



health

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

# Newsletter Zigeleza noMsele



## MSELENI HOSPITAL

PO Sibhayi Sibhayi 3967

Tel: +27 (0) 35 574 1004

Fax: +27 (0) 35 574 1559

Email: [Thabani.Ntuli@kznhealth.gov.za](mailto:Thabani.Ntuli@kznhealth.gov.za)

Web: <http://www.kznhealth.gov.za/mselenihospital.html>

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## EsaseMseleni isibhedlela naso saklonyeliswa



**Kwesobunxele:** Mrs C.T. Fakude (Nursing Manager), Dr. V.G. Fredlund (Acting Hospital Manager), Mr. L.J. Gumede (Quality Manager), Thabani Ntuli (Public Relations Officer) and Mrs. T.M. Ngqabayi (Monitoring and Evaluation)

Isibhedlela saseMseleni kanye nesaseMosvold zahamba phambili emqhudelwaneni wezibhedlela eSifundazweni saKwaZulu Natal obizwa ngokuthi i Departmental Service Excellence Awards! Lokhu phela kwenzeka emcimbini owawubanjwe uMnyango WeZempilo waKwaZulu Natal owawuseMgungundlovu mhla ziyi 19 kuNhlolanja 2013. Umphathi WeSifunda saseMkhanyakude kweZempilo u Ms. M.P. Themba wehluleka ukubamba izinyembezi ngenxa yenjabulo ethokoziswa yile mpumelelo!

Phela isibhedlela saseMseleni saphuma isibili kanti esaseNgwavuma (I Mosvold) sona saphuma phambili! Lokho okusho ukuthi le sibhedlela sizomela uMnyango WeZempilo KwaZulu Natal emncintiswaneni weHhovisi likaNdunankulu weSifundazwe obizwa ngokuthi i Premier Service Excellence Award lapho khona sizobe sincintisana neminye iminyango kaHulumeni okubalwa kuyo iminyango YeZokuthutha, YeZemfundo kanye neminye. Phela kuzobe kungekhona okokuqala ukuba isibhedlela saseSifundeni uMkhanyakude

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**Udaba luqhubeka ekhasini lokuqala (page 1)**

simele Isifundazwe saKwaZulu Natal kulomncintiswano njengoba phela nyakenye isibhedlela saseManguzi sadla umhlanganiso siphumelela indebe yegolide! Isifunda saseMkhanyakude

sashayelwa ihlombe-ke ngalempumelelo ngenxa yokusebenza kwaso kweZempilo nakuba sisendaweni yasemakhaya futhi ezinye zezindawo zisahlaselwe ububha, izifo, ukungabibikho kwengqalasizinda nokungabibikho kwamathuba emisebenzi.



Udokotela V.G. Fredlund ekhombisa abasebenzi indebe eyayiklonyeliswe isibhedlela saseMseleni.

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



**A**s we begin a new financial year April 2013-March 2014 it is time to reflect and report on our

achievements and short comings of the previous 2012/2013. Each of us should take a few moments and review for ourselves, our performance at work, and in our families. Did we have realistic expectations of the year? Were we Ambitious enough? How can we make this year a better year? God has been gracious to us at Mseleni Hospital and given us a great team of which to be part. We have received recognition for work done over the years but now is not the time to sit back and say we have done it! Now is the time to ambitiously stretch our boundaries and lead the way in providing a service which is good for

our community, our friends, our children and ourselves. From the 500 minds project we are expecting a series of challenge to greater performance and a host of great ideas for better ways of achieving our goal of Health for all.

**N**jengoba siqala unyaka wezimali omusha u Ephreli 2013-Mashi 2014 nje, sekuyisikhathi sokubheka emuva kunyaka ka Ephreli 2012-Mashi 2013 ukuthi ikuphi esikwazile ukuphumelela kukho, nanokuthi ikuphi okuyaye kwaba yizingqinamba. Ngamunye ngamunye kumele sithathe imizuzwana sike sibheke ukusebenza kwethu emisebenzini yethu, kanye nasemindenini yethu. Ngabe unyaka wezimali owedlule ube yilokhu ekade sikulindele na? Ngabe kade sinentshisekelo ngokwanele? Singathuthuka kanjani kulonyaka ukuze kube ncono kunakuqala?

