



Christ The King Hospital

NEWS

Growing KwaZulu-Natal Together

March 2023

CTK Clinics Receive Free Wi-Fi From The Deputy Minister of Health



Dr Sibongiseni Dhlomo handing over Wi-Fi for Jolivet Clinic. From Left Mrs Maseko CEO of Christ the King Hospital, Cde Bathobile Ngubo, Mayor of Ubuhlebezwe Municipality, Sister Khumalo from Jolivet Clinic and DM Pinky Kekana. Picture: Dr Sibongiseni Dhlomo's Facebook Page

Jolivet Clinic and Hlokozi Clinic received free Wi-Fi from the Deputy Minister of Health, Dr Sibongiseni Dhlomo respectively for their Youth services on the 18th of March 2023 at Madingeni Community

Hall, (Ward 08), Ubuhlebezwe Local Municipality.

This comes after Dr Dhlomo visited Lusibalukhulu High School in Ward 8, Ixopo where he encouraged learners use the youth zone services in

clinics offered by Department of Health which mainly deal with challenges and problems encountered by youth.

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Foreword From The CEO

Dear Readers,

A happy new year to you all! I hope you celebrated the start of 2023 safely and in good spirits with family and friends. As we close the quarter, I want to take a moment to look back on quarter four and thank you all for your contributions over the past three months. This quarter was another transformative period for Christ The King Hospital. It was a quarter in which we strengthened the hospital further, growing our ranks by welcoming new members and rolling out important initiatives that will help to guarantee our continued success in the future.

Working together, we made good progress towards our strategic goals despite significant challenges – not the least of which were ongoing disruptions from the pandemic that continues to have such a substantial impact on our own work and home lives, as well as on the lives of our clients. As the Ubhlebezwe Municipality team, we have been through fire but the flames did not set us blaze and we have passed through rivers but we were not swept away because the Lord our God the Holy one of Israel, our saviour has been holding us with his right hand. We lost six staff members who succumbed to the Covid-19 virus, we salute that they are the heroes and may their souls rest in peace.

The psychosocial support that we received from the Provincial Chaplain, Rev Shangase and Sub-district Chaplain, Father Nyuswa through the word of God which is a healing medicine for our souls and spirits and the prayers sustained us during trying times. To all staff; your



Mrs S. W. Maseko

Chief Executive Officer - Christ The King Hospital

hard work and commitment never goes unnoticed; we might not have money to recognise and appreciate your contribution in this hospital but always know that you all are a valuable asset. Without you there is no Christ the King Hospital. Continue to keep the light burning when serving the community of Ubhlebezwe Municipality with a smile, commitment and dedication.

I was proud to see how quickly we adapted to each new challenge and how teams from across the sub-district collaborated with one another to make the most of every opportunity. Over this quarter, you've all demonstrated over and over again our strengths as a hospital and made clear that when it comes to Christ The King Hospital, the whole is greater than the sum of the parts. This is because we are

an ambitious team that sets high goals and a talented team that works hard to achieve them.

I want to thank you for your continued commitment and effort. Every one of us has an important role to play in the work ahead and I'm confident that together we will achieve great things.

I wish you happiness and success as we start a new financial year!!

“Psalm 133v1-3 - How good and pleasant it is when Gods people live together in unity. It is like precious oil poured on the head running down on the beard running down on Aaron’s beard down on the collar of his robe. It is of the dew of Hermon were falling on Mount Zion. For the Lord bestows his blessing, even life forevermore”

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Welcome To The PRO's Office

Dear Valued Reader,

It is an absolute pleasure to welcome you to Christ The Hospital's public relations office. The core of this office is to help you navigate your way through the hospital, to provide you with relevant information and news happening within the hospital.

The main functions of this offices are to; arrange and facilitate patient and staff satisfaction surveys; ensure that the staff and community are aware of the current events in the hospital by distributing print material, updating the notice board, taking photographs at functions and for support of articles, identifying newsworthy items for house magazines, receiving publication to all areas of the institution and related clinics, maintaining an updated postage list and ensuring copies are sent to targeted people and establish District and Head Office contacts within the Department of Health.

The office also advises other employees and managers on communication tasks, and use written and verbal skills to create a wide range of product and corporate communication material. By communicating effectively with their target audience, they help to build a positive reputation for the hospital.



