



health

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

Fighting Disease, Fighting Poverty, Giving Hope



# Zigeleza noMsele Newsletter MSELENI HOSPITAL

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## Message from the Acting Chief Executive Officer, Dr Victor Fredlund

**L**ife is short and life is precious. Make the most of your life. Enjoy it to the full.

I am sure we all share those sentiments but sometimes we get very different messages as to what will make you happy and how best to enjoy all our freedoms. Alcohol, tobacco and other drugs have a transitory enjoyment for some but our healthy living team will tell you these come at high long term costs both physically and socially.



Getting new phone, television, music system, car, house are good but everyone knows that it is not the things that make you most happy but the people with whom you can enjoy these things.

Jesus put it this way: "You get more happiness by giving than by receiving! And the best thing we can give to people is our friendship, a pleasant smile, a willing hand. Each time you reach out to brighten up someone's life, you end up brightening your own too".

So let's make the most of the time we spend together at work by saying thank you for the little things that others do for us. Don't wait till their leaving party, retirement or memorial to let people know you appreciate them and what they do – tell them today. What a great experience it is working together as a health team Mseleni! THANKYOU

### Did you know?

An important event at the 7th Annual RuDASA Congress in Worcester, Western Cape, held on 7th and 8th August 2003, was the announcement of winner of the second annual rural doctor of the year award, the Pierre Jaques Award. This is a prize given jointly by RuDASA, the South African Academy of Family Practice/ Primary Care and the South African Medical Association. There were a number of excellent nominees. The selection committee chose Dr. Victor Fredlund from Mseleni Hospital as the rural doctor of the year 2003.

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## Akuzange kube nje laph' ekhaya

**P**hela lomhlabeleli othi “akuzange kube nje laph' ekhaya” wawuhutshwa ngabasebenzi basesibhedlela saseMseleni bebungaza ukufika kwendebe eyayikade inikwe isibhedlela saseMseleni nguNdunankulu waKwaZulu Natali ngenyanga ka Ntulikazi. Le ndebe eyaklonyeliswa isibhedlela saseMseleni kwakungeyokuhamba phambili ekufezeni emigomo eyishumi nanye kaBatho Pele okusho ukubeka abantu phambili.



**Abasebenzi basesibhedlela saseMseleni bebungaza umklomelo ovela ku Ndunankulu u Mr. Senzo Mchunu.**

Isibhedlela saseMseleni savelela emncintiswaneni weHhovisi lika Ndunankulu owaziwa ngokuthi Premier' Service Excellence Awards. Phela lokhu kukubeka nje kucace kuthi bha ukuthi ushintsho ezimpilweni zabantu lungenzeka nanoma ukuphi inqubo nje uma uzosebenzisa amathuluzi onawo ngendlela okuyiyona. Le sibhedlela saseMseleni sisendaweni yasemakhaya ngaphansi kuka Masipala uMhlabuyalingana kodwa sakwazi ukukhombisa iSifundawe ukuthi senza kahle. Eminyakeni engamashumi amabili lelizwe laseNingizimu Afrika lathola inkululeko, uMnyango weZempilo sekuningi okwenzile ukulwa nezifo, ukulwa nobubha ubuye unike ithemba.

## Inkosi yakwaMabaso income abezempilo baseMseleni

Inkosi yesizwe sakwaNxumalo, okuyisizwe sakwaMabaso endaweni yakwaMhlabuyalinga ishayele uMnyango weZempilo izandla ngokwandisa amacebo okulwa nezifo. Phela lokhu uZwide kaMkhatshwa ukusho ngesikhathi evakashela isibhedlela saseMseleni ngesonto eledlule. Inhloso yakhe kwakuyobongela isibhedlela saseMseleni ngomklomelo waso esawuthola sigixabezwa nguNdunankulu weSifundazwe saKwaZulu Natali ngokuphatha kahle umphakathi. Inkosi-ke ibuye yacela ukuba kuqinisekiswa ukuthi umphakathi uphathwa kahle njalo uma uvakashela esibhedlela ngoba kuyilungelo lawo. “Phela ubudlelwano phakathi koBuholi bendabuko kanye neminyango kaHulumeni kubalulekile ngoba umphakathi abawusebenzelayo munye.” Kuchaza Umphathi wesibhedlela saseMseleni.



**Inkosi uNxumalo, Umkhandlu wakwaMabasa kanye nabaphathibesibhedlela**



## Umtholampilo waseHluhluwe usuzophela

**P**hela selokhu kwathi nhlo, umphakathi waseHluhluwe awukaze ube nomtholampilo; kodwa akusensuku zatshwala ngaphambi ngokuba abantu basehluhluwe bazitike ngosizo lwezempilo.

Lokhu phela kuzokwenzeka ezinyangeni ezimbalwa ezizayo uma sekuvulwa umtholampilo omkhulukazi obize izigidi zama randi alinganiselwa kuma R 34 202. Phela lomtholampilo selokhu waqala ukwakhiwa ngonyaka u 2012.

Amalunga omphakathi yaseHluhluwe phela bekudingeka ukuthi njalo aye kwaMduku noma eMacabuzela uma edinga usizo lweZempilo; noma ke alinde umtholampilo ongumahamba nendlwana okade uvela esibhedlela sakwaHlabisa.

Lo mtholampilo kulindeleke ukuba udlale indima enkulu ekulweni nezifo ikakhulukazi kubasebenzi basemapulazini abakade bangakwazi ukufinyelela emitholampilo ngenxa yebanga elide.



