



EMMAUS HOSPITAL

INFORMED COMMUNITY IS A HEALTHY COMMUNITY

MASAKHANE

THE OFFICIAL NEWSLETTER OF EMMAUS HOSPITAL



**MAKE
A
MOVE
FOR YOUR
HEALTH**



2008
TO
2009
**FROM THE
PAST TO
THE FU-
TURE
ISSUE 3
VOLUME 1**

INSIDE THIS ISSUE...

REGULARS:

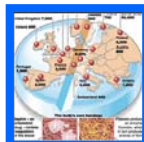
- FROM THE CEO'S OFFICE
- UTHINI UMPHAKATHI
- HEALTH FOCUS
- IXOXWA NGEZITHOMBE
- SMART CORNER
- SPORT AND LEISURE

FEATURES:

- 100% BABY FRIENDLY STATUS
- MENTOR'S BEAT
- NEW LOOK OF PEADS
- IZIPHO ZENGANE
- FAREWELL:
 - MRS. BRUIN
 - MRS. MADONDO
 - MRS. NDABA
 - MR. JELE
 - MR. RAMNARAYAN
- HOSPITAL PROJECTS
- KHANYA AFRICA
- NURSE'S DAY
- AND MANY MORE

HAPPY HOLIDAYS**CONTACT US**

EMMAUS HOSPITAL
 CATHEDRAL PEAK ROAD
 PRIVATE BAG X16
 WINTERTON
 3340
 TELL: 036 488 1570
 FAX: 036 488 1330
 073 313 9883
 andile.pani@kznhealth.gov.za

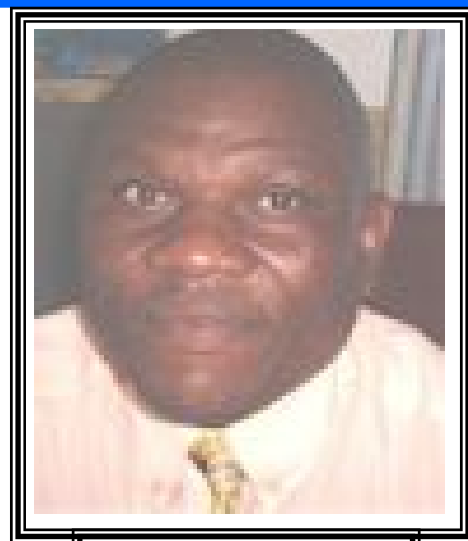
**FROM THE CEO'S OFFICE**

The calendar year 2009 is drawing to a close and with the festive season upon us I would like to take this opportunity to sincerely thank you all for your continued support towards service delivery.

My office understands very well the financial constraints and the shortage of staff that put immense pressure on various wards, offices, clinical areas and fixed clinics. But with your commitment, dedication and passionate we have made it up to this far.

Allow me to come from the Christian point of view and quote the Ephesians (1:2) which reads, "May Grace of God and the Lord be with you all"

Christmas is time Joy. I would like to urge all of us that even during this time of Joy we remember to pray for the Mdlalose and Nsunntsha families for the



MR. L.T. MAZIBUKO
 CEO
 EMMAUS HOSPITAL

passing of their beloved ones.

Otherwise please enjoy you're the festive season responsibly together with your families and friends and again we must remember that schools are re-opening in January therefore let us spend responsibly and think of the future of our children

All the best!!!!

Thank you

SENGATHI AYASHABALALA AMATHEMBA NGE OPD ENTSHA

Njengoba wonke umuntu ubazi ukuthi isibhedlela sethu singase sizibone sinegumbi likanokusho le OPD, lelothemba ngathi lingase liphunze. Lokhu kulandela incwadi evela kwisikhungo esiphezulu somnyango ngokumiswa okwesikhashana kohlelo lokwakhiwa kwale OPD. Noma kunjalo amathemba asekhona ngoba i-plan yesibhedlela (OPD) ibisikhishiwe futhi bayithakasela abantu.

Izithombe ezibonisiwe zibonakalisa indlela ebizobukeka ngayo i-OPD. Noma kunjalo isibhedlela sithi ningalahli'themba mphakathi wasoKhahlamba kuzolunga

**MESSAGE
 FROM THE
 PRO.
 A. A. PANI**



Nanjengoko unyaka ude wafika ekupheleni kwaye sisingisele kunyaka omtsha kwanga wonke ubani angazonwabela iholidi zakhe.

Kungumnqweno wawonke ubani ukuba angene enyakeni omtsha esaphilile. Wonke ubani ndimqwenelela unyaka oyokozola amathamsanqa.

Makubechosi kube Hhele

UTHINI UMPHAKATHI

AKE SIZWE UMPHAKATHI UKUTHI UTHINI NGEZINHLELO NANGENDLELA ISIBHEDLELA ESISEBENZA NGAYO.

ONESI BAYANAKANA

Mina owam umbono ngiphakamisa ukubonga ngonesi base-Martenity. Bayanakana, bakhululekile. Ukuba un-gasho into noma iyiphi inkinga uma unayo bonke abangena ekuseni nabangena ntambama

NTOMBENHLE ZONDO MAMFEMFETHENI

→→→→→

Ngabe ngiqala ukuza kulesisibhedlela ngonyaka ka (2007) ngathola usizo kabi komunye u-Doctor wemdabu waseNdiya. Wangiphatha ngendlela ehloniphekayo, ngiyabonga kakhulu. Sengathi angaqhubeka phambile ngokungacwasi ngokwebala nangokwemfundo. Mina ngambona engifanisa naye.

