



health

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

# Newsletter Zigeleza noMsele



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## Fighting spread of diseases through cleaning up!



Team of stakeholders of the Department of Health after cleaning the town-up!

**M**seleni Hospital implemented one of the six priorities of the Department of Health (cleanliness).

This was done on 26th September 2012 at Mbazwana Town which is 24 km away from Mseleni hospital when the Clean-Up campaign was done in partnership with Department of Agriculture, Ezemvelo KZN Wildlife, Environmental Health, Community Works Programme (CWP), Umhlabuyalingana Local Municipality, Mbila Traditional Authority and other civil society

structures. This event was also meant to celebrate the Environmental Day as appears in the Health Calendar of the Department of Health. Ms. N.B. Zungu (Waste Management Officer) advised masses on the dangers of medical waste if not disposed properly. She further alerted community members to ensure that medical waste is dangerous, hence should be only disposed by the clinic or hospital otherwise would result in massive spread of diseases in the community.

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## Inside this issue

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Dental Therapist (Mr. S.S. Zikhali) advises on bad breath!



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



In this issue of Zigeleza noMsele we look at sport and exercises to keep you healthy; but you know that even if you don't play sport you need to be active for a healthy lifestyle.

You can learn to walk quicker between offices inside the hospital! That will not only make you healthier, but will get you work done quicker also! Interesting isn't?

Keeping time will also help everyone! By arriving on time at meetings you respect time of other members attending the meeting as well. When you delay a meeting by 15 minutes – everyone had something they wanted to do in that fifteen (15) minutes and for every four (4) people waiting, an Hour (60 minutes) of work is lost! Yes it is lost!

In the nature of our work delays can crop up any time but let's not

make them the expected behavior; make sure that you apologize if late! Always aim to be there 1-2 minutes before the meeting starts! Could you imagine a dance in which each person dances to their own earphone and different rhythm?

Therefore, team work requires that we get into the rhythm and synchronize our actions! Remember, the whole is greater than the sum of the parts!

Kind Regards

**Dr. V.G. Fredlund**  
**Medical Manager & Acting**  
**Hospital Manager**

## The editor's note



Ngenkulu intobeko nangokuzithoba ngiyabingelela eMnyangweni WeZempilo esifundazweni saKwaZulu Natal.

I must say that I have come to a solid conclusion that I am heavenly favoured and that I am in good terms with life now that I have been appointed as a new Public Relations Officer for Mseleni Provincial Hospital; I am highly humbled I must say. Furthermore, I would like to acknowledge previous Public Relations Officers who came before me in this institution viz: Mr. Sibongiseni Manqele and

Mr Thulani Mdluli! Brothers, you played your part; you made your mark; and you paved the way! Although I remain with too big shoes to fill, but I stand inspired and up for the challenge!

How can I forget warm welcome I received from all staff members and management of Mseleni Hospital? It was highly appreciated!

I am looking forward to promote the good image for the Department of Health through engaging in various communication matters at Mseleni Hospital; hopefully we will be continuing to implement Batho Pele principles, National Core Standards and Six Key Priorities with a purpose to achieving the very best services for our patients!

By the way, our presence as public servants is solely because of our patients! How about treating them like customers? As you know, without our customers, we cannot succeed, which is why we should

always make them our priority! Let us never let them down, as health workers we are all they have got!

Mahatma Ghandi would say: ***"A client is the most important visitor in our premises; a client is not dependent to us, we are dependent to him; a client is not an interruption to our work, but the purpose of it; a client is not an outsider to our work but the part of it; we are not the only ones helping our client, but our client is giving us opportunity to work!"***

Why would we disrespect and take such important characters for granted? I am therefore calling for a Positive & Caring Staff Attitude towards patients.

Thanking you!  
I love you all

**Thabani Ntuli,**  
**Public Relations Officer (PRO)**

***"Time is free, but priceless, you can't own it, but can use it" - Harvey Mackay***

**Fighting diseases, Fighting poverty, Giving hope**

# Cleaning up the town !

Continues from Page 1



Cleaning in progress





Ms. N.B. Zungu (Waste Management Officer) educating community about hazardous nature of Medical Waste.



