



health

Department:
Health
PROVINCE OF KWAZULU-NATAL



Zigeleza *Newsletter* MSELENI HOSPITAL noMsele



Jan-Mar 2015

Mseleni Hospital celebrated TB Month



On the 28th March 2015, Mseleni Hospital Tuberculosis Team had its TB blitz at highly populated Mbazwana town.

The purpose of the event was to commemorate the world TB month through creating awareness on Tuberculosis. Community members in town were being offered health services such as: HIV testing and counseling, blood sugar, hypertension, TB testing, Male Medical Circumcision recruitment and a wide range of other services. The hospital partnered with Mbila Tribal in making the event successful.

The following screening services are provided at the clinics during the Department's events and campaigns:

- Blood glucose
- Blood pressure
- Cholesterol
- Body Mass Index
- HIV Counselling and Testing

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Mseleni Hospital Management's voice



Dr. V.G. Fredlund
Acting Chief Executive

It's now a new financial year and new annual plans. What has gotten better where you work-what is worse now?

We do not live in a perfect world. And our hospital is far from perfect even though we gained Gold Award for the Batho Pele Team work of 2013/14 and had a great celebration at the end of 2014. Each of us face challenges every day where we work. Some of these challenges are the environment of our work, the equipment, the colleagues and the patients; sometimes we are challenges ourselves, the way we react to it all.

Each of us have the potential to improve our sphere of influence. We can organize, educate and discipline, firstly ourselves and then others entrusted to our supervision.

We can maintain, clean and decorate our workplace, offices, wards and grounds. We can offer a smile, a helping hand to the weak and encouragement.

Let us not use and abuse people and things around us but build a caring community, each of us as part of caring profession.

Once again I wish to stress that management does not have all the answers but together we can make 2015/16 a good year. Bring your heart to work and share your insights. Be part of the answer to the challenges we face.

Kugujwe usuku lwesifo sofuba eMkhanyakude



UNgqongqoshe weZempilo Kwa-Zulu Natali u Dokotela Sibongiseni Dhlomo mhla zingama 24 March 2015 wagubha usuku lwesifo sofuba emhlabeni jikelele (World TB Day) endaweni yaseMtubatuba. Lokho phela ngokusho kwakhe kwadalwa ukuthi ngokwezibalo kwavela ukuthi amazanga yabantu abanalesifo aphezulu esifundeni saseMkhanyakude ikakhulukazi eMtubatuba namaphethelo.

UDhlomo uvakashele izindawo ezahlukahlukene khona endaweni

yaseMtubatuba ehambe efundisa ngesifo sofuba okubalwa kuzo umtholampilo wakwaMsane kanye ne rank

yamatekisi. Ezimfundisweni zakhe wayehambe ememezela ukuthi abantu abakhohlela amaviki amabili kuya kwangaphezulu; abakhohlela igazi; abehla emzimbeni; abajuluka ebusuku noma kubanda kufanele basondele emitholampilo yangakubo ukuze bathole usizo.

Kubuywe kwanikezwa izingane ezimbili eziphila nokukhubazeka izihlalo phecelezi ama wheelchair endaweni yakwaShikishela lapho umcibi okade ubanjelwe khona.

Umkhanyakude Health District Management team engages local business.

Business Sector encouraged participating on Sukuma Sakhe

Ms. M.P. Themba, Umkhanyakude Health District Manager said it vital that business people such as financial advisors visit Sukuma Sakhe War rooms so that they can advise community members on various financial queries regarding services such as: insurances, funeral policies and so many others.

She shared this when Umkhanyakude Health District Management team had a business meeting on 13th March 2015 with Old Mutual Provincial, Regional and local managers. The gathering was meant to involve business fraternity, specifically Old Mutual in improvement of healthcare in hospitals while ensuring that staff members are supported with financial education to achieve a holistic outcome in health system.



She further pleaded strong financial education to be offered on staff members in various hospitals.

Among health team members present were: Mrs. T.R. Zulu, CEO Mosvold Hospital; Mrs. C.T. Fakude, Deputy Nursing Mseleni ; Mrs. P.S. Khumalo, CEO Bethesda Hospital; Mrs. T.M. Sime-lane, Clinical Programmes Manager; Mrs. Dlamini, NHLS District Manager; Dr. E. Immelman, Medical Manager Manguzi Hospital; Dr. V.G. Fredlund, Acting Hospital Manager Mseleni Hospital, Dr. CHV Williams, Family Medicine Specialist and Dr. S.B. Vumase, CEO Manguzi Hospital.

Umkhanyakude Health District has a long standing relationship with Old Mutual as there has been collaboration in events like: Nurse's Day celebrations, sport events, financial education, open days and various other events.



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.