Usomandla ube nomusa kithina eSibhedlela saseMseleni wasinikeza iqembu labasebenzi elikhuthele ngendlela eyisimanga! Isibhedlela saseMseleni siye sanconywa kaniningi nyakenye ngomsebenzi omuhle esiwenza emphakathini eminyakeni eminingi eyedlule, kodwa-ke akusho lokho ukuthi masisonge izandla bese sithi siqedile. Kumele siqhubeke sisebenze ngokuzikhandla nanokungenamkhawulo ekuletheni usizo lwezempilo oluseqophelweni eliphezulu emphakathini, kubangani, emindenini nakuthina imbala.

Ngohlelo lwemiqondo engamakhulu amahlanu phecelezi (500 minds), silindele izinselelo eziningi ezizosisiza ukuthi sithuthukise indlela yokusebenza ngenxa yemibono emihle esizoyithola kubasebenzi maqondana nokufeza icebo lokuletha uhlelo lweZempilo oluncono kuwo wonke umuntu.

**Consulting community about Health issues**



**Mrs. C.T. Fakude (Nursing Manager) addressing the Mabibi community**

Mseleni Hospital implemented one of Batho Pele Principles (Consultation) in Mabibi Area, one of the areas under its catchment area.

Chairperson, Mr. K.S. Gumede, Operational Manager, Sister Mgabhi and PRO, Mr. T.S Ntuli visited the community through an Induna meeting to enquire from the

community if there was a serious setback causing them to refrain from utilizing the HCT services. However the community declared that they didn't have any problem regardless that the HIV Counselor was a local person which might have caused lack of confidence with regards to privacy. Mrs. C.T. Fakude (Nursing Manager) thanked the community for the response and informed them that the purpose of the visit was to ensure that there was no stigma regarding HIV Counseling and Testing.; furthermore, she did some health education on Male Medical Circumcision, Cervical Cancer and Diabetes.

According to the statistics that had been received by Hospital, it showed that there had been a huge decrease in the number of individuals coming for HIV Counseling and Testing in Mabibi Clinic. Therefore, to resolve that situation, Nursing Manager, Mrs. C.T. Fakude, Hospital Board

## Kwagcizelelwa indlela yokuphathwa komphakathi esibhedlela saseMseleni



Abasebenzi bathamele umhlangano weBatho Pele.

**E**nye yezinto ezibalulekile ukuba yenzeke ezikhungweni zezeMpilo ukuphathwa kahle kweziguli phecelezi (Positive and Caring Attitude). Ngenxa yokuthi kujwayelekile ukuthi iziguli zingaphathwa kahle, iSibhedlela siyaye sibambe izithangami zemigomo ye Batho Pele (Abantu Phambili) lapho kusuke kudingidwa khona ukuthi

uthembisa ukuthi abasebenzi bawo bazophatha iziguli kanye nezihlobo ngenhlonipho babuye babanikeze usizo olufanele.

Bonke abasebenzi kumele baziphathe ngendlela enokunakekela nenenhlonipho.

Kumele kube nendawo yokuthola usizo okanye eyokuthola ulwazi ezikhungweni zezempilo.

usizo olunikezwa umphakathi lungathuthukiswa kanjani.

Phela ngisho amalungelo yeziguli akubeka kucace ukuth abantu kumele baphathwe kahle ezikhungweni zezempilo; ngakho-ke Mnyango WeZempilo

Kumele kube nezimpawu ezikhomba izindawo ezihlukahlukene. Abasebenzi bezempilo kumele bagqoke izigqebhezana ezingomazisi ukuze umphakathi uzokwazi ukuthi usizwa ngobani.

