

Hlabisa Hospital
Private Bag X5001
Hlabisa 3937
Tel: 035 8381 003
Fax: 035 8381 103



FROM THE HOSPITAL MANAGER'S DESK

Hlabisa Hospital is in its 60th year when it was founded. When one looks back a lot has occurred. The hospital has had a very rough time with a high staff turnover. Most of its doctors have gone. The final straw was when the Medical Manager Dr AGM Adam left for the Western Cape. One cannot thank Dr Adam enough for the contribution he made for Hlabisa. Hlabisa Hospital for the first time, we were able to have a good number of doctors. "May God bless Dr Adam for his good work". He was able to strengthen the

team. Your commitment was noticed by all, fare thee well! "All the best in the Western Cape"



This is the most difficult time with "budgetary constraints". We thank all the staff for being able to provide services despite

the existing challenges. "Inadequate Budget" We hope we shall be able to function much better in the future, lets hold hands and move on. The spirit of oneness was displayed by all Hlabisa Hospital members during the "men's health" and "women's day", this was outstanding, keep up the good work!

Hlabisa Hospital does well because of your commitment. "Hold on! The sky is the limit" This I say because we have done it again. "Baby friendly hospital initiative award" has been won again, Well done".



FAREWELL TO DR ADAM THE MEDICAL MANAGER.

Good and sad news are happening all over. Hlabisa Hospital is one of those institutions who lost their loved ones due to greener pastures somewhere else. Our Medical Manager, Dr Adam accepted an offer in Cape Town where he was offered a Hospital Managers Posi-

tion. His farewell was on the 26th of August 2008 in the Doctors Tea Room in Hlabisa Hospital. This is sad news to Hlabisa Hospital because each and everyone at work play an important role but Dr Adam was doing great for Hlabisa Hospital. We are unsure of filling his post due to the monitorial of posts in the Health Department which also added to the



shortage of doctors. The Hospital Manager wished him all the best to his new job and also mentioned that Hlabisa Hospital will always need people like him since he was the bright burning candle in Hlabisa Hospital.

Inside this issue:

From the Hospital Manager's Desk	1
Farewell Dr. Adam	1
Community Mobilizing	2
Heavy Wind in KZN— Hlabisa	2
Men's Health	3
Women's Day in Hlabisa	4
PRO's Corner	5
Healthy Life Style	6
Farewell	7
Awarenesses	8
Hlabisa's Baby	9
Ezemidlalo—Sports	10

"All that is gold does not glitter; not all those that wander are lost
"J.R.R TOLKIE."

COMMUNITY MOBILISATION AT MADWALENI AREA



Women attended the community meeting



Men attended the meeting— sitting aside

Hlabisa Hospital is engaged in improving the service delivery and that is why we attend community meetings and Izimbizo so that people can be sensitized about diseases and educated about complaints handling mechanisms in Hlabisa Hospital and its clinics.

On the 17th of July 2008 we attended the community meeting at Madwaleni Area. This meeting was attended and organized by school health and public relations office in order to educate people about health issues including STI's, HIV & Aids, Cancer, healthy lifestyles and other diseases. We all know that when the Department of Health is visiting the community, its main aim is about health issues and to assist communities in poverty alleviation through



Mrs. Mkhwanazi addressing the community

marketing bursaries as awarding to the Department of Health. Without education, poverty may not be alleviated as we all know that "Education is the key

to success" We also encouraged local communities within the district to apply for bursaries.

By also attending community meetings, that is where we also get their views and suggestions about the hospital and clinics since not everyone goes to clinics and hospital. Communities are also encouraged to put their suggestions in the suggestion boxes provided in all hospital points and clinics.

We don't actually need fancy place to meet with the community but as you can see, we even met in a ground with them as long as the message is sent clear and fruitful to them for the benefit of the community and for the Hlabisa Hospital.

