



CTK will never be the same again...

We have to genuinely applaud the Minister of Health KZN Ms Neliswa Nkonyeni for bringing with her almost all the Department's Senior Management when she paid us a visit on 29/03/05. Short her stay was but the essence will impact the CTK community for some time to

staff shortages are going to be addressed. The Minister took rounds around the hospital going into different departments, wards and our ARV Clinic after which she did not shy away from commending the staff for their hard work geared towards a better life for all.

awaits recommendations from Head Office that will result in improved service delivery.

come. Let us remember that in the Minister's entourage was Proff Ronald Green Thompson the department's Head, Dr Sibongile Zungu, the Senior General Manager. In order of importance there also came Mr G.E Mkhize who heads the Human Resources strata, from whom we hope all our problems pertaining

Let us not forget the purpose of the visit which was for the Minister to get first hand information on how best the services can be improved.

As such the C.T.K community eagerly



KZN Health Minister Ms Neliswa Peggy Nkonyeni

Cataract Surgery at C.T.K

You open your eyes one day and its all blurry and the next day is even worse and so your vision keeps deteriorating by the day eventually leaving you blind, then you wake up, its only a dream but it felt so real. For some people this is their reality but it does not have to stay that way as this condition can be reversed. Workers day May 1, our Chronic and Giatrics component together with Red Cross AirMercy and the Islamic Medical Association with our dedicated Theatre staff spent their day hard at work performing 13 cataract surgery on our patients.

The aim was to give back the gift

of vision and sight to our people, for some patients it was a matter of attaching face to some of the voices that had been so familiar to them and



most importantly the gift of light

"The spirit of working towards one vision was displayed" said Mrs Radebe our

District manger in her gratitude letter to the success of the day. Indeed this was evident as we all worked together in ensuring that the day was a success. Ibhayibheli lithi "thanda umakhelwane wakho njengoba uzithanda wena", that is exactly what our neighboring colleagues did, E.G Usher, Kokstad and Portshpstone Hospital your assistance did not go unnoticed.

Sister May Khumalo the Hospital's Ophthalmic nurse who was sourcing out patients, said it was not easy, but to bear witness of the outcome of the operations was an amazing experience.

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Special points of interest.

- To disseminate information to all our stakeholders.
- To get feedback from all these stakeholders.
- To promote the spirit of positive communication with internal and external stakeholders.

Editors Piece

Welcome to our first issue of our quarterly publication. Year 2005 promises to be a fantastic year for C.T.K Hospital, this particularly because within five months of the year we have already made great strides:-

- * MEC visit
- * Cataract Surgery
- * ARV Rollouts
- The appointment of:-
 - * Infection Control Nurse
 - * PHC Co-ordinator
 - * ARV Co-ordinator
 - * Occupational Health Nurse
 - * Principal Human Resources
 - * Public Relations Officer

With these appointments staff compliment the vision of C.T.K Hospital seems attainable. We are only 8 months into the year and with keen interest and enthusiasm we will be closely watching the space and reporting to you.

"INTERESTING TIMES AHEAD"

Do you have a nose for a good story and have the ability to investigate if the answer is yes then you are just what we are looking for. We need 8 people to form an Editorial Committee for our next issue of C.T.K Press. Write us a short story with a headline about anything or a report on an event that you attended. Do not forget to attach your name, Department/Ward and your extension. Please put all applications in a suggestion box outside the Public Relations office.

Functions of the Editorial Committee

- ◆ Gather newsworthy information/stories around the hospital
- ◆ Interview people with stories to tell
- ◆ Compile and write stories
- ◆ Translate from Zulu to English and visa versa.
- ◆ Distribution of the newsletter
- ◆ Others.

Well if you don't get in the Editorial Committee you can still have an input to your news letter, by submitting your views and opinions about this hospital, its services and the conditions under which these services are delivered.

in the box outside the Public Relations office.

