



Umthombo WasEkombe Newsletter

TRIPLETS AT EKOMBE HOSPITAL

The arrival of the triplets to the Ntuli family has become more of a burden instead of bringing them joy. The 30 years old mother of one, Zandile Ntuli from Mfongosi area gave birth not to one, but three baby girls at Ekombe Hospital on the 21 August. The unemployed Ntuli lives with her also unemployed boyfriend and they also have a 10 year old. I know that I am poor, but I'm not prepared to give away my children, who are my gift from God. The hospital donated food hampers and baby clothes. The unemployed children father could not hold back his tears after meeting his three tiny girls for the first time.

I would like to pass my gratitude to Ekombe Hospital and its staff for all they've done for my family, said Mr. Molefe. After spending more than a month at hospital because the doctors had to take precautions due to their weight. The girls were discharged on the 23 September. Ekombe Hospital would also like to thank Lower Umfolozi Regional War Memorial Hospital team of doctors and midwives for successfully performing caesarian.



Ms. Z. Ntuli and her three girls

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From left , Sr. P.N. Dhladhla , Ms. T.N. Mchunu, Ms. N.S. Nxumalo - Social Worker, Staff Nurse Z. Magwaza, Sr. N. Sokhela, Ms. Zandile Ntuli, the mother and Sr. S.L. Xulu posing with triplets

June 16 Commemoration

On the 16 June 1976, black students from Soweto high schools protested against the use of Afrikaans as a medium of instruction in schools. In remembrance of June 16 (Soweto Uprising) Ekombe Hospital staff was dressed in school uniform.

After 20 years of democracy we also acknowledge the heroic of the likes of Hector Pieterse and Tsietshi Mashinini to mention a few. We are humbled by the contribution of the class of 1976 in liberating this country.



Ekombe Hospital staff commemorating the day in style



From Left Sizakele Mbatha, Thami Mdletshe, Ntombifuthi Ngqulunga, Siphiwokuhle Dlamini, Zama Nxumalo, Ntombimpela Ndlovu, Dr. Ngcobo, Bongani Shezi, Sanelisiwe Mazibuko, Sindisiwe Ngcobo and Thembokuhle Nsiba were dressed in school uniform during June 16 commemoration

Batho Pele / Customer Care Training

The training for Batho Pele took place on 24 June 2014 at Mfongosi Clinic. The main objectives for the training are as following: To sensitize staff members about putting clients first. Deepen the understanding of Batho Pele as a service delivery policy.

Change the culture, behavior and attitudes of public servants. To overcome resistance to change. Ensure the Belief Set & Principles are rolled out throughout the public service. To embrace the Batho Pele Belief Set & Principles. Motivate officials to go beyond the call of duty.



From left Ms. Mkhwanazi OMN, Mr. S. Manqele AM: Communication and clinic staff members



Staff members listening attentively during the training

During the training Mr. S. Manqele quoted statement by President J.G. Zuma where he said, "The dreams and hopes of all the people of our country must be fulfilled.

There is no place for complacency, no place for cynicism, no place for excuses. Everything we do must contribute in a direct and meaningful way to the improvement of the lives of our people". We hope the training would revive the spirit of Batho Pele to all staff members.



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HIV/ AIDS AWARENESS



Ekombe Hospital and Nkandla Municipality hosted a joint HIV/AIDS Awareness at Mabhuqwini clinic on the 30 July 2014. The awareness was attended by local traditional leadership, uNdunankulu Mr. Mchunu. On the day of awareness Department of Social Development and Home Affairs were rendering their services to the community.

The Department of Health gave health education in following topics HIV/AIDS, STI's, teenage pregnancy, Tuberculosis (TB) and importance of Male Medical Circumcision (MMC).

The host department also provided the following services, TB screening, PAP - Smear and others. In terms of HIV testing about eleven people tested. Mabhuqwini Clinic support group encouraged people who are HIV infected to disclose their status and one member of the group performed the poem.

