

health

Department: Health

Newsletten Health PROVINCE OF KWAZULU-NATAL Zigeleza noMsele



MSELENI HOSPITAL

PO Sibhayi Sibhayi 3967 Tel: +27 (0) 35 574 1004 Fax: +27 (0) 35 574 1559

Email: Mdluli.Thulani@kznhealth.gov.za

Web: http://www.kznhealth.gov.za/mselenihospital.htm

The Hospital Manager's desk, Dr. V.G. Fredlund



Stop and think, sometimes you will need to request for the assistance of others; sometimes the changes lie within you. Valuable and constructive change often happens slowly, disaster in a twinkle of an eye.

It is easy to pull down a building than to put it up, as we can all see on the east side construction site!

For 75 years clinical services have been provided at Mseleni Hospital, each year we build on the foundation laid. Make 2012 another step forward! And enjoy your work.

Sister Cebekhulu's, The **National victor for Cecilia** Makiwane

Nurses Recognition Awards

Page 3



2011 Closed with prayer

Page 4





s we begin 2012 we need to take a look around and see what we can do to make the hospital better; what we can do to make the patients better: what we can do for the community to benefit and what we can do develop our careers.

Editor's note - T.P. Mdluli, Public Relations Officer



Hi all. Hoping you had a wonderful and peaceful festive season and ready to close our financial year in a higher note.

The book of Proverbs10:4 says, a slack hand causes diligent makes rich.

I am trying to say, let us again push forward for the better lives of our community in every aspects, it can be

spiritually or physically. existing universally. One of the key things to communicate well with the clients is through the abil- SPECIAL ANNOUNCEity to deal with stress.

BURSARIES 2012

MENT

communities Once again I would like to are urged to communicate therefore warned not to take this opportunity and with Mseleni Hospital HRD take children of their relacongratulate all those par- for more information about tives who do not reside unents whose children have bursaries as the year 2012 der prescribed demarcasuccessfully offered by begins. An application form tion. If found doing that it KZN Health & uMthombo contains every information is a crime you can find Youth Development bursa- that guides the student of yourself facing the law. ries. However, there are what is expected to submit. those children who didn't It is therefore accentuated If having enquiries please qualify because of different that both the child and the fill free to contact the office circumstances, but there is parent embraces the respon- of the PR for direction on still a chance to apply next sibility of applying for the how to apply @ year. But note that, if your space in various tertiary Mdluli.Thulani@kznhealth. child has failed some sub- institution to avoid disap- gov.za or 035 5741004 ext. poverty, but the hand of the jects last year, please en- pointment at the end. It is 143 during office hours courage him to upgrade the not a responsibility of a subjects before applying for bursary scheme to apply for Till next slide the bursary next year, be- a child as others have no Thank you cause in nowadays a person idea. A child must rememwithout grade 12 is as not ber that Grade11 report is

always a key when applying for space in tertiaries. Therefore it is required for students to work very hard in Grade 11 so as to place themselves on better chancunder es in tertiary institution.

Mseleni Hospital Catchment NB: The community is

Putting the people first through Batho Pele

n order for the revitalization of Batho Pele to succeed, employees of Mseleni Hospital must change culture has in order to accommodate Batho Pele as a way of life in our day to day work.

Employees of Mseleni need to change within themselves so as to be able to abide by Bathopele. There is a great need for a "MIND SET" in order services to the public. to yield a warm carrying culture in the whole hospital through introspection.

This means that all departments/Units should take into consideration values, as well as behaviors and attitudes which are the major key of demolishing the service delivery. Departments (Bathopele Trainers) would then be able to take necessary steps to prepare public servants for the revitalized Batho-Pele Culture of responsiveness, efficiency and effectiveness in delivering

Batho Pele belief set



We care - Public servants should be courteous when providing services to the public by listening to their problems, apologizing when necessary, and serving people with a smile.

We serve - In order to have a sense of service; the public service should develop service standards, provide information, seek service delivery solutions and go beyond the call of duty.

We belong - Public servants are social-beings whose needs should be recognized and fulfilled. This recognition of needs will instill a sense of belonging to the public service family.