NB : Not all the inputs will be published but we will select those that are news worthy. You are encouraged to voice out your frustrations and solutions to such but let it be clear that this service will not promote bashing of any kind whether to management or from management or between individuals.

* All the best to our hospital choir for their upcoming hospital choir competitions in June hope they are practicing and will do us proud.

Farewell Dlomo

She is a dynamic woman a strategist with strong leadership skills, these are just a few qualities that describes Ms T.B.T Dlomo. "Miss" as she is affectionately known was this Hospital's Manager for 2 years. In the few number of years that she has been here she had made tremendous head away with the running of the hospital in support with management. Though our relationship with her was short lived but the impact lives on in our corridors and the way in which we perform our duties around here. She used to say "if its your

time to go then go" I suppose that was the case with her leaving us so suddenly. Miss Dlomo worked hard and tirelessly with management and staff for C.T.K to achieve the things that we did in the short space of time like the operation of the ARV Clinic, and although she did not get to see the end result of some of the things that she put in place we will always know

that she had done much for this hospital.

Miss Dlomo has now moved to Ulundi District Office as a Clinic Programme Co-Coordinator. We wish her all the best and much success in all her future endeavors. We hope that we will still get the opportunity to bid her farewell in a proper manner.



Miss T.B.T Dlomo

Imfundo ayikhulelwa

Eseneminyaka engu 16 umama Angelberta Tenza washonelwa abazali bakhe bobabili. Lokhu kwamphoqa ukuthi ashaye isikole ayofuna umsebenzi ukuze bakwazi ukuziphilisa yena nodadewabo omncane. Sabanzima lesisinqumo ngoba wayesithanda kakhulu isikole futhi ezimisele ukuba udokotela, kodwa zange wazithela ngabandayo. Ngonyaka ka 1982 waqashwa njengo-Cleaner esibhedlela i-Christ the King, wasebenza lapha imnyaka yaze yadlula ku-10. Zaqala ke ukushintsha izinto ngonyaka

ka 1999, lapho ezwa khona ngohlelo lukahulumeni i-Abet ukuthi akhuthaze abantu abadala abamsebenzelayo ukuthi bafunde lona owesimame obenentshisekelo nogqozi lokuthi ngelinye ilanga uzoqhubeka nezifundo zakhe walithathela phezulu leligalelo likahulumeni wabhalisa naye njengomfundi, nokho akubangalula ngenxa yomsebenzi ngapha nezifundo ngale kodwa u-Angela wacina ephumelele ngamalengiso ukuhlolwa kwabo kwango 2002. Sikhuluma nje leliqhawekazi

seliyi Clinical Orderly futhi uyawuthanda umsebenzi wakhe umasimbuzana ngeminyaka yakhe uvele wahleka ethi "mntanami imfundo ayigugelwa" ngikhuluma nawe nje sengikwazi nokubhala,ngifunde ngiphinde ngikhulume isingisi.

Isimanga esiswini sozithwele

Uthi ubuwazi nje ukuthi njengoba uzithwele, manje sekune ndlela yokuthi ukwazi ukubona umntanako esasesiswini, nazonke lezizimanga azigila lapho kuwe. Sekuphele iminyaka engalinganiselwa ku 30 kusentshiziswa amafutha ukubona ingaphakathi lowesimame ozithwele.

Isithombe samafutha sisiza ezintweni eziningi njengokubona ukuthi umama ukhulelwe ngaphakathi noma ngaphandle kwesibeetho, akukho yini ukukhubazeka emntwaneni. Ochwepheshe bokuthatha lezithombe bathi uma uzothatha sibe sinye esikhathini sakho sokukhulelwa kubalulekile ukusithatha uma usuzithwele amasonto angu 18. Phakathi kwamasono angu 32-36/52 ilapho bekwazi khona ukubona ukuthi izinga lokukhula komntwana lihambisana nesikhathi sokukhulelwa kukamama,

kuphinde kuqgame ukukhubazeka komntwana okwakungabonakalanga ngesithombe sokuqala, baphinde bakwazi ukubona indlela umntwana azobeethwa ngayo kungabe uzoqhama ngekhandu noma ngezinyawo kuqala phecelezi i-breech.