STRONG WIND IN KZN - HLABISA



Strong wind in KZN including Hlabisa did not take only people's houses but also Hlabisa Hospital is one of those. On Friday afternoon at 15H30 on the 05th of

September 2008, Hlabisa Hospital laundry roof was blown off by the wind which was heavy and dusty. Fortunately nobody was injured but anybody could have laughed when seeing staff members who were inside during that incident screaming and running away from the house. The management went to the laun-

dry to check and managed to comfort and motivated employees who were shocked. Since this happened in the afternoon the shift workers who were supposed to on that night did not due to roof which was blown. They were allocated to work on the following day as emergency repairs had been called. The laundry staff is thanked for their dedication and commitment. Hold on guys we are proud of you!

According to Health Calendar 2008, July is a Men's Health month and Hlabisa Hospital hosted awarenesses for men in all 4 Hlabisa Tribal Authorities which are Matshamnyama Tribal, Mpembeni Tribal, Mdletsheni Tribal and Mgeza Tribal Authority. These awarenesses started from 28-31 July 2008 where communities were visited and sensitized about men's issues and their health. Even though it was a men's health awareness, women were also there to support their "family heads" as it is said in a bible "indoda iyinhloko yomuzi"

These awareness was attended by large number of people per tribal authority and hospital officials including Ms Myandu (Matron), Mrs Mkhwanazi (PMTCT Coordinator), Mrs Hlabisa (HAST Coordinator), Mr Hlophe (Site Mentor), NH Mvubu (PRO), Mr Zulu (OPD Man-



MEN & WOMEN ATTENDED AWARENESS

ager) etc. Awarenesses were based on 5 topics which are as follows:

- What is a Men
- HAST and a men
- PMTCT
- Cancer
- Complaints mechanism and Bursaries in the Dept. of Health

Men were glad to hear that they are important in the Nation and they can do the change in all diseases as they are like "power station", if there is a power failure in the power station, which means there is no electricity in the

area. If men can control themselves and take the responsibility at home then there could be a huge difference in the decreasing of HIV/Aids. Men are the ones who have the power to propose a woman so they can also propose the usage of precautions and alleviation of spreading diseases.



MR ZULU—WHAT IS A MAN



MS MNYANDU—KANTI BAPHI ABAVIKELI?

EZAMADODA



INKOSI YASEMPEMBENI - U-NGOTSHA

Madoda zithandeni nizithibe, umuntu uma ezithanda unakekela impilo yakhe neyomndeni kanye neyisizwe. Uma omile uphuza isiqedakoma sakwakhe hhayi esakomunye umuzi. Madoda yibani nonemfu,

uma nihala zisilekeni ngobulongwe noma nifake izimfonzo.

Selekeleleni! Nanka amanzi engena endlini, nina ningawenza umehluko. Nakhu sibhuqabhuqwa yingculazi, nina ninamandla, ningasukuma maqede kubonakale ukuthi sekuviva amadoda.

Nampa ogogo nabantwana abancane bedikadikwa abafana bebadlwengula bephindelela. Buphi ubuntu?

Bavikeli bemindeni selekeleleni nivimbe amadoda mbumbulu asephenduke izinswelaboya ebhuqabhuqa izingane ngocansi, agulukudela emizini, abantu balala obenyoni. Kanti baphi ABAVIKELI?



Once again Hlabisa Hospital remembered the importance of its staff members not only by caring for the patients but also for its benefits as staff members. On the 27th of August 2007, we had a Women's day celebration which was held internally in the Receptions Hall (Nurses Home) for Hlabisa Hospital staff members.

Never judge a book by its cover, when you see staff members in their uniform you may never think that the same people can also be in traditional attire. Kwakungemvunulo wawungafunga ukuthi umkhosi womhlanga obizwe yiSilo Samabandla Onke.



Yize noma kunezingqinamba ze-budget but thina la kwa_Hlabisa we know that some other things can not be stopped due to budget constrains. We managed to negotiate with the Maskandi Musician by the name of

Chwepheshe naye owafike wenza into yamehlo neqembu lakhe. Phela thina

la esibhedlela sakwa-Hlabisa akuyona inkinga uma sifuna umuntu ongaba isikhulumi so-suku, singo-macaphuna ku-sale, sibophele izinkakha zodwa.

