



health

Department:
Health
PROVINCE OF KWAZULU-NATAL



Newsletter Zigeleza noMsele



MSELENI HOSPITAL

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Action as the New Therapy Department was launched!



From the 27th to the 29th of August 2013, the new Mseleni Therapy and Dietetics department officially opened its doors to the hospital staff and friends to come and get a taste of what exactly therapy and dietetics are about.

During these exciting couple of days, a variety of activities were held and many people came to see and be a part of the events. Different stations where guests were given a certain disability and experienced what it was like to: wheel themselves around the community in a wheelchair, walk around an unfamiliar building with no sight and how to communicate without speaking.

There were also stations where individuals' posture was assessed, as well as a food station showing the recommended portion sizes and people had their BMI

measured. Thank you so much for the support Mseleni!

The new department, headed by Occupational Therapist Ms Sunette Wessels, and her current team of 3 occupational therapists, 3 physiotherapists, 2 dieticians, and 1 physiotherapist assistant, has been up and running for a good couple of weeks now. Profession by profession has spacious, private treatment areas which are great in accommodating the variety of patients.

The new department has also received so much support from patients, who have marveled in awe of this new home- although initially, did get lost trying to find our new home away from the smaller well known room we called home next to Paeds Section.

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Mseleni Hospital doctors stood out!

Continues from page 1 The teams are excited to be a part of this new journey within the department, and we can only grow from strength to strength and continue to service Mseleni and the greater community.

We are both grateful and thankful to all who were involved in the planning, lobbying for, and construction of the new department - it is indeed a blessing, of which all praise goes to Our Lord and Saviour Jesus Christ (Psalm 34:1-2). If you have questions or would

like to see the department, you are welcome to come and pay us a short visit and we will try our best to help you.

**By Miss Z. Keswa
(Occupational Therapist)**




Ms. N.J. Kunene (Mobile Teams Coordinator) feeling the pinch of riding a wheelchair! As the new Therapy Department was launched!

Leading a healthy lifestyle is an important step in preventing chronic diseases like stroke, diabetes, high blood pressure. Daily physical activity, a balanced diet, avoiding alcohol, smoking and drugs are ways to live a longer healthier life.

There are exercise classes held every Monday, Tuesday, Wednesday and Thursday from 15:30 to 16:00 in the therapy gym. Come join in a fun 30 minute class and leave work feeling good, healthy and strong!

September:
 Healthy man of the month: BJ Dlamini (pictured)
 Healthy woman of the month: MS Ngubane
 Healthy section of the month: Food services

**By Kelly Rosslee
(Physiotherapist)**



Message from Hospital Management



Doing things better is not always easy. It sometimes means that you have to pass through periods of uncertainty and turbulence. Recent renovations around the office were a great visual aid to the way in which we have to experience disruption in order to

change even when the change is for the better. The same would be true for the therapy team having to move to their new work area. HR, Finance and Supply chain are in the process of audit and review with the assistance of KPMG and MatCH. This will also not be easy but hopefully the end result will be more delightful!

In your section you can see there is need for improvement, you have ideas to make things better, but have you got the courage to face the process of change? Too often we get comfortable with average performance when we should challenge ourselves to more effective, efficient and

friendly work ethics. Are you ready to implement proper management of leave, proper management of equipment, the correct reporting of information data? On a personal level are you ready to work on your physical health and your social relationships? In all of these areas there is much to be gained – but are you courageous enough to face the change?

*Victor Fredlund
Acting Hospital Manager &
Medical Manager*

Mseleni Hospital welcomes new staff cordially



B.N.M Mthembu
SFMO



N.P. Mbuyazi
Professional Nurse



T.S. Ndwandwe
Professional Nurse



P. H. Khumalo
Finance Intern



R.E. Bingham
Medical Officer



S.C Zikhali
Pharmacy Assistant



F.J. Macpherson
Medical Officer



M.P. Nxumalo
ANM: Primary Health Care



S.T.H. Sbiya
Professional Nurse



W.R.Makhoro
Pharmacist



A.P. Myeni
Asset Verifier



T.S. Mlambo
Pharmacy Assistant



W.O. Glas
Medical Officer

Infection and Prevention Control with Miss T.W. Kubeka



The 15th October marks World Handwashing Day, an annual event which highlights the importance of washing your hands properly. Improvement in the Infection and Prevention Control mechanism is key in

potentially saving lives of millions!