Induna Mr. G. Mhlongo representing the Mbila Tribal Authority

## Telephone Etiquette

### 20 Do's and Don'ts of the telephone etiquette and techniques

Do's	Don'ts
<ul style="list-style-type: none"> <li>◆ Answer before the third ring.</li> <li>◆ Identify yourself and your institution clearly.</li> <li>◆ Speak directly into your mouth piece.</li> <li>◆ Project your voice and speak purposefully.</li> <li>◆ Transfer the caller to the right person.</li> <li>◆ Always have your message pad and a few pens handy.</li> <li>◆ Always be empathetic and always apologies.</li> <li>◆ Show exceptional courtesy.</li> <li>◆ Always say, may I ask who is calling?</li> <li>◆ <b>Smile when you talk.</b> Can a caller here your smile? <b>You bet!</b></li> </ul> <div style="text-align: center;">  </div>	<ul style="list-style-type: none"> <li>◆ Do not answer the phone too soon.</li> <li>◆ Never say I don't know.</li> <li>◆ Never say we can't do that.</li> <li>◆ Never say she/he took a day off.</li> <li>◆ Never say he doesn't want to be disturbed.</li> <li>◆ Do not blame anyone.</li> <li>◆ Don't overreact.</li> <li>◆ Never say I only work here or I'm only following rules.</li> <li>◆ Never say he/she is in the man/ladies room.</li> <li>◆ <b>Never lose your temper.</b></li> </ul> <div style="text-align: center;">  </div>

**Remember:** A positive attitude is the MOST important asset you have!

## Mseleni Hospital participated in UMkhanyakude Health District Sport and Healthy Lifestyle event.

**M**seleni Hospital was among other institutions including Hlabisa, Mosvold, Bethesda, Manguzi hospitals and UMkhanyakude Health District Office participated in the UMkhanyakude Health District Sport and Healthy Lifestyle event. This jamboree was held at KwaMduku Sport Complex on 20th September 2012.

The purpose of that sporting gathering was to continue and encourage wellness and healthy lifestyle among health workers! UMkhanyakude Health District Manager, Ms. M.P. Themba applauded the initiative and encouraged health workers to continue to live healthy lifestyle in their various workplaces.

Mseleni Hospital team acquired medals on: Athletics, Volley ball, Relay and of course the Tug of War!

The event was sponsored by Old Mutual.



Mseleni Hospital soccer team



Mseleni Hospital netball team



Mr. N.T. Mahlobo accepting a medal for volley ball team from Ms. M.P. Themba



Volley ball game



Powerful Tug of War team

## MEC for Health is encouraging Innovation and Rewarding Excellence



UMkhanyakude Health District Manager Miss M.P. Themba rejoicing and celebrating the receiving of recognition certificates.

The Department of Health MEC, Dr. Sibongiseni Dhlomo proved the Implementation of Batho Pele principle: **“Encouraging Innovation and Rewarding Excellence”** when he officially thanked the health workers in KwaZulu Natal for reducing Mother-To-Child Transmission of HIV virus in the midst of Midwives and Lay Counsellors Celebration event held at Prince Mshiyeni Memorial Hospital on 04 September 2012. Furthermore Sr S.B. Cebekhulu-Ngcece of Mseleni Hospital (Tshongwe Clinic) was also highly acknowledged for her 2011 Cecelia Makiwane Recognition Award! Meanwhile the UMkhanyakude Health District was awarded certificates of achieving 85% ANC HAART Initiation Rate for Two Quarters.



## Know about heart disease

### Description

"Heart disease" refers to several types of heart conditions. Some of these are coronary artery disease, angina, heart failure and arrhythmias.

### Causes

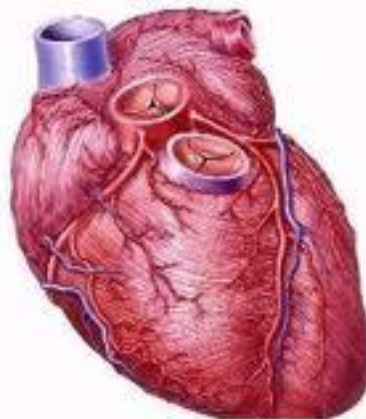
Some conditions as well as some lifestyle factors can put people at higher risk for getting heart disease. The most important of these are high blood pressure, high blood cholesterol, cigarette smoking, diabetes and obesity.

### Signs & Symptoms

The five major signs that someone is having a heart attack are:

- pain or discomfort in the jaw, neck or back
- feeling weak, light-headed or faint
- chest pain or discomfort
- pain or discomfort in arms or shoulder
- shortness of breath.

