



**HEALTH**  
KwaZulu-Natal

# News Letter Isibani SakwaHlabisa

JULY—SEPTEMBER 2011



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## MMC CAMP HOSTED SUCCESSFULLY



**BOYS SINGING WHILE GOING TO RECREATION HALL FOR CIRCUMCISION CAMP—FOLLOWING MRS KHANYEZI FROM COMMUNITY SECTION.**

They came in numbers for circumcision camp which was held at Hlabisa hospital from the 13-14th July 2011. Weather was freezing but they did not turn back as they were eager to become

“men”. The co-ordinator Mr S.B. Mngomezulu worked tirelessly visiting all spot of boys such as schools, playgrounds and any other gatherings for boys encouraging them about male medical circumcision. The Nursing component and doctors worked like never before during this day as the camp was inside the hospital (recreation hall).



**BLOOD PRESURE STATION—NURSE & CLIENT CHECKING BP**

That could not be done without team spirit.

On the first day, they worked till 22h00 as boys were many considering not the cold weather.

“Asinandaba namakhaza as long as singamadoda anakekela izimpilo zesizwe” This was said by boys who were on blankets singing with joy on the queue to be circumcised. It was so encouraging to hear those who are circumcised encouraging and teasing those who did not. Some were from schools as it was during school holidays. They promised and volunteered to encourage their schoolmates to do so as it decreases chances of getting infected with HIV.

**DOCTORS IN CUBICLES CIRCUMCISING BOYS AND NURSES PREPARING MORE CUBICLES**



their schoolmates to do so as it decreases chances of getting infected with HIV.

# STAFF WELLNESS DAY IN PARTNERSHIP WITH OLD MUTUAL



Old Mutual staff assisting and advising employees on financial management

The management of Hlabisa hospital doesn't care only for patients but employees are also taken care of. Their lives are very important in the functioning of the hospital and that is why 13th of July 2011 was dedicated specially for employees as staff wellness day which



Old mutual nurses checking BP, cholesterol, Blood sugar level to employees.

was done in partnership with Old Mutual who came with nurses and their equipments during the day. This partnership with Old Mutual Group Scheme was very beneficial to both hospital and the company -Old-

Mutual as Old Mutual have clients in the hospital who are employees and at the same time services were brought to hospital to assist employees. Services available on the day were, weighing (BMI calculated), checking blood sugar level, checking blood pressure, cholesterol and VCT. The flow of staff was well organized as staff was alternating from their departments still patient care was never compromised. Mr Siyaya from Old Mutual who is the one giving services to the hospital thanked employees for the support and they were also given opportunity to ask / assisted on queries regarding their policies or taking new policies.



Staff member weighing weight and height

## MANDELA DAY

Ngosuku lokuzalwa kuka Tata uMandela olwaziwa nge Mandela Day, abasebenzi besibhedlela baziniikela ekwenzeni ushintsho ezimpilweni zabantu. Kwezinye zezinto ezenziwawo kwaba ukwenziwa kwengadi okwakuhloswe ngayo ukukhuthaza i-Support Group ngokubambisana no Ms Nomusa Manqele osebenza nayo ePhilanjalo Clinic. Lengadi yayilinywa amalungu ayo i-support group eminyakeni eyedlule kodwa yabe isidikaliswa abantu ababevuna engadini yabo ngokungemthetho. Kuthe ngokubona isidingo nangendlela labantu ababesizakala ngayo kulengadi, abasebenzi basephilanjalo, information kanye nehovisi lezokuxhumana



Abasebenzi basePhilanjalo Clinic nabakwa Information belima ingadi. Left– Zonke, Nomusa Manqele, Mrs Biyela, Mthiya, Khambule, Muzi Mbokazi & Simphiwe Gumede

bathenga izithombo baphinde balima ingadi ababezoyinikela kusupport group ukuba iqhubeke futhi ixoshe ikati elilele eziko emakhaya.

## ***BAHLOMULA NGEZINGUBO ZOKULALA ABAFANA ABAZOSOKA***

Amakhaza ashubisa umkantsha ayekhona ngezinsuku zokusoka (MMC Camp) ku Ntulikazi, nabafana ababehlanganise imihlathi kodwa beya phambili ukuyosoka yize kubanda kunjalo athinta izinhliziyi zabantu. Ikomidi lezikhhalazo (Complaints committee) lasesibhedlela nomphakathi omelwe kulo nguMrs. Biyela lanikela ngezingubo zokulala kubafana abazosoka. Akugcinanga ngekomidi kuphela ukuthinteka kodwa iminikelo yezingubo yaletwa nangamalungu ebandla laseLuthela kwaHlabisa ngokuzwa usizi lwamakhaza ayebhekene nezingane zabo ezazizosoka. Ilunga ngalinye laletha ingubo. Lezingubo zizosiza abafana uma bezosoka.



