

good of a single player/ contributor. All role-players should work together to co-ordinate efforts toward achieving the organization's vision and mission. Intolerance in an organization will definitely hamper and will create a hostile working environment. For public servants (let alone the fact that we are healthcare workers)



This article is borrowed from our publication of December 2005. I thought the point that is being made here is of great importance, hopefully it will find a space in people's hearts this time around.

this is completely unacceptable and our constitution and values of this Government (including the Public Service Code of Conduct) pronounces against intolerance among public servants, as this could never be a positive development for our collective ability to be productive. We should be able to accept each others existence, uniqueness and backgrounds. We may not always agree on all issues, however, we should always acknowledge the value of individual opinion. This is quite a significant right, which is also embedded in our constitution.

In all instances when something goes wrong it is blamed on communication gone wrong when in actuality fact it is lack of tolerance, professionalism and respect for one another. If we all adapt to the culture of professionalism and the ideals of transformation we can go a long way in service delivery.

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**Visiting Hours / Izikhathi Zokuvakasha**

MON – SUN	10H00 – 11H00
	14H30 – 15H30
	17H30 – 18H30
NGOMSOMBULUKO-ISONTO	10H00 – 11H00
	14H30 – 15H30
	17H30 – 18H30



## FLAGSHIP PROGRAMME.....

Our mission "Siyanakekela" prompts us to go beyond providing health care to our patients, but to be where they live and experience the conditions under which they live. We must commit ourselves to being part of solutions to their plight. In most cases poverty and diseases go hand in hand. It is for that reason that we did not think twice when we were called upon by our local municipality to part in flagship programme. This project is aimed at improving lives of the people in a holistic kind of approach. Government Departments and local municipality



**Willing to listen:** Mr SA Cekwana listening to people's concerns during the flagship programme at Mahehle location.



**Scores of people flocking to our points**

would join forces to tackle social issues of our communities.

We put "Together we can do more" slogan into practice. On top of our outreach programmes that we have as an Institution like mobile clinics Phila Ma and others we also make it a point that when we go for the Flagship programmes we bring along our services.

Our dedicated staff members are always willing to serve with a smile in spite of people flocking to our points in their numbers. We have been able to identify patients legible for wheelchairs or walking frames and some are referred to Hospital for advanced medical attention, hence lives are being changed by reaching out to our people.



**Scores of people flocking to our points**



## UMKHOSI WOKUBEKWA KWENKOSI.....

INkosi yesizwe sakwaMadzikane kwaNokweja, yagcotshwa ngokusemthethweni emcimbini owawuseqophelweni eliphezulu ngokungefaniswe. Lomcimbi wabusiwe nangobukhona beSilo samaZulu njengalokhu iNdlunkulu seyanquma ukuba uMndlokomvane aziqhubele buqu lelisiko lokugcoma amaKhosi. NoNgqongqoshe wezokubusa ngokubambisana nezindaba zobuholi bendabuko uNkzs Nomsa Dube wayewuhambele lomcimbi. Umphakathi wesiZwe sakwaMadzi-



ISilo noNgqongqoshe beqhuba usiko lokugcoba iNkosi



ISilo edlulisela isihlangu ngokusemthaethweni eNkosisini

kane nezizwe ezisakhelene naso wawungangoZulu eya emakheni. Enkulumeni yaso iSilo samaBandla sakha inzika ngomlando wesiZwe samaZulu neziZwana ezingaphansi kwaso. owayekhona wabhema wakholwa.

Nathi njengomnyango wezeMpilo sasimenyiwe ukuba sizonikezela ngezinsizakalo, sasikhona-ke engani singomabizwa'sabele. Umphathi wesibhedlela uMnu Cekwana wayehambisana nethimba lomtholampilo ongumahamba nendlwana nabeluleka ngegcwane lengculaza



Our own Mr Damoyi and Ms Mkhize

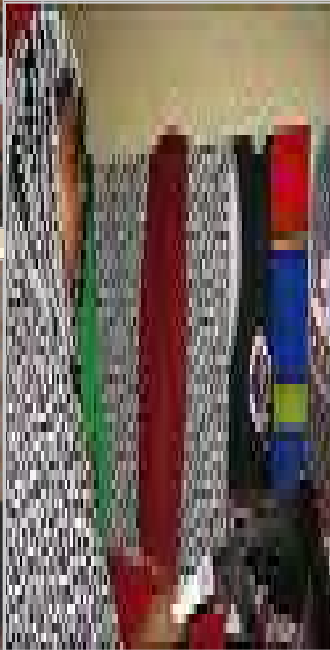




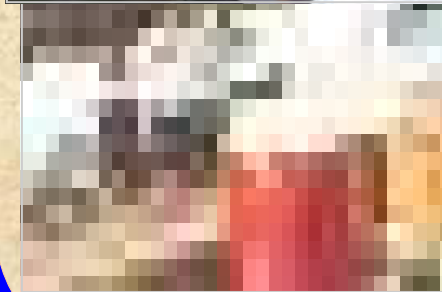
# MEETING THE TRADITIONAL HEALERS.....