Did you know that estimated at least 3.5 million children under the age of five die each year from diarrhoea and respiratory-tract infections-an alarmingly high number that can be reduced by proper handwashing!

Although in South Africa, including KwaZulu Natal, diarrhoea and the respiratory tract



infections, pneumonia and TB, along with HIV are responsible for more than 60% of deaths in children under the age of five years. Nevertheless, it 'soud to know that the government of KwaZulu



Natal through the Office of the Premier and Department of Health KZN have come up with the programme of PHILA MNTWANA (see on page 4) to fight against the demise of young souls.

Let's wash our hands and save lives; we continue to fight diseases, fighting poverty and giving hope!

Uhlelo, uPhila Mntwana eMseleni



uMatron Z.V. Tembe (kwesobunxele) kanye no Sister N.G. Mntambo bethula uhlelo uPhila Mntwana emtholampilo wakwaMduku.

Kungani uMnyango wethula uPhila Mntwana Centre?

Ukuhlaselela kwesifo sokungondleki kahle kwezingane ezingaphansi kweminyaka eyisihlanu (5) sekuholele ekutheni uHulumeni akhathazeke impela; phezu kwalokho kuyabonakala ukuthi izinga eliphezulu lezingane ziyashona ngenxa yalesisifo sokungondleki kahle esaziwa ngokuthi I malnutrition. Lokho phela kudalwa ukungalutholi usizo lwezempilo ngesikhathi ngenxa yokuthi izisebenzi zomnyango wezempilo zisuke zingazi ngalezizingane ezihaqwe ilesifo emakhaya. Belu, lezingane zibuye zibe sengcupheni yezifo ezifana: isifo sohudo, esamaphaphu, esofuba kanye nezinye izifo ezithathelanayo. Izingane-ke ezingondlekile kalula zingahaqeka kalula yile zifo. Ngakho-ke ukulwa nalesimo. Umnyango WeZempilo ngokubambisana nesigungu esilwa negciwane lengculazi eSifundazweni saKwaZulu Natal baye banquma ukusungula uhlelo olubizwa ngokuthi u "Phila Mntwana" ngenhloso yokusondeza usizo lwezempilo emphakathini nasebantwaneni.

Usebenza kanjani ke uPhila Mntwana?

Isikhungo Uphila Mntwana uzoba isikhungo sokuthuthukisa ezempilo nokulwa nesifo esihlasela ezingane ezingaphansi kweminyaka emihlanu (5). Lezikhungo zizobekwa ngokwe wadi. Lezi khungo zizoqinisekisa ukuthi usizo oluphuthumayo luyanikezwa kubazali bezingane ezingaphansi kweminyaka eyisihlanu nanokuthi lezozingane ziyathunyelwa emitholampilo ukuze zithole usizo okuyilonalona. Uzikhungo zika Phila Mntwana zizosebenza nsuku zonke, oNompilo yibona abazobe banikeza usizo lwezempilo kulezo zikhungo ukuze omama bezingane bachushiseke kahle ukuthi bangagwema kanjani izifo. Izikhungo ezingomahamba nendlwana nazo zizonikeza usizo kule zikhungo zikaPhila Mntwana.

Iluphi usizo oluzotholakala ezikhungweni zikaPhila

Mntwana?

- Ukulandelelwa kokukhula kwabantwana.
- Ukuhlololwa isifo sendlala.

- Ukunikezelwa kwezakha mzimba.
- Ukuthola isifo sohudo ezinganeni.
- Ukukhuthaza ubisi lwebele.
- Ukuhlololwa isifo sofuba ezinganeni.
- Ukulandela lezo zingane ezingadli kahle imishanguzo yazo; that is immunization and other well child services.
- Ukwedliliselwa phambili ukuze izingane zithole usizo emtholampilo.
- Ukwesekwa maqondana negciwane lesandulela ngculazi.



U Mrs. D.R. Maoela ekhuluma noNompilo mayelana nohlelo uPhila Mntwana

Health Promotional Activities Mseleni Hospital during Women's month



During the women's month (August), Mseleni Hospital strengthened the health promotional activities on women's health.

Various educational sessions were held at waiting areas making women aware of diseases such as: breast cancer and many others.

Women were also encouraged to visit clinic for pap smear tests and to ensure that they come early to the clinic when they have just got pregnant so that complications will be reduced in order to ensure that there is child born infected with HIV/AIDS.