Thandi Mazibuko Malottaskraal

Siyabonga ikuthi kanti bakhona abantu abakwaziyo ukuyibona indlela encomekayo abasebenzi bethu abazikhandla ngayo ukusiza umphakathi. Sizogqinisekisa ukuthi lodokotela uyayithola lencwadi ukuze naye akhuthazeke. Siyathembisa futhi ukuthi noba kushoda kakhulu kodokotela siyozama ngandlela zonke ukusiza umphakathi waso Khahlamba.

Siyabonga kakhulu

PRO

→→→→→

Thank you very much for your TLC. Your job is well done and heavy as you manage to do it properly. I have hated hospitals before because of gossip but today and yesterday I received good treatment from each and everyone of you.

Word of Advice: Please do not

gossip in front of patients, some people might get the wrong idea

Anne Hlongwane Dukuza

→→→→→

Ngicela nisakhele amanye amawodi ukutetela.

Ntombi Zikode

Lona ngumbono obaluleke kakhulu futhi kade abaphathi besibhedlela bewudingida. Isibhedlela sisemizamweni yokwandisa isibhedlela kodwa ngokuthi izimali azikho akungethenjiswa lutho.

PRO

→→→→→

Lena yimibono yomphakathi ngendlela isibhedlela esisebenza ngayo kanye nemibono mayelana noshontsho abafuna ukulibona esibhedleleni sabo.

Nawe uvumelekile ukuthi ulethe owakho umbono. Ziningi indlela zokufaka umbono wakho:

Uma usemagcekeni esibhedlela akhona amabhokisi okufaka umbono wakho. Uthatha ifomu ubhale umbono wakho bese ufaka ebhokisini. Noma ufune ihovisi lezokuxhumana.

Uma usuphumile emagcekeni ungasebenzisa elikheli ukubhalela ihovisi lezokuxhumana:

**EMMAUS HOSPITAL
PRIVATE BAG X 16
WINTERTON
3340**

Noma usishayele ucingo kule nombolo:

036 488 1570

MASISUKUME SAKHE

FROM THE OCCUPATIONAL HEALTH AND SAFETY OFFICER



**MISS FIKILE
NXUMALO**

The purpose of the section is to provide guideline to ensure effective safety, health and environmental risk identification, assessment and the management thereof, thus ensuring risk reduction plans and actions.

According to occupational health and safety act 85 Of 1993 it is required that the employer must bring about and maintain, as far as reasonably poachable a work environment must be safe and without a risk to the health of the workers.

This means that the employer must ensure that the workplace is free of hazardous substances and micro organisms that may cause injury damage or diseases.

Where this is not possible the employer must inform workers of these dangers of how they may be prevented and how to work safely and provide other protective measures for a safe workplace.

The act is based on the principle that dangers in the workplace must be addressed by communication and cooperation between the employer and the workers. The both must share the responsibility for health and safety in the workplace .

Lets ensure our working environment is safe and healthy to all of us employees, visitors and our patients and all those affected by our operations.

MERRY XMAS AN HAPPY NEW YEAR

HEALTH FOCUS... YAZI KANGCONO NGEMPILO

Kumaphepha bhuku (newsletter) adlule besikulethele ulwazi olubalulekile mayelana negciwane lengculaza kanye ne TB. Kuleli sikuphathele okunye okubalulekile ngempilo yakho, isifo sikashukela.



SIYINI ISIFO SIKASHUKELA?

Isifo sikashukela: uma udla umzimba uyagaya ukudla kube izizicucu ezincane zohlobo oluthile lukashukela ube usuthumeleka kuzo zonke izicubu zomzimba uzinike amandla.

Uma unalesi sifo umzimba wakho awukwazi ukusebenzisa ushukela osegazini ngendlela efanele. Lokhu kwenzaka ngenxa yokuthi:

- Umzimba awukhiqizi i-insulin eyanele
- Noma umzimba uyahluleka ukusebenzisa i-insulin ngendlela efanele.

Uma i-insulin ingekho, ushukela uwukwazi ukungena ezicutshini zomzimba. Ube sowugcwala egazini, lokhu okubizwa nge hayiphagla'simiya (hyperglycercemia). Loshukela akusiwo esiwuthola kumoba. Kujamu,

noma ekudleni ukudla okunoshukela kuphela, wushukela otholakala kukho konke ukudla okunamakhahohayidredrethi.

ONJANI OPHATHWA YISIFO SIKASHUKELA?

Lesisifo singaphatha wonke umuntu

- Omncane nomdala
- Abahluphekayo nabayizigwili
- Abantu bazo zonke izinhlanga
- Ukanti singaba wufuzo, ukusho ukuthi abantu basemndenini owodwa singaphatha.
- Izimo ezithile zempilo (njengokukhathazeka emoyeni noma ukungenwa igciwane zingadala ukuthi kuqale lesisifo kubantu abasengcupheni vele.
- Abakhuluphele nabazacile bangaphatha isifo sikashukela. Abantu abakhuluphele bese bengazilongi basengcupheni enkulu yokuphatha isifo sikashukela. Uma ukhuluphela, umzimba wakho awukwazi ukusebenzisa i-insulini ngendlela efanele.

Kubantu abakholwa ukuthi ukudla ushukela okudala isifo sikashukela,

lokhu kuyiphutha Ucwangingo lutshengisa ukuthi ukudla ushukela akusidali isifo sikashukela. Lesisisifo asidalwa ukudla kakhulu ukudla okuthile.

