



# MASAKHANE EMMAUS HOSPITAL NEWSLETTER



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**Vision:** Achieve holistic wellness for all persons in Okhahlamba local municipality.

**Mission:** Emmaus functions as a district hospital and is committed to providing seamless quality district health care services in collaboration with other role players through the district health systems approach.

## WORDS FROM THE ACTING CEO



As we approach the close of 2013 which has been a year of many up's and downs, I would like to thank all the employees of the clinics and hospital for their hard work and support.

Emmaus hospital and the clinics have embarked on implementation of the national core standards

And staff have been working very hard in improving the service we give to our community.

I would like to quote from Denis Waitley-(Winners take time to relish their work knowing that scaling the mountain is what makes the view from the top so exhilarating.

Please keep up your efforts for us to improve so that we all can be winners.

To the staff that are leaving us to greener pastures we wish well in your new jobs, to those who have retired may you enjoy your rest after serving your community well.

In closing on behalf of the management I would like to wish you all a Merry Christmas and a Happy new year. Take care and come back refreshed and ready for the new year.



# NURSE'S DAY

On the 21 of May 2013 celebrated Nurse's day in. The celebrating nurses day was established as a chance for people to appreciate the job that nurses do when it comes to helping improve the quality of people lives. It is platform for nurses to share their experience and motivate each other. In these challenging times nurses are working tirelessly to deliver safe high quality patient care. Nurses day is an opportunity to celebrate the caring profession, which plays a unique role in our society. It is also the time to reflect on the hundred of thousands of dedicated professional who provide such an indispensable service often under extreme pressure, to patients and their families. Visitors from other hospitals came to support the celebration. With launch of the white uniforms we are certain that dignity that the nurse's once had will be restored. "My Profession, My Pride". To all the Nurse's thank you





# JUNE 16 CELEBRATION



In June 1975 the youth protested against bantu education and a better education system. Dozens were injured and killed by the police. That day is still celebrated to remember the youth that made a stand. It is people like Hector Peterson that fought in the struggle and lost their lives for us. Emmaus celebrated the youth day by wearing school uniform and sang songs that were sung back in 1975 and also marched to the streets in remembrance of the youth of 1976 June 16. The day ended in games promoting healthy lifestyle.





# BREAST CANCER AWARENESS



It is increasing common between 35 and 70 years. It usually starts as a painless lump in the breast later there is considerable fibrosis around it that may cause nipple retraction, necrosis and even ulceration of the overlying skin.

Early spread beyond the breast is via lymph to the axillary and internal mammary nodes. Local invasion involves the pectoral muscles and pleura. It may later be carried by blood to many other organs and bones especially lumbar and thoracic vertebrae.

The causes of breast cancer are not known, but an important predisposing factor appears to be high oestrogen exposure. Women with early menarche, late menopause and no pregnancies have a higher than normal risk because they experience more menstrual cycles in the lifetime and each monthly cycle brings with it the oestrogen surge seen in the proliferative phase of the cycle. A genetic component is also likely with close relatives of cancer sufferers having a significantly elevated risk of developing the disease. One percent of all breast cancer occurs in men.

## BREAST EXAMINATION

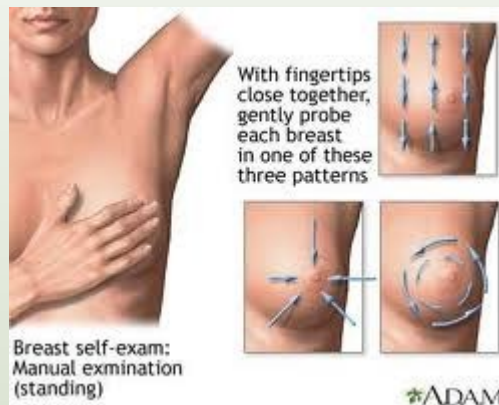
It can be done by self or physician which begins with visual inspection for asymmetry in breast size; nipple inversion, bulging or dimpling. On underlying lump can be detected by having the women press both hands against the hips or the palms together in front of the forehead. This contracts the pectoral muscles and subtle dimpling of the skin may appear.

The breast should be palpated with the palmar surface of the second, third and 4th finger moving systematically in small circular pattern from the nipple to the outer edges as if along the spokes of a wheel.