Complications during women pregnancy can be cured



On the Right MRS T.P. Ngubane Operational Manager at Maternity ward giving education to pregnant women

On the 21st august 2013 pregnant women at Mseleni hospital were taught about the complications and danger signs they may come across with during their pregnancy. So many pregnant women find themselves having a some problems concerning their pregnancy due to lack of knowledge. Some of the symptoms that may rise during pregnancy are

- 1. Nausea** Feeling sick after a workout means you may have built up too much lactic acid.
- 2. Persistent dizziness or dizziness** accompanied by blurred vision and headaches or heart palpitations.
- 3. Sudden change in body temperature** if your hands turn clammy or you get hot or cold flashes.

4. Heart palpitations if you can't keep up your side of a conversation or you sweat buckets while you exercise; you're probably working too hard.

5. Swelling in your calf your feet and hands may puff up a little after exercise

6. Vaginal bleeding while some women experience light spotting throughout their pregnancy, bleeding is cause for concern. Early in your pregnancy, it could signal a miscarriage.

7. Blurred vision your eyesight gets hazy in the middle of exercising, you may be dehydrated, which sends your blood pressure plummeting and your heart into overdrive

8. Fainting during pregnancy shouldn't be taken lightly. It could mean something as simple as dehydration or as serious as major circulatory problems

9. Sharp, recurring pain in abdomen and chest It may just be your ligaments stretching, but you could also be having contractions, especially if the pains recur at somewhat regular intervals

10. Fluid leaking from your vagina if your underpants feel constantly wet or you feel leaking or even a gush of watery fluid from your vagina, it could be premature rupture of the membranes and a signal that your body's about to go into labor.

If one of this symptoms generates your body its advisable to consult with the nearest hospital or doctor before the complications rise.

Abafundi bagqugquzelwa ukuba bafunde imikhakha yezempilo



Abafundi bezikole zahlukahlukene kusukela endaweni yaseHluhluwe kuze kuyofika eMbazwana baqoqelwa ehholo lomphakathi lasendaweni yakwaMduku ukuzokhuthaza abafundi ukuba bakhethe imikhakha ngendlela okuyiyona yona.

Lo mcimbi wawuhlelwe UMnyango weZemfundo eSifundeni Umkhanyakude.

Abafundi bagqugquzelwa ukuba bakhethe imikhakha yezempilo njengoba phela ingenye yemikhakha ehlaselwe indlala kwezamakhono.



Umxhumanisi wesibhedlela nomphakathi uThabani Ntuli (osesithombeni) wachaza kabanzi ngemikhakha ekhona eMnyangweni weZempilo okubalwa kuyo: ubudokotela, ubuhlengi-kazi, ukusebenza

Ummuzane Mandla Ngcobo wenhlangano exhasa abafundi abafisa ukufundela imikhakha yezempilo

Unkosikazi Ntuli woMnyango weZemfundo esifundeni uMkhanyakude

ngamakhambi, ukulapha amazinyo, kanye neminye. Abafundi baphinde bachazelwa futhi ukuthi iziphi izifundo okumele baqinise kuzo uma befisa ukufundela imikhakha ethinta ezezempilo.

Pharmacy Week Celebration: Investing education in young minds



Zenzeleni High School pupils

Mseleni Hospital in celebration of the Pharmacy week opted to visit two local schools viz: Justice Nxumalo and Zenzeleni High Schools with a purpose of educating pupils and empowering them about this field of work.

The vision was inspired by Pharmacy Manager Mr. N.G. Sithole (left) who testified that his knowledge of the Pharmacy as a career



path which he eventually pursued was through department of health officials who visited his high school back when he was doing his matric and educated them about this magnificent career path; if it was not for those officials, he wouldn't have known, and wouldn't have been a Pharmacist that he is today; therefore he had an interest of sharing knowledge with high school children to give back to the community.

Among key messages during the celebration of Pharmacy week was encouragement to the school children to work hard in their studies; to research about their possible career opportunities. They were also informed much about the

bursary opportunities that are annually available within the health department.



Pharmacists: Ms. S.F. Mthwtha & Ms K. Govender educating children on Pharmacy



Justice Nxumalo High School pupils

Kwakuyizingelosi uqobo, begqoke ezimhlophe qwa abahlengikazi baseSibhedlela saseMseleni



Abahlengikazi bezothile belungiselela ukusho isifungo sabo I Nurses' Pledge

Izihlathi bezivakashele izindlebe kubasebenzi baseMseleni ngenkathi kugujwa usuku lwabahlengikazi ziyi- 7 kuNcwaba 2013 eholo lomphakathi eVuka Mabaso khona belu eMseleni.