UYAKWAZI UKUBONA UMA UNE-SIFO SIKASHUKELA?

Uma uqaphela uzobona ukuthi kunoshintsho endleleni umzimba wakho osebenza ngayo. Lezim pawu zizokusiza ekuboneni uma ushukela wakho ukhuphukile.

- Uchama njalo
- Woma kakhulu
- Uyancipha yeze udla kahle
- U y a k h a t h a l a u b e buthakakathaka
- Awuboni kahle
- Isikhumba sakho siyababa uphatha nayithrashi kwabesifazane
- Ubanezilonda eziphola kancane.

Ngesinye isikhathi kuyenzeka ukuthi ungabi nanol'odwa lwezimpawu ezingahla.

Indlela ongaqiniseka ngayo ukuthi awunaso isifo ukuthi uyoshekha ngemishini yakhona emtholampilo.

SERVICES TO THE COMMUNITY

The community of Ngoba has benefited from the government services that were provided to them on the 15th of November, thank you to the Initiative of Khanya Africa.

The day was made possible by the dedicated staff of the hospital, clinics, other Hospitals and other government department.

Ngoba area is the most deprived area in the entire sub-district of Okhahlamba.

It was for that reason that the area was identified. The day proved fruitfully as more than 800 people were assisted on various services.

Among the services that were provided include various health services, Home Affairs Services Social Welfare services, SAPS and others.

The area is typified by many challenges in terms of government services.

It was noticed that many people in the area do not

have their identity document as a results they can not access other services such as social grants.

In terms of health services, infrastructure such as bridges make is impossible for services to be rendered.

Many of the community members are complaining of lack of transport to our health facilities.

Despite the challenges Emmaus Hospital had made efforts for the area to access Health services.

The dedication and commitment shown by staff members was noted with applauded gratitude by Emmaus Hospital CEO.

It is now in the plans of Emmaus hospital that the similar approach to service delivery be done continuously.

A word of gratefulness is extended to all staff members who willingly offered their time to volunteer for the provision of services to the community.



Here are some of the pictures that are making the ward a baby friendly environment.

Despite challenges by the Department of Health in KwaZulu Natal Emmaus Hospital continued to improve for better health care service to the community of Okhahlamba.

Thanks to the donors, and passionate staff.

Among the improvement that were given a standing ovation by the community and the Emmaus staff include TB and Pediatric wards.

At TB ward you now see the extractor fan (EF) which the institution could not put it from the budget they were given.

This EF make the TB ward a safe ward as it extracts all the bacteria.

The improvements did not only encompass the extractor fan but the entire renovation of the ward.

From its conversion from Peads to the now TB ward. It is the same improvement at Pedatric ward as it was converted from TB wards to what it

is now; PEADS.

The donors that made sure Emmaus Hospital is among the highly recognized hospital were Escourt Lions Club from Escourt, Bristol Meyers Squibb from Ladysmith and Mrs Honeyball from Winterton.

Not only the renovations and improvement were done by outside donors, but our dedicated staff sacrificed their precious time in making sure that "a ward for the babies must talk to the babies".

It was for this idea that staff used their artistic skills to colorfully show the love they have for our baby patients. The artistic walls at pediatric wards clearly show that Emmaus hospital staff are working beyond their call, which is forming part of Batho Pele.

It is for this reason that everyone is invited to visit the ward to observe the baby friendly ward.

BREASTFEEDING MOTHERS

As part of promoting breastfeeding Emmaus Hospital held a breastfeeding competition among the breastfeeding



mothers. The competition though was not only about the winner but a way of promoting and educating about the importance of breastfeeding. The Hospital's winner went on to win at District Level. "Phambili ngobisi Lwebele"



ABAHLWEMPU BAYAHLOMULA E-EMMAUS

Isibhedlela sase Mawosi asigcini nje kuphela ngokulwa nezifo siphindende sizikhandle ekuqinisekiseni ukuthi umphakathi ompisholo wasokhahlamba uyasizakala kwizinhlelo zokulwa nobubha.

Lokhu kukhombisa okusobala ukuthi isibhedlela sisemgwaqeni wombono wonyango wezempilo KwaZulu Natal wokulwa nobubha.

Kunyaka odlule u-2008 isibhedlela sihambele izikole ezisoKhahlamba ukubheka izingane zamabanga aphansi nezingathi zisizakale.

Kuhlu lwezingane ezithe zatholakala singadalula lezo ezingasenabo abazali, lezo ezikhuliswa ngogogo nomkhulu, ezinye zazo abazali bazo bashona ngesifo sikamashaya'bhubhe, ingculazi.

Izingane zisizakale ngenyuni-fomi yezikole zazo nalapho kuzothi kuvulwa izikole kunyaka ka-2009 zibe zifaniselana nezinye izingane.

Loluhlelo luqhutywa minyaka yonke futhi kulonyaka nje sigqokise izingane engaphaya kwamashumi anesithathu.

Ngaloluhlelo sibonga abase Cathedral Peak ngeminikelo yabo ukwenza kubeyimpumelelo phantse minyaka yonke, sikwabonga nabasebenzi besibhedlela ngeminikelo abathi bayilethe ukusiza labo abampisholo.

Ezikoleni ezithe zahlomula singabala, iSifisokuhle nengane



ezinhlanu, Mavumbuka nengane ezintathu, Nokopela nengane ezintathu nezinye izikole ezisoKhahlamba.