Mrs. S.B. Cebekhulu of Tshongwe Clinic winning the Cecilia **Makiwane Nurses's Recognition Awards**



Cebekhulu being interviewed at Maputaland fm about her victory

KwaZulu Natal Health Department MEC Dr. Sibongiseni Dhlomo congratulating Cebekhulu for her award.

shongwe Operational Manag- the communier Sister S.B. Ce- ty in different bekhulu marvelous victory of the such National Cecilia Makiwane Recognition Award! This happened at the National Healthcare Awards 2011 that was con- channeling vened by The Honorable them accord-Minister of Health, Dr. Aaron ingly Motsoaledi held in Johan- they can get nesburg in November 2011. Her national breakthrough came after she had won on both district and provincial levels. This was the first time for her contest, first well as food time for Mseleni hospital and parcels first time for uMkhanyakude necessary; district.

"Happiness:" was winners as well.

Cebekhulu's Among greatest to her nursing career, but passion and tireless com-

Clinic she is directly involved in

enjoyed kind of ways as: helping the less-Excellence privileged by services like grants, ID and birth certificates, if

she also works with a local school the Bhevula High and Masionly word to describe her bumbane Christian Care after she had won the Organization in a mission award; she then pranced to achieve health promoaround with a trophy tion in the community. carefully held in her hand She is also dearly intaking pictures with other volved in Sukuma Sakhe at Tshongwe war room.

strength that Tshongwe patients have also somehow contribut- established a connection awards was her ability to lu since she has managed standing. go beyond the call of du- to prove to them that she ty. This means that she is part and parcel of their This Nurse's Recognition does not restrict herself community through her Award for healthcare profes-



Dr. Sibongiseni Dhlomo posing with KwaZulu Natal award winners, including Tshongwe clinic'sister S.B. Cebekhulu

On her interview at Maputaland FM in December 2011, she thanked Mseleni Hospital Management for very first registered profesbelieving in her and for trusting that she would be an appropriate candidate to compete with other nurses on a national level. Furthermore, she thanked her colleagues for the support, ed to her winning of the with Sister S.B. Cebekhu- respect and mutual under-

sionals was introduced by

the government in 2002 named after

Cecilia Makiwane holds a title of being the sional Black nurse in South Africa (1908). The historical Makiwane was born in 1880 in Macfarlane Mission, Victoria District, Alice, Eastern Cape (then Cape Colony) and passed away in 1919 in Thaba 'Nchu, Free State (then Orange Free State). To pay respects to her, there was even a hospital near East London that was named after her.

2011 Year Closing Prayer and staff wellness day



In December 2011, Mseleni staff gathered to bow down and give thanks to God for keeping them safe all year long. Prayers, songs, testimonials and word of God characterized the event.



Mseleni Hospital Acting Manger Dr. V.G. Fredlund encouraged staff to develop love for their work so that there will be happiness in the workplace.





Mseleni Hospital Chaplain, Pastor Tembe who serviced the Closing Prayer with the word of God applauded the staff for working tirelessly to save people's lives; he however stressed that it is important that patients should be also given spiritual services to help them reconcile themselves with God.



As the Closing Prayer happened during 16 DAYS OF NO VIO-LENCE TO WOMEN AND CHILDENCE TO WOMEN Student Social Worker Thabo Nakedi chose to alert staff about the abuse that is normally directed to women and children. He encouraged women not to accommodate violence and abuse in their homes; he noted that children who grew up in abusive homes become abusive adults.

The Closing Prayer refreshment was sponsored by LIPCO (a company of lawyers) from Durban www.lipco.co.za



Christmas fling Mseleni Hospital

Theatre staff practiced the gospel of giving as they exchanged gifts in their Pre-Christmas party

Mseleni Theatre staff celebrated the ending of the year 2011 by pulling their Christmas closer through exchanging gifts, singing and dancing towards the end of November.





Thursday Prayer Women closed their 2011 praying sessions in a Christmas style.

On 22nd December 2011 Thursday Prayer Women at Mseleni Hospital opted to change their weekly praying session for Christmas party as they showered each other with nicely wrapped and beautiful gifts, indulged on cake and

thanked God for keeping them strong as women throughout the year. This gathering happened as they closed their 2011



Praying sessions as the festive holidays were already in full swing.

"Although we are closing our praying sessions for

shall not stop to pray because we are the managers of our homes" said Mrs P.N. Nxumalo who was telling the

women about the purpose of the day. Women rejoiced, sang and prayed together as they exchanged various

2011, we Christmas gifts. Wathint' shall not abafazi, wathint imbokostop to do!