Isikhulumi so-suku kwakungu-Mama uMtshali ongu-Nursing Manager kodwa ke ngalolusuku wayethwele isigqoko sokuba nguMama.

WE LOVE ALL THE WOMEN OF SOUTH AFRICA

A woman is like grass

She holds happiness, love and opinions. She smiles when she feels like screaming

A woman has strength that amazes men. She can handle trouble and carry heavy burdens

She sings when she feels like crying Cries when she's happy and laughs when she's afraid

Her love is unconditional

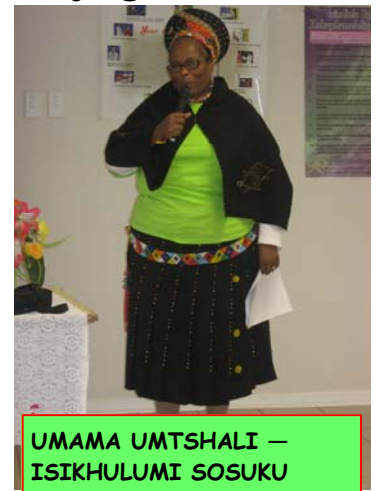
She radiates the glory of her King
SHE ALWAYS LIKE TO BE APPRECIATED AND DESERVE LOVE



Enkulumeni yakhe wamchaza uMama njengoSomlomo

wephalamende lasekhaya futhi oyithemba labantwana bakhe nongunonzala wesizwe (Inzalabantu), phela awandi unndeni nesizwe uma engekho uMama. Akagcinanga lapho wamchaza uMama esekuMyeni wakhe, yena omfanisa nakho konke okuhle aze athi uMyeni "Amehlo akho mtanomuntu anjengawejuba, uyiphucile inhliziyoyami..." Lamazwi uMyeni akawasho nje kunanoma ubani kodwa uwasho kuMama ozaziyo futhi okumelayo ukuba ngumama ekhaya nasesizweni sonke nozihloniphayo nowenza uMyeni wakhe ahlonipheke futhi amjabulise.

Nakuba kwakungusuku lo-Mama, intsha yayingashiyiwe ngaphandle phela yibona oMama besizwe sakusasa. Nabo babe-vunule beconsa besina eyabo ingoma bethamele lolusuku oluk-



hulu kangaka, kwazise phela "libunjwa liseva" ...(PTO)





Kwathi lapho uMama uMnyandu ehaya inkondlo ngoMama kwabe eseshayela esokugcina. Wonke umuntu waphuma kulomcimbi esuthi emphefumulweni engenandaba nokudla kwasenyameni. Phela lolusuku lwakha imizi eminingi ngokukhumbuza oMama ukuthi bangobani futhi kufanele baziphathe kanjani nangokwempilo-ke nje. Angisayiphathi ke ingoma eyayihaywa yiyo phela imbokodobasesibhedlela sakwa-Hlabisa.



PRO'S CORNER



MISS N.H. MVUBU—PRO

FROM THE EDITORIAL DESK

I would like to thank the Management and complement all Hlabisa Hospital staff members in their different sections for their effort in the institution and for making this newsletter successful. It is true that "United we stand but divided we fall". I would also like to thank Events Manage-

ment Committee for their effort and team work whenever there is any event or awareness in the institution who work tirelessly for Hlabisa Hospital. Inviting people without refreshments and sometimes a gift is never been an easy thing since phela thina we believe that isivakashi asiphumi ekhaya singatholanga okuya ngasethunjini. Even the community in all awareness is complaining about awarenesses without lunch as they compare us with big events done by the Province with marquee and lunch packs for the community. Even though there are challenges but it is a great pleasure that Hlabisa Hospital do comply with the requirements where one can be de-motivated to work such a challenging job with-

In some instances we took photos by using cell phones for records and pictures. I would also like to thank all staff members for understanding the current situation of budget constraints in the department.

This office is always opened for suggestions, complaints and complements about the hospital and our clinics.

