



health

Department:  
Health  
PROVINCE OF KWAZULU-NATAL



# Newsletter Zigeleza noMsele



## MSELENI HOSPITAL

October– December 2013

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# Christmas Time for joy at Mseleni!

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### Message from the Hospital Management



*Mseleni Hospital Management would like to take this opportunity and thank staff for working tirelessly for the service of the community; and to thank all partners who are helping us to achieve our desired outcomes; we thank clients of our service in communities for trusting us; for those who have lost their loved ones, may the faithful God give them "complete comfort". As for all of us; these times we celebrate the gift of Jesus as the Savior; we wish all of you a Happy Festive Season filled with so much more! To all, Merry Christmas and Happy New Year!*

**Mrs. C.T. Fakude, (Deputy Nursing Manager)**



### National Office of Standard Compliance advised Mseleni's clinics on how to improve service delivery in trying to achieve a long and healthy life for all South Africans"



**O**ffice of Health Standards Compliance (OHSC) from the National Department of Health visited Mngqobokazi and Mabibi Clinics under Mseleni. The aim was to make sure that patients get good quality care from the healthcare facilities. This is ensure that standards of hygiene, safety and respect for patients are being met as the country is preparing for National Health Insurance.

The Department of Health is fighting Diseases, Fighting Poverty and Giving Hope.

**Left:** Ms. T.W. Kubeka (Infection and Prevention Control Manager) and Sister Mzipaz (Mngqobokazi Operational Manager) interacting with auditors from the Office of Health Standards Compliance (OHSC) from the National Department of Health

## A HEALTHY LIFESTYLE IS YOUR CHOICE



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**Fighting Disease, Fighting Poverty, Giving Hope**

# Mseleni's Consultative session with community



Mr. Gumede (Chairperson of Ezimpondweni Clinic Committee) interacting with hospital management and board members



Acting Hospital Manager addressing the community about his vision of the District Hospital Service Delivery

**M**seleni Hospital Management joined heads with traditional tribal representatives, clinic committees, community care givers, ward councilors and hospital board members in its consultative health summit held on 17th October 2013.

The structures mentioned raised issues relating to various aspects of the health system such as: transportation of emergency patients, infrastructural challenges and more; however, the management of Mseleni Hospital was also applauded for its service to the community at large and its humbleness as it had convened all the structures and stakeholders in order to discuss the issues relating to the health service delivery.



Proceedings of the consultative forum

**DON'T TATA A CHANCE WITH YOUR HEALTH. HELP US PUT A STOP TO BOGUS CLAIMS AND SAVE MORE LIVES – DON'T BUY ILLEGAL MEDICINES**



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**Fighting Disease, Fighting Poverty, Giving Hope**

Fighting diseases, Fighting poverty, Giving hope

### Farewell to Mrs Gumede SM



Her fellow staff members wished her a blessed rest on her retirement and hospital management appreciated her dedication to the services offered by this servant!

### Farewell to Mrs Mtshali



Mrs. Mtshali (Assistant Nursing Manager) going for retirement; a farewell party was meant to thank her for her service!

Far left: Mrs B.J. Ngwane handing a gift to Mrs Mtshali.

Left: colleagues posing for the photo

### Farewell to Mr Mthembu



Mr. Mthembu also went for retirement after working for more than 3 decades at Mseleni Hospital.

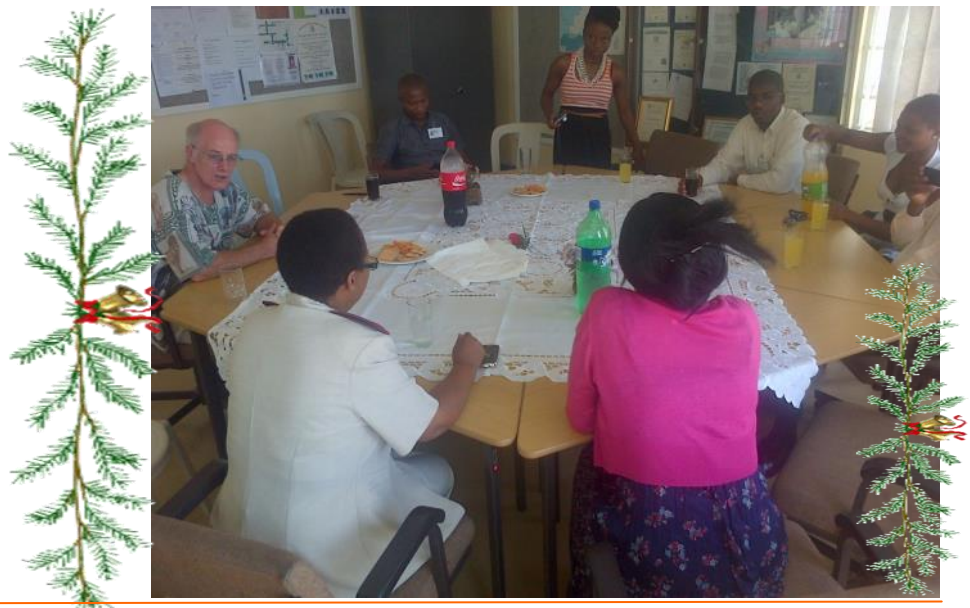
Mr Mthembu was working in the X-Ray department.