Mr. Oscar Ntimbani, nutritionist from Uthungulu Health District Office spoke about the significance of eating healthy food (well balance diet), like vegetables. He also encouraged the audience to live a healthy lifestyle by exercising.

Mr. S.P. Xulu from HAST unit gave presentation on MMC and the benefits of it. MMC initiates from Mabhuqwini surrounding areas were also recruited for the camp that was going to take place on the 09 August. Local music groups entertained the audience with traditional music, kwaito and dancing.



Mr. O. Ntimbani giving health education on well balance diet



Mrs. Mtshali addressing the audience about TB



Mr. S.P. Xulu rendering service to the client during the awareness



Local music group entertaining the audience

MANDELA DAY



Nelson Mandela Day which is the 18th of July is celebrated worldwide where the less-fortunate people receive love and care. It was initiated by the late father of the nation, former South African President N.R. Mandela.

President J.G. Zuma during his state of the nation made call to all citizens asking them to clean-up South Africa. Ekombe Hospital management, staff and volunteers embarked on the call by the State President where they spent 67 minutes in honoring the initiative by the late Stalwart.

1. From left Ms. D.G. Khumalo, Miss. X.I. Ngema and Ms. N.G. Xulu cleaning pedal bins
2. Staff member led by Mr. N.B. Cebekulu, Ms. N. Zibane cleaning outside the premises
3. Mr. N.P. Khanyile cleaning medical equipment



We had four teams that were responsible for different tasks in terms of cleaning the hospital. First team was responsible for cleaning inside the wards and equipment, and second one cleaned the drains.

The third team cleaned inside the premises and last one was responsible for cleaning outside the hospital. Ekombe Hospital management would like to thank all stakeholders who took part on the day. God bless you



**WORKING TOGETHER FOR A
CLEANER SOUTH AFRICA**

18 July 2014

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PHARMACY WEEK

Pharmacy week is celebrated yearly from the 1st to the 8th September. This year's Theme was **"USE ANTIBIOTICS WISELY"** Patients were given health education on antibiotics. They were told to take antibiotics when prescribed by a health professional, not to share them and not to skip any doses. Hygiene and balance diet was also addressed like importance of hand washing, covering mouth and nose when coughing and sneezing. Patients were encouraged to follow proper diet not only when they take medication.

As part of pharmacy week, the hospital visited Bizimali High School on the 04 September to do career awareness not only on pharmacy but also in nursing. Mr. S. Sima, Pharmacist Com. Serv. gave presentation on pharmacy as a career and also guided learners about requirements in terms of subjects they must take and the points system when you want to enroll in pharmacy.

Career awareness was also done in nursing by Mr. N. Manqele, Professional Nurse who stressed the significance of following your passion when choosing a career. Nursing is more than a career, it is a calling.

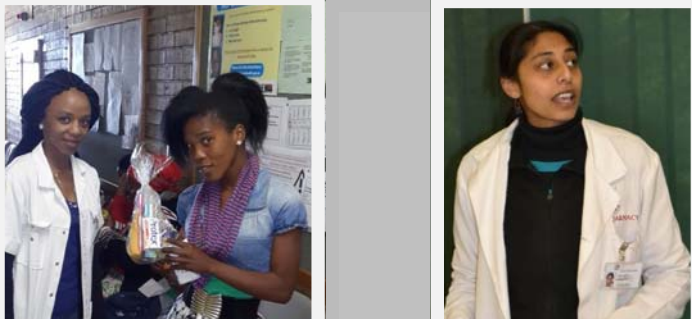
Presentation of antibiotics was also given to clinicians. The following antibiotics were mentioned, antimicrobials, cephalosporins and macrolides & chloramphenicols and others. Prescribers were reminded to advise patients to avoid alcohol when on medication and tell them to finish medication.



Miss S.G.N. Sindane, Pharmacy Manager on the left extending gratitude's to school management and Mr. S. Sima handing over a hamper to a learner after presentation



Audience listening to different speakers during career EXPO



From the left Miss D.P. Dlamini, Com. Serv Pharmacist giving a hamper to a client at Gateway clinic and Miss. D. Naidoo addressing clinicians during antibiotics presentation.