Kwiminyaka edlule besisiza wonke umphakathi ngezingubo zokugqoka, amapasela okudla nangezinye izidingo zasekhaya. Kunyaka odlule besibheke kakhulu kwizingane zesikole nalezo ezikumabanga aphansi.

libhedlela singathanda ukwazisa noma ubani onganothando lokunikela ukuthi angasivakashela khona la esibhedlela ukuzozwa ukuthi angasisiza kanjani.

Siyisibhedlela samukela noma wuluphi usizo oza nalo.

Indlela lezingane ezihlwempu ngayo kwizikhathi eziningi zigcina zingasayi ngisho esikoleni. Lezo ezikwaziyo ukuya esikoleni zigcina ngokudla ukudla lokho okudliwa esikoleni kube kuphela kwalokho.

Nathi siyisibhedlela siyazidla ngaloluhlelo ngoba ziningi izingane ezisizakalayo.



BACK TO SCHOOL: Here are some of the kids that were bought school uniform

100% BABY FRIENDLY STATUS

Emmaus Hospital has once again maintained the status of being baby friendly in 2008.

The baby friendly Hospital is an initiative jointly ventured by Unicef and World Health Organisation to promote and protect safe infant feeding practice.

This time six hospital were reassessed and Emmaus Hospital proved to be the hospital that maintained the excellent status, thank you to the commitment by Emmaus Hospital committed staff and management.

The hospital was assessed on the following steps that had lead to the 100% status:



HAPPY MOMENT:Matrons after receiving the news that Emmaus Hospital has maintained a 100 %Baby Friendly Status

Written breastfeeding policy that is routinely communicated to all staff at the institution.

All staff were trained in skills necessary to implement the policy;

Helping mothers to initiate breastfeeding within half an hour of birth

Showing mothers how to breastfeed;

Giving newborn infants no food

but breast milk;

And practicing of roaming and many other breastfeeding related topics.

In a letter by the acting Head of Department Mrs. Mbhele; she said that Emmaus Hospital is highly commended for the commitment that the hospital has displayed to maintain the prestigious award.

Despite that the hospital was undergoing some renovations, the report stipulated that Emmaus maintained cleanliness.

The HOD recommended that the hospital should have the continuous training or in-service training of staff to ensure sustainability.

ELINYE IGXATHU LOKULETHA IMPILO EMPHAKATHINI

Abaphathi besibhedlela sese Emmaus baphinde bathatha elinye igxathu lokwenza impilo yomphakathi ibengcono. Lokhu kubonakaliswe wukuthi baphumile emahovisi bangena emphakathini ukuyobheka ukuthi wonke umphakathi uyakwazi yini ukufinyelela kwizinsiza (services) zezempilo. Kuthe ngokubonakala ukuthi amanani okugoma aphantsi (low utilization rate) abaphathi basukumela phezulu ukuthola indida. Kulapho kutholakale khona ukuthi imiphakathi eminingi ayikwazi ukufinyelela lapho ithola khona usizo lwezempilo ngenxa yezi-zathu eziningi.

Ezinye zezizathu zenziwa wukuthi imigaqo ayikho nalopho kubanzima komahamba nendlwana ukuthi bafinyelele. Kuthi lapho imigaqo ikhona kungabikho amabhuloho. Lokhu kwenza ukuthi imiphakathi ihambe amabanga amade ukuyofinyelela lapho bezothola usizo.

Okunye wukuthi omahamba nendlwana kufuneka bathi ukwandiswa kho ukuze kuzofinyelelwa emiphakathini eminingi. Uma singabala indawana ezimbalwa lapho kunzima ukufinye-

lela khona singabala, oNdunwana, Magalesburg, Mablesini, koThintwa nezinye izindawo.

Kulezindawo uyakwazi ukuthola usana olungakaze lugonywe noma umama okhulelwe ongakaze aye emtholampilo. Umasibabuza kutholakala ikuthi bahamba amabanga amade uze bafinyelele komahamba nendlana futhi ububha naba budlala indima enkulu ngoba bakhala ngemali yokuya emitholampilo.

Kunjalo abaphathi bafinyelele esinqumeni sokuthi kwandiswe omahamba nendlwana kuze wonke umphakathi uthole usizo.

Ukanti zikhona nezinye izinhlelo ezisadingidwayo zokufikelela emphakathini lapho kungafikeleleki khona.



Lezi zithombe zibonisa ngokusobala ukuthi kuningi okufanele kwenziwe ukwenza ngcono izimpilo zabantu basemakhaya

LEFT: Umgwaqo awukho kusho ukuthi i-mobile ayingethe ifinyelele. **TOP RIGHT:** Omama basemakhaya abakhulelwe abahamba amabanga amade ukuyofinyelela e—mobile. **TOP:** Imigaqo yiyo eyenza kungafinyeleleki emiphakathini

IXOXWA NGEZITHOMBE

KWABAKUHLE KWADELA NGOSUKU LE-SPRING DAY/HEALTHY LIFESTYLE DAY. UMFANISELWANE WAWUNGABONNWA KWAZISE SAMUKELA IHLOBO. UNGADIDEKI.....NGABASEBENZI LABA FUTHI BESEMSEBENZINI WABO NGOKUJWAYELEKILE. KUBAMNANDI KANJENA EMAWOSI.