Sibesenhlanhleri yokuthi omunye



Omunye wothishela , Sister Jona Nciki ethetha omunye wabesimame ozithwele isithombe samafutha.

wabasebenzi bethu u– Sr Jona Nciki athole ithuba lokuthi aqhubeke afunde ngalolusizo lwesithombe samafutha.

Babefundiswa odokotela baphesh-eya,e-Norway bebambiseni nabase Nelson R Mandela, Isikole sodokotela e-Thekwini.

U-Sister Jona Nciki kanye no-Nomakhaye bathi omama abaningi asebethathe isinqumo sokungaqhubeki nokuzithwala (TOP) bayaye bezwaleke sebefuna ukusihlaziya isinqumo sabo emva kokubona ngesithombe samafutha umntwana edlala noku-shaya kwenhliziyo yakhe ebese kuhluma uthando emntwaneni.

E-Christ the King (Sanatori) izithombe zenziwa ngo lweziThathu mangabe wenzile amalungiselelo.

Source : Ms Nomakhaye Fondini

: Mrs Jona Nciki

Izikhhalazo nezincomo

Wonke umuntu unelungelo lokukhalaza ngosizo lwezempilo alutholayo, kuphenywe kabanzi ngalesikhhalazo aphinde futhi abenelungelo lokuthola imiphumela yaloluphenyo.

Ingqikithi: Ukukhuthaza iziguli, abazivakashele kanye nama lunga omphakathi ukuthi balisebenzise lelilungelo, bakhalaze bancome ngosizo lwezempilo olutholakala kulesibhedlela. Sikwazi nathi ukunxephezela nokuqondisa ukun-ganeliseki.

Zonke izikhhalazo nezincomo zithunyelwa ehhovisi lika Mxhumanisi wesibhedlela nomphakathi, okunguyena owenza uphenyo ngesikhhalazo sakho. Uphinde futhi axhumane nawe ukuze akwazise ngenqubekela phambili ngesikhhalazo sakho. Siyasizakala kakhulu ngaloluhlelo thina njengesibhedlela kanye nomnyango wazem-

**Sikwazi nathi
ukunxephezela
nokuqondisa**

pilo,ukuthi sikwazi ukubona lapho kunezikhala khona ebese sikhuphula amasokisi.

Kunamabhokisi abekelwe zonke izikhhalazo nezincomo zenu phecelezi -suggestion boxes avulwa kanye ngesonto u-Mxhumanisi ngakho sicela niwasebenzise noma **thintana no Mxhumanisi wakho nesibhedlela u-Ms N. Ndlela ku 039-834 2067 ext 261.**

Halala infection control

Christ the King was visited by representatives from Compass Waste on 25 April 2005, they were so impressed by our segregation and temporary storage of health care risk waste. We definitely could not have achieved this without in-service training and regular supervision on waste segregation, storage and management said sister Osei, she further thanked management for appointing a full time Infection control co-ordinator and Occupational Health Sister T.M

Ngcakaza as well as the staff of Christ the King for their commitment, co-operation and dedication towards this course. Thumbs up for this team.

Source: CPN N.S Osei

: CPN T.M Ngcakaza



Medical waste in the temporal storage room

Nank' amalungelo akho njengesiguli

- Yilungelo lakho ukuthi uhlonipheke, noma yisiphi isiguli sinelungelo lempilo engcono nokuphila endaweni evikelekile.
- Nokubamba iqhaza ekethathweni kwezinqumo ngempilo yakho. Uk-wazi ukuthola noma yiluphi uhlobo oludingayo lwempilo.
- Ukuziqokela usizo lwezempilo oludingayo
- Ilungelo ngempilo yangasese. Uk-wazisa labo abasondelene nawe.
- Ukungavumeli ukulashwa

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Izikhathi zokuvakasha

10H00—11H00 AM

14H30—15H30

17H30—18H30PM

Umbomo: Ukunikeza usizo olupheleleyo nolunakekelayo sihlalenge futhi sibambisene no mphakathi ka masipala i-Buhlebezwe.