Mr S Mkhize
Public Relations Officer

As the hospital, we would like to be as transparent as possible and as such, we welcome any comments and critique you may have as a reader. Letters to the office are also highly encouraged and will be considered for publication in our quarterly newsletter.

Clients are advised to make use of suggestion boxes to lodge their complaints, compliments and or suggestions. We promise to be as objectives as possible when handling these complaints.

I am elated to be furthering the mission of the hospital and look forward to an exciting journey with the editorial team and you, our readers.

For any other queries, please contact me on:

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CTK Clinics Receive Free Wi-Fi From The Deputy Minister of Health

Jolivet and Hlokozi Clinics received free Wi-Fi from the Deputy Minister of Health, Dr Sibongiseni Dhlomo for their youth zones on Saturday, 18 March 2023 at Madungeni Community Hall, (Ward 08) in Ubuhlebezwe Local Municipality.

This comes after Dr Dhlomo visited Lusibalukhulu High School in Ward 8, Ixopo where he encouraged learners use the youth zone services in clinics offered by Department of Health which mainly deal with challenges and problems encountered by youth. Dr Dhlomo donated 500 sanitary pads, first aid kit box and free Wi-Fi to the school.

He then visited Hlokozi Clinic where he was very impressed that their youth zone is effective and Sister Phungula, a young nurse is in charge of it. During his speech at The Mining and Energy Imbizo hosted by the Deputy Minister of Mineral Resources and Energy, Dr Nobuhle Nkabane (MP) at Madungeni Community Hall on Saturday 18 March 2023, Dr Dhlomo encouraged clients, especially youth to make use of health facilities and services offered as part of a strategy to minimize diseases within the district.



From Left: Sister Phungula from Hlokozi Clinic, Mrs Maseko, CEO at Christ The King Hospital, Deputy Minister of Human Settlements, Ms Pamela Tshwete, Deputy Minister of Employment and Labour, Ms Boitumelo Moloi and Deputy Minister of Health, Dr Sibongisebi Dhlomo.

The free Wi-Fi will assist clients serviced by Jolivet and Hlokozi Clinics respectively in communicating fast and effectively with clients and bringing services faster and closer to them. In time the clinic will become one giant hotspot and patients will freely be able to access the Internet. This all contributes to the healing process.

Mrs Maseko, Christ The King Hospital Chief

Executive Officer was called on to stage by the Deputy Minister of Health during his speech as she was invited to represent both these clinics.

Health screenings were done during the event as part of bring health services closer to the communities. Attendees were also given health education, HIV testing and information brochures for self education.

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PHOTO GALLERY



Sr Phungula doing health screening during the Imbizo at Madungeni Community Hall



Jolivet Clinic Staff with CTK CEO, Mrs Maseko



Sir Dumakude explaining services offered at the gazebo to the Imbizo officials



Mrs Maseko with Dr Dhlomo



Health screening gazebo



Patients queuing to get health screenings



CTK Hosts A World TB Day Event

Christ The King Hospital hosted a World TB day event on 27 March 2023 at the hospital's Out Patient Department. The purpose of this event was to stand in solidarity with the millions of people who fall ill with TB each year and pay tribute to the millions who have lost their lives from this preventable and curable disease.

The theme of World TB Day 2023 - 'Yes! We can end TB!' – reflects this, and aims to inspire hope and encourage high-level leadership, increased investments, faster uptake of Christ The King Hospital's recommendations, adoption of innovations, accelerated action, and multisectoral collaboration to combat the TB epidemic. There were presentations and conversations headed by different departments within the hospital as part of creating TB awareness. Clients were then given TB information brochures and pamphlets so that they can educate themselves and their loved ones. TB screenings were done to the clients that attended the event.

Clients were encouraged to report to their nearest hospital should they experience any TB warning signs and symptoms. They were also encouraged to go for regular TB screenings.

Tuberculosis: General Information

What is TB?

Tuberculosis (TB) is a disease caused by germs that are spread from person to person through the air. TB usually affects the lungs, but it can also affect other parts of the body, such as the brain, the kidneys, or the spine. A person with TB can die if they do not get treatment.

What Are the Symptoms of TB?

The general symptoms of TB disease include feelings of sickness or weakness, weight loss, fever, and night sweats. The symptoms of TB disease of the lungs also include coughing, chest pain, and the coughing up of blood. Symptoms of TB disease in other parts of the body depend on the area affected.

How is TB Spread?

