



health

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

# Newsletter Zigeleza noMsele



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## Kusokwa abesilisa ngenhloso yokulwa nokubhebhetheka kwegciwane lesandulela ngculazi.



Dr. W.O. Glas no Ms. T.W. Kubeka (IPC Manager) baqhuba uhlelo lwe Male Medical Circumcision (MMC) kwa Nibela Tribal Court mhla zingama 26 June 2012

**N**jengoba kuyisikhathi Isibhedlela saseMseleni naso-ke sobusika kanti-ke siyinxenye yalomkhankaso njen- futhi izikole zivaliwe, goba phela sawenza naso amakhempu okusokwa kwabesili- go WeZempilo eziningi KwaZulu sa ngokubambisana nobukhosi Natal zona-ke zimatasatasa besizwe sakwaMdluli endaweni zigqugquzela umkhankaso yakwaNibela eduze kwaseH- wokusokwa kwabesilisa ngenhloso luhluwe kanye nesizwe yokunqanda ukubhebhetheka kwegciwane lesandulela ngculazi.

**Udaba luqhubeka ekhasini elilandelaya (P2)**

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**Udaba luqhubeka ekhasini eledlule(P1)**

sakwaMabaso endaweni yaseMseleni ngenyanga kaJune 2012 lapho khona okusokwe khona abesilisa abangama 175. Phela abacwaningi bakuvezile ukuthi ukusoka lokhu kuyawanciphisa amathuba okutheleleka ngegcwane lesandulela ngculazi ngamaphesenti angamashumi ayisithupha (60%). UMatron C.T. Fakude woMnyango weZempilo esibhedlela saseMseleni wagquguzela abesilisa ababazosoka ukuthi kubalulekile ukuqhubeka nokusebenzisa ijazi lomkhenyana uma beya ocan-

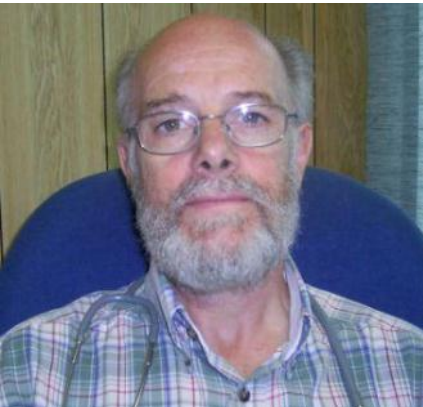
sini ngenxa yokuthi kunenkolelo yokuthi uma umuntu esesokile akabe asatheleleka ngegcwane lesandulela ngculazi, okungesilo iqiniso. Phela obunye ubuhle bokusoka yikho ukuthi kunciphisa amathuba okuthola umdlavuzwa wesibeletso kumaqondana; kunciphisa amathuba okuthola izifo zocansi; kwenza ukuba umaqondana wakho aluthokozele ucansi kanti-ke futhi kugcina owesilisa ehlanzekile! Selokhu waqalwa umkhanakaso wokusokwa kwabesilisa nyakenye esibhedlela saseMsele-

ni, sekusokwe abesilisa abalinganiselwa kwabangu 3078.



**U Nomvula Nxumalo (Lay Councillor) efundisa abesilisa ababazosoka ukusebenzisa ijazi lomkhenyana.**

## The Acting CEO's note - Dr. V.G. Fredlund



**Acting Hospital Manager and Medical Manager**

**S**o what are you doing to make Mseleni Hospital a better place? Lots of hard work from many different people has made our hospital a place of hope for many. Mseleni, making you healthy and happy. This edition of Zigeleza noMsele talks of health promotion and disease prevention. Meanwhile, the MEC Dr. Dhlomo is setting the

pace! Are you living a healthy lifestyle yourself? We do not want you to just be a *health* worker but also be a *healthy* worker. Happiness too is not only for the patient – as they receive courteous treatment – but also for the worker satisfaction at completing a job well done. Camaraderie of working together overcomes problems (instead of being a problem). And it brings joy seeing life saving service given to the community. So what is it that you should do more to make this hope a daily reality?