RECEPTION STAFF



HR PERSONNEL



VCT STAFF



OPD STAFF



TB WARD STAFF



PEADS



MANAGEMENT STAFF



MALE WARD



STORES DEPARTMENT



PHARMACY



FEMALE



X-RAY



CSSD



WORKSHOP



VERY NICE

PASSION, SERVICE DELIVERY, COMMITMENT, AND SO FOURTH



INGOMA



HEALTHY LIFESTYLE



EXPIRENCE EXCHANGE



SOCIAL RESPONSIBILITY



PUBLIC SERVICE



SKILLS DEVELOPMENT



PASSION



INDUCTION PROGRAM



OBANI KE LABA



SERVICE DELIVER

THE DEDICATION SHOWN BY RETIRED MRS BRIEN IS SEEN IN EVERY WARD: THE WELCOMING ART SHE HAD PUT AT THE ENTRANCE OF ALL WARDS SHOWS HER UN-COMPROMISING PASSION SHE HAD FOR THE HOSPITAL

The pictures show all the activities that are happening at Emmaus Hospital. They include official events, social events and many other occasions within the hospital and Okhahlamba health sub-district. The photos are reflecting all 2008 and 2009 activities that Emmaus Hospital has done. Some include the official opening of the renovated wards, those who have served the hospital for many years and have now decided to call it a day, health awareness days and many more.

OMAMA BENGOMA BASEMAWOSI



OFFICIAL OPENING OF RENOVATED WARDS (TB AND PEADS)



THEY HAVE RETIRED FROM WORK BUT NOT FROM LIFE



RECOGNITIONS AND ACHIEVEMENTS



OPENING PRAYER FOR THE YEAR 2009



VALENTINE 2009: WHAT A LOVELY NIGHT FOR THOSE WHO APPRECIATE LOVE



NURSES'S DAY COMMEMO-



TOP: Nurses from Okhahlamba sub-District during their nurses day held on the 13th of may 2009. Top right: Nurses once again reading the nurse's pledge to continue with their commitment to care for the community

Florence Nightingale the founder of the modern nursing once said " it may sound strange principle to enunciate as the very first requirement in a hospital that it should do the sick no harm". If it happens that those who are in the field of nursing are doing the opposite of what the well known Nurse said, then it would mean hospital should have long closed. But, mention the word Nurse, it is exactly what our patients hope for, care. It is for this reason that Emmaus Hospital Made a special day for the nurses to commemorate the International nurses day. The day was specially made for all nurses who are rendering the service in the sub-district of Okhahlamba to acknowledge their sacrifices they have made to help the poverty stricken community of Okhahlamba.

Nightingale fought challenges in the times of wars, nurses of today have to fight various diseases that not everyone could fight. The enormous work they do is overwhelming despite the challenges they face. Emmaus hospital Management

felt it necessary to acknowledge each an every nurse that is giving care, hope and the counseling of life.

As part of the commemoration and acknowledgement to all our nurses were invited to the event to be given certificates of appreciation.

Although appreciation certificates were not given individually, all the wards, fixed clinics and mobile clinics were issued certificate as a token to take the service forward.

The positive feedback from the community was made available which is no doubt pin-pointing the hard work and care our nurses are giving to the community.

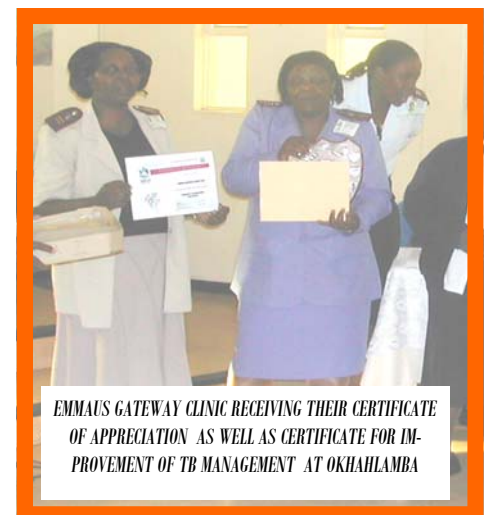
Not only the day was about the acknowledgement but a candle light memorial was also held to remember those who have passed away serving the community of Okhahlamba.

Speaking at the event, the CEO said nurses are the core function of the of the department. "Without nurses there would be any existence of our institutions and even doctors need nurses

to do their work without nurses" he said. Miss Maphalala from Uthukela Health District was the guest speaker of the day and she applauded the work done by nurses.

She emphasized that the environment in which nurses are working should be conducive.

She further said nurses should be motivated so as to keep their spirits up. "nurses should be voices of the community because they have been trained and have knowledge" she added. In order to achieve all this she requested collective actions between management and the staff as a whole.



EMMAUS GATEWAY CLINIC RECEIVING THEIR CERTIFICATE OF APPRECIATION AS WELL AS CERTIFICATE FOR IMPROVEMENT OF TB MANAGEMENT AT OKHAHLAMBA

