



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

ITSHELEJUBA HOSPITAL

Itshelejuba News

January to March 2018



Phila walk
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Cardiopulmonary Resuscitation
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Wound care training
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CPR INSERVICE TRAINING 28 FEBRUARY 2018



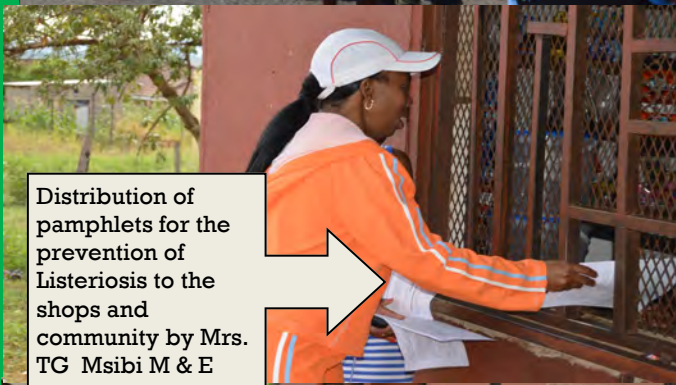
Itshelejuba staff attended the Cardiopulmonary Resuscitation (CPR) in-service training that was conducted by Mr B.A Nkosi from EMRS, 68 staff members attended both clinical and non clinical staff members were present.

CPR is a manual application of chest compressions and ventilations to patients in cardiac arrest, done in an effort to maintain viability until advanced help arrives. This procedure is an essential component of basic life support.



The staff above demonstrated what they learnt on the training. They practised that they have knowledge and skill if they are faced with this situation at work and also at home.

PHILA WALK 9 MARCH 2018



Distribution of pamphlets for the prevention of Listeriosis to the shops and community by Mrs. TG Msibi M & E



Promoting of Healthy lifestyle



Mrs. TM Vilakazi CEO leading the walk

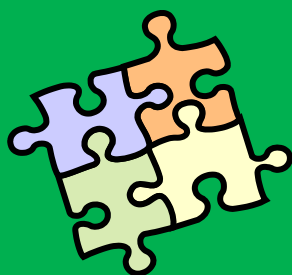
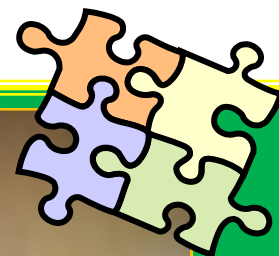


Ncotshane Clinic organised a Phila-walk which was based at promoting a Healthy lifestyle; conveying Health messages and educating the community on prevention of Listeriosis.

PHILA WALK CONTINUED– Visiting Children’s

The CEO—Mrs. Vilakazi visited THANDOLWETHU Children’s home based at Ncotshane.

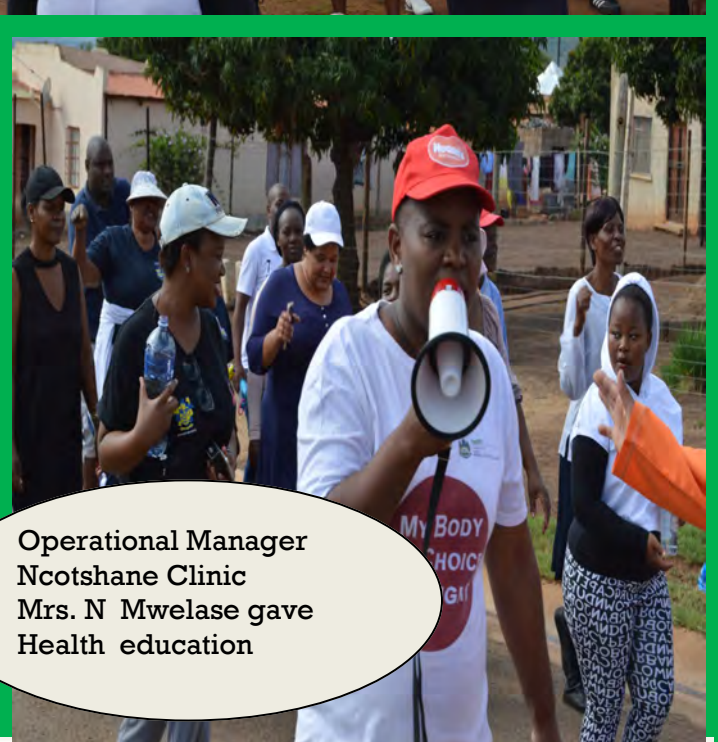
Health needs were identified and necessary interventions made including referral.