**Y**ini oyenzayo ukwenza isibhedlela saseMseleni sibe indawo encono? Ukusebenza ngokuzikhandla kwabanye bethu sekwenze lesibhedlela saba indawo yethemba kwabaningi. Isibhedlela sifisa ukugcina abantu baphilile futhi bajabulile. Leli phephandaba lethu iZigeleza

noMsele likhuthaza libuye ligqugquzele ezempilo. UNqongqoshe weZempilo kwaZulu Natal udokotela Sibongiseni Dhlomo uyakwazisa ukuphila impilo yokuzivocavoca. Wena uyayiphila nje impilo yokuzivocavoca? Phela akumele sibe abasebenzi bezempilo kuphela, kumele siphinde sibe ngabasenzi abanempilo!

Injabulo akuyona eyeziguli zethu kuphela uma zisizakala, kodwa nathi njengabasebenzi siyayidinga injabulo yokwenza umsebenzi ngendlela okuyiyona. Ubungani nomoya wokusebenza ngokubambisana uyakwazi ukunqoba izinsalelo eziningi. Kuhlezi kuyinjabulo ukubona usizo lokuhlenga impilo lunikezwa umphakathi. Ngakho-ke wena ubona kuyini le ongayenza ukwenza leliphupho libe yiqiniso esibhedlela sethu?

## Nursing Manager advises youth on HIV/AIDS matters



Youth masses as they were listening to health lecture by Matron C.T. Fakude



“Statistics have revealed that teenage pregnancy rates continue to escalate! And that obviously means that young people do not abstain, worse part, they do not even want to use condoms” said Mseleni Hospital Nursing Manager, Matron C.T. Fakude as she advised youth on matters concerning HIV/AIDS.

This happened at Mngqobokazi ground near Hluhluwe on June 31, 2012 in a youth month celebration that had been organised by the Big Five Local Municipality. Fakude moreover encouraged males to consider doing Male Medical Circumcision in order to reduce chances of getting HIV

when doing sex; however she stressed that getting circumcised doesn't mean that protection mustn't be used. Department of Health continues to fight diseases and poverty; and giving hope.

### Did you know?



Babies respond better to vaccinations given later in the day, according to fresh findings. Babies who are vaccinated after 1: 30 pm sleep longer in the 24hours after the shot. Sleep during this time is important as it encourages the immune system to respond and increases antibodies in the body, used to fight off illnesses.

*“It is health that is real wealth and not pieces of gold and silver.” Mahatma Gandhi*

## Encouraging pupils to pursue careers in health fields

KZN Health Department and Umthombo Youth Development Foundation offer bursary opportunities for students aspiring to pursue careers in health fields.

Therefore Mseleni Hospital conducted an Open Day in May 2012 to encourage students to do well in their June examinations and also to provide them with necessary guidance as far as health career paths are concerned.

The Open Day was held at Mbazwana Education Centre where 10 High Schools were represented by pupils.

Presentations were conducted by: Megan Young (Occupational Therapy, Physiotherapy, Speech Therapy and Dietetics), Miss V. S. Masinga (Pharmacy), Miss L. Makhanya (Radiography) and Dr. L. Hobe (Medicine).



**Students attentively listening various speakers presenting about different health related fields**

## Mseleni Hospital Infrastructural Development



**Mseleni Hospital construction under way; accommodation and therapy department, pharmacy and parking spots will be included in the buildings.**

**Furthermore, Hluhluwe clinic is also construction as well as new Gateway clinic is set to start shortly.**

## International Nurses' Day celebration at Mosvold Hospital



Nurses celebrating their day

Mseleni Hospital nurses also attended the Nurses' Day Celebration at Mosvold Hospital which was held in May 2012. Just like angels, they were wearing white uniform, bringing back the dignity of the nursing profession.