### Christmas joy at Mseleni Hospital

Peadriatic Section celebrated Christmas with throwing a party for the Operational Manager Mrs. N.G. Mntambo! Merry Christmas!



Hospital Manager's administrative section celebrated Christmas as they bade farewell to interns at CEO Secretary and Public Relations Offices! Merry Christmas!



### Malaria caution this summer

				
✓ Use Insect sprays on skin where possible	✓ Stay indoors at night	✓ Close or put nets on all doors and windows at night	✓ Use mosquito nets and coils around your bed	✓ Wear long sleeve clothes at night to reduce the bites

## The Mseleni Therapy Department Gets Involved! Our Disability Awareness Month Clinic Outreaches

November was the month for Disability Awareness and the therapy department of Mseleni Hospital got involved!

The therapists together with the clinics that they service, held "Disability Days" in order to promote integration of people living with disabilities into the community by raising awareness about the barriers and subsequent difficulties faced by people living with disabilities, in and around their respective communities.

At each clinic, we had a person living with a disability as our motivational speaker. These individuals had made something of their lives, rising up and over their own personal circumstances and challenges. Personal experiences were shared and it highlighted the importance of people being aware of those who live in with disabilities in their communities and the fact that they can be productive and functional members of society despite their disability, when given the opportunity to.

The educational sessions were combined with practical sessions at each clinic, where after various disabilities were discussed and opinions and views of the people of the community were obtained. There were demonstrations done on how to safely and properly guide a blind person, how to use a wheelchair and other assistive devices demonstrations. Wheelchair races were held with our motivational speakers who are wheelchair users. This was a fun and exciting way for the community to experience using an assistive device that they would otherwise never consider and often attach a stigma towards someone who is wheelchair bound. People learnt so much and it was an especially well-received activity by the community members across clinics J Below are some of the highlights from each clinic that was involved in the Disability Day.

The therapy team would like to extend a heartfelt thank you to the following individuals who assisted us in making the disability day's a success: Siphon Mlungwana, Robert Mabuza, Mandla Makhoba and Siphon Gumede. We encourage you all to consider those who live with disabilities in and around our communities: they have every right as any other individual and deserve to be integrated in the communities in which they live. Let us work together to help each other to foster a greater spirit of Ubuntu God bless you all



Mnqobokazi Clinic



Mduku Clinic



Manaba Clinic



M.R. Makhoba (Data Capturer who lives with disability)

### Healthy lifestyle program TSHONGWE AND MANABA: The healthy lifestyle clinic champions for 2013!

The healthy lifestyle exercises classes have now expanded to the clinics where staff members are exercising daily between 15:00-16:00. Tshongwe clinic was the first clinic to start their exercise classes in October, followed by Manaba clinic. These 30min – 1 hour classes consists of aerobic and general strengthening exercises. A member of the therapy team attends these exercises once in every 2 weeks and an attendance of almost 90% of staff members are seen.

The staff at Tshongwe clinic kept a record of the weight and Body Mass Index (BMI) of all the staff members and in two months the results are clearly visible with some losing up to 4kgs.

At Manaba clinic staff members have started playing netball as part of their exercise program and Dr. Luke Proffit joins them as often as he can, either playing or refereeing the netball games or leading the stretches beforehand.

Exercise classes are soon to be underway in all clinics starting with Mduku by the end of December 2013. Keep it up guys!



Tshongwe Clinic exercise sessions



Dr. Luke Proffit during Manaba Clinic exercise sessions

Mbazwana: 150 people attended! Mothers who care for children with cerebral palsy shared their experiences and difficulties in getting their children to clinic and around the community in the wheelchairs

Mbazwana: 150 people attended! Mothers who care for children with cerebral palsy shared their experiences and difficulties in getting their children to clinic and around the community in the wheelchairs

Ezimpondweni: Everyone was so amazed at how our very own wheelchair repairer, Robert Mabuza, was able walk with his prosthetic leg!