Phela bekuyidili ngisho indumezulu uqobo lwayo lapho bekukhona izihambeli ezivelela ezibhedlela zonke zeSifunda seZempilo uMkhanyakude. Bekumhlophe njengeqwa lasekapa ngenkathi abahlengikazi befake umfaniswano omhlophe bezigqaja kad ungabona wena.

Le ndumezulu ibihlelwe ngenhloso yokuhlonipha iqhaza elibanjwe abahlengikazi empilweni yesizwe. Indima edlalwa abahlengikazi kwezempilo ukuhlenga labo abangena mandla; "Phela uma unikwe isinkwa sokuba umhlangikazi usuke ukhethwe uMvelinqangi uqobo, ngakho kufanele ukhumbule ukuthi uma ubiziwe kufanele wenze lokhu obizelwe kukho" kusho Unkosikazi S.F. Mthimkhulu weHhovisi leSifunda seZempilo uMkhanyakude eyala abahlengikazi. "Imiphefumulo enganamandla kufanele inakekelwe ngokuyikho, ngokuthembeka, nangentshisekelo, Phela abahlengikazi kumele bakhumbule ukuthi lo msebenzi wobuhlangikazi uwubizo, awufani

neminye imisebenzi njengoba umsunguli wawo uFrolence Nightingale wawuqala ngenxa yentshisekelo yokuhlenga ababuthakathaka. Abahlengikazi futhi kumele bazazi izinto uhulumeni azibeka phambili ohlakeni lwezempilo okubalwa kuzo: inhlanzeko ezibhedlela, ukutholakala kwemithi namakhambi, ukuphathwa kahle kweziguli kanye nokwaziswa kwamalungelo azo, ukuphepha kweziguli, ukulwa nokubhebhetheka kwezifo, kanye nokwehliswa kwezikhathi umphakathi ozilindayo ngaphambi kokuthola usizo", kusho uNkosikazi N.A Kha-thi obeyisikhulumi sosuku, ongomunye wabahlengikazi abake badlala ndima enkulu eSifundazweni seZempilo KwaZulu Natali jikelele kwezobuhlangikazi. Phela lendumezulu ibihleleke ngempela ngoba ngisho iziphathimandla zendawo kanye namalunga omphakathi nabo banqume ukuzogubha lolusuku eMseleni. Ubungabona lapho besekutshakadulwa kugiya nesinedolo kubungazwa ubuhlangikazi. Lolusuku

lubeyinqophamlendo ngisho ezinganeni zesikole ngoba nazo bezimanyiwe ukuzobambiqhaza ngokunandisa. Usuku lolu beluxhaswe uOld Mutual.



Abahlengikazi asebaba mnkantsh' ubomvu, yibona ababesina bededelana enkundleni



Abahlengikazi bezothile bephethe izibani zabo

Awarding outstanding wards: encouraging and rewarding excellence!



In the same event (Nurses Day of Prayer) held on 07 August 2013, Mseleni's nursing wards that are exceptionally excellent were awarded in order to encourage them to continue to do well in their nursing initiatives; **cleanest ward was awarded to Paediatric Ward, Best Clinical Nurse was Mrs. S.E. Qwabe (Male Ward Operational Manager) and Best Practical Nurse was Ms. C.N. Maphumulo (Out-Patient Department Operational Manager).**

Imishini emisha yokuwasha elondolo!

news



Njengoba phela uMnyango WeZempilo ukubeka phambili ukuhlazeka kwezikhungo zezeMpilo, kanye nokunqanda ukubhebhetheka kwezifo; kubalulekile ke ukuthi phela izinsiza kusebenza zibe khona ngenhloso yokufeza icebo loMnyango.

Ilondolo yaseMseleni eholwa ngibaba uMthethwa nayo yakuthokozela ukuthola imishini emisha yokuhlaza izimphahla zeziguli.

Uphiko olusha emtholampilo wakwaMduku ngenxa yekomidi

news



Leli komidi eliholwa nguMnumzane Mathenjwa obuye abe nguNdu-nankulu wobukhosi besizwe sakwaGumede endaweni yakwaMakhasa ladlala indima enkulu indima ekutholeni uxhaso enhlanganweni ebhekelele imvelo khona endaweni yakwaMduku I

kokuba umphakathi waveza izikhalazo eziningi ukuthi umtholampilo mncane kanti abantu bayanda endaweni, nomthwalo wezifo uyanda.