***Izingubo ezanikelwa ngosuku lokuzalwa kuka Mandela kubafana abazosoka.***



**U-Mnu. Scelo Dlamini oyilunga lekomidi enikela ngengubo**



**Omama basebandleni lase Luthela ababezofaka esivivaneni ngomnikelo wezingubo.**

Ngalo futhi usuku luka Tata (Mandela Day) abasebenzi bakwa House Keeping bazinikela baqoqa imfucuzwa eyayisehholo lamakhosi KwaHlabisa eliseduze kwesibhedlela. Umphathi sibhedlela naye wayeyinxenye yaba-becosha ngenhloso yokukhuthaza inhlanzeko.



**Imfucuzwa eyayicoshwa ngabasebenzi besibhedlela ehholo nge Mandela Day**

***SUMMER DAY 2011 AT INTUTHUKO SPECIAL SCHOOL***

Pharmacy department took an initiative by visiting children at Intuthuko Special School which is the school for children living with disabilities with the aim of educating children about the correct usage of medication. This was part of the pharmacy week. It is true that by educating a child you are educating the nation. Children are the one's who reminds ogo about taking their medications, therefore by educating them on the correct usage of medication, then ogo will be able to take their medication correctly .



**Pharmacy staff giving toys and balls to Intuthutho Special School**

Summer day activities were done with these children where pharmacy staff dedicated their time to them. They were all playing and children were given toys to play with. The most important gift they got was love and feeling special as they are physically challenged.



**Ms Xolie & Zinhle educating children and having jokes with them**

# **EMPLOYEES OF THE MONTH AUGUST 2011**



**MS D.D. ZUNGU (X-RAY)**



**MR S.G MDLESTHE (PROF. NURSE: H -WARD)**

THEY WERE NOMINATED BY EMPLOYEES AS THE BEST EMPLOYEES OF THE MONTH IN THE HOSPITAL. THEY EXCEL ON THEIR DAILY WORK ACTIVITIES.

## CAPPING OF GROUP

**Welcome to the profession of nursing. They pledged with candles being lightened led by Mrs. Sithole a Professional Nurse working at Crises Centre.**



## BREASTFEEDING AND IMMUNISATION AWARENESS

Isibhedlela saKwaHlabisa yisibhedlela esikhuthaza omama ukuba bancelise abantwana ibele. Ngo nyaka ka isibhedlela si-phinde saklonyeliswa ngokuba ngesivelele eku-khuthazeni nangenani lomama abancelisa izingane zabo ibele.

Into enhle iyasentshenzelwa



**Kwakuthi akandize Sister Jele esebenza e-Nursery ekhuluma ngesigemfuza senegane encela ibele nengahlaselwa**

Ngenyanga ka August okuyinyanga yabantu besifazane nekhuthaza ukuncelisa nokugonywa kwezingane, abasebenzi bomnyango okubalwa kubo i-Maternity ward okuyilapho izingane zifikela khona emhlabeni kanye nabasegunjini lezingane ezigulayo baphumela emphakathini nasemitholampilo lapho omama basuke behlangene khona bebafundisa futhi bebakhuthaza ngobuhle bokuncelisa ibele nangokubaluleka komgomo enganeni kusukela izelwe.

Kulonyaka ka 2011 ngayo inyanga ka August, lomkhankaso waqala e-gateway clinic komama ababelethe izingane emtholampilo yabe isidlulela nakwezinye izindawo nemitholampilo. Abakhulelwe bona bathi beyothola abantwana basuke sebazi kahle ukuthi umntwana unceliswa ini futhi yini eyenza umntwana akhule kahle avikeleke ezifweni. Bayafundiswa futhi ukuthi ukuncelisa ibele akukhethi noma nange umama uyagula kodwa nje uma efundisekile uyakwazi ukuncelisa umntwana wakhe ibele. Yingakho nje lesisibhedlela siphumelela ekubeni ngesihamba Phambili ekukhuthazeni omama ukuncelisa ibele.