The event served as a celebration of the role that nurses play in the lives of all the people in the society and to encourage them to go ahead with wonderful work that they do; and most importantly to remind them to uphold the nurses' pledge which each one of them commit themselves into when they



From Left: Sister D.T. Mnguni, Matron P.P. Mtshali and Sister Lombeni.

officially become nurses and say that:

***"I solemnly pledge myself to the service of humanity and will endeavour to practise my profession with conscience and with dignity.***

***I will maintain, by all the means in my power, the honour and noble tradition of my profession. The total health of my patients will be my first consideration. I will hold in confidence all***

***personal matters coming to my knowledge.***

***I will not permit consideration of religion, nationality, race or social standing to intervene between my duty and my patient.***

***I will maintain the utmost respect for human life.***

***I make these promises solemnly, freely and upon my honour."***

### A nurse that stood out against all odds was honored by Kwazulu Natal Health MEC Dr. Sibongiseni Dhlomo



Sister S.B. Ngcece among other nurses who were also honored by the MEC.

Sister S.B. Ngcece, previously known as Sister S.B. Cebekhulu from Mseleni Hospital's Tshongwe clinic was among other nurses who were respected by the Honorable Dr. S. Dhlomo, the KwaZulu Natal

Health Department MEC in the event held at Hlabisa earlier on May 31, 2012.

This nurse was honored last year as the national winner of the highly respected Cecila Makiwane Recognition Award.

That event was hosted by the National Health Minister, Dr. Aaron Motsoaledi.

Cebekhulu is working as the operational manager at Tshongwe clinic which is located in deep rural area within the location of Mseleni

Hospital catchment area. Unfortunately the area is riddled with high rate of HIV/AIDS impact, other typical diseases, lack of infrastructure to such an extent that it's even a challenge to access clean water at times. Nevertheless, Cebekhulu managed to make her very much distinguished

mark in the lives of her patients and the overall community in that area.



## Mseleni Hospital took part in the MEC's Healthy Lifestyle Campaign held at Hlabisa



**From left:** Ms T.W. Kubeka (IPC Manager) Mrs. C.T. Fakude (Nursing Manager) and Mrs S.B. Ncece (Tshongwe clinic Operational Manager) working out led by MEC Dr. Sibongiseni Dhlomo.

**Above:** Pastor Tembe ( Mseleni Hospital Chaplain) heed the call by MEC Dr. Sibongiseni Dhlomo to live a healthy lifestyle through exercises.



**Left:** KZN Health MEC Dr. Sibongiseni Dhlomo leading health workers in various workouts in the midst of launching the Healthy Lifestyle Campaign for Umkhanyakude District which was held at Hlabisa in May 31, 2012.

Dhlomo stressed much more that health workers should refrain from using alcohol, cigarettes and junk food in order to keep their bodies healthy. He also encouraged them to do exercises, drink a lot of water and eat healthy and balanced diet.



He alerted them that keeping good and healthy lifestyle would assist one's body not to be easily affected by opportunistic diseases such as: flu etc. He also warned that individuals who do not practice healthy lifestyle risk to have a short lifespan as diseases like: diabetes, heart diseases, asthma, cancer and others are likely to be found in bodies that do not exercise.

### Mseleni Hospital Sub-campus saying goodbye to its long-time lecturer



1. Hugging and laughter between student nurse Ms. N.S. Gumede (left) and Ms Bhengu (right) as she was given her good-bye present.  
2. Student nurses waving their goodbyes to their lecturer.



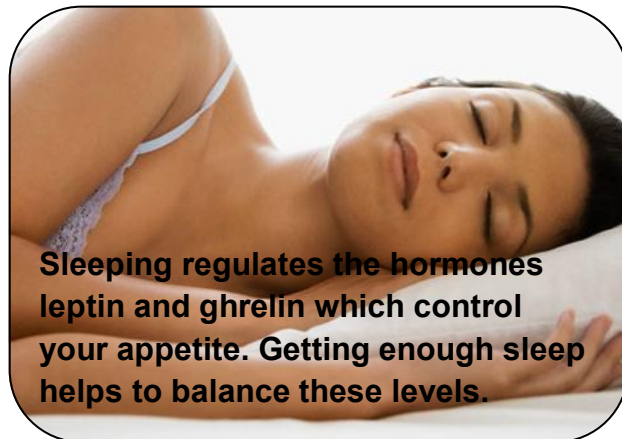
3. Mseleni Hospital Sub-campus Principal, Ms M Mfokeng during Bhengu's farewell party.  
4. Music and dance by students at the farewell party.  
5. Sharing experiences and memories with Ms Bhengu on behalf of students.