If you think that someone is having a heart attack, you should call emergency services immediately.



### Risks Prevention

You can prevent heart disease by living a healthy lifestyle:

- Eat a healthy diet. Be sure to eat plenty of fruits and vegetables. Eating foods low in saturated fat and cholesterol and high in fibre can help prevent high blood cholesterol. Limiting salt of sodium in your diet can lower your blood pressure.
- Maintain a healthy weight. Being overweight or obese can increase your risk for heart disease.
- Exercise regularly. Physical activity can help you maintain a healthy weight and lower cholesterol and blood pressure.
- Do not smoke. Smoking greatly increases your risk for heart disease. Limit alcohol use. Avoid drinking too much alcohol. It causes high blood pressure.

### Treatment

The treatment for heart disease depends on the kind of heart disease you have and how serious it is. Your healthcare provider will be able to assist you.

***“The trouble with not having a goal is that you can spend your life running up and down the field and never score.” - Bill Copeland***

## Mseleni Sub-Campus also shone at Nurses' Graduation Ceremony

**M**seleni Hospital Sub-Campus stood out as one of its student, Ms S.N. Gumede (*pictured left*) was awarded certificate as one of the top achievers in the entire province! This happened during Nurses' Graduation Ceremony held in Newcastle by the KwaZulu Natal College of Nursing on Friday 18 September 2012.

It was a moment of commitment when all graduates sworn the divine Nurses' Pledge:

***"I solemnly pledge myself to the service of humanity and will endeavour to practice my profession with conscience and with dignity  
I will maintain by all the means in my power the honour and the noble traditions 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 considerations 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."***

**Florence Nightingale** described Nursing profession as follows:

*"Nursing is an art: and if it is to be made an art, it requires an exclusive devotion as hard a preparation, as any painter's or sculptor's work; for what is the having to do with dead canvas or dead marble, compared with having to do with the living body, the temple of God's spirit? It is one of the Fine Arts: I had almost said the finest of Fine Arts."*



**Nursing Lamp** symbolising commitment, reliability, good-will care and dedication to the service of humanity.



Ms. S.N. Gumede who graduated as a Nursing Auxiliary, she passed with Honours and was classified among the Top Achievers in the entire province of KwaZulu Natal.



**Graduation happiness shared by: S. Mdluli. P.F. Mdluli, P.P. Mtshali and D.S. Mthembu.**



**E.Z. Manukuza, F.M Tembe, S.N. Zikhali after graduations**

**Caring is the essence of nursing. ~Jean Watson**

**Fighting diseases, Fighting poverty, Giving hope**

## Umhlengikazi C.N. Nxumalo usazisa kabanzi kabanzi mayelana nongongwengwezi



### Yini ungwengwezi

Ungwengwezi luyinkinga yamehlo evamile ukubonakala ikakhulu kubantu abadala . akukho sizathu esenza abanye abantu babe nongwengwezi abanye bangabini nalo, kuyafana nokukhula, abanye abantu babampunga ezinweleni abanye ababinayo impunga! Kulelo nalelozwe inkinga yongwengwezi ikhona. Ungwengwezi alubuhlungu, kanti ukubona kahle kwehla kancane kancane, imvamisa kuthatha iminyaka eminingi. Abantu abano ngwengwezi bavame ukukhala ngokuthi babona inkungu, njengoku bona intuthu phambi kwamehlo. Lokhu kwenziwa ukuthi izingilazana engaphakathi emehlweni iyaguga kakhulu ibe mhlophe. Uma isigugile , ukukhanya akusakwazi ukudlala kuyo kuye esweni ngemumva.

Ungwengwezi lungabakhona ehlweni elilodwa noma womabili. Abantu abangongwengwezi



### Izindaba ezinhle Ungwengwezi lungalapheka

emhlweni womabili bavele bangaboni, ngaphandle uma behambela udokotela wamehlo bayofuna usizo. Bani kakhulu abantu abangaboni kulomhalba, ngenxa yongwengwezi, kube kungadingeki ukuba bangaboni.