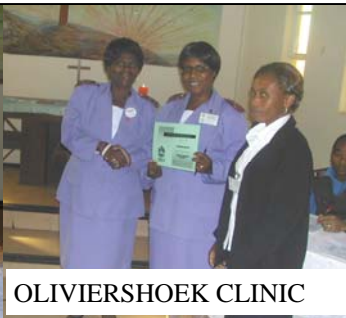
NURSE'S DAY EXTRA PAGE



BUSINGATHA CLINIC



DUKUZA CLINIC



OLIVIERSHOEK CLINIC



MAZIZINI CLINIC

OPERATIONAL MANAGERS RECEIVING THEIR APPRECIATION CERTIFICATES



ARV CLINIC



OPD



TB



MALE

ALL WARDS WERE RECOGNISED FOR THEIR EXCELLENT WORK TO THE COMMUNITY OF OKHAHLAMBA



FEMALE



THEATRE



MARTENITY



PAEDS



GATEWAY CLINIC



OM:MOBILE CLINICS

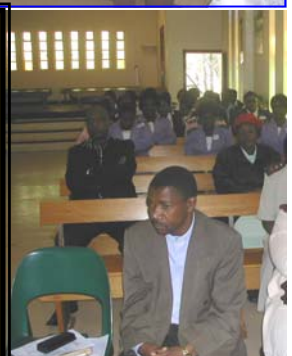


PHC STAFF SHOWING THEIR FLOATING SHIELD THEY WON FOR TB MANAGEMENT



Emmaus Hospital rewarded the staff who "go the extra mile" in making it all happen. These are people who make an active role in the hospital's success.

We belong, We Care, We serve





Isifundana sasokhahlamba ngaphantsi KoThukela sizimisele ukukhamba sodwana ngokugcotshwa kwezikole ezithuthukisa impilo. Isikole saseBambanani singene ohlwini lezikole ezigcotshiwe njengoba naso ngomhla wama-26 kuMandulo size sagcotshwa.



Kwesokunxele: Sigcotshwe ngokusemthethweni isikole SaseBambanani esesizosebenza njengesikole esithuthukisa impilo. **Kwesokudla:** Umnumzane Mkhonto Blose oqhamuka esifundeni saso Thukela nobephetha uhlelo uumi kanye no Ms Dlamini Onguthishanhloko wase Sifisokuhle nalapho uhlelo lokuqala lokugcoshwa Okhahlamba lwaqala khona.

KANYA AFRICA IN PICS



EXTRA MILE: PEOPLE TURN UP IN THEIR NUMBER TO RECEIVE THE SERVICE. OUR STAFF GO THAT EXTRA MILE IN MAKING SURE THAT PEOPLE ARE GETTING HEALTH SERVICES.



COLLABORATION: IT IS THIS UNITY THAT WE INTEND ALL OTHER DEPARTMENTS CAN ADOPT FOR DELIVERY OF SERVICES TO OUR COMMUNITIES



SERVICES: IT IS PEOPLE LIKE GOGO THAT WHO BENEFIT FROM OUR OUTREACH PROGRAMS. TAKING SERVICE TO THEIR DOORSTEPS

HEALTH PROMOTION

WORLD CHRONIC FATIGUE AND IMMUNE DYSFUNCTION SYNDROME AWARENESS.

Nurses day proved to have many activities that occurred as the various health awareness activities were held. Among the awareness was the chronic fatigue and immune dysfunction syndrome. As part of making sure that staff perform to their level best the topic was chosen to sensitize staff about the importance of looking after their health, specifically chronic fatigue syndrome (CFS).

According to Dr. Kangalongo who was presenting the topic said the CFS is thought to have an incidence of 4 adults per 1,000. He continued to mention that for unknown reasons CFS occurs most often in people in their 40s and 50s, more often in women than men, and is less prevalent among children and adolescents. Because there is no medical test which is diagnostic of CFS, the disorder is a "purely subjective condition" which relies largely on patient history, and remains a diagnosis of exclusion.

Doctor said many patients do not fully recover from CFS even with treatment, and there is no universally effective curative option.

Diets, physiotherapy, dietary supplements, antidepressants, pain killers and alternative medicine have been suggested as ways of managing CFS, but only cognitive behavioural therapy (CBT) and graded exercise therapy (GET) have shown effectiveness for some patients. The doctor advised that staff to visit doctors.

WOMENS HEALTH

Kwangalo lolosuku kuphindwe kwaqwashiswa ngempilo yabesifazane nalapho bekugxilwe kakhuli kumdlavuzwa wesibelotho kanye nowebele. Kulabo bebhkhona bafundiswe kabanzi nobungozi bomdlavuzwa kanye nezindlela okufanele zilandelwe ukuhlola umdlavuzwa.



Demonstrations were made on how staff should take care of their backs. Sister Luvuno (right) giving health education about cancer.

WELCOME TO EMMAUS HOSPITAL

Some of staff members who have joined Emmaus Hospital in 2008 and 2009.



2009 PROJECTS

MATRON'S COMPLEX

STAFF CAR POT

FENCING

MILK KITCHEN

MAINTENANCE DEPARTMENT

HUMAN RESOURCES DEPARTMENT AWARDS



Mr. A. Mallanna receiving his award certificate as the Human Resource Officer of the year which he shared with Ms. Phethile Mavundla (Below)

Below are Ms. Gugu Nene and Mrs. Patricia Mthethwa receiving their award certificate



THEY HAVE LEFT US...

It is sad to announce that Emmaus Hospital has for the past year been left by some of very experienced and long serving employees, due to pension and other personal commitments.

Management and staff of the hospital could not easily swallow their departure as they have become the family, mentors, and forerunners to the service delivery to our community.



During his farewell function: "The Director"

Among the departments that has been left with irreplaceable gap is Human Resources Department. The Department is now without their Mr. B.A. Jele. Mr. Jele was working for Emmaus Hospital as Chief Human Resources Officer for the many years.

Director as he was popularly known to the hospital is described as the father figure by Human Resource staff.