## Health Snippets



Do you like sweets? Maybe that's not a good idea! Scientists have found a link between high sugar levels and facial appearance. The higher concentration of blood sugar, the older the study participants appeared to look. The study also showed diabetics, who suffer long-term exposure to high sugar levels, look older than non-diabetics.

**940** is the average amount of kilojoules in a 400 ml caffè latte. That's equal to about three slices of bread.



Sleeping regulates the hormones leptin and ghrelin which control your appetite. Getting enough sleep helps to balance these levels.

### Planting passion of health professions in young minds



Pupil viewing how TB looks like in the microscope



Dr. V.G. Fredlund having fun with Sodwana Bay Preparatory school pupils as they visited Mseleni Hospital.

Grade three (3) pupils from Sodwana Preparatory School got an opportunity to visit Mseleni Hospital.

And that was an opportunity for young boys and girls to get to know how things work at the hospital and materials used

when healing the sick. Hopefully for some it will be a lifetime dream to pursue careers in health fields.

### Taking health services to the detached communities



Mobile HIV Testing and Counselling (HCT)

Health mobile services at Mseleni Hospital are at full strength! The institution recently added three (3) more mobile points; and now has thirty eight (38) mobile points in total! Such services are very essential in the setting of Mseleni Hospital which is serving communities that are so disadvantaged. For some



patients it is even a struggle to access public transport to get to the residential clinics or the hospital.

*“The only way to keep your health is to eat what you don’t want, drink what you don’t like, and do what you’d rather not.”*  
**Mark Twain**



## Sukuma Sakhe declares war on poverty.



**Mr. M.M. Gumede (Department of health Social Worker) and Nomsa Mthembu from Department of Social Development handing out a gift on behalf of Big Five Municipality Sukuma Sakhe Local Task Team to Bukhosini family in Mnqobokazi area.**

**T**he Sukuma Sakhe Big Five Municipality Local Task Team handed groceries to the impoverished Bukhosini family in Mnqobokazi area (near Hluhluwe) that had been identified through the process of profiling vulnerable households by the community workers in

the programme of Sukuma Sakhe.

Interestingly, that was not the only initiative done in that area, in the month of May, the Mnqobokazi Waroom team sought and obtained a donation of cement bags from Mbazwana Build-it hardware in order to make bricks for an old

man whose house was in a frighteningly disturbing condition.

The Mbazwana Department of Social Development seemed to have contributed so much to the functionality of Sukuma Sakhe under the Big Five Local Municipality as it is continuing to mobilize all other government departments to intervene with their services where needed.

One vulnerable area that is receiving continuous interventions from the government department is Tin Town (informal settlement outside Hluhluwe town) as it was identified as one of the areas that needed immediate interventions.

Currently, there are four Sukuma Sakhe Warooms that are operating under the Big Five Local Municipality viz: Nibela, Makhasa and Mnqobokazi; Hluhluwe waroom is expected to start in due course.

Furthermore, the Hluhluwe clinic is under construction and expected to be operational after September 2013, which will contribute much more on health department services in that area.

## Welcoming new staff members in June



It is usual that everytime Mseleni Hospital is joined by new staff members the Orientation and Induction is conducted to acquaint them to the environment of the hospital.

But one information that is also never forgotten when Orientation and Induction workshops are conducted are the teachings on Batho Pele principles.

Although these principles have become a regular song of the public servants, but their implementation remain essential in the improvement of the service delivery.

## Mseleni Hospital new staff members

Mseleni Hospital Management and all staff kindly welcomes new staff members to the KwaZulu Natal Health Department, hopefully they will enjoy their work and uphold the vision of providing holistic and affordable health care services to our community.