The woman should be in a supine position with the ipsilateral arm raised above her head and a pillow under the shoulder ipsilateral to the breast being examined while she examines the breast with her contralateral hand using the technique stated above.

Tumour found on BSE are usually smaller, associated with a better prognosis and are more easily treated with breast-conserving surgery. Although many women are fearful of BSE, thorough instruction by a nurse or physical can alleviate anxiety.

Routine mammography reduces breast cancer by 25-35% in asymptomatic women. The American Cancer Society recommends baseline mammogram between ages 35-39.

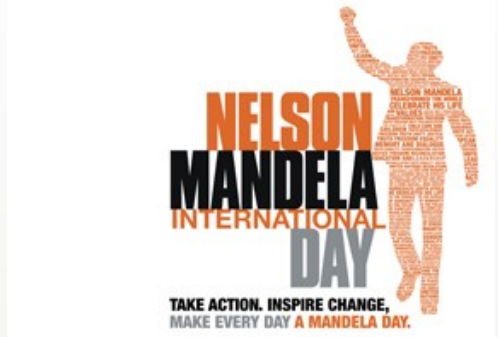


Article written by: Phumlani Mkhwanazi

Occupational health practitioner

# MANDELA DAY

On the 16th of July our former president celebrates his birthday. This day is not only his birthday but also called Mandela day. Every year people all over the world give 67 minutes to make a difference. The main objective of Mandela Day is to inspire individuals to take action to help change the world for the better. Thus Emmaus management staff gave 67 minutes to change the lives of four families that were identified by the community care givers as disadvantaged. The families receive food parcels, clothes that were donated by the staff members. It is good to know that Emmaus hospital made a difference in someone less fortunate than ourselves. Let's make everyday a Mandela day.





# HERITAGE DAY



Heritage Day is a South African public holiday celebrated on 24 September. On this day, South Africans across the country are encouraged to celebrate their culture and the diversity of their beliefs and traditions. This day is also known as National braai day.



Emmaus staff members celebrated this day on the 25th of September. Staff members dressed up to symbolize their different cultures and diversity in the workplace.



The Day was filled by dance and cultural cuisines. Competition for the best department that cooked the best to represent their culture was Pediatric ward, second place went to Finance department and third place went to HR department.



“KNOW WHERE YOU COME FROM SO YOU CAN MAP UP A FUTURE PLAN TO YOUR GREAT DESTINATION”





# WOMEN'S DAY CELEBRATION



On 9 August 1956, more than 50000 women marched to the union buildings to protest against the pass laws. The women sang a protest songs "Wathint' abafazi Wathint' mbokodo-you strike a women, you strike a rock.



This phrase has been used to represent South African women's courage and strength.



Thus Emmaus hospital celebrated this day on the August.

The theme of the day was Sophie town style.



Amongst the speakers the dietician talked about eating healthy then Miss Hadebe (prof nurse) talked about caring for your health.



The day was ended b indigenous games promoting a healthy lifestyle to the women.



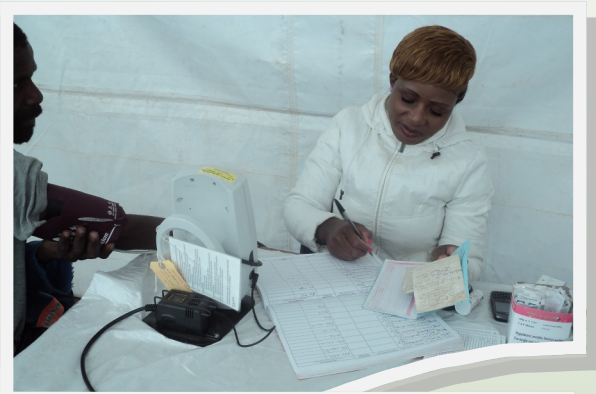




# DUKUZA CLINIC HCT CAMPAIGN

Dukuza clinic successfully held HCT /Philama/philamntwana campaigns in the months of August, September and October. The campaigns were supported by the district HCT programme coordinator Mrs. G. Maths, district mento co-ordinator Jabulani and Oliviershoek clinic staff.

In those months the clinic managed to get: 126 HCT done, TB screening-249 patients, cervical screenings-64, HCT for 05yrs and older-72, HCT for above 49 yrs -08, Philamntwana-15 babies.



