



# CHRIST THE KING HOSPITAL



## WORKING TOGETHER TOWARDS GETTING TO ZERO

### INSIDE THIS ISSUE

### Special points of interest:

Chronic awareness campaign	2
Dunge Cultural Event	3
Staff Wellness Day	4 & 5
World AIDS Day	6 & 7
Mahhehle Outfit	8 & 9
World Aids day Celebration	7 & 8
Breast Feeding Workshop	9&10
Child Health Awareness	11&12
Photo Gallery	

- 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.





# CHRONIC DISEASES AWARENESS DAY



As part of our unwavering effort to live up to our commitment made through mission statement “Siyanakekela”, we at all times strive to make our service user-friendly and accessible to all Ubuhlebezwe community. It is our understanding as well that prevention is always better than cure, which is why it is important to emphasize on health education, instead of waiting for patients to fall sick and come to hospital for illnesses that

could have been prevented had there been information. It is our conviction that our responsibility does not end with healing the ill but also to empower even those who are not sick with knowledge and information to keep them healthy. Mrs ZA Dlamini Assistant Manager Nursing, in-charge of OPD inter alia other departments, organized a chronic awareness campaign at Jolivet clinic. The campaign was very well organized, in spite of unavaila-

bility of enough resources. Those who were in attendance were made to understand that nutrition forms an important part of one’s health, and that one does not have to eat expensive to eat healthy. The idea is to balance your diet. Since it was envisaged that the audience would be dominated by elderly and chronically ill, SASSA was also invited to do a presentation on social grants and outline legitimacy criteria.

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Dunge  
Event



Sisonke Health District and Sr Mpisi our PHC Supervisor were there to represent the Department of Health. Health talks were given to the community, on how to leave healthy and avoid diseases and health conditions. Leadership and officials of local and district municipalities were present at the event. Mayors of both municipalities delivered speeches, motivating the youth. The mayor of Ubuhlebezwe Cllr ZD Nxumalo pledged to provide catering for the event every year, since Inkosi had announced that it was from henceforth going to be an annual event.

Dunge  
Event

Inkosi Phathisizwe Chiliza of Dunge Tribal Authority, organized a cultural event aimed at making the youth and children aware of the traditional norms and values and behavioral patterns that will steer them clear of diseases and teenage pregnancy. According to Inkosi, this event will henceforth be held annually, and in collaboration with Government departments such as Health, Education, social Development and Cogta. Mr Makhaye from





# STAFF WELLNESS DAY

There is a Zulu saying that goes like “Nodokotela bayafa” meaning even the strong do die. Generally people would view health workers as healers of the sick, and it would never occur for a second to them that they also do fall sick. Health workers are also human beings they do get sick spiritually, emotionally, and even physically. In the quest to trying and live up to commitments made by our government and ourselves to deliver services and value for money to our people, we tend to forget that we must give ourselves time to check if our health sta-



tus is at all as good as those of our successfully treated patients. I believe it is upon such conviction that Ms E.T Gumede and Mr S Mtshali managed once again this year put together a well-planned and overwhelmingly successful staff wellness day. Staff members were on the day given advice on how best they can handle their finances and keep *mashonisas* (micro landers) at bay. Members of the SAPS’ domestic violence unit were present to also provide education on how to break the silence on the scourge of abuse. Staff members were also reminded that they could turn to the staff clinic for almost technically every problem they have.





# PHOTO GALLERY



## Employee Assistance Programme





# WORLD AIDS DAY



In spite of all the education and awareness campaigns about HIV/AIDS, it up to this day still remains the biggest killer in our country world wide. Research has recently shown that 30% of fatalities in South Africa are due to AIDS related illnesses. That alone is a good enough reason for our Department to

continue putting more effort and invest resources in campaigns to fight and defeat the stigma about HIV.

In the 2011 our World AIDS Day Commemoration was held at kwaMashumi on the 2<sup>nd</sup> of December. Tireless efforts by Mrs Makhathini and Dr Ntlabathi did bare fruits in the end; the result was a

world class event which attracted scores of community members who listen attentively and participated with passion throughout the provocative program o the day. The challenge of limited resources was not going to be allowed to serve as an obstacle preventing us from delivering services to the people.