TB germs are put into the air when a person with TB disease of the lungs or throat coughs, sneezes, speaks, or sings. These germs can stay in the air for several hours, depending on the environment. Persons who breathe in the

air containing these TB germs can become infected; this is called latent TB infection.

What is the Difference Between Latent TB Infection and TB Disease?

People with latent TB infection have TB germs in their bodies, but they are not sick because the germs are not active. These people do not have symptoms of TB disease, and they cannot spread the germs to others. However, they may develop TB disease in the future. They are often prescribed treatment to prevent them from developing TB disease.

People with TB disease are sick from TB germs that are active, meaning that they are multiplying and destroying tissue in their body. They usually have symptoms of TB disease. People with TB disease of the lungs or throat are capable of spreading germs to others. They are prescribed drugs that can treat TB disease.

What Should I Do if I Have Spent Time with Someone with Latent TB Infection?

A person with latent TB infection cannot spread germs to other people. You do not need to be tested if you have spent time with someone with latent TB infection. However, if you have spent time with someone with TB disease or someone with symptoms of TB, you should be tested.

What Should I Do if I Have Been Exposed to Someone with TB Disease?

People with TB disease are most likely to spread the germs to people they spend time with every day, such as family members or coworkers. If you have been around someone who has TB disease, you should go to your doctor or your local health department for tests.

How Do You Get Tested for TB?

There are two tests that can be used to help detect TB infection: a skin test or TB blood test. The Mantoux tuberculin skin test is performed by injecting a small amount of fluid (called tuberculin) into the skin in the lower part of the arm. A person given the tuberculin skin test must return within 48 to 72 hours to have a trained health care worker look for a reaction on the arm. The TB blood tests measure how the patient's immune

system reacts to the germs that cause TB.

What Does a Positive Test for TB Infection Mean?

A positive test for TB infection only tells that a person has been infected with TB germs. It does not tell whether or not the person has progressed to TB disease. Other tests, such as a chest x-ray and a sample of sputum, are needed to see whether the person has TB disease.

What is Bacille Calmette–Guèrin (BCG)?

BCG is a vaccine for TB disease. BCG is used in many countries, but it is not generally recommended in the United States. BCG vaccination does not completely prevent people from getting TB. It may also cause a false positive tuberculin skin test. However, persons who have been vaccinated with BCG can be given a tuberculin skin test or TB blood test.

Why is Latent TB Infection Treated?

If you have latent TB infection but not TB disease, your doctor may want you to take a drug to kill the TB germs and prevent you from developing TB disease. The decision about taking treatment for latent infection will be based on your chances of developing TB disease. Some people are more likely than others to develop TB disease once they have TB infection. This includes people with HIV infection, people who were recently exposed to someone with TB disease, and people with certain medical conditions.

How is TB Disease Treated?

TB disease can be treated by taking several drugs for 6 to 12 months. It is very important that people who have TB disease finish the medicine, and take the drugs exactly as prescribed. If they stop taking the drugs too soon, they can become sick again; if they do not take the drugs correctly, the germs that are still alive may become resistant to those drugs. TB that is resistant to drugs is harder and more expensive to treat. In some situations, staff of the local health department meet regularly with patients who have TB to watch them take their medications. This is called directly observed therapy (DOT). DOT helps the patient complete treatment in the least amount of time.

