

# SIYAPHAMBILI



In October 2008 Christ the King entered for Premier Excellence award competition.

The competition is based on 11 Batho Pele Principles. As a hospital we were representing the entire Sisonke Health District.

This was a difficult task for us due to financial constrain within the Health department. Secondly we did not have PRO to champion the preparation process. As a cohesive Christ the King team we joined forces and collected evidence to be presented. Collected substantiations were submitted to the premier's office for verification. They were 12 hospitals that entered for the competition. Of those hospitals only three hospitals were short listed and CTK was among those.

On the 28 of January the results of adjudication were announced at Natalia, CTK came third and obtained a bronze Medal. This was a great achievement and we were immensely proud of CTK as it was the first time we entered the competition.

## Breast feeding Initiative.....



Okokuqala kwizintokazi ezizimiselayo zeKomidi lokuncelisa ubisi lwebele – halala!!! – lomsebenzi ubungeke wenzeke ngaphandle kwenu. Siyabonga ku-Nkk Melanie Payne kanye noPumla Gama, uMxhumanisi omusha wesibhedlela nomphakathi ngosizo lwenu lokwenza izaziso ezinemibala ekhangayo futhi efundisayo. Siyazi ukuthi nachitha isikhathi senu esiningi ukunika izaziso zethu ezikhathele impilo nokuqhakaza ngemibala. Sifisa ukubonga nakubasebenzi bethu abazinekela ukuthola uqeqesho, nenza umsebenzi wethu waba lula kakhulu.

Ingabe lokhu sekuyisiphetho? Phinde akunjalo. Sisalindele imiphumela yokuhlolwa okumele iphume ekupheleni kwenyanga.kodwa lokhu akuso ukuthi kumele siphumule. Basebaningi abasebenzi okumele baqeqeshwe futhi lokhu kumele kwenzekwe maduzane nje.

Ngiyabonga ngesikhathi senu sokufunda lombiko. Ngicela nihlale nivule amehlo enu ngoba kusengenzeka nibone okuthile mayelana nokuncelisa ubisi lwebele. Sisyoqinisekisa ukwazisa wonke umuntu nemiphumela uma isibuyile.

isibhedlela sase Christ the King siphinde sadla umhlanganiso emva kokuzuzwa amaphuzu angu-92% ekuhlolweni kwangaphakathi ukulungela umkhankaso wesibhedlela esinobungani ezinganeni.

Loluhlolo luphinde lwalandelwa Kodwa-ke umbuzo usekutheni yini le BFHI? Kubaluleke ngani ukuthi sithole igunya lokuba yi-BFHI?

I-BFHI ingumkhankaso oqhutshwa emhlabeni jikelele owasungulwa yuphiko lwezempilo kwiNhlango yeZizwe olwaziwa nge World Health Organisation (WHO) ngokuhlanganyela ne UNICEF. Inhoso yawo ukunikeza wonke umntwana ozalwayo ithuba elingcono lokuqala impilo ngokwenza isimo sokunakekela impilo eseseka umgomo wokuncelisa ubisi lwebele. Lokhu kusiza ukusindisa impilo yezingane.

Yingakhoke bekunesiphithiphithi eCTK njengoba bekulungiselelwa ukuhlolwa kwangomhlaka 12 May. Bekusikho nje kuphela ukuqeqeshwa kwabahlaligazi nabasebenzi, kodwa bekuphanyekwa izithombe, izaziso, kubhalwa izinqubo-mgomo okusatshalaliswe kuzo zonke izinhla zesibhedlela.

Ngenkathi abahloli befika kwaba negidigidi. Babe sebefaka imibuzo kubasebenzi mayelana nezindlela nezinzuzo zokuncelisa ibele, baze babuza nomama ukuthi usana luxhunywa kanjani ebeleni. Babe sebethatha uhambo oluzungeza isibhedlela ukubheka ukuthi inqubo-mgomo kanye nezaziso ziphanyekiwe yini ezindongeni. Bathi uma befika egunjini lokubelethisa bahlola ukuthi zikhona yini izithombe ezifundisa ngokuncelisa ibele kanye nolandelwa kwezindlela ezifanele zokubelethisa kanye nobungani komama.

Ekupheleni kwalolusuku olude, abahloli babizela egunjini lemihlangano ikomidi lokuncelisa ubisi lwebele kanye nabaphathi besibhedlela ukuze banikeze umbiko. Kuningi okuhle nokuncomayo abakusho ngathi njengokuthi sisebenze kanzima futhi sizisukumele thina ukufeza izinto eziningi. Baphinde basinikeza izeluleko ezkhayo lapho esasisalele khona.