Mr Cekwana welcomed all present



Dr Ntlabathi giving a medical perspective



Time for prayer





## STAFF WELNESS DAY @ CTK.....

The Staff Wellness at Christ The King was held on the 10<sup>th</sup> of November 2010. This kind of event was held for the very first time in our Institution. The event was organized and held in conjunction with Gems medical Aid. Gems also provided some services on the day. Following are the services that they provided on the day.

- Head and neck massage
- Blood pressure check-ups
- Blood sugar and cholesterol
- Weight and body mass index
- HCT



**All Smiles:** Some of Christ The King Hospital Management and staff having fun during the Staff Wellness day held at the Hospital's nurses' home on 10 November 2010.



Shadows Optical was also available to provide eye screening. Financial advices were provided by Capitec Bank, Old Mutual as well as Gems. Since we were approaching sixteen days of activism against women and children, we decided to also invite SAPS, they who gave a perspective on how domestic violence and other forms of criminal activities affect staff wellness. Miss Zama from the district Occupational Health and Safety presented a talk on the importance of OHS in the workplace. Mr SA Mtshali spoke in length about EAP. The awareness and information about the operations of Staff Clinic were given by Ms ET Gumede. The success that this event was, was as a result of hard work and dedication discharged by the task team and the Hospital Management.

**Story contributed by Ms ET Gumede.**



"Alone, all alone nobody, but nobody can make it out here alone." Maya Angelou



## BIGGEST LOOSER CTK.....



Biggest loser competition started from July 2010 and ran until October 2010. The competition was masterminded by the Comm. Serves from the Rehab Department, Ms B Scott and Ms T Zietsman. All sessions lasted for an hour starting from 16h15 until 17h15 on Mondays and Wednesdays. Before every session participants would be weighed, Blood pressures taken and-

measured to monitor progress. Following are staff members who participated in the competition. Ms N Phewa (Physiotherapist), Mr B Ziqubu ( Quality Assurance Manager), Mrs Khowa ( Assistant Nursing Manager), Ms Z Ntuli (Finace Management Officer), Ms N Chiliza (Finace Management Officer), Ms A Shinga (Pharmacy Assistant), Ms L Mkhize (Mortuary Officer), Mr K Biyase ( Mortuary

Manager), Ms S Mbeje (Ward Clerk), Ms F Ngubo (Pharmacy Assisstant) and Ms P Mdunyelwa.

The first price winner was Sr Khowa, second price winner Mr B Ziqubu, third price winner Ms Z Ntuli, fourth price winner Ms S Mbeje. The competition was a great success, participants had a lot of fun while loosing few kilos in the process

*"We may encounter many defeats but we must not be defeated." Maya Angelou*



# LOUGHTER, THE BEST MEDICINE.....



### Financial Trouble

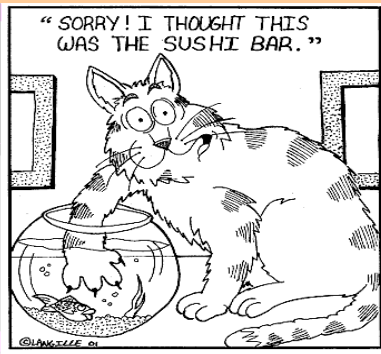
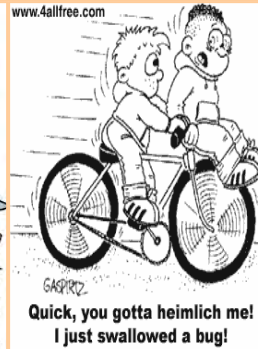
A blonde was having financial difficulties and decides that she has to take some serious action, so she goes to the park and kidnaps a young boy and writes a ransom note, 'I have kidnapped your son. Leave \$10,000 behind the old elm tree and your son will come to no harm', she pins the note inside the boys jacket and sends him home. Next day sure enough there was \$10,000 behind the tree and with it a note saying, 'I cant believe one blonde would do this to another'.

### QUEEN ELIZABETH

Queen Elizabeth and Prince Phillip are entertaining the King and Queen of Tonga, during the visit they accept a customary ride in the horse drawn cart around the grounds of Sandringham Castle.

During the trip one of the horses farts and the sound and smell carries all the way through the cart to the royals. Embarrassed by this, the queen whispers in Phillip's ear "do you think I should mention that to our guests?". Phillip agrees saying "yes, that would be a good idea".

So the queen leans over to the the King of Tonga and says: "please do excuse me, I'm very embarrassed about that", to which the king of Tonga replies, "that's ok ma'am, I thought it was the horse".