K.B. Nxumalo  
Human  
Resources  
Officer (intern)



N.T. Nxumalo,  
Enrolled  
Nursing Auxil-  
iary



M Dlamini,  
Finance Service  
Officer (intern)



S.S. Zikhali,  
Dental  
Therapist



M.N. Mahlo-  
bo, Enrolled  
Nurse



B.S. Mthethwa,  
Enrolled Nurse



N.B. Zungu,  
Waste Man-  
agement Of-  
ficer (EHP)



M.G. Sithole-  
Mtolo, Senior  
G.O.



T.M. Jobe,  
Professional  
Nurse



M.Y. Khumalo,  
Enrolled Nurse



N.N. Mkhize,  
Human Re-  
sources Of-



S.E. Qwabe  
Operational  
Manager



Z.M. Mthembu,  
Enrolled  
Nursing Auxil-  
iary



N.C. Sibiya,  
Enrolled Nurse



J.S. Mabika,  
Enrolled  
Nurse



N.S. Khoza,  
Enrolled  
Nurse



B.F. Ntuli,  
Enrolled  
Nurse



M.Z. Mtshali,  
Enrolled Nurse



T.G. Conco,  
Enrolled Nurse



S.P. Map-  
hanga, En-  
rolled Nurse



N.N. Zikhali,  
Enrolled  
Nurse



T.F. Mthem-  
bu, Enrolled  
Nursing  
Auxiliary

The Department of Health identified the following key 6 Key Priorities that the above new staff members and old to adhere to :

1. Positive & caring staff attitude
2. Facility cleanliness
3. Improved waiting times for patients
4. Improved patient safety & security
5. Infection prevention & control
6. Availability of medicines & blood products

*"All mankind is divided into three classes: those that are immovable, those that are movable, and those that move."*

*Benjamin Franklin*

## 10 effective tips for resolving workplace arguments



**E**veryone argues. Some do it overtly by yelling, while others do it covertly by avoiding contact and conversation.

Whatever the method, the result is the same -- hurt feelings and a loss of productivity.

Here are tips to help you argue constructively, and if done correctly, it can be a pathway to growth, problem solving and higher profits.

### 1. Understand that anger itself is not destructive.

There is a vast difference between anger and rage. When people are angry, they need to state their feelings, they don't need to break things, quit, or end business (or personal) relationships -- that is rageful behavior.

### 2. Talk about your feelings before you get angry.

When you or your teammates can approach a situation as it happens and deal with it in a safe way, it may not get to the point of becoming an argument.

Sometimes things just need to be verbalized, and most arguments can be avoided if your associates understand how you feel.

### 3. Don't raise your voice.

It's amazing how issues of hurt feelings or differences can be resolved with a whisper. I counsel people who are "yellers" to only communicate with a whisper, and it greatly reduces the anger factor in their communications.

### 4. Don't threaten team members and don't take every argument as a threat to your job.

This type of emotional blackmail puts the other person in a panic (fight or flight mode). In addition, they may be so devastated by the thought of losing their position that they can go into a deep depression and be unable to do their work.

### 5. Don't stockpile.

This is where you bring up issues from the past to use as a hammer against whatever problem your teammate has presented. Deal with their issues first, and if you really have unresolved feelings from past problems, talk about them at another time.

### 6. Don't avoid your anger.

If you stuff your feelings long enough, you will explode and say or do things that you will regret. Anger does not diminish respect; you can be angry with those you respect, if you do it with respect.

### 7. Create a process for resolving problems without anger.

Start by having each person take five minutes to state his or her feelings, then take a 20 minute break to think, then come back to the table for another 10 minutes to discuss how to best deal with the

problem. Also, know that it's OK if the problem isn't solved right away.

### 8. Abuse is never allowed.

This includes verbal abuse, any type of violence including slamming doors or file cabinets. If your arguments escalate to this level, you need to leave the office. If one person ever hits another, a police report needs to be made and an appointment with a therapist should be mandatory.

### 9. Don't engage.

Remember that negative attention is still attention. If a person tries to goad you into an argument, simply don't go there. Some people actually like to argue because it gives them a temporary feeling of power and gratification. Avoid being sucked into their need for attention.