Lolu phiko olusha phela luzobizwa ngokuthi I Women and Children TB wing; phecelezi indawo yokunakekela abesifazane kanye nezingane ikakhulukazi maqondana negciwane lesifo sofuba.

Ukusebenza ngentshisekelo kwekomidi lomtholampilo wakwaMduku kwathela izithelo.

Africa Foundation. Loluxhaso lwasetshenziswa phela ukwelula isakhiwo salo mtholampilo emva

Mseleni Hospital doctors stood out!

news

South African Medical Association in August 2013 awarded Mseleni Hospital's Dr. Victor Fredlund for the dedication and the service he has offered to the community over the years!



Dr Victor Fredlund is currently a Medical Manager and Acting Hospital Manager at Mseleni Hospital.

He is community development orientated and passionate about people's health! He has contributed so much in the community of Mseleni and surroundings for being involved in projects like Children (orphans home), Lulisandla kuMntwana, Christopher Meyer Foundation, Vuka Mabaso Community Development, Hip Replacement due to Mseleni Joint Disease. Dr. Victor Fredlund arrived in Mseleni area in 1980 to serve the community that had been clouded by disease burden and limited medical expertise. When Fredlund and his wife Rachel visited Mseleni, they expected to spend about five years at the tiny rural settlement. Instead, they have spent almost a lifetime raising three children and immersing themselves in the community.

Dr Victor Fredlund was recognized in 2003 as the Rural Doctor of the Year by the Rural Doctors Association of Southern Africa (RuDasa).

Did you know?

- **Dr Victor Fredlund can fluently speak & sing in IsiZulu**
- **You cannot separate him with his guitar**
- **He composes songs about health services and initiatives**
- **He is a Christian Preacher**

In August 2013, the Rural Doctors Association of Southern Africa (RuDASA) awarded Mseleni Hospital's Dr. Viljoen as the KwaZulu Natal doctor of the year.



The Rural Doctors Association of Southern Africa is a membership-based organization actively working towards better health care in rural areas. RuDASA strives for the adequate staffing of rural health facilities by appropriately skilled medical staff; and to be a voice for rural doctors regarding training and working conditions.

It was not the first time Mseleni Hospital received this award as in 2003, Dr. V.G. Fredlund, Medical Manager also won the same award! In 2012, Dr. Gate from Bethesda Hospital also won the award.

"I enjoy the working in the rural areas; this is where you find the most vulnerable patients who have more social problems than medical. As a person who believes in the word of God, it satisfies me to make a difference to the most needy.

Although poverty remains the issue in the rural areas but I believe Health is the greatest wealth. Mseleni Hospital is also under leadership with integrity which makes it acceptable environment do dwell in." said Dr. Viljoen. Dr Kobus Viljoen studied medicine in Bloemfontein. After some time working in the private sector and overseas he arrived at Mseleni in 2002.

Did you know?

Doctor Viljoen likes: spending time with his children, just to have them happy, he also likes woodwork.

Favorite Music: Classical and jazz.

Favorite food: any food is my favorite, when I am hungry I eat whatever food that is nearby. I even eat Zulu traditional food like isitambu, amadumbe and izinkuhlu. I also eat fruits like, monkey fruit (amahlala) amathunduluka and izintiba.

Mbazwana Clinic fights against teenage pregnancy

news



population of about 21 311 approached local high schools viz: Mpiyakhe and Moses Zikhali High Schools to warn pupils about teenage pregnancy that is reoccurring in the clinic.

usage and family planning strategies! However, Abstinence Method was preached to the best method to avoid teenage pregnancy.

The event was graced by the officials from the education department including their teachers.