The man is described as one person who never compromise the policies of the department especially human resources policies. Mr. Jele took early retirement because of ill health. He is now taking care of his health in Newcastle. Emmaus Hospital Management and staff wish him well.

I think the word "finance" in the department of health comes with all the bad news. While trying to adapt to the financial hardships the department is experiencing, bad news shaded the hospital that our Finance and Systems manager Mr. Pravin Ramnarayan was also



Pravin Ramnarayan

leaving. It was bad news that a man who has been managing the finance of the hospital for so many years was leaving.

Pravin has been with the hospital for the more than 10 years. He has been working for various department at the

hospital until he was appointed as the Finance and Systems Manager. Pravin left to look after his businesses together with his family.

Not only the hospital lost em-



FAREWELL AT DUKUZA

ployees, but our clinics are also feeling the pain. At Dukuza Clinic two senior staff members took retirement. Mrs. Madondo has been a nurse for more than 20 years at the clinic.

Mrs. Mabizela was working for the clinic as the clerk for more than 10 years.



FAREWELL

AND THEIR FAREWELL FUNCTIONS.....



2



NENZA KANJE E-D2

WOZA MATRON: BAHAMBA BE-JATSHULISIWE BONKE ABAHAM-BAYO KWAZE KWAVELA NAMAKHONO KWABASALAYO

THE MENTOR'S BEAT

BY
LUCKY MAGWAZA



Hi fellows

I just like to say big ups to Andile (iPani elincane) for allowing me to be one of the feature columnist in the news letter of which it is as a one way communication tool to all the colleagues within the surroundings of Emmaus Hospital.

Once again fellows, I just like to say briefly that most of the things will be communicating on are mostly work related, er.....not sure about umgosi may be if necessary I'll speak to Pani or Mr. Mazibuko not exhaust their budget so that they can find me a greatest Muti man that will make me not visible and have wings like (those fly-by-nights Mr. or miss magic on the broom) sniffing news and then bring them hot, hot, hot to you so as to keep you posted in all the latest gossips isn't that nice mkhozi? Sure why not, and that will also help me get promotion bafethu ha.ha ...wadla malambani' ungasaqali isn't that so guys? Only kidding

Guy son a serious not, I said earlier to you that among other things I'll be communicating with is the functioning of the VCT programme in the context of counseling.

Secondly, the importance of the person that we call a mentor you can call it a coach if you like the person you look up to for advices and gives emotional support or a shoulder to cry on in times of difficulties, but for now there's nothing much I'll say because I'll run out of space but all I can promise you is that on my next column I'll be more detailed, how is that folks? Hope understood.

Brothers and Sisters let me ask you one simple question, as much as you give your all out for the sake of the patients that you always take care of time to time, how often do you spend time with yourself and say yhoos its

been a long tiring day and I deserve this rest'?

Do you ever get debriefing moment just to offload your mind and inner-part of their daily living pattern either hurting, embarrassing, discrediting etc, we find that others have the ability to share them, other decide bottle them up, hey fellows that is dangerous here is my piece of an advice.

One, make sure you create an open space of communication with you and your immediate Supervisor / Mentor, To, get a friend that you trust most to share your feeling, your worries, concern, thoughts and so on.

By so doing that, you won't find yourself swimming in the pool of depression, burn outs, stress etc and guys please, please, don't be stingy man BUY YOURSELF A WONDERFULL GIFT atleast once in a lifetime owakho lomzimba osebenzayo don't expect o Lucky (just making an example) ukuthi bazokupha Awuziphe nawe just to commend yourself hawu bakithi

Bakithi let me love and leave you I had some beautiful time chatting to you if you have any queries and input on how we can develop, you can send your comments straight to me and please not call me backs or please call mes, only joking , or e-mail Andile Pani (The PRO) he will pass them to me I'll be happy to hear from you

On the Mentor 's beat I'm signing off talk to you again NEXT TIME

Cheers

**Life is God's
novel. Let him
write it.**

2009 MOTHERS



**Nondumiso Mzila (FIO)
during her baby shower**



**Zanele Mdluli (Revenue) is
the new mother for 2009**

ON DUTY



Systems manager Mr. Hlongwane and CEO Mr. Mazibuko taking rounds around the hospital to check the broken fence

DID YOU KNOW?

France provides the best overall health care followed among major countries by

Italy, Spain, Oman, Austria and Japan.

-WHO-



WHAT TO EAT THIS XMAS

You're torn, you love to socialize but you also love your body. Don't stress about it. Swop the fatty stuff for the lean and you're guilt-free...

Eat This: Sirloin steak
Not That: Boerewors

As a general rule, sausage is weighty in the fat department. A 150g piece of boerie has roughly 54g, of which 20g is the type that ups heart disease risk. Plus it's heavy on salt, with more than half a teaspoon per 150g piece.

A moderate size sirloin steak is fat-friendlier and contains very little sodium. Beef provides good quality protein that contains all the essential amino acids our bodies aren't able to produce. Another plus: steak contains more vitamin B12, necessary for forming new red blood cells, and zinc, which supports immune function.

Eat This: Honey-and-mustard chicken kebabs
Not That: Sticky chicken wings

Although chicken wings are small, they're mostly skin and dark meat, which, as we know, is where most of the fat is found. Wings have about five times the amount of fat than the same quantity of skinless kebabs, so they're also higher in kilojoules.

