



ITSHELEJUBA HOSPITAL WITNESS

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From the CEO's desk



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The Hospital CEO and Management for Itshelejuba convey a word of gratitude to PHC and hospital staff at all levels, for their dedication and commitment towards Quality Service Excellence awards in December 2008. Let us all start this year with enthusiasm as a way of appreciating the golden opportunity from the Almighty God to serve the people of our catchment area.

The silver and gold awards together with many commendations that we have received for Service Excellence and Good Governance are an important symbol for legacy. Let us all together strive to sustain the excellent work in the spirit of Batho pele principles.

Despite the challenges of our geographical situation, the disease profile and limited resources, the staff has continuously and tirelessly strived to meet the Health Care demands for our people. To the minority of our personnel that is still unable to put their full effort in achieving the Department of Health's objectives we request that they also join in hands with the winning team.

We would like to welcome all those who have joined the wonderful family of Itshelejuba, the Community Service Officers and those coming back from study leave, their positive contributions are very much appreciated since they will add value to quality service delivery. The Management is committed in giving the desired support.



Service Excellence Awards 2008

The Service Excellence award ceremony took place on the 3rd of December 2008 at Itshelejuba hospital. These types of events are aimed at innovating staff on their performance and to show that their effort towards service delivery is recognized.

Amongst the guests that were part of the event, Zululand district and other service elements from NGO's also joined the celebration. It is with pride and it is so amazing to know that despite budgetary constraints, the Management and staff of Itshelejuba contributed with great efforts to make this event a success.

The traditional attire was preferred as a dress code for the day to signify our roots and to show our beautiful cultures and beliefs.



Above: The Chief Executive Officer delivering a speech at the ceremony

Mrs. M.O. Simelane enikeza u F. Mkhonza isitifiketi asithola njengomsebenzi owenza kahle kuma-General orderlies.



Umfo kaMagwaza lona ophethe umtholampilo waseQalukubheka, naye bandla uthi kwamjabulisa ukuthi isikhungo sakhe si sibambe iqhaza ekulweni nezifo



Home Based Carers babethokoze ngempela ngokwamukeliswa izitifiketi zabo ngomsebenzi omkhulu abawenzayo besebenza ngokubambisana nesibhedlela.

Babeshiyelana kanje inkundla abasebenzi ngelanga le Service excellence award, izithombe ziy-ixoxa kangcono!



World Aids Day



UMnumzane Dlamini wokhela ikhandlela emva kokwethula inkulumo yakhe.
Far below: hospital staff lighting candles during the prayer session.

The World Aids Day is celebrated each year in South Africa, whereby people gather and pay respect to those that are infected as well as to those that have died of the disease.

In December 2008 people gathered outside Mpumelelo ARV clinic to pray and to listen to other fellows who have been living positively with the virus. In his short speech, Mr. M. Dlamini, urged our communities to support those that are sick and said early testing benefits one's life.

Dr. Kanana, who runs the ARV clinic, encouraged his patients to take ARV's in order to prevent complications. Candles were lit as a symbol of hope and everybody took part in a 10 sec silence.

Ever since the roll out of ARV's at this clinic, the numbers have been drastically increasing while the tracing team work endlessly by going out to search for the defaulters.

In 2007 it was estimated that over 5.6million people in South Africa were living with HIV and 250 000 were on ARV's. Different initiatives have been taken which are aimed at giving attention to the epidemic in terms of prevention strategies, encouraging VCT/PMTCT and rolling out of ARV's.



uMnyango Wezempilo . Departement van Gesondheid

Fighting Disease, Fighting Poverty, Giving Hope

GIVING HOPE TO THE HOPELESS

Hopelessness drains ones physical and mental strength and drowns them into deep sorrow. And in many cases people lost their will to live because of hopelessness. “However there is only one man who can deliver men, who knows all our daily struggles, weaknesses, who understands our problems and take our fears away, that man is Jesus”. This was the message from the Gideon’s team who visited the Itshelejuba hospital on Friday 12/12/2008 To bring back hope to those who along the way have lost it, to those who felt spiritual weariness and insecurities. To let people know that their deepest needs are met in Christ.

Free bibles were given to staff and patients as a symbol of love from God.



Team from Gideons with hospital Management before starting their ward visits.



Mr. and Mrs. Erlank speaking the word of faith to patients and encouraging them to read the Word of



WELLNESS PROGRAMMES

URev. S.R. Nhlengethwa uphendule kanje ebuzwa ngeqhaza lakhe lobu-Chaplain?