Abasebenzi bezempilo kumele banikeze iziguli ulwazi mayelana nemithi ezinikezwa yona. Ulwazi mayelana nempilo yeziguli kumele lugcinwe luyimfihlo. Kumele iziguli zichushiswe ukuthi zingazinakekela kanjani maqondana nezempilo. Kumele iziguli zisizakale uma zifuna ukufaka isikhalazo; kanti futhi kumele zithole izimpendulo ezisheshayo mayelana nezikhalazo zazo.

Kodwa-ke, iziguli nazo ziyaxuswa ukuthi zihloniphe abasebenzi boMnyango WeZempilo ukuze nabo bawenze kahle umsebenzi wabo.

## Kwagujwa Usuku lwezinsiso esibhedlela saseMseleni



Abasebenzi befundisana ngesifo sezifo

Umdlaka 14 March 2013 kwakuwusuku lokugubha, lokufundisa nokuqwashisa ngesifo sezinsiso. Kwakuhlangene abasebenzi basesibhedlela sase Mseleni beqwashisana ngolwazi olunzulu maqondana nale sifo. U Ms. N.J. Kunene (Primary Health Care Trainer) watshela

isigungu ukuthi ucwaningo luveza ukuthi babalelwa ku 10000 abantu ababulawa yisifo sezinsiso eNingizimu Afrika. Kanti lokho kucacisa bha ukuthi lesisifo singezinye zezifo eziyingozi kakhulu emhlabeni jikelele. Ezinye zezimpawu zokuphathwa yizinso ezinganakekile ukungavumi kokuthi uchame ube uzizwa

ukuthi ufuna ukuchama lokhu kwenzeka kakhulukazi uma ungawaphuzi amanzi ngendlela efanele. Uma uzwa ubuhlungu eqolo kubalulekile ukuba uphuthume uphuze amanzi ngoba phela lokho kusuka kunomthelela wokuphathwa yizinso. Ezinye zemithelela eyenza uphathwe yizinso umfutho

wegazi ongalawuleki (BP), isifo sikashukela, ukukhishwa yisisu nokubuyisa ukopha kakhulu, ukusha ushiswe yilanga, isandulela ngculazi, kanye nokusebenzisa izimbiza nemithi ongayinik ezwangwa udokotela wakho nokunye. Ukugwema ukudlondlobala kwesifo sezinsiso kufanele uziyele wena mathupha uyobonana nodokotela noma uye emtholampilo oseduzane njalo kanye ngonyaka lokho kulawula noma kuyasiza ekugwemeni ukubeka impilo yakho engcupheni.



## Get circumcised - know the facts

### Medical Male Circumcision

- Reduces the chances of men getting infected by the HIV by 60%
- Reduces the transference of the Herpes type 2 virus
- Reduces the chances of cancer of the cervix in women
- Your penis is odour free and feels cleaner

**MMC is FREE and can be confidential**  
**MMC is safe and a little uncomfortable in EXPERIENCED hands**

#### What do you have to do?

- Go to your nearest Clinic for help and support
- The Clinic staff will prepare you for MMC with screening for diabetes, hypertension, TB, HIV.

#### What do I do to recover quickly after MMC?

1. Avoid heavy work or exercise after MMC to allow the wound to heal.
2. Take good care of your wound
3. Clean the penis twice a day with salt water
4. Keep the penis clean and dry
5. Do not pull or scratch the penis while it is healing.
6. It is important to go back to the Clinic on the given date – usually within 1-5 days.
7. Avoid sexual activity – even with a condom- as well as masturbation for at least 6 weeks after your surgery.

#### Return to the Clinic if:

1. There is bleeding that does not want to stop
  2. Severe pain- especially in your lower abdomen
  3. Difficulty in urinating
  4. Lots of swelling around your penis
- Discharge from the wound



**Above:** Dr. C.D. Mthembu and **Below:** Thabani Ntuli (Public Relations Officer) (Medical Officer) explaining Male Medical Circumcision to the young men in schools.