Clinicians listening to pharmacy presentation on antibiotics

BREASTFEEDING WEEK



Breast feeding is celebrated yearly in the first week of August where mothers are given health education on the significance of breast milk to their children. This years' Theme was **"BREASTFEEDING A WINNING GOAL FOR LIFE"** The awareness was held at Gateway clinic on the 06 August 2014. Mrs. K.A. Simelane coordinated the awareness with the help of breast feeding committee. The following topics were covered, exclusive breastfeeding, dangers of mix feeding, ten steps plus three items to successful breastfeeding and breast examination.

Breastfeeding is the best source for nutrients needed for growth and development. For the first 6 months breast milk provides all what baby needs for physical and mental development. It also forms a strong bond between a mother and a baby. Breastfeeding reduces risk of diseases like diarrhea, reduces the risk of developing allergies and obesity.



Ms. S.I. Dladla giving health education on ten steps



Mother and the baby who were participants

Mothers were given tips on breast self examination if you are in front of a mirror you must stand with the arms relaxed at the side and neck for changes in the color, size or shape of the breast. Now raise both arms above the head and check if both breast rise together. If there are changes in the breast including lumps or swelling contact a health professional for further investigation. Never postpone seeking help it might not be cancer but all lumps must be checked immediately.

While health education was given, healthy baby competition on different age groups was taking place and all participants received hampers and medals. Ekombe hospital management would like to thank the team that made it possible for the awareness to materialize and also extend gratitude's to District Office Nutrition component for the support they provided.



Top left are the judges, Mr. T.P. Langa, Mr. Dladla & Miss N. Ndlovu with mother and child.

Top right Ms. R.N. Mlambo, the programme Director



Mrs. K.A. Simelane & Ms. T. Van Aswegen handing a hamper to the winner

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EBOLA IN-SERVICE TRAINING

Facts about Ebola

Ebola is a rare but deadly virus that causes bleeding inside and outside the body. As the virus spreads through the body, it damages the immune system and organs. Ultimately, it causes levels of blood-clotting cells to drop. This leads to severe, uncontrollable bleeding.

Signs & Symptoms

Fever, severe headache, muscle pain, weakness, diarrhea, vomiting, abdominal (stomach) pain and unexplained hemorrhage (bleeding or bruising)

Symptoms may appear anywhere from 2 to 21 days after exposure to Ebola, but the average is 8 to 10 days.

Recovery from Ebola depends on the patient's immune response. People who recover from Ebola infection develop antibodies that last for at least 10 years.

Transmission or Transmitted

Ebola is spread through direct contact (through broken skin or mucous membranes) with blood or body fluids (including but not limited to urine, saliva, feces, vomit, and semen) of a person who is sick with Ebola, objects (like needles and syringes) that have been contaminated with the virus, infected animals

Ebola is not spread through the air, or in general, food. However, in Africa, Ebola may be spread as a result of handling bushmeat (wild animals hunted for food) and contact with infected bats.

Countries that have been affected:

Democratic Republic of Congo, Sudan, Guinea, Liberia, Sierra Leone, Nigeria, Gabon and Uganda

Prevention

There is no FDA-approved vaccine available for Ebola. If you travel to or are in an area affected by an Ebola outbreak, make sure to do the following:

Practice careful hygiene. Avoid contact with blood and body fluids, do not handle items that may have come in contact with an infected person's blood or body fluids, avoid funeral or burial rituals that require handling the body of someone who has died from Ebola, avoid contact with bats and nonhuman primates or blood, fluids, and raw meat prepared from these animals.