Story by: Zama Kheswa

### Wound/Stoma workshop held at Mseleni



Trade people explaining to delegates who attended Wound/Stoma workshop held at Mseleni

### Mental Healthcare user reaps



**M**entally disabled and Orphaned Sabelo Ngwenya (*pictured*) from Mbazwana, was assisted by Mseleni Hospital’s mental health team comprised of the Social Worker, Occupational Therapist, Mental Health Nurse to do something useful for himself.

The 22 year old lives with his grandma. When healthcare team asked on what the client likes to do, his grandma said she seems passionate about gardening, then he was encouraged to his own gardening. Few months later; during the follow up visit, he showed them his own work which were onions that he had reaped from his garden.

**M**oreover the Mental Health Team program of reaching out to the community structures; more especially, churches!

“It is noticeable that mental healthcare users are often isolated in the community; and they are not treated with dignity and care that they deserve; therefore our program is also to sensitize the community structures about the issues relating to mental health” said N.M.F. Khoza (Mental Health

Nurse). Mark Ncube of Mntanenkosi Shembe Tempel expressed gratitude after they had been visited by the mental health team at their church late in October. “We are thankful to have public servants who care this much; we believe that their work is a *‘calling’* to them compared to a *‘profession’*” said Ncube.





## Welcome to Mseleni Hospital



G.N. Mlambo  
CNP

N.V. Gebashe  
Data Capturer

N.S. Nyathi  
H.R. Intern

N.L. Masondo  
F.I.O

S. Mahlangu  
Pharmacy  
Assistant

H. Khanyile  
Pharmacy  
Assistant



S.N. Biyela  
Data Capturer

A.M. Zikhali  
General Orderly

S. Gumbi  
H.R. Intern

Z.T. Tembe  
H.R. Intern

E.Z. Nsele  
Clerk

N.E. Qwabe  
Registry  
Assistant

T.K. Naidoo  
Dentist

## Inkonzo yabasebenzi bevala unyaka

Kube yindumezulu abaningi bazibuyisela enkosini lapho bekunenkonzo yokuvala unyaka esibhedlela sase Mseleni ngomhla zi 4 kuZibandlela 2013.

Phela lenkonzo ibihlelwe ukuba yilowo nalowo msebenzi azozibongela enkosini yakhe ukuba imngcinile kwaze kwaba ilesikhati, kodwa baphakame bama ngezinyawo abazalwane lapho umfundisi eseyibekile induku ebandla kwayilowo nalowo wabheka ukuhambisa okwakhe ilapho indlu izivumele khona ukuba ujesu uyaphila futhi uyinkosi nomsindisi osindise izimpilo zabo "bevuselelekile".

Kuhlokome indlu yonke lapho umfundisi ekubeke kwacaca kwathi "bha" ukuthi ubukhulu bukajehova busebenza emfihlakalweni.