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PHOTO GALLERY



Sister Kwinana together with CTK staff mobilising for the event



TB Screening Desk



TB Awareness Walk By CTK Staff



CTK Nursing Staff Doing Health Screening



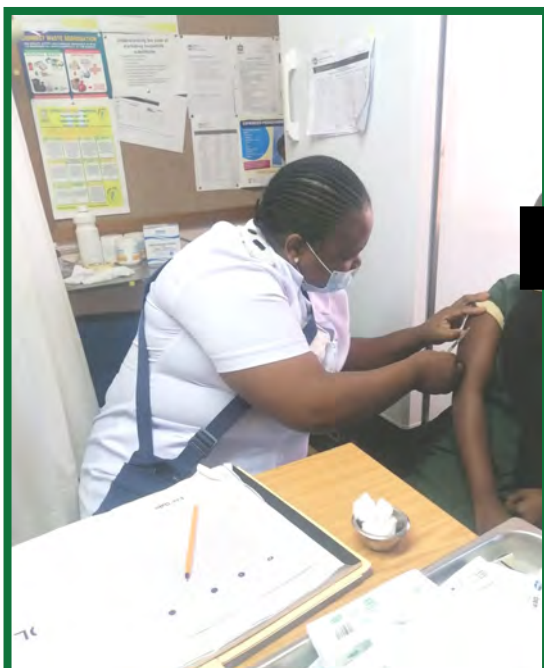
Sister Kwinana doing TB talk



TB Awareness Walk By CTK Staff



Measles Vaccination Campaign at Jolivet Clinic



Staff Nurse Hlengwa administering the measles vaccine

Jolivet Clinic hosted different local primary schools as part of the KZN Health 2023 Measles Vaccination Campaign. Measles is a highly contagious, serious disease caused by a virus. Before the introduction of measles vaccine in 1963 and widespread vaccination, major epidemics occurred approximately every 2–3 years and measles caused an estimated 2.6 million deaths each year.

Signs and Symptoms

The first sign of measles is usually a high fever, which begins about 10 to 12 days after exposure to the virus, and lasts 4 to 7 days. A runny nose, a cough, red and watery eyes, and small white spots inside the cheeks can develop in the initial stage. After several days, a rash erupts, usually on the face and upper neck. Over about 3 days, the rash spreads, eventually reaching the hands and feet. The rash lasts for 5 to 6 days, and then fades. On average, the rash occurs 14 days after exposure to the virus (within a range of 7 to 18 days).

Most measles-related deaths are caused by complications associated with the disease. Serious complications are more common in children under the age of 5, or adults over the age of 30. The most serious complications include blindness, encephalitis (an infection that causes brain swelling), severe diarrhea

and related dehydration, ear infections, or severe respiratory infections such as pneumonia. Severe measles is more likely among poorly nourished young children, especially those with insufficient vitamin A, or whose immune systems have been weakened by HIV/AIDS or other diseases.

Who is at Risk?

Unvaccinated young children are at highest risk of measles and its complications, including death. Unvaccinated pregnant women are also at risk. Any non-immune person (who has not been vaccinated or was vaccinated but did not develop immunity) can become infected.

Measles is still common in many developing countries – particularly in parts of Africa and Asia. The overwhelming majority (more than 95%) of measles deaths occur in countries with low per capita incomes and weak health infrastructures.

Measles outbreaks can be particularly deadly in countries experiencing or recovering from a natural disaster or conflict. Damage to health infrastructure and health services interrupts routine immunization, and overcrowding in residential camps greatly increases the risk of infection.

Transmission

Measles is one of the world's most contagious diseases. It is spread by coughing and sneezing, close personal contact or direct contact with infected nasal or throat secretions.

The virus remains active and contagious in the air or on infected surfaces for up to 2 hours. It can be transmitted by

an infected person from 4 days prior to the onset of the rash to 4 days after the rash erupts.

Measles outbreaks can result in epidemics that cause many deaths, especially among young, malnourished children. In countries where measles has been largely eliminated, cases imported from other countries remain an important source of infection.

Treatment

No specific antiviral treatment exists for measles virus. Severe complications from measles can be reduced through supportive care that ensures good nutrition, adequate fluid intake and treatment of dehydration with hospital/clinic recommended oral rehydration solution. This solution replaces fluids and other essential elements that are lost through diarrhea or vomiting. Antibiotics should be prescribed to treat eye and ear infections, and pneumonia.

All children diagnosed with measles should receive two doses of vitamin A supplements, given 24 hours apart. This treatment restores low vitamin A levels during measles that occur even in well-nourished children and can help prevent eye damage and blindness. Vitamin A supplements have also been shown to reduce the number of measles deaths.

Prevention

Routine measles vaccination for children, combined with mass immunization campaigns in countries with high case and death rates, are key public health strategies to reduce global measles deaths. The measles vaccine has been in use for nearly 60 years. It is safe and free to immunize a child against measles.

The measles vaccine is often incorporated with rubella and/or mumps vaccines. It is equally safe and effective in the single or combined form. Adding rubella to measles vaccine increases the cost only slightly, and allows for shared delivery and administration costs.



CTK's Information Centre



Christ The King Hospital's Information Centre

Christ The King Hospital has its own information centre that was established to help patients acquire information about the hospital. An Information centre is an organisation that selects, acquires, stores and retrieves information in response to requests, prepares abstracts, extracts, indexes of information, and disseminates information in anticipation.

It acts as a bridge to avoid information gap between information needs of a user and actual information needed.