PHILA WALK CONTINUED



Staff and community members are walking through Ncotshane streets, singing Health songs and distributing educational pamphlets



Operational Manager Ncotshane Clinic Mrs. N Mwelase gave Health education

Burn Care & Management workshop

28 February 2018

On the 28th February 2018 Itshelejuba Hospital held a Burn Care and Management workshop, It was hosted by Umsinsi Health Care. The staff learnt about the different types of wounds and how to manage them.



The staff from the Hospital and Clinic's listening attentively to this fruitful workshop



Patience Maphosa from Umsinsi Health care conducted the workshop



Mbali Ndlovu (Chief physiotherapist) telling the staff members about the role of a Physiotherapist in the management of burns.

Physiotherapy play an important role when managing burns.

PREGNANCY AWARENESS WEEK

6 MARCH 2018



Sr. N Mwelase giving an inspiring Health Talk



Sr. Z Msezane educating the learners

On the 6th March 2018 Itshelejuba Hospital held health education at uPongolo High School. Sister N Mwelase from Ncotshane Clinic and Sister Z Msezane from Itshelejuba Peads Ward was visited Female learners educating the learners about family planning teaching them about the kinds of contraceptives which prevent pregnancy in their teenage stage. Learners were encouraged to abstain and practise safe sex.

What you need to know about Listeriosis

What is it?

Listeriosis is a serious, but treatable and preventable disease caused by the bacterium, *Listeria monocytogenes*.



Symptoms

- Diarrhoea
- Fever
- Vomiting
- Weakness
- Muscle aches
- Headache

Who's at risk?

- pregnant women
- neonates
- very young infants
- elderly persons
- anyone with a weakened immune system



Five Safety tips

- Keep hands, utensils and surfaces clean
- Separate raw and cooked food
- Cook food thoroughly
- Keep food at safe temperatures
- Use safe water and raw material



Foods to avoid

Ready-to-eat cold meat products:

- Polony
- Viennas and other sausages
- Cold meats



Sources

- Directly at origin e.g. farm
- Food processing plant
- Retail
- Food preparation at home



government
communications

Department:
Government Communication and Information System
REPUBLIC OF SOUTH AFRICA



Recipe Time



No bake Fudgy chocolate and Marie biscuit squares

INGREDIENTS:

- * 250 g margarine or butter
- * 500 g icing sugar
- * 250 ml cocoa powder
- * 1 egg, slightly beaten
- * 1 table spoon vanilla essence
- * 1 packet Marie biscuits broken into pieces (bash in a packet or use food processor)



METHOD:

1. Melt the margarine in a large pot until melted.
2. Remove from the heat
3. Add the icing sugar and the cocoa
4. Mix well until well combined and there are no dry bits
5. Stir in the beaten egg and vanilla and mix until smooth
6. Add the broken biscuit bits and stir well combined and evenly coated with mixture.
7. Spoon the mixture into a greased 24 x 24 cm square and smooth out with a spatula.
8. Once cooled and firm (pop into the fridge to speed up the process) cut into 16 squares and keep in an airtight container.



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**MISS B.X MATHE
PRO IN-SERVICE TRAINEE
WRITER**



**T.G MSIBI
MONITORING & EVALUATION
MANAGER
EDITOR**



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

CONTACT DETAILS

Physical Address:

**ALONG N2 ROAD BETWEEN
PONGOLA & PIET RETIEF TOWN**

**Postal Address:
PRIVATE BAG X 0047,
PONGOLA**

3170

TELEPHONE

034 – 413 4000

FAX NUMBER:

034 – 413 2545

EMAIL ADDRESS:

Thembi. Vilakazi @kznhealth.gov.za