A baby was born on a Christmas Day, 25 December 2011



Mabongi Bukhosini gave birth to a child who was officially declared as: *Mseleni Hospital Christmas Baby*. A new born came to the world at 00:40 on a Christmas Day, 25 December 2011.



Mseleni staff celebrated the birth of the child as they commemorated the birth of Jesus Christ.



Ezempilo zingenise okokuqala ngqa emapulazini



basebenzi base khankaso Bardenhost eduze luhluwe umtholampilo ongumaham- kosazana u Christa Biyela ukuze bathole imishanguzo ba nendlwana endaweni ovela ehhovisini lika Ndu- (ARVs) uma sekunesidingo. yabo ukuze phela nezabo nankulu izidingo zezempilo zibhek- saKwaZulu Natal uDkt Zweli gqugquzela eleleke. Phela lomphakathi Mkhize. wabasebenzi ubuhlaselwe yokuthi OkaBiyela ke yena wafunza lontiyela ngenxa usendaweni eqhelile ne-abasebenzi ngolwazi kanye igazi. mitholampilo.

Phezu kwalokho ngenyanga bagqugquzela-ke November

emitholampilo

farm mayelana negciwane le HIV/ kwaseH- AIDS owawukade uhlelwe igciwane basoke, kanti-ke nabo phezu kohlelo lukaSukuma futhi labo bathola Sakhe owawuhanjelwe un-

kanti futhi nemfundo mayelana negciawusitholi isikhathi sokuya wane lengculazi eliyisitha Umphathi wepulazi u Mr. weZempilo esikhulu emphakathini. Wa- Lyn kanye nabasebenzi 2011 bakuqinisekise ukuba bazi lolusizo lwezempilo. kwabuye kwabanjwa um- izimo zabo zezempilo, base-

wokufundisa benzise amajazi omkhwen- Babebuza imibuzo ekhomyana, abesilisa abangenalo abanegciwane bayijwayele imitholampilo kakhulu ngangokuthi baningi kakhu-Abasebenzi abazivoukuthi bahlowe

ukuba baluthokozela impela

bisa ukomela ulwazi kanye nempokophelelo yokwenza izimpilo zabo zibe ncono, okungangokuthi weSifundazwe Inkulumo ka Christa yaba abangama shumi amabili nantathu (43) baze bahlolelwa igciwane lengculazi.

> Phela uMnyango ulwa nezifo, ulwa nobubha, unikeza neithemba.

Construction at Mseleni Hospital is underway





kuka 400 bethamele izifundo zezempilo.

New buildings are being constructed at a very much fast pace, furthermore, there has been a thorough consultation with community, traditional leadership and Health Department regarding the construction of a new Gateway clinic as well. Plan are being moulded to get its buildings off the ground.

Ikomidi lase Gateway lathulwa ngokusemthethweni



Umphathi wase Gateway clinic uSister Nsele wazisa amalungu ekomidi kubasebenzi.

hela amakomidi emitholampilo abalulekile

iso lomphakathi nanokuqinisekisa ukuthi izidingo zeziguli kakhulu ekubeni ziyabhekelelwa. Elase



mtholampilo oyi Gateway eSibhedlela saseMseleni ikomidi-ke lathulwa kubasebenzi ngenyanga ka November ukuze balazi, nanokuthi kube nobudlelwano obunokusebenzisana okuhle khona kuzosizakala umphakathi. Lokho kwenzeka nje kanti futhi kunezinhlelo zokuthi lomtholampilo wakhiwe kabusha ukuze phela ube namagumbi anele okusebenza. Nakulezo zinhlelo ikomidi eliholwa ngubaba u B.J. Zikhali lidlale enkulu indima ngukubambisana nobuholi bendabuko bakwaMabaso, umphakathi kanye no nesiBhedlela saseMseleni.

Watch out for Malaria this summer

alaria is one of the most serious tropical diseases and can be deadly if not detected and treated at an early stage. Although it may sound cliché that: "prevention is better than cure", but it is however very true. Therefore, it is important to take precautionary measures to prevent mosquito bites; if recommended, take appropriate medication as directed; seek immediate medical attention if you have any



"flu-like" symptoms for some times.

bites, you should allow your house to be sprayed; the above symptoms. In order to avoid mosquito wear long sleeved cloth-

ing when going out at night; apply an insect repellent containing DEET to exposed skin at night; sleep under a mosquitoproof bed net treated with approved insecticides.