Hlabisa Hospital
Private Bag X5001
Hlabisa 3937
Tel: 035 8381003
Fax: 035 8381103
E-mail: Nom-pilo.mvubu@kznhealth

HEALTHY LIFESTYLE TIPS

Air out your headspace

Lead a balanced lifestyle

Your family, relationships and job should all have an appropriate amount of your attention. Experiment with new ways of being. Learn to communicate, resolve conflicts and to rely on others for support.

Recognise your stressors

Identify them and then you can deal with them better - or avoid them altogether. Don't pollute your thoughts. Focus on the things you can control, not the things you can't. And don't dwell on the negative; rather focus on the positive.

Take control of your time

Organise your work and home life and declutter your environment. Consider your values. Define what gives your life meaning and draw strength from it. Have a laugh. A sense of humour helps you maintain



Get moving

A good sweat decreases your blood pressure, slows your heart rate and breathing, and releases endorphins, which promotes feelings of calm and wellbeing. It is also the best way of metabolising the hormones such as adrenalin that build up as a result of stress, allowing your system to return to equilibrium.

Find a sport that releases adrenalin, gets you excited, gets you into the light and makes you breathe fresh air. A new experience such as abseiling, whitewater rafting or surfing can rinse your system of pent-up

perspective - and laughter relaxes you and releases tension.

What you put in...

Food is a very important part of stress treatment. Apart from following a healthy diet, it is also important to curb bad eating habits, such as unhealthy snacking and comfort eating.

Complex carbohydrates

Wholegrain pasta and cereals, potatoes and brown rice prompt the body to release serotonin, a mood-enhancing hormone. Protein Amino acids, the key component of pro-

tein, helps repair damaged cells and enhances mental functioning. Water. Lots of it. Dehydration causes stress.

Fish

Omega-3 fatty acids found in oily fish such as salmon and mackerel can block production of the enzyme that makes us feel tense when under pressure.

Vegetables

The green-and-reds provide vitamins and nutrients to combat stress. Potassium. This mineral helps your muscles relax and can be found in bananas, milk, wholegrains and nuts.

What you leave out...

Simple carbohydrates

Sugar, sweets and fizzy drinks will give you an instant pick-me-up by spiking glucose levels in the brain, but five minutes later their energy will run out and you will drop like a ton of bricks. The fluctuations cause mood swings and combat stability.

High-fat foods

They block your arteries, strain your heart and lead to obesity, lack of self-esteem and other health issues.

Alcohol

One drink now and then has been shown to reduce the risk of heart disease, and, being a central-nervous system depressant, helps

calm the nerves. But it is too easily abused to be a good recommendation.

Caffeine

Your morning coffee increases the release of adrenalin, which exacerbates stress. Substitute it with chamomile tea, which contains compounds known to reduce

GET MOVING , SLEEP AND REST

stress hormones, as can a release of aggression by pounding a punch bag. But something as simple as a walk can also do the trick. The best form of exercise for stress reduction is cardiovascular exercise. Get 20 minutes at least three times a week.

Sleep and rest

Tiredness lowers your emotional threshold, frays your nerves and makes you more likely to snap. Sleep sends your brain off into a different zone by changing the fre-

quency of brainwaves. It replenishes energy levels and allows your mind to recuperate, working through the material from the day in your unconscious. Try to get eight hours a night.





FAREWELL TO INTERN-PRO



Mr Ntokozo Mathenjwa—Intern PRO

It is very interesting to say “Welcome to the place of milk and honey (Hlabisa Hospital), but saying good goodbye has never been nice. In June 2007 the hospital welcomed Mr. Ntokozo Protus

Mathenjwa the Intern-PRO and in 2008 we also said farewell “Somlomo”. Ntokozo is been a dedicated and a hardworking guy in the institution. During his farewell, everybody had something to say to him and Mrs. Zungu the Hospital CEO finally said everything on behalf of the hospital management and staff. “Uyazi u-Ntokozo ngiyaye ngithi uma ngimbuka ngikhumbule enye yezintatheli nangendlela ahamba ngayo, he is so energetic and a real communications person” said Mrs Zungu

In most cases, farewell is done to someone who leaves the institution because of greener pastures somewhere else but, the one for Ntokozo was different because it was the end of the internship program but we hope his time is coming. “Ntokozo we’ve been staying with you and you were the good child, now you are going to another earth so please take care of your self and I repeat TAKE CARE OF YOUR SELF..... we wish you all the best” said Mrs D.L.L. Zungu the CEO as amazwi awumphako wendlela.