## Easter Prayer for Good Friday



**Dr V.G. Fredlund singing an Easter song to the staff during the prayer.**

thank God and to pray for the Good Friday Holidays.

Pastor Tembe (Chaplain) shared the word of God encouraging the staff members to treat each other well as Jesus treated everyone with mercy and even died for the sins of all.

Mrs. C.T. Fakude (Nursing Manager) reminded all

include God in all its endeavors. She added that as the hospital deals with weak, sick and frustrated people, God's guidance is essential as she quoted the word of Proverbs 3: 5-6

5. Trust in the Lord with all thine heart; and lean not unto thine own understanding.

6 In all thy ways acknowledge him, and he shall direct thy paths.

Mseleni Hospital held an Easter Prayer on 27th March 2013 to

staff that Mseleni Hospital Management had committed itself to

# A job well done applauded!

**“D**espite the fact that any hospitals have mortalities and errors; however, it is true that some staff members do the best the can to achieve the excellent service for the Department of Health.” said Mrs. T.M. Ngqabayi (Monitoring and Evaluation).

This was during the Thanksgiving event held at Mseleni Hospital on 20th March 2013. The purpose of the event was to thank all staff for their tireless work during the Departmental Service Excellence Awards competition where Mseleni Hospital was crowned Silver Award as Mosvold Hospital achieved position one walking away with Gold Award in the competition for the Department of Health.



Staff receiving awards from the management



The dance, the music, the excitement, the celebration

Mrs S.F. Mthimkhulu (Deputy District Manager: M&E) commended Mseleni Hospital Management and staff for a job well done.



Mseleni staff during the thanksgiving ceremony

## Tips on Preventing Wrinkles and Promoting Longevity



**Avoid the sun.** Sun exposure is the number one cause of premature wrinkles. If you must be out in the sun, wear sunscreen with a minimum SPF of 30.

broken or distended capillaries on the nose and face.



**Exercise** is the number one anti-aging medicine, and the benefits



**Get plenty of rest.** The body needs time to repair itself.

Lack of sleep can upset the body's metabolism and possibly hasten the onset of age-related conditions.



**Don't smoke.** Smoking is the second leading cause of premature wrinkles. It upsets the

body's mechanism for breaking down old skin and renewing it.

are immense. For starters, it is a great anti-stressor. It also improves circulation, which in turn improves skin complexion. It can help maintain healthy body weight, increase bone density, and build muscle. Exercise also strengthens the heart, and can reduce risk of certain cancers. We lose 4 percent of muscle mass for every 10 years after the age of 20. Running is good for the heart and weight training increases metabolism and bone strength. Stretching and yoga are also extremely beneficial.



**Drink at least eight glasses (64 ounces total) of water daily.** Water flushes

waste out of our system and keeps the skin hydrated, acting as an internal moisturizer.



**Minimize alcohol consumption.** Alcohol dehydrates the skin, depleting

it of moisture. It can also cause

## Surprise party for Mrs S.E. Qwabe– Male Ward Operational Manager

**S**taff at Male Ward threw a surprise party for their Operational Manager! Mrs. S.E. Qwabe!

Surprisingly, it was not her birthday nor farewell!

It was an appreciation party! The staff members were just appreciating her good leadership skills; and they commended her that she treats them with dignity, courtesy and respect! She acknowledges their presence as workers and listens to their views!



Staff posing for a photo with Mrs S.E. Qwabe

### Did you know?

Good employee relations in an organization is a pre-requisite for organizational success.

## Women & Men's forums launched at Mseleni Hospital



From left: Deputy Chairperson: Mr. T.S. Msane, Secretary: Mr. S. Zulu, Deputy Chairperson: Mr. T.J. Sibiya, Chairperson: Mr. G.V. Mthethwa



Nomusa Mayeni helping Mseleni Hospital women say their pledge.