“Phela umuntu njengoba enziwa ngomfanekiso kaNkulunkulu nje naye uneziqu ezintathu. NjengoMdali wakhe onguYise neNdodana noMoya oy-ingcwele, umuntu ungumzimba nomoya nomphefumulo. uMnyango wezeMpilo uphetha amakhambi okwelapha umzimba kuphela.

Uphethe izwi lokuphilisa umphefumulo. Ezinye izifo zivuswa yizinkinga ezonakaliswa umphefumulo bese kuze kuphumelela nasemzimbeni, kungakho abanye noma bephuza amaphilisi kungaphatheleki ngoba okunye kuphakathi emphefumulweni.

Siyabonga ukuthi umnyango uye wasibona isidingo sokuthi abasebenzi neziguli bayaludinga usizo oluvela koPhezukonke onguMdali wethu sonke. I Thesalonika 5:23, amaHubo 121: 1-8”



Itshelejuba hospital staff and HCF friends attending an evening service at the hospital Chapel.

EZENTUTHUKO

The first of this kind in South Africa. These type of houses are more common in Australia, built of steel and fibre glasses in the interior. The advantage of these houses is that during winter they are cosy and cool during summer.

It takes the maximum of 10 days to complete the house, which is less labour.



Knowledge is power



The Mindset Health channel, is a partnership between Mindset Network, the DoH and Sentech. It delivers mass scale of Health digital education addressing critical issues such as HIV/AIDS, TB etc.

It has been currently introduced to South Africa, targeting Health care providers, Health workers, patients and general public.

Itshelejuba staff and patients have benefited, by having this system installed for accessing health knowledge.

Skills on basic operation on how to access information was given to staff members.

Above Lufuno Nekhubvi from Sentech and Itshelejuba Unit Managers during the training session.

PHYSIOLOGICAL NEEDS

NUTRITION AND EXERCISE

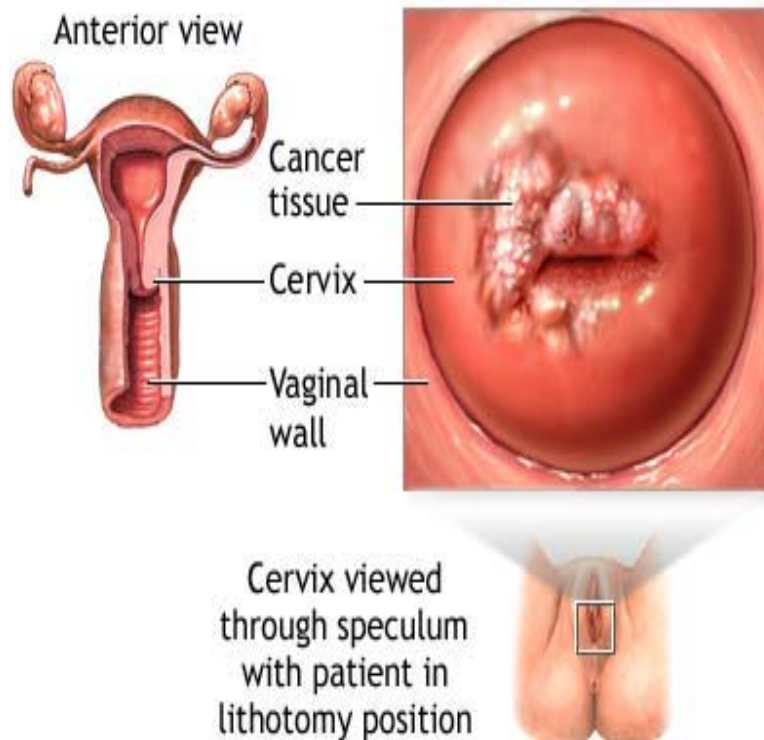
- Healthy foods for a healthy lifestyle
- Balanced diet (carbohydrates , protein , vitamin)
- Boiled or grilled food
- Avoid skipping breakfast
- Avoid late supper
- Small frequent portions are better than one big meal (diabetic patients)
- More vegetables (green) are recommended
- Food with fibre (all bran , whole wheat , brown rice , seed loaf)
- White meat better than red meat
- Exercise (walking , skipping , jogging) at least 30 min three times a week



HEALTH AND WELL BEING

Cervical Screening

- Cervical screening is an integral part of a holistic , cancer of the cervix prevention programme
- Targeting all women from the age of 30 years(routine) pregnant women , and all women (irrespective of age) with a cervical abnormality
- The screening programme must be available in all health facilities where women present for health care
- The screening programme include health promotion / education , and early detection (pep smear)
- Good health practices can help to prevent cancer of the cervix
- The disease is curable if detected and treated in the early stages
- Don't wait for symptoms to appear before accessing health services
- Women aged 30 and older are more likely to develop cervical cancer than younger women
- The screening procedure is relatively simple and quick and generally not painful.
- It is very important to return for the pap smear results , and go for treatment if there is an abnormality



ADAM.