### 10. Listen to your body.

When you are angry, your body releases chemicals that may cause you to react in ways that can be destructive to you, your teammates and your business. Learn to understand your feelings and how the process of anger affects you physically and emotionally.

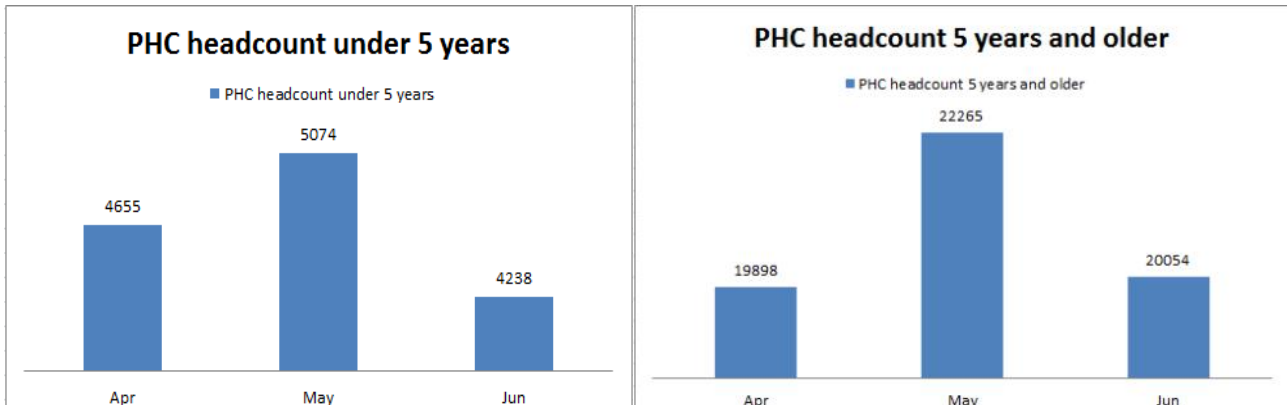
Research has shown that teammates who argue more than 20 percent of the time need to be re-assigned.

Hopefully these tips will help you get your arguments under control and reduce the level of energy in those arguments. If not, and if you want to keep your business in good shape, you need to seek some issue-resolution training.

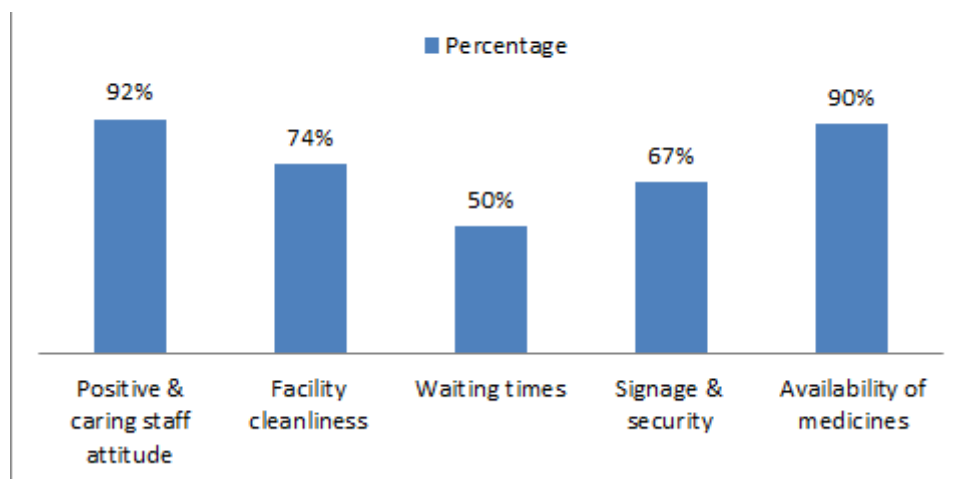
***"The first step in the acquisition of wisdom is silence, the second listening, the third memory, the fourth practice, the fifth teaching others."***

***Solomon Ibn Gabriol***

## PHC headcount statistics April-June 2012



## Out-patient satisfaction survey: April-June 2012 Quarter



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*“To be a Christian without prayer is no more possible than to be alive without breathing.” - Martin Luther King, Jr.*