Uhlelo lokuhambela imindeni emphakathini ukuletha usizo



Izinga lezinsinza kanye nokusebenzisana phakathi kwesibhedlela kanye nomphakathi liya ngokunyuka. Lokhu phela kwazicacela nje ngesikhathi ithimba elisha elihambela imindeni lisebenzisana no nompilo elibizwa ngokuthi I Family Team lavakashela ubukhosi bakwaMbila esizweni sakwa Zikhali endaweni yaseMbazwana. Inhloso yokuvakasha kwakuyothula indlela leli thimba elizosebenza ngayo. Leli thimba phela umsebenzi wali ulele ekuqinisekiseni ukuthi emakhaya abantu bathola lonke usizo lukahulumeni oluvela eminyangweni eyahlukene. Inkosi, Izinduna ,amaKhansela kanye nazo zonke izinhlaka ezimelelekile emkhandlwini zalushayela ihlombe lolu hlelo. Phela lelithimba okwamanje liholwa nguMhlengikazi J.S Mnguni kanye noMhlangi N.B Mdletshe okuyithimba lokuqala nqga okuyothi ekuhambeni kwesikhathi libekhona elinye elizolekelela

Lelithimba laye labalula ukuthi lizobe lihambela imizi ngemizi okuyilapho lizobe lifuna ukuthola uhla lwamalunga omndeni, babheke nesimo sempilo salowo muzi bese beyabheka ukuthi imiphi iminyango kaHulumeni engangenelela uma kutholakala ukuthi kukhona. Inkosi yabeka ke ukuthi baningi abangasizakala ngokulekelelana nalelithimba. Inkosi yabonga kwabeZempilo ngokufika bezobathulela uma kukhona izinhlelo ezintsha abanazo eMnyangweni.

HEALTHY LIFESTYLE MESSAGES

PHYSICAL ACTIVITY

- **It is always better to exercise with friends, family or your local community physical activity group, for support and motivation to stay healthy**
- **Exercise for at least 30 minutes a day for or at least, 3-4 times a week;**
 - **Choose a form of exercise that you enjoy;**
- **Exercise in groups to gather support and to stay motivated;**
 - **Start a exercise group in your community;**
 - **Walk briskly everyday**
 - **Walk up stairs instead of taking the lift;**
- **Take a walk during lunch breaks and after supper**
 - **Play active games**
- **Dance, cycle, swim and jump to stay healthy.**

Fighting diseases, Fighting poverty, Giving hope

Abantu baseHluhluwe nabo sebenomtholampilo osezingeni eliphezulu



Abahlengikazi benikeza usizo lwezempilo emtholampilo waseHluhluwe

Unyaka ka 2015 uqale kahle endaweni yaseHluhluwe, okokuqala ngqa, umphakathi waleyandawo usuyakwazi nawo ukuthola usizo lwezempilo emva kokuvulwa komtholampilo omusha odle uMnyango WeZempilo imali elinganiselwa ezigidini zamarandi ezingamashumi amathathu nane, R34,202,000. Phela abantu baseHluhluwe bekudingeka ukuthi bahambe ibanga elide ukuze bathole usizo lwezempilo.

"Siyabonga kuHulumeni ukuthi nathi size sacatshangelwa sakhelwa umtholampilo umuhle kangaka endaweni yangakithi." Kusho iziguli zilinde ukuthola usizo khona belu emtholampilo wase Hluhluwe. Lo mtholampilo kulindeleke ukuba ufakwe ohlelweni

loMnyango Wezempilo phecelezi olwaziwa ngokuthi i-Ideal Clinic Project, lolu hlelo luqinisekisa ukuthi imitholampilo esifundazweni isezingeni eliphezulu ekuletheni usizo lwezempilo emphakathini. Kulo luhlelo ezinye zezinto okumele zitholakale emitholampilo kubalwa kuzo: izimpawu ezanele ukuze iziguli zingaduki, ukuthengwa kwezinsiza kusebenza ngendlela, ukuba khona kwemithi eyanele, ukuphathwa kahle kweziguli nokuhlonishwa kwamalungelo azo, usizo lwezempilo oluphelele, ubudlelwano obuhle phakathi komtholampilo kanye nezihlaka ezahlukahlukene emphakathini kanye nokunye okuningi.

Passing of the first Doctor and Matron for Mseleni Hospital.



The year 2015 began with sad passing of two key and remarkable clinicians in the history of Mseleni Hospital.

Dr Pieter Vos who was the first doctor and Norah Farley who was the first Matron to work at Mseleni Hospital passed on earlier this year.

Miss Norah Farley was qualified as a Registered Nurse and a registered Midwife, she joined Mseleni Hospital in 1950. Dr. Pieter Vos joined Mseleni Hospital in 1959 after a dire need for medical expertise where he worked for thirteen (13) years. The hospital had been previously run by nursing fraternity since 1908 when missionaries Mrs. Keyes (trained nurse) who was the wife of Rev Keyes used to offer medical help to the community from the back door of their house which over the years developed to become Mseleni District Hospital today.

HEALTHY LIFESTYLE MESSAGES

HEALTHY EATING

- Eat plenty of fresh vegetables and fruit
- Eat less sugar (e.g. less sweets, cakes, ice cream and fizzy drinks)
- Bake or boil your food instead of frying with oil
- Eat lots of fibre, wholegrain food, beans and brown bread.
- Drink lots of water

ALCOHOL

- Alcohol reduces driving ability, don't drink and drive.
- Don't drink and walk on the road, you may be killed.
- Alcohol increases your risk to personal injuries.
- Alcohol is a major cause of violence and crime.
- Alcohol is addictive.
- Drinking during pregnancy can be harmful to your unborn baby.
- Avoid alcohol abuse and stay healthy

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