Abantu abangaboni ngenxa yongwengwezi bangaphinde babone futhi. Kanjani? Udokotela wamehlo angazigeza izingilazana le engaphakathi esigugile yabamhlophe abese efaka enye. Lokhu kuvame ukwenziwa ngamaminithi awu 30. Udokotela uzotshela isiguli ukuba sizimisele ukunganyakazi uma silele etafuleni. Udokotela uzobe esefakaumuthi ehlweni ukuze le-

siguli singabuzwa ubuhlungu abese eqhubeka nomsebenzi wokugeza ihlo. Isiguli asifakwa umjovo wokulalisa njengezinye izinhlobo zezifo odokotela ababalalisa ngazo. Ngakhoke asikho izidingo sokwesaba ukuthi asizuvuka noma asizukupha kama. Uma seligeziwe, isiguli sizobekwa ipheshi kweso ebusuku bese kuthi ekuseni ngakusasa ipheshi lisuswe bese isiguli sikwazi ukubona futhi. Akujwayelekile ukubka isiguli

### Emva kokugezwa

singaboni kancono emva kokugezwa. Ngakhoke singaba nesiqiniseko ukuthi ihlo lizobona futhi.

Uma udokotela wamehlo eselihlo-lile ihlo eligeziwe wabona ukuthi ligezeke kahle, unika isiguli imithi yamehlo ezohamba nayo ozodonga ukusetshenziswa amasonto amabili. Kuzobe sekutshelwa isiguli ukuba sibuyela nini eklini yamehlo ukuba sibonwe udokotela wamehlo futhi , ukuze asibheke ukuthi ihlo liqhuba kahle na.

## HIV Counselling & Testing (HCT) Services



**Mobile HIV Counselling and Testing services in encouraging the community members to know their status and take proper measures accordingly in advance.**

### Who should get tested?

Everyone should get tested, however especially If you are sexually active or thinking of becoming sexually active you should get tested.

### What is voluntary counselling and testing (VCT)?

VCT is about getting to know your HIV status by taking an HIV test, and does not test for Aids. This confidential test will tell you whether you are HIV positive or negative. *Voluntary* means that the decision to go for the test is entirely your own choice. *Confidential* means that you have the right to absolute privacy.

### Why is it important to know my HIV status?

It is very important that you know your HIV status. Deciding whether or not to go for an HIV test is a difficult decision. While some people think that it is better not to know their status, there are many advantages to knowing your status. With this knowledge you can take control of your life and your future.

## Mseleni Hospital's new staff members



**P.T.N. Ntuli**  
(Senior Finance Management Officer)



**N.Z.Maphanga**  
(PRO Intern)



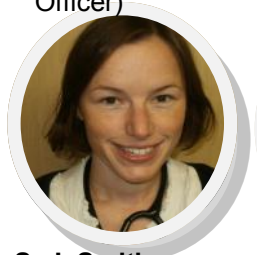
**CAMD NIMMO**  
(Medical Officer)



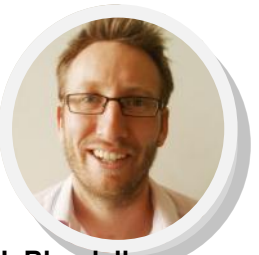
**S.T. Manukuza**  
Professional Nurse



**D.P. Mlambo**  
(H.R. in-service trainee)



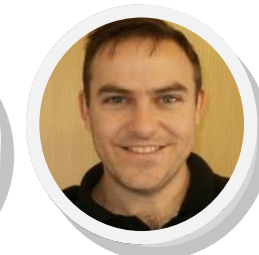
**S. J. Smith**  
(Medical Officer)



**J. Blundell**  
(Medical Officer)



**T S Mlambo**  
(PRO Intern)



**J. Fanning**  
(Medical Officer)



**L.T. Kubone**  
(Social Worker)



**S.C. Msane**  
(Data Supervisor)



**O.S. Gumede**  
(P.R.O. intern)



**N.M. Mazibuko**  
(Data Capturer)

## Mseleni Hospital goodbyes



Mrs Mtolo (left) handed a farewell present to Mrs B. Nkuna (right) as she left Mseleni Hospital for Itshelejuba Hospital.

Mr. B.M. Mdletshe (left) handing over a farewell present to Mr. T. Mwandla (right) as he left for Inkandla Hospital.



*Mseleni Hospital Management and staff wish them prosperous future and the best of luck in their future endeavours!*

*Hopefully the skills they acquired at Mseleni Hospital will enable them to continue to serve the mandate of the KwaZulu Natal Health Department! Ndlelanhle bahlobo bethu, hopefully someday you will come back home!*

**“Ask not what your country can do for you — ask what you can do for your country.” - John F. Kennedy**



## Mr. S.S. Zikhali (Dental Therapist) tells us what we can do about bad breath!

Worried about bad breath? You're not alone. Researchers say millions of people also suffer from bad breath; unfortunately bad breath can get in the way of your social life. It can make you self-conscious and embarrassed. Fortunately, there are simple and effective ways to freshen your breath.