H.R. Manager Mr. E.S Buthelezi with Women Committee

**T**wo forums viz: men and women's forums were launched at Mseleni Hospital in March 2013.

During the launch of the forums, Nomusa Mayeni from Department of Health Head Office explained that the main objectives for the formation of men and women 'structures was to:

- To create confident men** who are responsible and skilled providers to fight poverty,
- To deal with human rights,** relationships and social ills,
- Creating enabling environments:** seek to engage

peer groups, social group, government formations, or entire communities to promote changes in social norms related to gender, violence and HIV/AIDS.

**Reduce Gender Based Violence:** Spearhead 365 days campaign for no violence against women and children in the reduction of crime.

**Deal with challenges** confronting men in the environmental factors where they operate: e. g unemployment. The following men were elected as the committee for Mseleni Hospital men's forum:

- **Chairperson: Mr G.V. Mthethwa**
- **Deputy Chairperson: Mr.**

- **T.J. Sibiya**
- **Secretary: Mr. S. Zulu**
- **Deputy Secretary: Mr. T.S. Msane**

Women's forum:

- **Chairperson: Mrs. B.J. Ngwane**
- **Deputy Chairperson: Mrs. L.B. Manukuza**
- **Secretary: Mrs. N.P. Kunene**
- **Deputy Secretary: Mrs. D Mdluli.**
- **Treasurer: Mrs. Z. Mabuza**
- **Additional Members: Mrs F.Z. Gumede and Ms. G. Magidela.**

## Developments at Mseleni Hospital



Old Laundry Machine



New Laundry Machine



Decoration of Peads Ward



Installation of burglar guards in all wards

**"The biggest failure you can have in life is making the mistake of never trying at all." – Unknown**

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

## Deal with stress effectively



**Learn to recognize when you are stressed:** Knowing what is likely to cause stress can help avoid such things in the future. Keep a record of what situations make you stressful and see how you might deal with them in other ways in the future.

**Time management:** Effective time management allows the amount of work or other commitments undertaken to be regulated, reduces the uncertainty of not having enough time to complete every task required and allows for the planning of 'time off' periods in which to relax.

**Reduce the demands on yourself:** Do not over-commit yourself and be prepared to say 'No' if the load is too great. A common miscalculation is to overestimate how much can be achieved in a particular space of time, so leave free time to cope with the unexpected.

**Ensure that you get enough fun out of life:** Plan time in the day to do something that gives you pleasure. Looking forward to such times helps when you have to cope with less pleasant aspects of life.

**Positive thinking:** Do not dwell on failures and reward yourself for your successes. Accept that everyone has limits and cannot succeed at everything. Reflect on what you have achieved.

**Practice assertiveness:** Asserting yourself in a positive, non-threatening way can help to combat stress. Accept the demands placed on you only as a matter of choice.

**Look after your physical well-being:** People are better able to cope with stress when their bodies are healthy. Poor health in itself is a major source of stress. Incorporating periods of physical exercise into your routine will help to improve muscle control, make you feel healthier and increase self-esteem. Try to improve your diet and avoid stimulants as much as possible. Excess caffeine or nicotine can make individuals feel anxious or on-edge. Also, ensure you get enough sleep.

**Seek support from others:** Do not try to cope with problems alone. Having someone to share your problems can greatly help to 'off load' the stress. You might find it useful to talk to a friend or work colleague, or talk to your line manager or employer if you are experiencing stress in the work place.

## Complements and patient satisfaction



**Deputy Nursing Manager explaining health programmes to a client.**

MR. Themba Nxumalo (0731905063) wrote "I really acknowledged the way T.H Manukuza from Mother to Mother treated my wife by giving her some clothes and taking her to her house while she was pregnant for two weeks."

Moses Mthembu wrote a compliment "we thank the way you treat us, everything seems in a good condition for now."