Early symptoms of malaria are: fever, headache, chills and muscular pains. It is essential that you seek medical atten-

tion if you have any of

Health snippet

Our digestive system needs a good amount of water to digest food properly. Often water can help cure stomach acid problems, and water along with fiber can cure constipation (often a result of dehydration).

High School students were encouraged to pursue careers in health related fields.

Medical experts say the country needs to double the number of doctors it trains each year.



Bottom raw from left: Dr. D Nkosi presented on Medicine, Mr. S. Mbonambi telling students about scholarships and tips to apply, Mrs Nkosi thanking the Department of Health for organizing the Open Day for their students, Dr. THE Mdletshe (Mbazwana Education Centre Manager) and Mr. V.B.S Nsibande (Bangizwe Education Centre Manager).

Top raw from left: Ms Ellen Marias presented on Dietetics, Dr. Pillay presented on Dentistry and Dental Therapy, Ms T.W. Kubeka told students about Nursing, Mr. MM Gumede presenting on Social Work, Ms L Zwane presenting on Radiography and Mr. TS Masondo presenting on Physiotherapy and Occupational Therapy.

ccording to the Independent Online September 27, 2011, it was reported that In May 2011, Health Minister Dr Aaron Motsoaledi told Parliament he had asked the deans of medical faculties in Universities to think of innovative ways to increase intake of students who are willing to study medicine. That was said after the Health Department had said that an estimated 46 000 more nurses and 12 500 doctors were needed urgently to staff hospitals. Medical experts added by saying the country needed to double the number of doctors it trained each year. Furthermore according to All Africa.com, Motsoaledi said that lack of access to health care due to shortage of staff is not only affecting rural areas and poor communities but also urban areas. On the other hand the Health Department is getting the NHI (National Health Insurance) off the couragement in schools for stuground in ten districts in April



2012.

Therefore this all means that in order for South Africa to have sufficient health workers in future. it all should start with proper endents to consider pursuing careers in health related fields. An example of such effort happened on 12 October when Mseleni Hospital joined forces with Education Department at Bangizwe Education Centre near Hluhluwe to hold an Open Day event based on

career guidance for students studying mathematics and science related subjects from different local high schools. Students were informed that the health workers in South Africa and even abroad were in a serious demand. "Although it is normal that graduates who study other fields find

"Although it is normal that graduates who study other fields find themselves unemployed, but that is not the case with health related fields, you always find a job" said Mr. M.B. Khuzwayo (Mseleni Hospital School Health Nurse) encouraging students to pursue careers in health fields. Mseleni staff members who were doing presentations informed high school chil-

dren on the following fields: Medicine, Dentistry and Dental Therapy, Pharmacy, Radiography, Dietetics, Physiotherapy and Occupational Therapy, Nursing, Optometry, Biomedical Technology, and Social Service. They explained the work that is done for each abovementioned field, the educational institutions that offer those fields, duration of study, personal qualities for a person who work on that field, disadvantages, challenges and advantages.

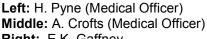


Meet Mseleni Hospital's new staff members who joined during 3rd Quarter of October-December 2011.



Left: S. Mdlalose (Supply Officer), **Middle**: S.Z. Sangweni (Supply Officer)

Right: J.N. Ngubane (HIV Counsellor).



Right: E.K. Gaffney (Medical Officer)



Left: Q.J. Maduna (Infection & Prevention Control Nurse).

Middle: B.E. Ngongoma (Enrolled

Nursing Auxilliary.

Right: S.D. Nyawo (Enrolled

Nursing Auxilliary.

Health snippet Drinking water can clear up your skin. It won't happen overnight, but just a week of drinking a healthy amount of water can have good effects on your skin.

Onompilo baqeqeshelwa ubuhlengikazi

munye yemigomo ye Batho Pele igqugquzela ukuba abasebenzi abenza umsebenzi wabo ngokuzikhandla ukuba babongwe noma baklonyeliswe ngendlela ethize phecelezi: **Encouraging Innovation and Rewarding Excellence.**

Yingakho-ke kungamangazi okwenziwe uMnyango WeZempilo eSibhedlela saseMseleni ngenyanga ka October ukuba uhlonze onompilo abangamashumi amabili nane (24) ukuba bafundele ukuba ngabahlengikazi. Iningi labo selisebenze iminyaka eminingi emphakathini lenza umehluko ezimpilweni zabantu.