Zoliswa Motman (Nurse at Mbazwana Clinic and Mduzuzi Khuzwayo (Health Promotion & School Health Nurse) both

slammed teenage pregnancy blaming pupils who fall pregnant as short-minded as the government has plans in place such as: condom



As the government departments work with the Integrated Approach to service the community; the Mbazwana Clinic, Mseleni Hospital's biggest clinic with

Bekuphuma izithukuthuku uqobo lwazo kubasebenzi

Bekuphuma izithukuthuku uqobo lwazo ngenkathi abasebenzi bezempilo abaphuma ezindaweni ezahlukene ezakhele isifunda behlanganele kumtapo wolwazi wase Nseleni mhlazingama 29 ku Ncwaba 2013. Phela bekungasaphumi wona umjuluko besekuphuma amathonsi ezithukuthuku ngokuzivocavoca kwenziwa uhlelo lokuphila impilo enokuzivocavoca. Phela isifundzwe sa KwaZulu Natal sihaqwe elikhulu izinga lokwehla kokusebenza emitholampilo ngenxayezimo ezihaga ukusebenza kwabasebenzi okubalwa kuzo ubuthakathaka enyameni, okwenza abasebenzi bengabibikho emsebenzini okuholela



ekutheni labo abasuke besebenza ngaleso sikhathi basebenze ngaphansi kwenkulu incindezi ngoba phela umsebenzi uba wumthwalo emahlombe abo. Emsebenzini phela lokho kudala ukushoda kwabasebenzi kanti ukushoda kwabasebenzi kanti babuye

emsebenzini babuye bengabi nakho ukuba mnene ezigulini phela ukungazivocavoci kukunomthelela omubi ngoba phela uma ungazivocavoci uyashesha ukukhathala uma usebenza.

news

Protect Your Ears!

1. Avoid exposure to noise when you can.
2. Consult with your occupational health and safety officer if you are concerned about noise levels in the workplace.
3. When unavoidably exposed to loud noise, wear personal hearing protection such as earplugs, ear muffs or both.
4. Wear earplugs in noisy environments, such as motor racing events.
5. Remember that everyday equipment, such as lawnmowers,



Fire Management lessons by Umhlabuyalingana Local Municipality

news



On the 20th august 2013 Mseleni staff members were taught how to keep safe environment in the case of fire. It was a very great pleasure for Mseleni employees to be taught how to cease the fire. The staff were very thrilled after getting the chance of having training in Fire Risk. You may recall that many fire case starts from uncertain situations and results in to terrible damages

Tips for workers to follow for maximum fire safety in your workplace:

Smoke areas - Always ensure that there is a smoke area available and that all workers who smoke on the job are using it. Proper extinguishing of smoking materials should always be enforced. **Maintenance** - Make sure the machines in your workplace are properly maintained to prevent overheating and friction sparks. **Report electrical hazards** - Unless you are qualified and authorized, you

should *never* attempt electrical repairs. Faulty wiring and malfunctioning electrical equipment are key contributors to workplace fires. **Fully charged fire extinguishers** - Check fire extinguishers often by looking at the gauges and making sure they're fully charged and ready for use. If they're not fully charged or if the attached tag indicates that the last inspection occurred more than a month ago.

Umkhankaso wokusokwa kwabesilisa

news



A bahlengikazi nodokotela basesibhedlela saseMseleni Hospital bebehambele ihhlolo lomphakathi I-Vuka Mabaso community hall ngomhlaka-ka 25 September 2013 njengengxeny

bazobayingxeny yaloluhlelo lokusokwa kwabesilisa. Lokhu bekwenzeka ngokubambisana namalungu omphakathi azinikele ukuhambela imizi kanye nezikole ezahlukenengenhloso

yohlelo lukahulumeni kuzwelonke yokuyosokwa kwabesilisa. Abafana bebelandwa ezindaweni ezahlukenengenhloso ezisondelene nemitholampilo esebenzisana nalesisibhedlela ukuba

yokugquzela abafana ukuba bahambe beyosokwa. Balinganiselwa kumashumi amane abafana abasokiwe ngalolusuku. Enye yezinhloso ezinkulu zaloluhlelo ukugquzela abantu besilisa ukuba bazimbandakanye nokusoka okuphephile kwasezibhedlela okuqinisekiswa ngokuletha abahlengikazi nodokotela abaqeqeshile nasebenesipiliyoni esanele sokwenza lomsebenzi.

By: Smanga Mthembu

Cancer Alert!

Lifestyle

Breast Cancer is thought to be a women's illness but it affects men too!