Mrs C.T Fakude ave ngincoma indlela engabona uhola ngayo uhlelo lwe interview councilors eMseleni Hospital 27-09-12 uba nesineke nomuntu.nanamuhla futhi bewunesineke okusho ukuthi indlela yakho vele leyo ophatha ngayo.ave incomeka.from Jabu Mabuza (0732038119)

**A life spent making mistakes is not only more honorable, but more useful than a life spent doing nothing.— [George Bernard Shaw](#)**



## Four Financial Personal Tips with Finance Manager



Mr. M.S. Zikhali: Finance Manager



**1. Stick to a Budget:** How can you know where your money is going if you don't budget? How can you set spending and saving goals if you don't know where your money is going? You need a budget whether you make thousands or hundreds of thousands a year.

**2. Pay off Credit Card Debt:** Credit card debt is the number one obstacle to getting ahead financially. Those little pieces of plastic are so easy to use, and it's so easy to forget that it's real money we're dealing with when we whip them out to pay for a purchase, large or small. Despite our good resolves to pay the balance off quickly, the reality is that we often don't, and end up paying far more for things than we would have paid if we had used cash.

**4. Have a Savings Plan:** You've heard it before: Pay yourself first! If you wait until you've met all your other financial obligations before seeing what's left over for saving, chances are you'll never have a healthy savings account or investments. Resolve to set aside a minimum of 5% to 10% of your salary for savings BEFORE you start paying your bills. Better yet, have money automatically deducted from your paycheck and deposited into a separate account.

**4. Invest!:** If you're contributing to a retirement plan and a savings account and you can still manage to put some money into other investments, all the better.

## Hospital Manager in the field– Waroom!

**D**r. V.G. Fredlund (Acting Hospital Manager & Medical Manager) was part of the Nibela Waroom Task Team that visited the vulnerable Shezi family in Nibela area (near Hluhluwe) to offer the intervention for the Department of Health.

Among other structures present in that waroom was Big Five Municipality, South African Police Service, NGOs, community members and Community Care Givers.

Shezi family was encouraged to visit the nearest clinic for health services as other stakeholders intervened accordingly with their services.



**Left:** Dr V.G. Fredlund discussing intervention during the waroom.  
**Top:** Shezi family house

**A man who dares to waste one hour of time has not discovered the value of life.—Charles Darwin**

**“Accept responsibility for your life. Know that it is you who will get you where you want to go, no one else.” – Les Brown**

### Warm welcome to new staff

The management of Mseleni Hospital and staff extend warm welcome to all new staff members! Enjoy your stay at Mseleni! And may you uphold the principles of Batho Pele in your daily practice!



**N.R. Mthembu  
Senior Social  
Worker**



**S.F. Mthethwa  
Pharmacist**



**K. Govender  
Pharmacist**



**Z.V. Keswa  
Physiotherapist**



**S. Steyn  
Physiotherapist**



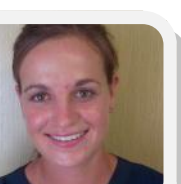
**L. Proffit  
Medical  
Officer**



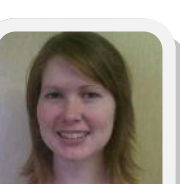
**N.D. Vumase  
Senior Social  
Worker**



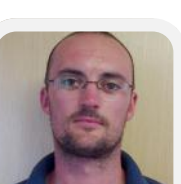
**B. Mbatha  
Dentist**



**K.D. Rosslee  
Physiotherapist**



**P.C. Wood  
Occupational  
Therapist**



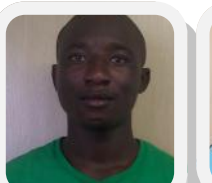
**F. Bernhardt  
Medical Officer  
(Com serve)**



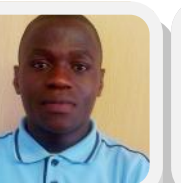
**D. Giles  
Medical Officer  
(Com serve)**



**N.S. Nxumalo  
Professional  
Nurse**



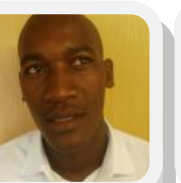
**S. W. Zikhali  
Student Social  
Worker**