# NEW APPOINTMENTS

## JUNE

ZIKODE P.N.

ENROLLED NURSING ASSISTANT

## JULY

NENE S.A

PROFESSIONAL NURSE

## AUGUST

KHOZA M.E

FOOD SERVICE AID

## SEPTEMBER

NGWAQA .P.

ENROLLED NURSE

NXELE L.C

ENROLLED NURSE

NKOSI N.D.

PROFESSIONAL NURSE

NDLOVU K

LAY COUNSELLOR

KHUMALO B.E.

LAY COUNSELLOR

NDABA M.W.E.

LAY COUNSELLOR

NZUZA Z.N.

ENROLLED NURSE

## OCTOBER

RADEBE S.A.

PROFESSIONAL NURSE

BOYCE .S.

PROFESSIONAL NURSE

SHANGASE S.S.

ARTISAN CARPENTER





# IPC WEEK

Emmaus Hospital celebrated Infection Prevention and Control Week from the 14- 18 October 2013. A Hand Washing Campaign was launched at the beginning of the IPC Weekend continued for the rest of the duration of the IPC Week 2013. The hand washing campaign aims to improve the hand washing practices of all clinical; non clinical; patients and visitors to the health care facilities. Infection Prevention and Control activities that were conducted during the IPC Week are as follows :

## **Monday 14 October 2013: Hand Washing Campaign at Sifisokuhle F.S Primary School**

Emmaus Hospital's Infection Prevention and Control Coordinator (IPCC) Sr. Kella Dunne launched the Hand Washing Campaign during a community IPC Visit to Sifisokuhle F.S Primary School. Sifisokuhle F.S Primary School was selected to participate in in the Hand washing Campaign as it is a Health Promoting School. Sr. Dunne gave health education and demonstrated the hand washing and cough etiquette to 812 pupils from Grades 1-8. This information sharing session was a fun interactive session where the pupils were encouraged to participate and a few lucky pupils who participated in the health talk were given a bar of Lux Body soap

Winterton Spar generously donated 100 bars of Lux body soap towards Emmaus Hand washing Campaign. 40 of these Lux body soap bars were donated to the pu-

## **Wednesday 16<sup>TH</sup> October 2013: IPC Support Visits to Clinics – Hand Washing Campaign:**

Sr. K.Dunne IPCC , conducted IPC Support Visits to the Clinics accompanied by Mrs. Thabile Mkhize – District CDC Coordinator. The target group for the Hand Washing Campaign was the Nursing staff, non-clinical staff, patients and visitors in the Health Care Facilities. The Clinics' visited were Busingatha Clinic; Mazizini Clinic; Oliviershoek Clinic; Dukuza Clinic and Bergville Clinic.

Sr. K.Dunne IPCC, conducted in-service training on Hand washing/hand hygiene in the patients waiting areas of the clinics, in an attempt to the in-service training/health education to reach as many people as possible. Discussed was the hand washing technique, which was demonstrated to the staff; patients and visitors, as well as why and how to use the alcohol hand spray on entering and leaving the clinics sand other health care facilities. The in-service training session was interactive, staff and patients were encouraged to participate. The patients seemed to enjoy this approach and participated in the Health Education. It was encouraging to hear that the patients and visitors were able to answer correctly as to when to wash their hands.

Mrs. Thabile Mkhize the CDC Coordinator from District office a gave health education talk to the patients and visitors, on Community Surveillance – which included how to identify Measles; Acute Flaccid Paralysis; the management and reporting of dog bites, the of importance if compliance to treatment regimens for Diabetes; Hypertension and AIDS and TB.

# IPC WEEK cont...

Emmaus Hospital hosted the Infection Prevention and Control Event Day on Thursday the 17 October 2013 from 10h00 – 14h00, in the Chapel. Ms Ntombifuthi Msimango the District IPC Manager; Mrs Thabile Mkhize the District CDC Coordinator; Mrs. T.R Ngewnya, the District Quality Assurance Manager and Mrs. Wilma Van der Merwe-Estcourt IPC Coordinator and Mrs Nomusa Khnanyile – Ladysmith Provincial Hospital IPC Coordinator were the guests that were invited and attended the IPC Event Day The IPC Event Day. .