### 1. Brush and floss more frequently.

One of the prime causes of bad breath is plaque, the sticky build-up on teeth that harbors bacteria. Food left between teeth adds to the problem. All of us should brush at least twice a day and floss daily. If you're worried about your breath, brush and floss a little more often. But don't overdo it. Brushing too aggressively can erode enamel, making your teeth more vulnerable to decay.

### 2. Scrape your tongue.

The coating that normally forms on the tongue can harbor foul-smelling bacteria. To eliminate them, gently brush your tongue with your toothbrush.

### 3. Avoid foods that sour your breath.

Onions and garlic are the prime offenders. "Unfortunately, brushing after you eat onions or garlic doesn't help," says dentist Richard Price, DMD, a spokesperson for the American Dental Association. "The volatile substances



they contain make their way into your blood stream and travel to your lungs, where you breathe them out." The only way to avoid the problem is to avoid eating onions and garlic, especially before social or work occasions when you're concerned about your breath.

### 4. Kick the habit.

Bad breath is just one of many reasons not to smoke. Smoking damages gum tissue and stains teeth. It also increases your risk of oral cancer. Over-the-counter nicotine patches can help tame the urge to smoke. If you need a little help, make an appointment to talk to your doctor about prescription

medications or smoking cessation programs that can help you give up tobacco for good.

### 5. Rinse your mouth out.

In addition to freshening your breath, anti-bacterial mouthwashes add extra protection by reducing plaque-causing bacteria. After eating, swishing your mouth with plain water also helps freshen your breath by eliminating food particles.

### 6. Skip after-dinner mints and chew gum instead.

Sugary candies promote the growth of bacteria in your mouth and add to bad breath problems. Instead, chew sugarless gum. "Gum stimulates saliva, which is the mouth's natural defense mechanism against plaque acids which cause tooth decay and bad breath.

## ALWAYS WEAR A CONDOM



After the dance, Don't take a chance



From the start, You gotta be smart



Always wear a condom!

## Male Medical Circumcisions campaigns continue

**M**ale Medical Circumcision has always been applauded by medical experts and even by MEC for Health Dr. Sibongiseni Dhlomo! They regard it as one of the effective ways to fight the epidemic of HIV/AIDS in communities! Certainly because Male Medical Circumcision has benefits!



Male Medical Circumcision in progress.

Matron C.T. Fakude, Nursing Manager coordinating Male Medical Circumcision camp in July at Mabaso Tribal.

### Health benefits for circumcised male

- **It is easier to keep clean.**
- **Eliminates bruising and tearing during sex.**
- **Cells that attract HIV are removed.**
- **Reduces the risk of HIV infection by eliminating tearing and bruising.**
- **Lower risk of STIs and diseases.**
- **Reduces your partner's risk of cervical cancer.**

### No health benefits for uncircumcised male

- **The foreskin covers the head of the penis and it's more difficult to keep clean.**
- **The skin inside the foreskin is soft, and prone to bruising and tearing during sex that allows an entry point for HIV and can cause discomfort during sex.**
- **The foreskin contains cells that act as an entry point for HIV.**
- **There is a higher risk of HIV infection.**
- **Higher risk of STIs and diseases that affect uncircumcised men.**
- **Men are more likely to get the Human Papilloma Virus which they transmit to their partner, which increases their partner's risk of cervical cancer.**

## Dangerous Cigarette smoke



Whether you smoke, or you spend time with a smoker, cigarette smoke is damaging and aging to your skin. Research has shown that exposure to cigarette smoke significantly increases skin wrinkles and dryness. This is partly due to the behavior of smoking, and also because cigarette smoke depletes your body of [Vitamin C](#), which is a key ingredient for keeping skin plump and moist.

## Dangerous Alcohol use

Alcohol contributes to aging skin by dilating small blood vessels in the skin and increasing



blood flow near the skin's surface. Over time, these blood vessels can become permanently damaged, creating a flushed appearance and broken vessels on the skin's surface.

***"It wasn't raining when Noah built the ark." - Howard Ruff***

## 2012 Mandela Day celebration at Mseleni Hospital

Hluhluwe Spar visited Mseleni Hospital Paediatric ward just to give hope to the juveniles and hand them gifts.