**M.A. Mafuleka  
Radiographer**



**B.P. Nxumalo  
Dietician**



**S.P. Manukuza  
Lay Counselor**



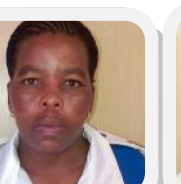
**T. R. Mabuza**



**T.H. Manukuza  
Lay Counselor**



**Mandla Ndlovu  
Professional  
Nurse(Comserv)**



**P. A. N. Ntuli  
Enrolled Nurse**



**J.P. Mabuza  
Lay Counselor**



**N.E. Gumede  
Student Social  
Worker**



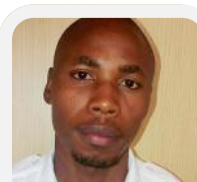
**M.B. Gumede  
Professional  
Nurse**



**Z.O. Shandu  
Professional  
Nurse**



**B.R. Dlamini  
Systems  
Management  
Officer**



**V.N. Ngubane  
Driver**



**N.W. Mchunu  
Professional  
Nurse**



**B.M. Dlamini  
Lay Counselor**

## ISIFO SESIMUNGUMUNGWANA

### SIYINI ISIMUNGUMUNGWANA?

Isifo esiyingozi esithathelanayo.

### ZIYINI IZIMPAWU

### ZESIMUNGUMUNGWANA?

Lesifo sihlala ngaphakathi komuntu izinsuku eziwu 10 kuya kwezingu 14, zingabangaphezulu kubantu abadala.



### Izimlawu:

- Ukukhathala.
- Imfiva.
- Ukuqubuka, amaqhubu amancane.
- Ukungakuthandi ukudla.
- Amehlo akhalayo abomvu.
- Ukukhwehlela.

Amakhala agxiza amafinyila.

Lesifo singafana nomkhuhlane omkhulu wamaphaphu. Ngaphambi kokuqubuka kungaba namaqhubu amhlophe phakathi emlonyeni, phakathi ezihlathini. Ukuqubuka kuvela izinsuku ezintathu kuya kwezinhlanu ngemva kokushisa. Ukuqubuka kuqala ebusweni, kwehle kuye entanyeni nasemzimbeni kugcine ezingalweni nemilenze.

### YINI EBANGELA ISIMUNGUMUNGWANA?

Sibangwa igciwane elincane elingabonakali elibizwa ngokuthi iVirus. Sithathelana uma umuntu onaso ekhwehlela noma ethimula.

### UBANI ONGAPHATHWA YILESISIFO?

Abantwana abangaphansi konyaka abangakasigomeli isifo sesimungumungwana.

Abantwana abazalwa benegciwane lesandulela ngculaza kanye nabantu abaphila naleligciwane. Noma ubani ongakaze aphathwe yilesifo noma ongazange agome.

### SIYELAPHEKA YINI?

Uma sisheshe satholakala ukufa kungavikeleka. Yingakho kubalulekile ukuhambisa umntwana emtholampilo ngokushesha uma usola ukuthi unesimungumungwana.

### SINGAVIKELEKA KANJANI?

Singasivikela ngokugoma.

Uma umuntu enesimungumungwana kufanele angahlangani nabanye abantu izinsuku ezine emva kokuqubuka. Ukugoma kufanele umntwana akuthole uma enezinyanga eziyisishiyagalolunye ngomjovo ethangeni, abuye agome esenonyaka nezinyanga eziyisithupha ngomjovo ehloambe.

### KUDINGEKE NGANI UKUTHI SISIGOMELE ISIMUNGUMUNGWANA?

Lesifo sanda kalula, umntwana ongazange asigomele angasithola kalula. Igciwane lingatholakala emoyeni amahora amabili ngemuva kokuba onaso ephumile endlini. Selokhu kwaqala ukugoma, abasebani abantwana ababulawa isimungumungwana.