Mrs Usha Pillay, a Kimberly Clarke Representatives gave a presentation on Protecting against TB, including a Fit Testing demonstration with the N95 Respirator. Mrs. Nombuso Mtshali from Kimberly Clarke gave a presentation on Hand Hygiene using various Hand Hygiene products. Mr. S.Simelane from Care Fusion presented a talk on the Prevention of Phlebitis and the use of Needle-Free devices.

Mrs. Juanita Smith, a representative from Compass Waste, presented a talk on Waste Segregation. Mrs. Thabile Mkhize the District CDC Coordinator presented a talk on Case Finding and the Notification process of Notifiable Medical Conditions. Mr. Mhkwazazi – Occupational Health Manager presented a talk about Medical Surveillance programme for Emmaus.

At the beginning of the IPC Week, members of staff from Clinics, wards and clinical and non-clinical departments were requested to participate in the IPC Poster Competition for. maus Hospital staff members.

Article by: Sr K. Dunne

Infection Control Nurse

ARC Clinic won the IPC Poster Competition; and was awarded 1<sup>st</sup> prize, which included the IPC Floating Trophy and a certificate. Winning second place was the Nursing Management, and 3<sup>rd</sup> Place was won by Paediatric Ward. The winners received certificates and prizes. A prize was also given to the best performing Departmental IPC Representative, which was awarded to Sr. L. Chonco from Paediatric Ward.





# BREAST FEEDING WEEK



Breastfeeding is a very important part of a child's development. It is essential that a mother exclusively breastfeeds her child for a minimum of 6 months. Some of the benefits of breastfeeding are to develop a bond between mother and baby. Breastfeeding also decreases the risk of ear infections and provides immune protection for the baby. These are just a few of the benefits of breastfeeding.

World Breastfeeding Week (WBW) runs every year from the 1<sup>st</sup> to the 7<sup>th</sup> of August and this year's theme was ***Breastfeeding Support: Close to Mothers***, which highlights Breastfeeding Peer Counselling. The idea behind this year's theme was that all too often mothers begin breastfeeding but due to various reasons mothers do not continue with exclusive breastfeeding within as little as a few weeks post delivery. The objectives of this year's theme:

1. To draw attention to the importance of Peer Support in helping mothers to establish and sustain breastfeeding
- To Inform people of the highly effective benefits of Peer Counselling, and unite efforts to expand peer counselling programmes
- To encourage breastfeeding supporters, regardless of their educational background, to step forward and be trained to support mothers and babies
- To identify local community support contacts for breastfeeding mothers that women can go to for help and support after giving birth
- To call on government and maternity facilities globally to actively implement the Ten Steps to Successful Breastfeeding, in particular Step 10, to improve duration and rates of exclusive breastfeeding



# BREAST FEEDING WEEK



There are 5 circles of support for mothers and children. Support for breastfeeding illustrates the potential influences on a mother's decision to breastfeed and to have a positive breastfeeding experience. The Circles of Support continue to be a vital foundation for mothers to breastfeed their babies and more. The 5 Circles of Support are featured in the picture on the left.

The dieticians at Emmaus hospital, together with the Nutrition Advisors from our sub district organised an event for the mothers in the paediatric and maternity wards on Wednesday the 7<sup>th</sup> of August. They were given a talk by the Community Service Dietician about the benefits of breastfeeding their babies.

Article by: Erin Reddy (Dietician)

The Community Service Dietician received a bag full of blankets which were kindly donated to the hospital. These blankets were used as lucky draw prizes for the moms.

Emmaus Hospital's Nutrition advisor organised to get all the CCG's, within the area together, to do a skit to the moms, which was about the pros and cons of formula feeding vs. breastfeeding. They then did a song which they had made up.



Staff members were also encouraged to take part in Breast-feeding Week. The Dieticians organised a

crossword puzzle related to breast-feeding which all staff members could partake in. A prize was given to the staff member who got all of the crossword puzzle completed. themselves





# WELLNESS DAY

On the October 2013 Emmaus staff members embarked on the 6km walk in promotion of healthy lifestyle for all citizens. They held up placards with messages. EMRS and traffic police joined in the walk.

Staff members were then given nutrition advice by Miss .T. Yietman (Dietician) , debt counseling training, financial literacy training and Gems Presentation.