It is an agency to provide right information to the right user at right time in required format.

Functions of CTK's Information Centre

The functions of this information centre are to select, acquire storage and retrieval of specific information that might be useful to patients. It was established to announce and display information to patients for easy and fast access.

The information centre is organised to provide better and efficient services to

the hospital's clients. It may be of hospital or primary health care level and is headed by the hospital's public relations office in assistance with the nursing and medical staff.

It disseminates and provides health information and resources for patients. The information and resources range from the KwaZulu-Natal Department of Health's short background information, patient's rights and general information about diseases as well as condoms. It is open from Mondays to Fridays at 07h30 to 16h00 each day.

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STAFF APPOINTMENTS

Christ The King Hospital would like to congratulate and extend a big hearty welcome to the new staff members that were recruited in this quarter! Thank you for accepting to become part of our team. We are doing some exciting works, and your fresh ideas and unique perspective will be invaluable to us.

Mr S. N. Mkhize
Public Relations Officer
Christ The King Hospital

Ms V. C. Dlamini
Driver
Christ The King Hospital

Mr M. Z. Msomi
Linen Orderly
Christ The King Hospital

Mr S. L. Mtolo
Administrative Clerk - General
Christ The King Hospital

Mr E. S. G. Zikalala
Chief Artisan
Christ The King Hospital

Ms S. Dlamini
Administrative Clerk - General
Christ The King Hospital

Mr S. H. Mhlongo
Senior Management Officer
Christ The King Hospital

Mr Z. G. Gubhela
Assistant Nursing Manager
Christ The King Hospital

Ms B. N. Zondi
Professional Nurse - Grade 1
Christ The King Hospital

Ms N. F. Mbanjwa
Enrolled Nurse - Grade 1
Christ The King Hospital

Mr S. E. Dlamini
Administrative Clerk - General
Christ The King Hospital

Ms N. P. Mkhize
Administrative Clerk - General
Christ The King Hospital

Ms O. Nopanjwa
Professional Nurse - CSO
Christ The King Hospital

Mr I. S. Gabisa
Audiologist - Grade 1
Christ The King Hospital

Ms L. P. Thusi
Administrative Clerk - General
Christ The King Hospital

Mr S. P. Hlophe
Artisan - Electrician
Christ The King Hospital

Mr V. C. Dlamini
General Orderly
Christ The King Hospital

Mr S. R. Ngcobo
Professional Nurse - Grade 1
Ixopo Health Centre

Ms C. N. Magoso
Enrolled Nursing Assistant - Grade 1
Ixopo Health Centre

Ms F. P. Nkondo
Enrolled Nursing Assistant - Grade 1
Ixopo Health Centre

Mr E. M. Chonco
Enrolled Nurse - Grade 1
Ixopo Health Centre

Ms B. A. Hlangu
Enrolled Nurse - Grade 1
Ixopo Health Centre

Ms N. P. Phungula
Enrolled Nurse - Grade 1
Ixopo Health Centre

Ms H. N. Langa
Enrolled Nurse - Grade 1
Ixopo Health Centre

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STAFF APPOINTMENTS

Ms N. L. Radebe
Enrolled Nurse - Grade 1
Ixopo Health Centre

Ms N. B. Nsindane
Enrolled Nurse - Grade 1
Ixopo Health Centre

Ms Z. Shezi
General Orderly
Jolivet Clinic

Ms N.N. M. Mbambo
Enrolled Nursing Assistant - Grade 1
Jolivet Clinic

Ms P. K. Chiya
Administrative Clerk - General
Jolivet Clinic

Ms P. N. Nyathi
Professional Nurse - Grade 1
Jolivet Clinic

Mr S. Dlamini
General Orderly
Jolivet Clinic

Ms M. N. Hlengwa
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Jolivet Clinic

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Professional Nurse - Grade 1
Ndwebu Clinic

Ms V. N. Guza
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Ndwebu Clinic

Ms L. G. Ngcongo
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Ndwebu Clinic

Ms A. E Memela
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Ndwebu Clinic

Ms K. G. Bekwa
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Ndwebu Clinic

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Gcinokuhle Clinic

Ms B. T. Ndlovu
Enrolled Nurse - Grade 1
Gcinokuhle Clinic

Ms S. N. Gwala
Enrolled Nurse - Grade 1
Gcinokuhle Clinic

Mr S. G. Nyide
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