Miss E.N. Buthelezi demonstrating protective clothes for Ebola



Mrs. S. Hadebe, CDC second from left Uthungulu Health District conducting in-service training on Ebola



Staff members doing a play on infection control

EBOLA DRILL



1. Ambulance arriving with patient from the community
2. Patient being attended by OPD Clerks
3. The matron putting a mask to the patients
4. Patient being fast tracked
5. Doctor taking history in an isolation area
6. Patient being referred to isolation ward
7. Patient in an isolation ward
8. PN dressing the patient with protective clothes
9. PN preparing to insert the drip to the patient
10. PN inserting the drip
11. PN soaking hands to the 1st bucket 9L with 120g of biocide
12. PN wiping protective clothes (apron)
13. PN taking off bio-hazard tape
14. PN preparing to take off overall in a change room
15. PN taking off overall in change room.
16. PN. Soaking hands to the 2nd bucket 9L with 120g biocide

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USUKU LWAMAGUGU ESINTU

Inyanga kaMandulo sigumba ngayo amagugu ethu eNingizimu Afrika lapho sisuke sisuke sikhumbula imvelaphi yethu. Isibhedlela sesEkombe salugumba lolusuku ngomhlaka 25 Kumandulo abasebenzi babevunule bebahle.

Iminyango eyahlukene yasesibhedlela yayikhombisa ngamakhono ahlukene kusukela emculweni wesintu, idlamu. Iminyango kokwehlukana yapheke ukudla kwesintu okunhlobonhlobo Isikhulumi sosuku sakhuluma ngendlela okuyiyiyona noma elungile yokusebenzisa ulimi lwesiZulu. Sithanda ukubonga bonke abenza lolusuku lubeyimpumelelo uNkulunkulu anibusise.



Abasebenzi babebahle bevvunule



Abasebenzi bevuma ingoma beholwa uNzuzo



Isikhulumi sosuku uMnuz. Ngidi ekhuluma ngokus- etshenziswa kolimi



Izintombi zengcuce zivuma ingoma 25/09/2014



Igumbi lokubeletha lisina livuma ingoma 25/09/2014



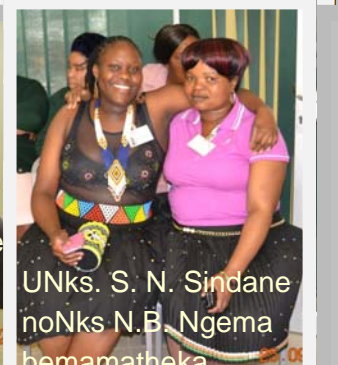
Ukudla kwesintu isitambu kanye nedombolo



Igumbi lezingane nalo lalihuba ingoma lisina 25/09/2014



OMatron Nkala noNdlovu kanye noMnuz Ngidi bethamele umgumbo



UNks. S. N. Sindane noNks N. B. Ngema bemamatheka

NEW APPOINTEES

Mr. L. Mthembu - Finance Service Officer

Miss. X.I. Ngema - Finance Service Officer

Mr. S.E. Dludla - Chief Radiographer

Mr. F.P. Nene - Professional Nurse

Mr. S.S. Majozi - Professional Nurse

Mr. B.T. Zuma - Professional Nurse

Miss. N.S. Nxumalo - Social Worker

Miss. P.S. Makhoba - Operational Manager Nursing: Maternity ward

FAREWELL FUNCTIONS



1. EXCO members in a farewell function for Mr. S.H. Mthethwa and Mr. L. Motlohi.
2. Miss. S.G.N. Sindane handing a voucher to Mr. L. Motlohi
3. Mr. S.H. Mthethwa receiving a voucher from Miss. S.G.N. Sindane.
4. Mrs. V.N. Mbatha and Mrs. V.N. Ndlovu handing a gift and voucher to Dr. B.M. Ngcobo as a token of appreciation

SPORTS

Uthungulu Health District hosted wellness Day on the 30 August 2014 at Richards Bay Sport Fields. Ekombe Hospital soccer and netball teams took part in those games. Most of the sporting codes were represented. Soccer and netball teams were divided into three groups.

Ekombe Hospital soccer won all the games till they reached the final where they were crowned champions after beating Eshowe Hospital. Our netball team came second place after they were beaten by Eshowe Hospital in the final. Ekombe sport committee would like to thank the management for the support and the district office for planning the wellness day.



Sport committee handing over the trophy to hospital management



Soccer team show casing their trophy and new soccer jersey that they won in the wellness day

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