## Uyini umalaleveva?



Umalaleveva yisifo esibulalayo futhi esithathelanayo esihanjiswa uhlobo oluthile lomiyane. Amagciwane alesisifo akhula

ande kumuntu kanye nakumiyane. Sithathelana ngokulunywa umiyane osenaleli-gciwane osuke ulithole ngesikhathi umunca igazi kumuntu osuke esephethwe yilesisifo. Lamagciwane akhula esiswini kanye nasemzimbeni kamiyane okuthi uma usuluma omunye umuntu ngenhloso yokumunca igazi bese ulidlulisela kuye leligciwane, elizokhula futhi kuye esibindini bese lihlasela Izinhlayiya zegazi elibomvu bese kuthi ohlaselwe uma engasheshanga ukuthola ukwelashwa okunzulu emtholampilo kumbe esibhedlela bese eshona njalo.

## Danger Smoking can Kill you



Smoking is bad for everyone, but the risk is greater for those with diabetes, a study from California State Poly Clinic University in the United States

suggests. It is said that diabetics who smoke had higher blood sugar levels, making the disease harder to control and putting them to greater risk of complications. Nicotine raised blood sugar levels by 34 percent. Moreover, the World Health Organization (WHO) states that 5 Million people die from tobacco worldwide each year. 125 South Africans die daily due to smoke-related illnesses. That is according to the National Council Against Smoking.



27%, that is the amount by which highly active people can reduce their risk of being attacked by stroke. Jogging 15 to 20 minutes a day on most days will do the job.

## Healthy Lifestyle at Mseleni Hospital

Mseleni Hospital supports the Department of Health KwaZulu Natal 's Healthy Lifestyle Initiative!

Exercising sessions are held every Wednesday for staff members to participate.

Furthermore, Mseleni healthy lifestyle doesn't only focus on physical being! There are also prayer sessions for spiritual life!

*"We need our staff to be active to do all the things needed and we need them to be active to become role models and health educators to their communities. When we think of health we should consider all aspects, Spiritual, Intellectual, Emotional and Physical. For these reasons we have prayer times and*



**Healthy lifestyle exercising sessions at Mseleni Hospital.**

*a hospital Chaplain who is available by appointment, we have continuing education, skills development and training, we have Employee Assistance Programme and as we have physical exercise programmes.*

*All those dynamics contribute to a healthy lifestyle."*  
Said Medical Manager & Acting Hospital Manager, Dr. V.G. Fredlund.



# STOP TB in my lifetime

WORLD TB DAY : 24 MARCH 2013

### What are the signs and symptoms of TB?

People with TB have some or all of these symptoms:

- Coughing for more than 2 weeks, sometimes there is blood in the sputum (spit)
- Chest pain and feeling of out of breath
- Weight loss
- Night sweats
- Tiredness and not wanting to eat

**SILWA NEZIFO, SILWA NOBUBHA, SINIKA ITHEMBA**



### Publishing Team

We do hope you have enjoyed the first three months of the year! And those who set themselves resolutions are well in progress I believe! This issue of Zigeleza noMsele is nothing but health matters happening at Mseleni Hospital! We hope you hope your reading is enjoyed and interesting!

Your inputs are welcomed; you can contact us on the details clockwise.

Thanking you! Thabani Ntuli  
(Public Relations Officer)



Stories, Photographs and design by:  
Mr. Thabani Ntuli (P.R.O.), Ms. Thandeka Mlambo and  
Mr. O.S. Gumede (P.R.O. Interns)

Edited by: Mr. Thabani Ntuli (P.R.O.)

**MSELENI HOSPITAL**  
PO Sibhayi Sibhayi 3967  
Tel : +27 (0) 35 574 1004  
Fax : +27 (0) 35 574 1559  
Cell : 083 761 9901  
Email : [Thabani.Ntuli@kznhealth.gov.za](mailto:Thabani.Ntuli@kznhealth.gov.za)

***Life is a song - sing it. Life is a game - play it. Life is a challenge - meet it. Life is a dream - realize it. Life is a sacrifice - offer it. Life is love - enjoy it.— Sai Baba***