Miningi imizamo nokusebenza kanzima okwafakwa ngesikhathi kwenziwa amalungiselelo alolusuku. Sifisa ukudlulisa ukubonga kubonke ababamba iqhaza.

## Sink-master food waste disposer Machine



**Sink Master**



**Staff member operating the Sink Master**

Food waste management was presenting a problem, particularly with the collection and removal process of such waste.

With all committees within the institution working cooperatively and fully functional, the health & safety committee discussed the problem and recommended to the hospital management that there was need to devise a both cost effective and efficient resolution to deal with food waste generated within the hospital.

The hospital management responded instantly after receiving the recommendation and as a result the sink-master food waste disposer machine was procured and installed at Christ the King Hospital. What this machine does is that it grinds and liquidifies food waste and pushes it down the drain.

Resulting to the machine being installed Christ the King Hospital is now fully compliant with environmental regulations, we are also glad to note that the problem of stray cats within the hospital has been deemed history since this installation.

I don't measure a man's success by how high he climbs but how high he bounces when he hits the bottom-  
General George S. Patton

## Nurses day celebration



Cutting of the cake



Cake donation by Boxer Store



Staff listen attentively to Speakers



Nurses reciting their pledge

## Vitamin A Campaign

We as Ubuhlebezwe sub-district are most proud of the success of the vitamin A campaign. We managed to reach more the 60% of our target. There were 131 points including schools and crèches Social Mobilization was done through Community Health Workers, clinics, committee members, announcements made in churches, schools and through izimbizo. We were pleased with the turn up of children and all teams were doing well and well staffed. With all planned campaign points reached, teams were all well staffed, vitamin A capsules were enough for all facilities and teams, even those hard to reach areas also being covered, this campaign just had to be a success. Special thanks goes to all teams and site supervisors in fixed clinics, hospital and campaign sites for cooperation, to members from the Environmental health, Sisonke, Youth ambassadors and CHWs for work well done in helping throughout the campaign, Christ the King Pharmacy for the support they offered towards the campaign, District Programme Coordinators for their support before and throughout the campaign



**Sr Shabalala giving vitamin A capsules**



Issuing vitamin A capsules

## **Word from the CEO.....**

This institution was assessed on infection control practices. The laid down norm is 80% and the score awarded to the Hospital is 92%. KwaMashumi clinic was also assessed on infection control practices it was awarded 95%. Ixopo Health Centre was also assessed and awarded 96%. All these efforts is due to the team work among staff

Female ward 18 is towards completion. Staff residence is also on track and it is also anticipated that the hand over might be in September 09. Renovation and repair of nursery phase 1 is on track. Then there after phase two will kick in. These renovations re going to provide more beds in our nursery as well as the alignment to the infection control practices.

This institution is pleased to have health workers who beyond the call of duty, as these fellow workers subscribe to the concept of volunteerism which is spearheaded by Khanya Afirca. This has been enriched by the visit that took place in Mazongo school which is being adopted by Khanya Africa, the number of clients that were seen at that school by the outreach team were more than the anticipated figure

On the 17th of September 2009 the team proceeded to the Inkweletsheni area. This team was supported by other health workers from the entire Sisonke Health District. The health services were sent to the people . The health workers had to understand the difficulty that is being faced by the patients in the hard to reach areas like the Inkweletsheni area. The department of Home Affairs was invited to provide their service in this area. The visit to this area confirms the statement that says ' Together we can do more'

### Christ the King Management Team



Mr S.A. Cekwana—Hospital CEO



Dr Y. Ndleleni—Medical Manager



Mrs T.M.G. Ngcobo—Nursing Manager



Ms T. Mnikathi—Human Resources Manager



Miiss D.P. Simelane—F & S Manager

## **New Appointments.....**

We wish the following staff members a pleasant and successful stay with us at Christ the King hospital

A B Oldfield - Occupational Therapist

M C C Kyle - **Dietitian**

N Qovana - **Pharmacist**

M Sayers - **Medical Officer**

M N Dlamini - **Professional Nurse**

Z D Ndlovu - **Professional Nurse**

B A Gwala - **Professional Nurse**

L T Bennett - **Professional Nurse**

N M Cele - **Professional Nurse**

N J Kheswa - **Professional Nurse**

N M Masinga - **Professional Nurse**

S G Mvuyana- **Professional Nurse**

T Naidoo - **Principal Pharmacist**

I don't know the key to success, but the key to failure is trying to please everyone-