Eat This: Three-bean salad
Not That: Potato salad

Potatoes are packed with potassium and Vitamin C, but mixing them with mayo and egg adds fat, cholesterol and sodium. Half a cup of mayo has about 2700kJ and 68g of fat, so having your potato baked or boiled beats the mayonnaise version by a long shot.

A helping of three-bean salad contains no cholesterol and about a third of the fat of a similar helping of potato salad. Beans contain healthy plant protein, folate and disease-fighting antioxidants. They're also high in soluble fibre, which can improve cholesterol levels.

Eat This: Milk tart
Not That: Fruit salad and ice cream

Fruit salad is the ideal choice here, but the ice cream kicks this combo into second place. The fruit salad and ice cream tops a slice of tart for total fat, saturated fat and kilojoules, especially if it's scoops of the rich and creamy type. Rather enjoy a serving or two of fruit. Eat them whole or dice them up, then enjoy them the way nature intended

EAT HEALTHY AND LOOK AFTER YOUR BODY

Safe holiday travel

DRIVE SAFELY

Nobody likes to think about their own mortality, but if you don't drive safely on the road then there is a very real chance that you might hurt or kill yourself — or someone else.

Safety tips for pedestrians

- Always cross at lights, crossings or places where you can see all the traffic.
- Don't assume drivers will always see you or be able to stop in time. If in doubt take the time to walk to another part of the road where it's safer to cross.
- Don't let young children cross busy roads on their own and hold their hands to ensure they can't dart away from you. If you're walking a dog, ensure you use a leash so you can control it in traffic.

If you're walking along the road use the footpath not the bitumen — if there is no footpath and you must walk on the road, walk towards the on-coming traffic.

If you drink then drive, you will be stopped

Even though you're on holidays, the police aren't, so don't drink and drive. Make sure you're aware of the legal blood or breath alcohol concentration limits. Know how much alcohol you can drink to safely stay below the legal limit.

The return trip

You've had a great break, you're relaxed and you're happy. Don't ruin it by risking your safety on the way home.

Remember:

- plan
- prepare
- don't drive tired — stop for 15 minutes every two hours
- buckle up
- don't speed
- don't drive after drinking alcohol
- don't drive under the influence of drugs

**REMEMBER
"BATHO PELE"**

Christmas gift suggestions:

**To your enemy,
forgiveness.**

**To an opponent,
tolerance.**

**To a friend, your
heart.**

**To a customer,
service.**

To all, charity.

**To every child,
a good example.**

**To yourself,
respect**

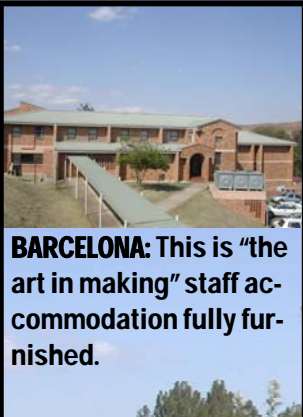
**UBUHLE
BENDALO
PHELA LOBU**



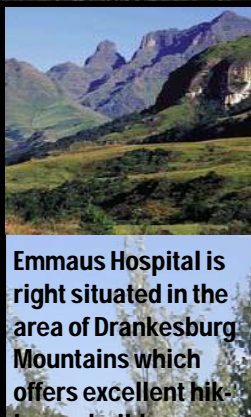
SPORT AND LEISURE

CONSIDERING TO WORK FOR EMMAUS HOSPITAL

Whether you are a doctor, nurse, pharmacist or any another professional, Emmaus Hospital is the right place to work. Here are some of the reasons to choose Emmaus Hospital as the right place to work.



BARCELONA: This is "the art in making" staff accommodation fully furnished.



Emmaus Hospital is right situated in the area of Drankesburg Mountains which offers excellent hiking and wilderness trails.



AFTER HOURS: Young or old boredom is not in our vocabulary.



BACK TO YOUR ROOTS: If culture is your thing come to Emmaus



THE CHAMPIONS: With the 2010 World Cup coming, and Bafana Bafana fumbling: Emmaus Hospital team can play a pivotal in bringing the world cup.

SMART CORNER

4
SMART STAFF

DRESS SMART THIS YEAR, SMART CAMERA IS EVERY WHERE IN THE HOSPITAL LOOKING ALL SMART STAFF. IN THIS ISSUE SMART CAMERA CAUGHT Mr. XOLANI QWABE

Fashion Expects choose one or two fashion trends to follow at a time. Wearing all of the fashion trends at once looks overdone. Wearing just one or two of the trendiest items, on the other hand, makes you look fashion forward. Lets find out what our Smart Staff think.

PRO: How important is fashion to you?
X.QWABE (XQ): It represents my character. How your dress can say a lot about you.



PRO: What's the worst fashion trend you've ever seen?

XQ: When people are piercing their body parts (tongue rings and nose rings)

PRO: What color do you never wear and Why?

XQ: Red. I think it draws lot of attention, as a man I don't need too much attention.

PRO: Is there anyone whose fashion choices you always love?

XQ: Not really, but I must say I admire any man who knows how to put colors together

PRO: How can one look as stylish as you on what is probably a lower budget?

XQ: Being stylish does not cost, but you only need to be very selective. You can wear expensive clothes but still be left unnoticed

PRO: Do you have any specific colors for different seasons, and why?

XQ: To be honest I don't have any specific colors, it depends on the weather and occasion.

Lets see who will be our next SMART STAFF in our next issue



Our last issue Smart staff: Nondumiso Mzila



DEDELA'BANYE