### Pearly Gates

Two men waiting at the Pearly Gates strike up a conversation. "How'd you die?" the first man asks the second. "I froze to death," says the second. "That's awful," says the first man. "How does it feel to freeze to death?" "It's very uncomfortable at first", says the second man. "You get the shakes, and you get pains in all your fingers and toes. But eventually, it's a very calm way to go. You get numb and you kind of drift off, as if you're sleeping. How about you, how did you die?" "I had a heart attack," says the first man. "You see, I knew my wife was cheating on me, so one day I showed up at home unexpectedly. I ran up to the bedroom, and found her alone, knitting. I ran down to the basement, but no one was hiding there, either. I ran up to the second floor, but no one was hiding there either. I ran as fast as I could to the attic, and just as I got there, I had a massive heart attack and died." The second man shakes his head. "That's so ironic," he says. "What do you mean?" asks the first man. "If you had only stopped to look in the freezer, we'd both still be alive."

### Husband Calls Maid

Husband calls home and the maid answers the phone. He says, "Can I speak to my wife?" She says, "No, she's upstairs with her boyfriend." So, he says, "Ok, go to the hall closet and take out my shotgun. Go upstairs and shoot them both." Being the loyal maid, she says, "Ok.", 5 minutes later she picks up the phone and says, "Ok, they're both dead. What should I do with the bodies?" He says, "Throw them in the pool, and I'll take care of them when I get home." She says, "We don't have a pool." He asks, "Is this 555-1234?"



A blonde walks into a library and says, "Can I have a burger and fries?" The librarian says, "I'm sorry, this is a library." So the blonde whispers, "Can I have a

All jokes and Cartoons were downloaded from the Net, they do not represent views of this Publication, its Editor or the Institution. They are only featured for your thrill read.





*Say no to violence against children, women and the elderly!!!*

## 16 Days of activism.....

Imagine if, for 16 days, there was no rape, no child abuse. The 16 Days of Activism for No Violence Against Women and Children campaign challenges South Africans to declare a truce on violence against women and children – and, ultimately, to make it a permanent one.

Around the country, South Africans are being called on to combat violence against women and children. For the 11th year, South Africa is



Mr Cekwana addressing the public during the event



Mr Cekwana addressing the public during the event

taking part in the global 16 Days of Activism for No Violence Against Women and Children campaign, which runs from 25 November (International Day for the Elimination of Violence against Women) through to International Human Rights Day on 10 December.

Ubhlebezwe local Municipality organized an awareness day to alert people about this dangerous phenomenon; the event was held at Fairview Hall. Various Government Departments were invited to the event to land their hands on how can we go about collecting our efforts in fight against

women and child abuse. Among departments that were invited were the Departments of Health, Social Development, Home Affairs, SASSA and Justice and Constitutional Development. Mr. SA Cekwana, CEO of CTK Hospital was there to represent Ubhlebezwe Health Sub-district.



Ubhlebezwe Mayor & Chief whip and Mr Cekwana



25 November - 10 December  
“Around the country, South Africans are being called on to combat violence against women and children.....”



## Rest assured.. Our Hands are Safe!!

As directed by Millennium Development Goals numbers 4 & 5, which emphasize the importance of combating child mortality and improvement of maternal health, there has been over the years more attention given to efficiency and effectiveness of labour wards. The burden of diseases is causing daunting challenges and complications in during labour. That then prompts midwives to always strive to be on top of the situation and to be as pro-active as possible. As part of many quality improvement projects aimed at achieving



**All The Right to Smile:** Mr SA Cekwana (Hospital Manager), Mrs TMG Ngcobo (Nursing Manager), Dr YT Ndleleni (Medical Manager), Sr Ngubo (Op. Manager), Mr Zulu (Project Mentor), Dr Hlophe (ward Doctor), Mrs K Makhathini (Ward Matron) after receiving the award.

the above, PATH conducted its own competition known as Izandle'z-phephile. This project was in a nut shell looking at how safe are the hands of midwives and those whom they work with, in their duty of bringing babies to the world.

Christ The King Maternity ward participated in the competition and was given a thumbs up by the assessors. We really must all appreciate the work done by Maternity ward staff, despite all the challenges, they have collectively managed to keep the boat afloat.



Mrs Makhathini, Mr Zulu and Dolly Nyatsula from PATH.

*Only by overcoming life's problems and obstacles can we become truly strong. If everything always goes smoothly, we will grow complacent and be unable to build a solid foundation for our lives. Only by experiencing suffering ourselves can we understand the suffering of others and deepen our compassion.*



# Izandle' ziphephile In Camera....



Mr NF Zulu CTK H



Mr Zulu with other mentors from various hospitals who also received awards



Mr Zulu with other mentors from various hospitals who also received awards



Sisonke Sinezandla Eziphephile Komana Nabantwana



# Christmas Fever



Maternity ward staff members who were



Shisanyama time



Staff members at the gala dinner



Father Christmas or baby Christmas?



New Year's baby





Mr. S.A. Cekwana—Hospital CEO

CTK MANAGEMENT

WISHES YOU



Dr. Y. Ndleleni—Medical Manager



Mrs. T.M.G. Ngcobo—Nursing Manager

MERRY CHRISTMAS



Ms. T. Maikathi—Human Resources Manager



Miss D.P. Simelane—F & S Manager



CHRIST THE KING HOSPITAL