FAREWELL MRS T.B. NXUMALO



Once again the hospital (Laundry Section) loses one of their loved colleague who leave the institution for her retirement. It is a great

pleasure that someone leaves the institution because of retirement other than death or disability Mrs T.B Nxumalo worked for Hlabisa Hospital for the period of 18 years from 1990—2008 as a Senior Linen Orderly. During her farewell function, every speaker thanked her for the good behaviour and commitment she had in the section.

beyibutho besho ngehubo lesintu beholwa “ezakwakhe” uBaba U-Nxumalo. Babeshona bevumbuka besho ihubo elithi “Zinsizwa Salani Nonyoko Siyofika Kusasa”. Naye u-Singaye wakhohlwa ukubukela kwavuka usinga washo waqonda ngqo ebuthweni naye ekhipha elakhe ikhono.

Phela omdala akakhohlwa ngamasiko. Kwathi lapho ozakwabo kulindeleke ukuthi bazocula iculo elijwayelekile, baqhamuka



FAREWELL MR DUMISANI GUMEDE



Mr Dumisani Gumede the Assistant Rehab Manager of Hlabisa Hospital and who has

worked for the institution for 4 years joined the others who leaves the institution due to greener pastures and better offer somewhere. He is also the product of Umkhanyakude District Scholarship project which is known as Friends of Mosvold. During his farewell Ms Sindi Ngobese who is now on his shoes did not want to see and hear Dumisani’s last words for good bye with the reason that he was a friend and a colleague to his team mates in the department and she did not

want to cry in front of him but we wish him all the best in his new working environment.



Dumisani Gumede and friends

SCHOOL HEALTH WEEK IN HLABISA HOSPITAL



25-29 August 2008 was the School Health Week here in Hlabisa Hospital which was done in 5 schools. This was done by Hlabisa Hospital and School Health did with the aim of screening and promoting health education talks to learners and parents in schools. Schools that were visited were

Qalindlela Primary, Msushwana Primary, Izintambane Primary, Thanga Primary and Mbilini Primary Schools. The team comprised of Social Worker, Mental Health Nurse, HIV/Aids Councilor, SAPS, PRO, TB team, Dental / Oral Health and school health team. The Department of Social Welfare (Social Worker) and Environmental Health were also part of the team. Topics that were covered were; all forms of child abuse including rape, substance abuse, TB and HIV/Aids, Health promoting schools, Environmental health, Teenage pregnancy, tobacco control, dental / oral health, communication and complaints mecha-

nism in the hospital and in clinics. The objectives of these health promotions were to detect problems early and refer to clinics or health institutions. Also to discourage the use of tobacco and drugs by learners and to empower the whole community on child care, child abuse & substance abuse.



Parents who attended the awareness

MOTHER AND CHILD HEALTH AWARENESSES



According to Health Calendar, August is a women and child's month including, National breastfeeding, immunization, cerebral palsy, cancer and Rheumatic fever weeks. Hlabisa Hospital visited clinics for the awarenesses of mothers regarding children and their health. This awareness was done in 03 clinics namely Gate-

way Clinic, Nkundusi Clinic and KwaMsane Clinic in August 2008. Mothers were encouraged to love their children from the first days of pregnancy including attending clinics and knowing their status and PMTCT. Mothers were also encouraged to know their status before planning to have a child and if it happens to get pregnant before knowing their status, they were also told about advantages of getting tested and knowing your status.

Parents who look after their grandchildren were also in the awareness since they are the one who looks after the young ones and who are responsible for the immunization and keeping "road to health cards" for

children. These awarenesses was aimed at educating mothers in caring for their children and the team were from Maternity, Rehab, immunization, PMTCT and PRO about Communication / complaint mechanism in the hospital and clinics.