# PHOTO GALLERY



# DECEMBER





# PHILA MA AT MAHHEHLE



Scores of people pushed and shoved to get

Even though the event at Mahhehle was organized by the Department of Social Development, since the MEC for that department, Dr BM Radebe was visiting the area. Our Phila Ma team seized the opportunity and decided to partake in the program by offering Mahhehle Community with an opportunity to receive health care at their door steps. While

MEC Radebe was there to address bread and butter issues, ours was to ensure that our people live longer to witness the caring attitude of our leaders as was demonstrated by Dr Radebe. Our service point was flooded with people who wanted our service. The ability of the Phila Ma team leaders to anticipate the needs of our communities paid out in a big way.





# PHOTO GALLERY





# Breastfeeding workshop



Baby Friendly Hospital Initiative was launched by UNICEF in 1991, in an effort to ensure that all maternity wards become centers of baby friendly support. Only maternity ward that does not accept breast milk substitutes, feeding bottles or artificial tits; which also fully implement 10 steps to support successful breastfeeding can even be considered

For baby friendly status. Christ The King Hospital is a current holder of the BFHI status. We continue to strive towards not only maintaining it but even upping the standard. Step number 2 of the Ten Steps for Successful breastfeeding talks to Training of all health care staff in skills necessary for the implementation of the institutional breastfeeding policy.

Mrs Makhathini and Sr Ngubo have been on their toes in ensuring that we do not only have a policy on breastfeeding, but seeing to it that it is understood by all staff members from security gate to the CEO's office. Although the Initiative was initially aimed at maternity ward, the whole Hospital must promote baby friendliness



# Child Health Business Enterprise



An intriguing, exiting day at the Ixopo clinic where the most important medical practitioners attended an event on Valentine's Day the 14<sup>th</sup> of February, spreading the word of encouragement, giving power and strength to those who need it most.

This wonderful day was made especially for mothers, fathers and everyone who care and donate their time to/for children. It was all about how to care for unborn babies and raising children, celebrating life and encouraging mothers to breastfeed their children and to spend as much time as possible with their children for the sake of bonding. Making pregnant woman feel special was one of the key functions of the event hence they suffer the pain of bringing life to the world. Entertainment/music from "onompilo" was enjoyed with an educational message to educate one another, love one another and accept one another. With the slogan, "Umama ophilile, umtwana ophilile, isizwe esiphilayo". The guests were showered with gifts and had a wonderful Valentine's Day with filled love, joy and laughter. Compiled and written by **Nsiki Ngcemu**



# PHOTO GALLERY





# Phila Ma at Ufafa



Nursing staff getting ready for services



Mrs Makhechani



Community members queuing for services



Prayer Time



Sr Ngubo



Ms. Howard, dietitian



# Farewell to Dr Ndleleni



Dr Ndleleni speaks



Dr Ndleleni receives a present from mSr Gertrude



Dr Ndleleni receives a present from Mr Nene



Program Director, Mr Nene



Dr Ntsheng



# Heritage celebration at Phamarcy



*The 21st century South African workforce is a melting pot of different races, genders, ethnicities, ages, nationalities and religions. The modern workplace is a mosaic of different ideas, beliefs and opinions, which taken together create an atmosphere of cultural diversity. Companies that embrace and value these cultural differences can not only reduce conflict and increase regulatory compliance but also transform cultural diversity into a competitive advantage.*

*Our pharmacy Department organized a function during heritage month, to celebrate their diverse cultures. They brought along traditional cuisine and were all dressed up in traditional attire. They gave practical meaning to the rainbow nation.*





# Christmas Party







# Our Ladies Brought it Home

SOCCER SOCCER SOCCER SOCCER

Our female soccer team did us proud at the Interdepartmental games that were held at Umzimkulu, they put up a fierce performance and displayed team spirit and discipline on and off the field. Even though in past we did not have a ladies soccer team, but their performance on the day resembled that of experienced soccer players.

In the end it all paid out, they came out tops and brought home a trophy. All of that could not have been possible if it was not for the team spirit and sportsmanship they displayed. We congratulate them, and of course they must be aware that there is still enough space in the cabinet for some more trophies.