Health snippet

Another symptom of dehydration is headache. In fact, often when we have headaches it is simply a matter of not drinking enough water. Nevertheless, there are lots of other causes of headache of course, but dehydration is a common one.

Education about **Down Syndrome** was shared with community



"Life is not about disability, it is about ability" Barbara Higgens of Down Syndrome South Africa told women of Mseleni who were part of the Down Syndrome Awareness Workshop that took place on 8th November 2011 at Mseleni Hospital.

The workshop was meant to create awareness and educate about Down Syndrome in the community. Higgens further informed everyone that Down Syndrome is not a disability but just a mere disorder, therefore she stressed that children with down syndrome should never be discriminated against, rather they must be treat-

drome do look slightly different to other babies and can usually be identified by certain typical

> mentioned below are found in every child with Down syndrome.

Children with Down syndrome do resemble their Parents. Muscle hypertonia - low muscle tone Hyper flexibility - an excessive ability to extend the joints (double jointed) Epicanthal folds small skin folds on the inner corner of the eyes. Flat facial profile - somewhat depressed nasal bridge and a small nose. The hands tend to be broad with short fingers. Simian line - a single crease on the palm of the hand. The small finger may tend to curve inward. A wide space between the first and second toes (sandal gap) Short stature congenital heart defects in 40 - 50% of people with Down syndrome. 8 - 12 % have gastrointestinal tract abnormalities present at birth. Most of these defects are now correctable by surgery. Hearing may be affected in up to 65% of people with Down syndrome. It is advisable to have children's ears tested at least every six months. Vision problems occur in 50 % of people

with Down syndrome. It

is advisable to take your child for an eye test every second year. Down Syndrome South Africa is committed to finding ways to improve the quality of life of all persons with Down Syndrome, promoting the idea that they have the right to live with independence, dignity and security as valued adults and full citizens in our society. It endeavors to empower families through dissemination of information, encourages research in the fields of early intervention, education, medical aspects and employment.

Down Syndrome South Africa is able to convey new information on Down Syndrome to the South African public. It is hoped that this will create new opportunities for the thousands of children in our country who have up to now been greatly underestimated and stigmatized.

ed as unique individuals.

One would ask an important question: What is a Down Syndrome actually?

Down syndrome is a chromosomal disorder caused by an error in cell division that results in an extra chromosome before a baby is born. The condition leads to impairments in both cognitive ability and physical growth that range from mild to moderate developmental disabilities. Through a series of screenings and tests, Down syndrome can be detected before and after a baby is born.

Babies with Down syn-

features. Not all of these traits

Like all children,



Three decades of service (1979-2011) at Mseleni Hospital



Left: Mr. S.S. Nsele giving thanks to all of his colleagues.

Far left: General Orderlies saying goodbye to Mr. Nsele with music.



Top: giving of gift

After working for thirty two years (32), Mr. S.S. Nsele (Systems Management Officer) said 'goodbye' to Mseleni Hospital in December 2011. He decided to end his duties for his very much well deserved retirement after a long service he has offered over the past years.

In formally saying farewell to him, Mseleni staff organized a goodbye party where he was formally thanked by various long time colleagues.

The multi-talented Nsele has worked in various sections at Mseleni Hospital in the past 32 years such as: Switchboard, Stores Department, and Transport Department until he finally worked as Systems Management Officer.

Mseleni wished him a peaceful retirement with gifts and music, and of course may he enjoy endlessly.

Taking the health services to the schools



As part of Health Promotion Programs in schools, Matron Ndimande and Mr. T.P. Mdluli (Public Relations Officer) from Mseleni Hospital spread health related messages at Mzila Full Service School as Grade 7 students were having a farewell ceremony.

Health snippet

Drinking enough water could lower your risk of a heart attack. Researchers found that those who drink more than five (5) glasses of water a day were 41% less likely to die from a heart attack than those who drink less than two (2) glasses.

World Leprosy Day on 31 January

hat is leprosy?
Leprosy is a skin
disease, commonly
known as Hansen's disease. It
is usually identified by sores
and boils on the skin. However,
it's important to know the facts
about the condition instead of
believing what you hear about it.