2008/08/29

SOCIAL WORKER'S DEPARTMENT



This is the Social Worker's Office of Hlabisa Hospital where Ms M.S. Mavuso and Mr P. Gumede have worked in from 2004. All good work and com-

plements from the community comes from this office. It is too small for their work and the number of people visiting it. When the sun is hot, they feel like working under the tree since there is no air conditioner and they always keep the door opened and at the same time they have to keep confidentiality. Even though they work under this condition but their

good work is always in a bright spot for Hlabisa Hospital.



Mr P. Gumede and Ms M.S. Mavuso

HLABISA HOSPITAL IS REMEMBERED EVEN IN NETHLANDS

20 years ago, Hlabisa Hospital was once been blessed with a doctor from Holland who was Dr Van Dijk. He worked for Hlabisa Hospital for the period of 03 years (1985-1988) staying with his family. By that time, the hospital was known as a Kwazulu Government Hospital. We all know that there is no place better than home. In 1988 he decided to go back home in Netherlands with his family and their baby girl who was less than 1 year of age. 20 years later, they remembered Hlabisa and which is the place where their first baby girl was born. Their visit to Hlabisa was on 06 August 2008 and their "child of Hlabisa Hospital" is 20 years old who was also glad to see where she was born although the building which was the Labour Ward by that time was demolished due to improvements in the hospital. She was also keen to work in Hlabisa Hos-



Henk, Marian, Mrs Mtshali, Elmarie, Mrs Biyela and Geranne van Dijk

pital as she is studying to be a doctor like her father. They moved around the hospital with Nursing Manager (Mrs. Mtshali) and Mrs. Biyela Community member-former Matron). They appreciated the cleanliness and good patient care in Hlabisa Hospital.

"We were very surprised that the hospital has improved so much! All of us enjoyed our visit to South-Africa and we were glad you gave us the opportunity to visit Hlabisa. It was nice to see a few sisters who even worked in Hlabisa 20 years ago."

Van Dijk Family



Henk, Marian, Elmarie, Geranne van Dijk and Mrs Biyela

!!!E Z E M I D L A L O !!!

ISIBHEDLELA SAKWA-HLABISA SIGUQISE KANZIMA ITSHELEJUBA NO CEZA



HLABISA HOSPITAL SOCCER TEAM

Baswela umgodi wokucasha abasebenzi besibhedlela saseTshelejuba ngesikhathi beguqiswa kanzima isibhedlela sakwa-Hlabisa ngamagoli angu 05 - 00 ngoMgqibelo umhlaka 06 September 2008, ezinkundleni zemidlalo e-Richards Bay.

Uke uzwe uma kuthiwa abafana bebeshikisha? Yiyo lento ebeyenziwa ngabafana bakwa Hlabisa ezinkundleni.

Nasemantombazaneni ngokunjalo u-Hlabisa ungathi wawudlala wodwa nakhu phela babezitamuzela nje ngaphandle kwenkinga beguqisa isibhedlela sakwa Ceza ngamagoli angu 14 - 08.

Ayingangamlomo phela yibona abasithembisa ukuthi u-Ceza uyawuthela umpentshisi kodwa ke vele thina sande kakhulu ngezenzo, umpentshisi lowo wagcina usuthelwa ngakubona.



HLABISA NETBALL TEAM

LUPHINDE LWAKHALA NGAPHANSI FUTHI NOTHUNGULU

Ngalo futhi lelo langa langomhlaka 06 September 2008, abafana basoThungulu District Municipality baphinde baguqa kanzima beguqiswa yiso phela isibhedlela sezimanga u-Hlabisa. Nabo abafana bathelwa induku ngamagoli angu 02-00.



Isibhedlela sakwaCeza sona sakwazi ukuzibula ngamagoli angu 02-00 ngesikhathi bedlala naye uHlabisa.



Akuyiwa nxanye kungewona amanzi. Amantombazane wona abona kuncono ukuthi u-Thungulu nalo lujabule kanye nje nokuyilapho u-Hlabisa waba ngaphansi koMhlathuze ngamagoli angu 07-13.

Kubona bonke abadlali bakwa-Hlabisa kuyo yonke imikhakha sithi
~~QHUBEKANI NJALO~~