**Mr A. Masikane  
uMfundisi  
obephethe inkonzo.**

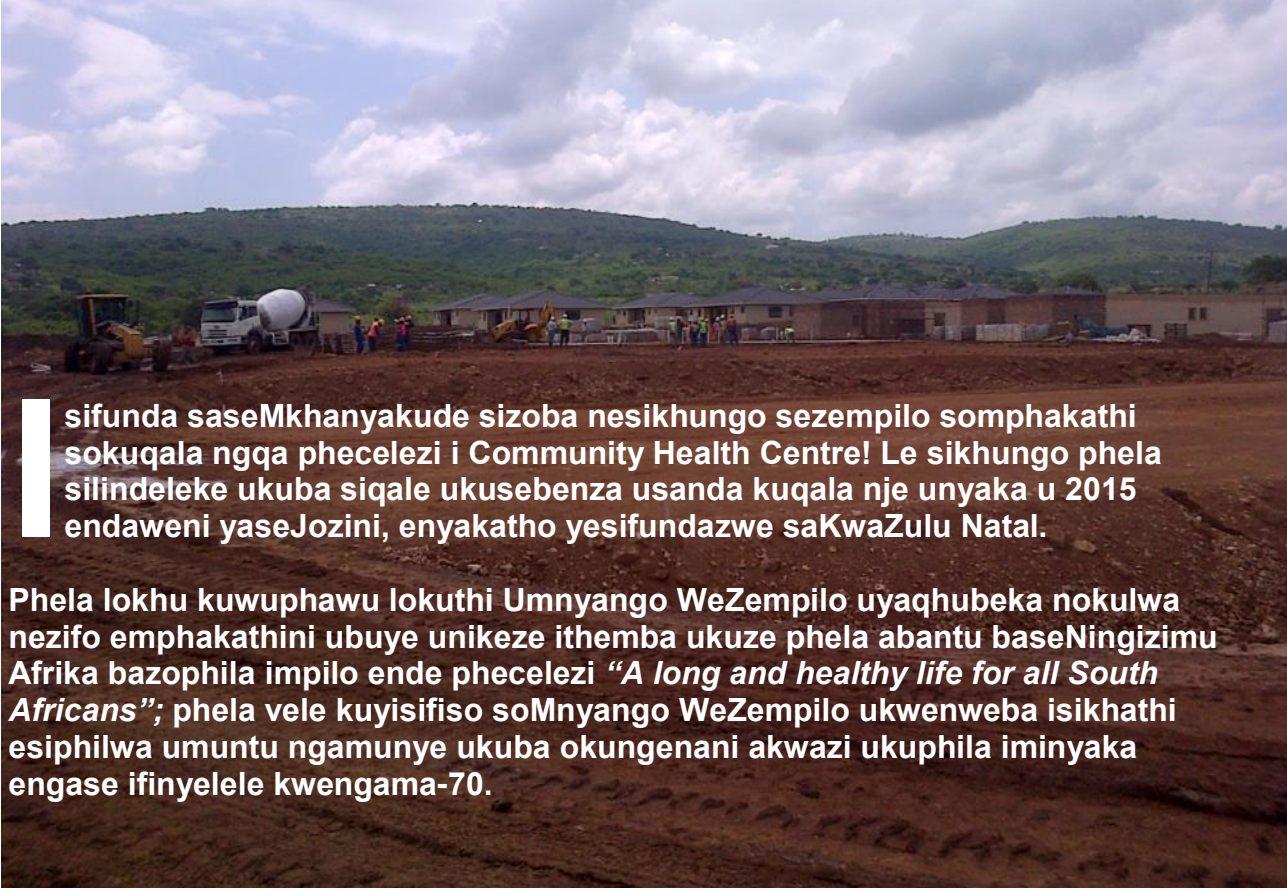
**Abazalwane bebonga abaphathi sibhedlela kanye nezihambeli zabo ezidlale indima enkulu kulenkonzo**

Abasebenzi baveze intokozo nokubonga okukhulu Kubaphathi besibhedlela ngokuba vumela ukuba babe nezinkonzo zomkhuleko njalo phakathi nezinsuku zokusebenza.



Ukuphiwa kweziphu kusukela kwesokunxele: Mrs Fakude (Deputy Nursing Manager) amukelisawa ngu T.P. Fakude, Mr W. Nhlosi odlale indima enkulu kulenkonzo kanye no Mr A. Masikane umfundisi obephethe inkonzo yosuku.

## Isikhungo sezempilo esisha eMkhanyakude



**I**sifunda saseMkhanyakude sizoba nesikhungo sezempilo somphakathi sokuqala ngqa phecelezi i Community Health Centre! Le sikhungo phela silindeleke ukuba siqale ukusebenza usanda kuqala nje unyaka u 2015 endaweni yaseJozini, enyakatho yesifundazwe saKwaZulu Natal.

Phela lokhu kuwuphawu lokuthi Umnyango WeZempilo uyaqhubeka nokulwa nezifo emphakathini ubuye unikeze ithemba ukuze phela abantu baseNingizimu Afrika bazophila impilo ende phecelezi *“A long and healthy life for all South Africans”*; phela vele kuyisifiso soMnyango WeZempilo ukwenweba isikhathi esiphilwa umuntu ngamunye ukuba okungenani akwazi ukuphila iminyaka engase ifinyelele kwengama-70.

**HOW CAN WE STOP THE VIOLENCE AGAINST WOMEN IF WE DON'T SPEAK OUT?**

**WHO TO CONTACT FOR HELP**

Abused Women Support Group... **031 260 2527**  
 Lifeline... **0800 150 150**  
 Childline... **08000 55555**  
 Police No:..... **10111**



WHAT IF SHE WAS YOUR MOTHER OR SISTER?



WOULD YOU IGNORE THE VIOLENCE?

**Make a difference.  
 Stop the violence,  
 break the silence.**



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