Before everyone moved to the sports ground they joined in the aerobics class instructed by Mr V. Nkabinde (Staff member).





# PROGRESS ON THE NEW BUILDING



- 1. Trauma center
- 2. Entrance to OPD
- 3. Roof OPD
- 4. Tuck Shop and Security
- 5. entrance to OPD





# 16 DAYS OF ACTIVISM



From the 25 November till the 10 of December is 16 days of activism on No violence against women and children. On the 25th of November the Uhukela Operation Sukuma Sakhe task team and partners took a stand in support of the 16 days of activism. The theme was " Kwanele communities united in preventing violence against women and children. This event was held at the Emmaus community hall and was blessed by the presences of the hon. Mayor, Inkosi Hlongwane and representative from the Office of the Premier. SASSA, Home affairs and DOH were also present to render services to the community and Almad gave out walking sticks to the senior citizens.



1. The task Team. 2. community members. 3. Home affairs van . 4. SASSA van. 5. Hon Mayor and Mrs M.T. Zulu ( OSS Chairperson). 6. Al-IMDAAD foundation handing out walking sticks. 7. Inkosi Hlongwane

# COMPLIMENTS

IRIKU/DATE	IGAMA NESIDONGO NAME & SURNAME	INOMBOLO YOCINGO/NO	IDILESI YAKHO ADDRESS	INDAWO OHLALA KUYO/PLACE
	B. C. MABJ254	0792445781	Box 427 Bergville	Betham/Bergville

BHALA UMBONO WAKHO NGOKUGCWELE

I Mdela onesi abasebanga ngayo  
 kapha Empilo yethu Clinic  
 iyagculisa Mendela-onesi  
 abasikhulunisa ngayo  
 inobantu futhi bayazululapha  
 iziguli  
 Sengathi-ke kungaghubeka  
 njalo ole mpetho.  
 Mthysela

IRIKU/DATE	IGAMA NESIDONGO NAME & SURNAME	INOMBOLO YOCINGO/NO	IDILESI YAKHO ADDRESS	INDAWO OHLALA KUYO/PLACE
29/10/2013	Fikile Khumalo	0844580152	Moyeni	MOYENI

BHALA UMBONO WAKHO NGOKUGCWELE

Ngizabonga kakhulu ukungiphatheka  
 kahle umyeni wami obelele wodini  
 yofuba kulesisibhedlela.

Amanesi akhona akhululekile  
 ngithi awamenzalo angashinshi  
 natwezinye izihlobo zeziguli.



# COMPLIMENTS

FROM/DATE: 02/11/2013

IGAMA NESIBONGO NAME & SURNAME	INOMBOLO YOCINGO/NO	IDILESI YAKHO ADDRESS	INDAWO OHLALA KUYO/PLACE
Ncansile Zingu	0717140109	P.O. Box 791 Bergville 3352	Hoffenthal

BHALA UMBONO WAKHO NGOKUGCWELE

Izibhedlela saphi sisasbenza kakhulu  
ngendlela ephelele. Ngiyabandakanya Amanesi  
Ayakwazi ukubambisana neziguli. Angikazi  
boni lucho olubi noluhlu kwezoziyo.

000 405 8224

FROM/DATE: 15

IGAMA NESIBONGO NAME & SURNAME	INOMBOLO YOCINGO/NO	IDILESI YAKHO ADDRESS	INDAWO OHLALA KUYO/PLACE
NB Buthelezi	072851567	Khethani	WINTERKON

BHALA UMBONO WAKHO NGOKUGCWELE

Sani Bona... Bahle ngi Bami  
ngiyabonga... kakulu ukubona  
phatha kakhulu kwezi ngiziguli  
ngiyabonga... kakulu... phandazo  
yobona... ukuthela phakathi...  
ngicela... kakulu...  
abena... akukho ukuthi...  
le... ngiyabonga... isakathu  
Bathle... Bona... kumakhe  
ukuthakisa...  
ngiyabonga... phakathi  
... ngicela... Sakathu  
... ngicela... ngicela  
ngiyabonga... Ntshona

UMBONO WAKHO UBALULEKILE

# PICTURES

Emmaus netball team at the work and play awards ceremony held at the Ladysmith Town hall. The ladies won the netballs work and play and they will be representing Uthukela at the provincial tournaments which will be held next year.





# PICTURES



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