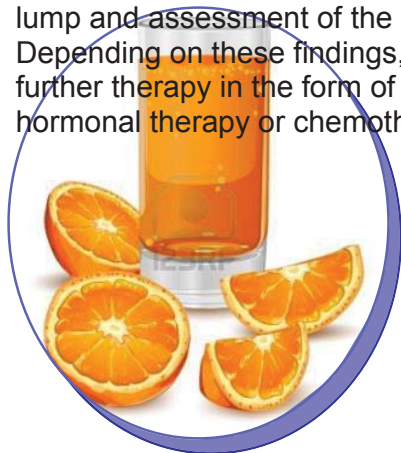
Male breast cancer tends to develop in slightly older men, the average age being 65 years.

As with female breast cancers, a strong family history puts men at higher risk of developing breast cancer.

In males, breast cancer usually shows as a painless firm mass, just below the nipple, or the presence of painless glands underneath the armpit.

As in women's breast cancer, male cancer is treated by a surgical removal of the lump and assessment of the lymph nodes under the armpit.

Depending on these findings, there may be a need for further therapy in the form of radiation therapy, hormonal therapy or chemotherapy.



Did you know?

Study has it shown a glass of juice may not be as healthy as you think. Fruit juice contains so much sugar that boosts the risk of certain cancers.

People who drink more than three glasses a day are more likely to develop rectal cancer. Many things found in bowel cancer-including fibre, vitamin C and chemicals known as antioxidants- are lost during the juice's processing. Eat prunes or other dried fruit instead.

Healthy Eating and Pregnancy

The health of the baby depends on the mothers' health. It is therefore very important to take folic tablets when pregnant or planning to get pregnant.

Folic acid tablets:

- Help the **baby's spinal cord** to develop well
- Ensure that the mother has **enough blood**
- Prevents **abortions, premature births** and **stillbirths**

Foods rich in folic acid are: liver, kidneys, fortified maize, fortified bread, spinach, dry beans, cereals and ground nuts.



Ukudla okunempilo nokunomsoco kukhona emhlabathini yethu

Diet



UMnyango weZolimo esifundazweni saKwaZulu Natal ugquguzela abantu emiphakathini yabo ukuba balime; kanti ke futhi kuyiqiniso ukuthi ukudla okutshalwa emasimini nasezingadini okufana no: mbila, amakinati, iklabishi, otamatasi, amazambane, imifino nokunye kunempilo. Abacwaningi bathi ikudla okuyizitshalo kunciphisa

amathuba okuhlaselwa izifo ezifana no: shukela (Diabetes), umfutho wegazi ophezulu (BP), isifo senhliziyo (Heart attack) kanye nezinye. Phela lokhu kwenziwa ukuthi iningi lokudla ukuyizitshalo akunawo lamafutha okuyiwona ajwayele ukudala izifo emzimbeni, ngakho-ke qinisekisa ukuthi udla ukudla okunempilo.



Dangers of smoking

Lifestyle

The following are well known facts:

Every time you smoke a cigarette, you are inhaling poisons. Cigarettes smoke contains more than 4,000 chemicals -- and more than 40 of those chemicals are carcinogenic (cancer causing) toxic substances!

Approximately half of all long-term smokers will die early from tobacco related illness. Every cigarette smoked cuts around five minutes of life on average. Smoking is the single largest preventable cause of disease and premature death. It is a prime factor in heart disease, stroke and chronic lung disease. It can cause cancer of the lungs, larynx, oesophagus, mouth, and bladder, and contributes to cancer of the cervix, pancreas, and kidneys.

Main poisons cigarettes contain:

- **Ammonia** - used in floor cleaner
- **Arsenic** - used in rat poison
- **Butane** - substance of lighter fluid
- **Cadmium** - used in batteries
- **Carbon Monoxide** - car exhaust
- **Formaldehyde** - used to preserve body tissue
- **Hydrogen Cyanide** - poison used in gas chambers
- **Methane** - used in rocket fuel
- **Nicotine** - used in rat poison



What God is saying today?

Religion

Learn to Be Led by God's Spirit

'...Let us keep in step with the Spirit.' Galatians 5:25 NIV

If the Christian life is about having a personal relationship with God, then God must still speak to us today. But a relationship can't be built on one-way speeches. First, it requires commitment. Then it requires communication between two people in which each speaks and listens to the other. 'You...are controlled...by the Spirit, if the Spirit of God lives in you...' (Romans 8:9 NIV) That means having Spirit-controlled responses, and making Spirit-led