Bill Cosby



## Rural Development of Infrastructural at Gcinokuhle Clinic

The general belief is that politicians say anything and everything to secure the votes, but do little or nothing to improve the lives of the citizens. This was found not to be true at Ixopo, a rural area in the South Coast. When one of the clinics under the Sisonke Municipality called Gcinokuhle was blessed with a complete make over. The clinic had a problem of lack of spacing to accommodate both the professionals working for the community and patients. On an interview with Sister in Charge of the clinic Nonhlanhla Buthelezi, she reported that they are very happy with the improvement on the physical structure of the clinic "this project started in April 2009 and is ongoing" she said with a smile. "The renovations have had a positive impute on the on the improvement of youth utilization of the clinic services. She said "Our youth have a tendency of not fully utilizing the clinic services, which leads to various challenges such as transmission of sexually transmitted deceases amongst youth of the area and other health related problems, this is now history as clinic intake has improved by 15% comprises mainly of youth ". The local school teacher for Mazabekweni High School Mr X.A Shezi has commanded the renovations by saying "As community members we are very happy our government has proved that it's a myth that the government neglects us as rural residents". He further stated that there is now a very strong partnership between schools and the clinic especially Maza-bekweni High School as they send their learners to do project on Life Orientation in the clinic. He said they are pleased with the cooperation they receive.

The renovations include the addition of the clinics'

Pharmacy

Two toilet and shower for the Physically challenged Patients

The erection of the Nurses rest room for the nurses who are accommodated in the clinic.

The waiting area with a veranda for clients who come for counseling on HIV/Aids with professional lay counselors.

There have been additions of offices for other professionals who come for consultation of patients on a monthly basis which includes the Social Worker, the Occupational Therapist, the physio-therapist and the Doctor.

The projects according to the sister in charge Nomawethu Dubele has increased staff morale and are very proud of the renovation and hope further improvements are going to be rendered in the near future.

## Editors Comment.....

As you possibly will have noticed that there is a new face in the Public Relations office. Well without further delays let me commence by introducing myself. I'm Pumla Gama and serve as the public relations in-service trainee and will be with the Christ the King hospital team for the next couple months.

I was most well received and hope to absorb as much as I can during my stay. I have not been here for long but I have learned of the institutions achievements amongst others the Premiers award and I have no doubt that this award is owed to working together as a team.

At Christ the King hospital I have indeed witnessed team work in action. We may be a small hospital contrary to our achievements which are ones to be proud of, I must say dynamites do indeed come in small packages. And owing to this I have decided to give our publication a new name which will emulate our hard work, aspirations, team work and spirit of unity. Siyaphambili is the new name of our publication because indeed together working hard we can only go forward.

In closing I would like to thank the management for guidance and support I receive on a daily basis, the editorial team of which this publication would not be possible without them and you our reader for your patience in waiting for this issue.

Till next time take good care of yourself.

**Miss P Gama**  
**Intern Public Relations**  
**Officer**



## Visiting Hours / Izikhathi Zokuvakasha

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

Never look down on anybody unless you're helping him up-

Jesse Jackson

## Know your rights.....

### Patients Rights Charter

Your right to dignity  
Every patient has a right to  
Healthy and safe environment  
Participation in decision-making  
Access to health care  
Knowledge of one's health  
Insurance/medical aid scheme  
Choice of health services  
Treated by a named health care provider  
Confidentiality and privacy  
Informed consent  
Refusal of treatment  
A second opinion  
Continuity of care  
Complaints about health services

### Usomqulu Wamalungelo Eziguli

Yilungelo, lakho, lokuthi uhlonipheke  
Noma yisiphi isiguli sinelungelo  
Lempilo engcono nokuphila endaweni evikelekile  
Nokuba nelungelo ekuthathweni kwezinqumo  
Ukwazi ukuthola noma yiluphi uhlobo aludingayo  
Iwezempilo  
Ukuba nolwazi ngempilo yomunye  
Umshuwalense noma umxhaso ngosizo lokwe-  
lashwa  
Ukuziqokela usizo lwezempilo aludingayo  
Ngukwelashwa yilabo abanelungelp lwezempilo  
olusemthethweni  
Ilungelo ngempilo yangasese  
Ukwazisa labo abasondelene naye  
Ukungavumeli ukwelashwa  
Umbono wesibili  
Ukuqhubeka nokunakekelwa  
Izikhhalazo ezimayelana nohlelo lwezempilo



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Quote Corner.....

Whether you think you can or whether you  
think you can't, you're right-

Henry Ford

To be yourself in a world that is constantly try-  
ing to make you something else is the greatest  
accomplishment –

Ralph Waldo Emerson

**The way to get started is to quit talking and  
begin doing-**

**Walt Disney**