Contact number for CANSA: 0800 226 622

Imigomo yokudlulisela isikhalazo sakho

UsoMqulu wamalungelo eziguli eNingizimu Africa ukubeka ngokusobala ukuthi wonke umuntu unelungelo lukukhalaza mayelana nosizo lwezeMpilo alutholile, ngenhloso yokuthi isikhalazo sakho siphenywe kabanzi .

- Uma ungenelisekile ngosizo lwezeMpilo olutholile, ngakho uyacelwa ubike udaba lwakho luxazululeke ngokushesha
- Uma uqhubeka ngokunganeliseki, isikhalzo sakho ungaqhubeka usidlulisele kulowo **onguMxhumanisi wesibhedlela noMphakathi (Public Relations Officer)**.
- Osuke efake isikhalazo sakhe uyokwaziswa ngokutholwa kwesikhalazo sakhe ngenchwadi noma ngocingo zingakapheli izinsuku ezinhlanu (**5 Days**).
- Isikhalazo sakho siyophenywa kabanzi, kuthi imiphumela yophenyo idluliselwe kuwe zingakapheli izinsuku ezingamashumi amabilinanhlano (**25 Days**).

Uma uqhubeka ngokunganeliseki uyokwaziswa ngokuqhubeka kophenyo lwesikhalazo sakho uphinde waziswe ngemiphumela yophenyo zingakapheli izinsuku ezingamashumi ayisithupha (**60days**).



HOURS OF OPERATION

Gateway clinic : 07h00 - 16h00 (7days)

Emergencies : 24 hours

All other services : 07h00 - 16h00

NB: after hours, weekends and during public holidays are for emergencies and maternity cases only

Visiting hours

11h00 - 12h00

15h00 - 16h00

18h30 - 19h30

Unlimited visitors at bedside

No children under the age of 6 years are allowed on the wards. Permission must be given by the Unit Manager

What to carry when visiting the hospital

- Identity document
 - Pension card
 - Letter of unemployment
 - Contact numbers, correct address of relatives or next of kin
- All children below 16 years should be accompanied by their parents or guardians. R30 admission fee.
 - Pregnant, TB, epileptic, psychiatric and raped patients are admitted free of charge.
 - Face cloths, toothpaste, toothbrush
 - Money for telephone and for transport.
 - Medical Aids
 - R20 consultation fee
 - R30 admission fee.
 - Pregnant, TB, epileptic, psychiatric and raped patients are admitted free of charge.
 - Face cloths, toothpaste, toothbrush and contact numbers.
 - Medical Aids acceptable

Ambulance service is R25, except for when a patient has been picked up from the clinic.



NEW STAFF MEMBERS

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1. *Mr. N.B. Fakude- Comm serve Pharmacist. Uthi iBatho pele ihamba phambili lapha kuye. Kanti futhi uyazifela ngomculo we soul.*
2. *Mr. S. T. Duma- Comm serve Radiographer- lensizwa ke yona izothile bandla, siyethemba ukuthi sizofunda okuningi kuyo.*
3. *Sir. C. Mavasa- uyazibonela igeza loqobo, kuyafitwa ngebhola lezinyawo, amaqembu amaningi ngathi azobhincela nxanye kulonyaka.*

STAFF DEVELOPMENT

Sr. Ndumo– siyakubongeka Nkosazana, ngokuphumelela kwakho, kodwa ke indlela iseyinde!

Sir V.E. Khumalo- umfo kaMntungwa ke lona, uthi isiguli masesifike kuye, sisuke sesifike ekhaya. Yena ke ukhonze ukufunda nokuyozivocavoca, natwe uyazobonela nje!



Deaths

The Management of Itshelejuba hospital would like to send their sincere condolences to the staff, families and friends of the late Ms T.W. Khumalo– Professional nurse who passed away on 12/02/2008.

NOTICE

- Ramakrishna Specialists will be visiting the hospital on 08 March 2009.
- Opening of Belgrade clinic on 23 February 2009.
- Truck stop clinic in town will start operating soon– new site next to Shell garage.

Inspiring Quotes

- “The best way to find yourself, is to loose yourself in the service of others” (*Mahatma Ghandi*)
- “.....let us not grow weary in doing what is right, for we will reap at harvest time, if we do not give up. So then whenever we have an opportunity, let us work for the good of all” - *Galatians*