Community Works Programme (CWP) workers in Umhlabuyalingana also celebrated Mandela Day at Mseleni Hospital.



**Left:** Umhlabuyalingana Local Municipality Deputy Mayor Mrs Nxumalo visited the sick at Mseleni Hospital in celebration of Nelson Mandela's birthday  
**Right:** CWP workers giving hope to the sick.



## Spiritual and Inspirational quotes

"The soul can do without everything except the word of God, without which none at all of its wants are provided for."

— [Martin Luther](#)

"The next thing I want to say is that God's way is always the best way. It's the only way, really. "

— [Robin Jones Gunn](#)

"One of the things I keep learning is that the secret of being happy is doing things for other people."

— [Dick Gregory](#)

"No one has ever become poor by giving."

— [Anne Frank](#)

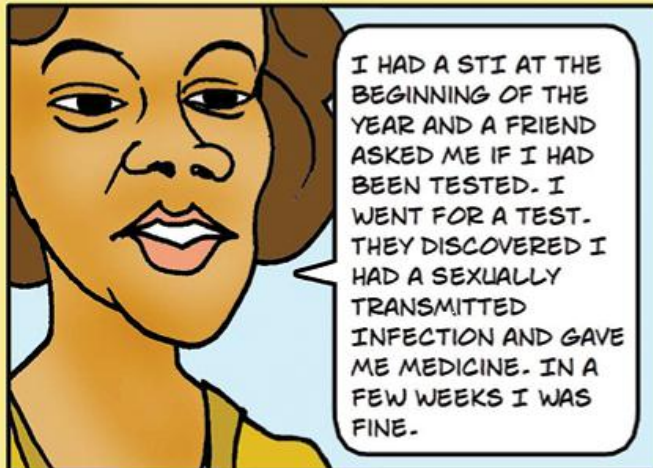
"Be kind to unkind people, they need it the most."

— [Ashleigh Brilliant](#)

***"Great minds discuss ideas. Average minds discuss events. Small minds discuss people."***  
**- Eleanor Roosevelt**

# WHAT TO DO IF YOU HAVE A SEXUALLY TRANSMITTED INFECTION





**IF YOU ALREADY HAVE A SEXUALLY TRANSMITTED INFECTION OR THINK YOU ARE AT RISK:**

**TREAT IT EARLY - DON'T WAIT UNTIL YOU ARE ILL. HELP YOUR PARTNER TO GET TREATED AT THE SAME TIME OTHERWISE YOU CAN GET INFECTED AGAIN. MAKE SURE TO TAKE ALL MEDICINES GIVEN FOR TREATMENT EVEN IF THE SIGNS GO AWAY - YOU WILL NOT BE CURED UNTIL YOU COMPLETE ALL THE REQUIRED MEDICINE GIVEN.**

**PRACTICE SAFER SEX - YOU CAN ALWAYS GET ANOTHER STI OR HIV/AIDS IF YOU DON'T!**

**GET TESTED FOR HIV AT THE SAME TIME!**

## Strengthening the relationships with traditional healers



**Zigi Mngayi from Valley Trust giving traditional healers information.**

In July 2012, the health promoting NGO, Valley Trust visited traditional healers in various areas under the catchment area of Mseleni Hospital. This was in an attempt to strengthen the relationships between traditional healers and the Department of Health.

Zigi Mngayi from Valley Trust (**pictured**) encouraged traditional healers (izinyanga) to ensure that

they refer their patients to Department of Health facilities such as clinics and hospitals if they fail to help them.

He further called for unity among traditional healers in the area of Umhlabuyalingana. He stressed that unity among themselves is the only way that will make them to be recognized in the community by healthcare users.

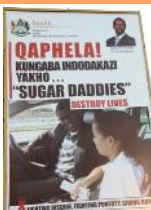
Traditional healers often voice dissatisfactions at what they call “lack of co-operation” they receive from the medical sector; and often stress their eagerness to work with medical doctors in order to combat illnesses.

### Did you know?



The very first missionary Registered Nurse at Mseleni Hospital was Barbara Stevens who came from Canada in July 1945! And was later joined by Miss Norah Farley in 1950 who was qualified as a Registered Nurse and a Registered Midwife from Queenstown!