decisions. When you follow God, life no longer consists only of that which can be seen, felt or figured out. It includes walking by faith, trusting Him, learning to know His voice and the leadings of His Spirit. Some of us are reluctant to do that because we've seen people who claim to be doing it and their approach scares us. So when we sense the Spirit's leading we doubt it, analyse it, conclude it isn't logical and don't pay attention to it. Some of us want to obey the Spirit, but we're not sure we know that He's really speaking to us. We wonder, 'Is this God's voice or my own desires?' We've all experienced this; it's a normal part of the Christian life. This is why Paul writes, 'Since we live by the Spirit, let us keep in step with the Spirit.' (Galatians 5:25 NIV) Spiritual guidance is learned - one step at a time. Even the most mature believer will stumble and get it wrong at times. No problem: 'If the Lord delights in a man's way, He makes his steps firm; though he stumble, he will not fall, for the Lord upholds him with his Hand.' (Psalm 37:23-24 NIV)



Mduku Clinic cares!

news

Although there are lot of patients who visit the clinic with empty stomach, but it takes kindness for health workers to be touched by the poverty situation for their patients.

Mduku Clinic staff members donated a food parcel for the family after a gogo had received news a loss of her relative; and when gogo was visited at home, there was nothing to eat.

Well done Mduku Clinic for your heartfelt service and care for the community!

Mduku Clinic is headed by Sister P.M. Gumede (**pictured right**) who is a wife to the King Inkosi Gumede of the Makhasa Tribal.

Mduku Clinic is the second largest clinic under Mseleni Hospital following Mbazwana Clinic. It is located within the Big Five Municipality.



Data Management lecture at Mseleni Hospital!

news



Mseleni Hospital staff attending the lecture



Miss Dluclu, Mrs S.F. Mthimkhulu and District Manager, Miss M.P. Themba at Mseleni.

"The government's allocation of budget, employees and other resources in institutions, including the hospitals is absolutely guided by the statistics portraying the workload of those facilities! One can claim to be working very hard; short-staffed and having not enough resources, but if the statistics doesn't correlate with those findings, the department is unable to add what is deemed

necessary." Said Mrs S.F. Mthimkhulu (Monitoring & Evaluation, Umkhanyakude Health District), explaining the importance of correct capturing of data to the staff of Mseleni.

The Umkhanyakude Health District Management took the liberty to visit all its five hospitals namely: Manguzi, Mosvold, Bethesda, Hlabisa and Mseleni just to offer support in terms of correctly

capturing of data and to stress on its importance.

Social Happenings at Mseleni!

Social

Sister T.J. Zikhali's birthday get-together



Sister T.J. Zikhali, Mbazwana Clinic Operational Manager held a birthday get-together on 27 July 2013 at Sodwana Bay Road Lodge! The party was studded by colleagues from Mseleni Hospital and its clinics. The party was also a 30th Year celebration in the Public Service for Sister T.J. Zikhali.

Congratulaaations

Finance Department bade farewell to Mrs Mthembu



Bitter-sweet! Goodbyes as always; Finance department had a social gathering in bidding the farewell for Mrs. Mthembu who worked at Budget and Expenditure Section.

Finance Manager, Mr. M.S. Zikhali explained Mrs Mthembu as one dedicated somebody who never missed deadlines and highly dedicated to the service.

Goodbyeeeeeee!

Social

Celebration of the Women's Month.



Mseleni Hospital women on 25th August 2013 held a Women's Celebration at Mathikane Lodge in celebration of the Women's Month. In the event women were encouraged not to under-estimate their potential.

**Wathinta abafazi
Wathinta imbokodo**

Social

Social Cohesion as staff got together!



On the 4th September 2013 staff got together for a social bond!

Sections represented were: Social Services, Clinical Psychology, Medical, Pharmacy, Dental Services, Human Resources, Nursing, Finance, Radiology, Occupational Therapy and Dietetics.

The dance, the fun, networking and the chats were the order of the day.

Human Resource Office celebrated birthdays!



Human Resource Office celebrated birthdays for two officials who both had their birthdays in the month of September.

Human Resource Manager Mr. E.S. Buthelezi values staff get-together events. "Many staff are used to their daily routine work that they hardly get time to interact with each other ; you find others that they don't even know full names of person sitting next to their workstations."

From left: Mr. E.S. Buthelezi, Mr. B.A. Khanyile, Mr C. Sithole, Ms T. Shezi, Ms P. Mlambo, Ms. N.P. Kunene, Mrs. B.J. Ngwane & Mr. J. Mafuleka.

Bottom Row: Ms. Z. Mkhize and Ms K.B. Nxumalo

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