Ungomo: Thina njengamalunga esibhedlela iSanitori sizimisele ukunikeza usizo lwezempilo olusezingeni lesibhedlela sesikhungo ngokuzimisela, ukuphephe nokuqeqesheka, sisebenzisa lokhu esinakho njengsibhedlela sezinga lethu.

Okubaluleke ngqo

Iqiniso, ukuzibophelela, ukuzinikela wena wonke emsebenzini wesibhedlela, Ukunakekela nokwazisa umsebenzi. Ukuthembeka nokuba qotho, Inhlonipho nokubambisana.

Usizo Olutholakalayo

Abaphuthumayo

Iziguli zangaphandle

Abagulayo nabalimele

Abakhulelwe

Abantwana abagulayo

Abadinga ukuhlinzwa

Abanezinkinga zamehlo namathambo

Ukuzinikela kokuhlolwa kwegazi

Uhlelo lokuvikela abantwana ezifweini ezitholakala konina.

Buza umhlengikazi/ umabhalane mayelana nosizo loDokotela bemikhakha eyahlukene abafika kanye ngenyanga (Referrals Only).

Okumele ukuphathe mawuza esibhedlela

Umazisi

Isiqinisekiso somholo

Medical aid card

Igama, ikheli, kanye nenombolo yocingo yomuntu osondelene nawe

Isiqinisekiso sokuthi uhola impesheni

Izinto zokugeza njenge thawula, insipho, umuthi wokuxukba njll.

Thank you to all who had an input in the making of this issue.

Dreams

The first day of school our professor introduced himself and challenged us to get to know someone we didn't already know. I stood up to look around for someone when a gentle hand touched my shoulder and said hallow handsome, when I turned around I saw a wrinkled old lady beaming at me with a smile that light up her whole being. She said my name is Rose I am 87 years old can I give you a hug? I laughed and enthusiastically responded "of course you can," she gave me a giant squeeze, "why are you in college at such a young, innocent age I asked?" She jokingly said I'm here to meet a rich husband get married and have a couple of kids. "No seriously I asked?" I was curious to know what motivated her to take on such a challenge at her age. "I have always dreamed of having a college education and now I'm getting one", she responded. We became instant friends. Every day for the next three months after class we walk together and talk non stop, I was always mesmerized by this "time machine" as she shared her

experiences and wisdom with me. Over the course of the year Rose became a campus icon, she made friends everywhere she went. She loved to dress up and was enjoying the attention bestowed to her by other students.

She was living it up.

At the end of the semester we invited Rose to speak in our Football Banquette, I'll never forget what she taught us. "we don't stop playing because we are old we grow old because we stop playing. There are only four secrets to staying young being happy and achieving success. You have to laugh and find humor everyday. You have got to have a dream. When you loose your dreams you die. We have so many people walking around dead and they do not even know it!. There is a huge difference between growing older and growing up. If you are nineteen years old and stay in bed for the whole year and not do one productive thing you will turn twenty, anybody can grow old it doesn't take talent or ability. The idea

is to grow up and always find opportunity in change. Have no regrets, the elderly usually have no regrets for what we did but rather for things we did not do. The only people who fear death are those with regrets.

After graduation Rose died peacefully in her sleep, over a thousand student's were at her funeral in tribute to a wonderful woman who taught by example that it is never too late to be all you can be.

We make a living by what we get but we make life by what we give. God promises a calm landing not a safe passage remember if God brings you to it he will bring you through it.

"And do not forget growing older is mandatory but growing up is optional"

Source unknown.