### Sugar Daddy Campaign



“The idea behind the campaign is to challenge the acceptance of cross-generational relationships as the norm, and to introduce an element of community leadership and stigma of older men who seek sex with young girls.”



**“If opportunity doesn’t knock, build a door.” - Milton Berle**

**Fighting diseases, Fighting poverty, Giving hope**

## Mseleni Hospital staff keeping healthy lifestyle through sport



Mseleni Hospital netball team in (gold and green) playing against KZN Wildlife Sodwana Bay (blue strips)

*Did you know?*  
 The importance of sport is to keep you fit and healthy. It is to keep you heart and lungs working effectively for longer which will decrease chances of heart disease.

It is undoubtedly true that exercises are very good for the wellbeing of a human body; furthermore the MEC for KwaZulu Natal Health Department stresses that health workers should also be **healthy** workers. Mseleni staff members seem to positively respond on that call as they were engaging on sport activities on 21st July 2012. These activities were not the first to happen and of course not the last.

Mseleni Hospital hosted Manguzi Hospital, Maputaland fm, and KZN Wildlife (Sodwana Bay) football and netball teams. These games were meant to reinforce the culture of sport activities in the institution and also to develop good relationships with various stakeholders.

### Importance of Sport

Sports are very important. Not only to kids, but for adults as

well. When you play sports, you meet so many people you probably wouldn't if you didn't play. You get to know people that enjoy playing the same sport you do. Sports aren't only fun, they keep you in shape too. You improve your agility, endurance, and overall strength. While playing sports, you also bust stress.



*Did you know?*  
 Evidence suggests that half of all cancers could be prevented by following a healthy lifestyle.



## Batho Pele best practice unexpectedly discovered!



Sir J.T. Sibiya (*pictured*) is a Professional Nurse working in the Out-Patient Department (O.P.D.) at Mseleni Hospital.

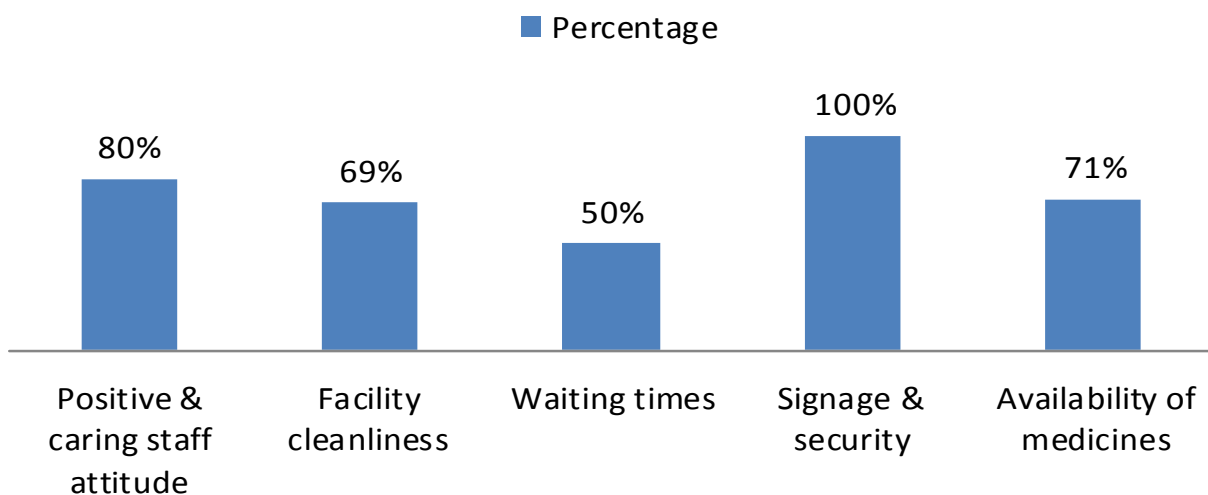
And one thing that stands out about him is that he *can't stand to see any staff member on duty not wearing a clear name tag/ identification card in his Section; he enforces that everyone working with him is identifiable!* As stated by Batho Pele.

"This is OPD, where the image of the hospital is truly painted, so it's important to be transparent to our clients" he said.

Furthermore, Batho Pele principle: **Openness and Transparency** also enforces public servants to be identifiable to the clients!

Therefore, well done and keep it up Sir! Let's all wear our name tags!

## Out-Patient Satisfactory Survey: July- September 2012 Quarter



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*The future depends on what we do in the present. - Mahatma Gandhi*