The reality is that most people are naturally immune to the disease, and those that are not, transmission is still unlikely. More than 90% of the world's population possesses total immunity to leprosy, and close contact with those infected does not mean that you automatically become infected by it. Simple contact with a leper does not mean you will become infected. This is highly unlikely, if not downright impossible.

SYMPTOMS OF LEPROSY:

- Mainly affects the skin and nerves; often in the form of boils and sores.
- · Skin patches with little or no feeling.
- Thickening of the skin or lumps, especially on the face and ears.
- Pain, tenderness and/or thickening of a nerve (usually near the joints).
- Loss of feeling or weakness of fingers and/or toes.
- Loss of eyebrows, nose bleeds and a blocked nose.

TREATMENT:

Leprosy can be successfully treated over 6 months to 2 years, depending on how severely a person is affected. The best time to start treatment is as soon as signs of leprosy appear. Treatment reduces the risk of the person spreading leprosy. Treatment reduces the person's risk

of getting disabilities.

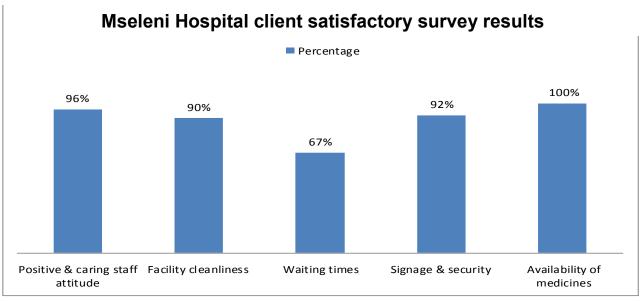
Leprosy is a curable disease and treatment provided in the early stages averts disability.

CHALLENGE & RESPONSIBILITY OF SOCIETY TO LEPROSY

A major problem for leprosy patients is that they are often ostracised due to their disabilities and the fear which many people have of the disease. The Leprosy Mission in KZN runs a training programme which educates and provides support to those affected by it.

Patient/client satisfactory survey

The Health Department has six (6) priorities set for it all of its institution. Those priorities are: Positive and Caring Attitude, Waiting times, Cleanliness, Patient safety and security, Infection and Prevention Control; and lastly the Availability of Medicines and Supplies. Therefore, when Patient Satisfactory surveys are conducted, questionnaires that are used to interview patients reflect six (5) of the abovementioned priorities. In that way the Health establishment is able to evaluate its compliance.



NB: 67% on Waiting Times represents patients who experienced long waiting times at the hospital before they got help.

Client Satisfactory Survey from the clinics under Mseleni Hospital 3rd Quarter

	Ezimpondweni Clinic	Mduku Clinic
Positive & caring staff attitude	100%	97%
Facility Cleanliness	100%	78%
Waiting Times	0%	84%
Signage and Security	100%	61%
Availability of medicines	100%	100%
	Oqondweni Clinic	Mnqobokazi Clinic
Positive & caring staff attitude	82%	92%
Facility Cleanliness	50%	58%
Waiting Times	20%	78%
Signage and Security	56%	77%
Availability of medicines	97%	94%
	Manaba Clinic	Mbazwana Clinic
Positive & caring staff attitude	99%	99%
Facility Cleanliness	80%	100%
Waiting Times	0%	19%
Signage and Security	98%	100%
Availability of medicines	100%	100%

Note: Percentages on Waiting Times represent patients who experienced long waiting times before getting medical help.

Long waiting times in our hospitals and clinics



National shortage of health workers is among prominent causes of long waiting times at the clinics and hospitals. The Independent Online re-

ported that South Africa needed an additional 46 000 nurses and 12 500 doctors to treat state patients. Filling these posts is a challenge our eight medical universities have little or no chance of overcoming. To maintain the number of doctors we have now, we should train at least 2 400 new ones a year, but our universities produce not

more than 1 200 doctors annually -- and it is estimated that half of them will emigrate.

Furthermore, another reason of long waiting times is an increased population in the country; South African population is presumed to be now over 50 million. Therefore that has put a dire strain in the Public Health.

Newsletter published from the Public Relations Office: Scriber: Mr. Thabani Ntuli (Public Relations intern), Editor: Mr. Thulani Mdluli (Public Relations Officer), Photographers: Mr. T.P. Mdluli and T.S. Ntuli.