**U-Sister Maphumulo osebenga ewodinin lezingane ekhuthaza omama ngokubaluleka komgomo ezinganeni nangokuvikelela ukungondleki kahle ezinganeni.**

# WOMEN'S DAY CELEBRATED IN STYLE

**T**his year 2011, women's day was celebrated in style other than talks. Taking care of staff members is what Hlabisa Hospital does. Again, promoting healthy living style is not only targeted to community members or unemployed people but workers are also encouraged to practice it. On the 17th of August 2011, Hlabisa Hospital celebrated women's day which was a sports day with its staff members. This was done at sports and recreation centre. Oh!!! What fun day, women playing netball, running with an egg on a spoon, jumping on a sag, ingqabeshu and tag of war.



This day also encouraged women to participate and join Biggest Loser Competition for the hospital. They enjoyed the fun and proved that exercising is not only running and is enjoyable in sports. Most of

staff members especially women are not exercising, they live a routine life: going to work in the morning, come back home and do nothing to keep their body exercising. Some of them are not even walking as they are using staff cars or travelling to and from work.

They were again encouraged to join or do some activities which will help them exercise as it is good for their health.

**Qhude manikiniki,, zindala zombili — kudonswa intambo (tag of war)**



“Cha uyadoja u-Hlambile anginamona futhi unekhono” Lawa ngamazwi ajwayele ukushiwo yizingane uma zizidlalela kodwa ngalolusuku ayeshiwo ngomama ababengenisekile ngonompempe wosuku. Cha yena waqopha umlando okwenza lolusuku lube isikhumbuzo njalo.

**Qhude manikiniki omama bedonsa intabo bezizwa amandla. Kuguga othandayo!!! Abawuvali umlomo ngobumnandi bomgubho wosuku lwabo ngokuzivocavoca nokubasiza ukuthi bakhohlwe izinkinga ababhekene nazo emihleni.**

## IXOXWA NGEZITHOMBE



**KUGIJINJWA NEQANDA—EGG RUN IN SPOON**



**KUGIJINYWA ESAKENI**

**LOT**

**OF**

**FUN**



**FROG JUMP**



## FROM THE PRO'S DESK

Ngithanda ukubonga abaphathi besibhedlela, ibhodi lesibhedlela elingenye yezinhlaka zokuxhumana nomphakathi, abasebenzi kanye nomphakathi wonkana ngokubambisana ekunyuseni izinga neqophelo lokusebenza.

Lilihhovisi yilona elixhumanisa umphakathi nesibhedlela nelemukela imibono, izincomo kanye nezikhalazo ezisuka emphakathini ngesibhedlela nemitholampilo. Ziningi izincomo esizitholayo kunezikhalazo ikhakhulukazi ngempatho esibhedlela. Okungathi kuseyinselelo nje umphakathi okhalaza ngakho yindawo yokuhlala komama abagulelwa izingane, Knye nezinkomba ezikhombis izindawo ngokwahlukana kwazo ngaphakathi esibhedlela (sign language).

Okuningi umphakathi obukhalaza ngakho isibhedlela sikwazile ukwenza ushintsho nokukulungisa njengamakati esibhedlela nangokulinda isikhathi eside udokotela. Nakuba inkinga yodokotela kuyinkinga ekhungethe isifunda sonke kodwa odokotela abakhona benza okusemandleni ukusiza izimpilo zabantu.



Ukulinda isikhathi eside odokotela kuyinto engenzezi nsuku zonke. Umphakathi uyacelwa ukuba usibekezelele uma kunesimo esinjenga leso, abaphathi basuke bezama kanye nodokotela.

Imibono, izincomo kanye nezikhalazo zihlale zamukelekile ngoba yizona esizibona ngazo ukuthi umphakathi / abantu bayayithokozela impatho esibhedlela nesimitholampilo. Ezinye zezincomo esizitholayo yilezi:

Mphathi  
Siyabonga ujkuba nisilethele loluhlelo lweVCT endaweni yethu. Siyabonga kakhulu ngalokho neservice i-right.

Ozithobayo  
Ntombifuthi Buthelezi

*“A total commitment is paramount to reaching the ultimate in performance”*

Mina Doris Mbatha ngicela ukudlulisa ukubonga ngekliniki yaseMpembeni. Abasebenzi bakhona yayakwazi ukwemukela ngenhlonipho, bayakwazi futhi ukusinakekela.

Doris Mbatha  
Mpembeni

Mhleli  
Ngincoma impatho engiphatheke kahle ngayo kubobonke akekho ongi-  
phathe kabi banginakekele kahle abanaso isihluku

Ngiyabong  
Anonymous