Umtholampilo waseHluhluwe

## Breastfeeding week 1-7 August 2014



Mseleni Hospital Maternity Section, Social Services and Dietetics celebrated Breastfeeding Week on 7<sup>th</sup> August 2014 at Gateway clinic of the hospital by having a competition where they firstly educated women on hygienic methods of breastfeeding their babies; then after the lecture, two (2) women with babies competed against each other on practicing what had been taught. However, both women were given gifts such as: towels, blankets, child hats and clothes for the young ones. The purpose of the session was to celebrate the Breastfeeding Week and educate women and the community about the goodness of breastfeeding.

## Healthy lifestyle during Women's Day



Mseleni Hospital Women walking in celebration of Women's Day

Mseleni Hospital Women's Forum celebrated the National Women's Day on 13<sup>th</sup> August 2014 through Healthy Lifestyle! Women walked six (6) kilometers distance singing and celebrating their day. Mseleni Hospital Women say "NO" to: Alcohol and drugs, Unsafe sex! Unhealthy eating! Obesity!

## Enforcing positive and caring attitudes



**Ms. N.Z. Mtshali (Public Relations Intern) training Gateway Clinic Staff on Batho Pele**

“Staff negative attitude” is among common complaints in health sector. Even the media is inundated with opinion pieces where hospitals come under fire for poor services emanating from negative attitudes.

Nonetheless, Mseleni Hospital has Batho Pele (People First) campaign where each Wednesday one section/unit is approached for training on various skills that



impact on attitude such as: Communication Skills, Customer Care, Professionalism, Quality Service and Complaints Handling Skills. These attempts are made to ensure that ‘Positive and Caring Staff Attitude’ as one of Department of Health priorities is achieved.

## Mseleni Hospital Staff cleaned the orphanage



**M**seleni Hospital team led by Men’s and Women’s Forums visited a local Orphanage Children’s Home and Lulisandla KuMntwana at Mseleni for 67 minutes Mandela Day Celebration on Friday 18<sup>th</sup> July 2014.

The humbleness prevailed among staff members as they felt honored to be involved in respecting the first black president in South Africa by taking action and inspiring change in working together for a cleaner South Africa.

Staff members were doing various activities as a response to Madiba’s call to make a difference in people’s lives. They were very passionate to commemorate the Nelson Mandela special day.

“As Men’s and women’s forums, we decided to visit Children’s Home and Lulisandla KuMntwana orphans and provide cleaning for them in celebration of Nelson Mandela Day 67 minutes; we are also happy that the initiative is supported by UMkhanyakude District which was also the part and parcel of this celebration of giving back to the community as they brought gifts to the orphans.” Said Mr. G.V. Mthethwa who led the activities.

Furthermore, Mseleni hospital daily strives by all means to reach its local communities in ensuring that its surroundings are clean in implementing Six Key Priorities in which “Cleanliness” is one of them. Mseleni Hospital plays its part in “Working together for a cleaner South Africa!





## Audiology Services introduced at Mseleni Hospital



Ms. Thabisile Tshezi, (Audiologist) with her new modern equipment which will be used to test the hearing ability of our patients. Previously the hospital didn't have audiology services.

## New Staff July-September

G.S. Sibiyi (Finance Service Officer), T.C. Mbonambi (Professional Nurse Com serve), B.L (Khonza Comserve) , B.E Mthembu (Com serve),N.N. Mthembu(General Orderly),BI Mgabhi (General Orderly), B.N. Ngcobo(Operational Manager),S.M. Mdlalose(Plumbing & Electrician),S.G. Gumede(Artisan Foreman), T.Z. Gumede (Finance intern), BP Ngubane (Finance Management Officer), P.E. Mlambo(Assistant Nursing Manager), DR Chris(Medical Officer), H.A. Goba (Enrolled Nurse Auxilliary),F.F.Myeza(Enrolled Nurse Auxilliary), S.J Busani (Enrolled Nurse Auxilliary), NNMahlangu(Enrolled Nurse Auxilliary),, BVMakhanya (Enrolled Nurse Auxilliary),T.Gumede(Enrolled Nurse), NMathenjwa(Secretary Intern), N.K. Ntuli (Senior General Orderly).

## Know the services of Mseleni Hospital

- Services Offered
- ART
- Communicable diseases
- Dental Clinic
- Family planning
- HCT
- Hip replacement
- Laboratory Services
- MCWHC Services
- MMC
- Medical
- Mobile Clinics
- Mortuary
- Nursing Training
- Obstetrics and Gynae
- Occupational Therapy
- OPD – Medical, Paediatrics, Surgical, Casualty and Trauma
- Ophthalmic Services
- Orthopaedics
- Paediatrics
- Pharmacy
- PMTCT
- Primary Health Care Services
- School Health Care Services
- Social Worker
- Surgical
- Telemedicine
- Theatre and Sterilizing Department
- X – Ray/Ultra Sound



Health Services during immunization at a mobile clinic at Manaba area.

## Healthy Lifestyle activities go on!



Joy was written on their face when Mseleni netball team received medals.

Healthy lifestyle has become customary at Mseleni hospital. On the 17 of September 2014, the uMkhanyakude Health District had their tremendous tournament which was held at Hluhluwe (SASA Sport field ground) where Mosvold, Hlabisa, Bethesda and Mseleni hospitals participated in various sport games as part of healthy lifestyle initiative.

Although the tournament was meant to select the Umkhanyakude Health District netball and soccer squads, but the real purpose of such activities is to implement the healthy lifestyle activities in order to produce energetic, effective, productive and healthy workers for the best service delivery.

"I would like to thank all players who availed themselves during this game. Very soon we preparing work and play games so I would also urge them again to put more effort, I am also one of them who will participate we doing this to promoting healthy lifestyle." Saying Mseleni Hospital Sport chairperson, Mr. N.T. Mahlobo.

The event was sponsored by the Umkhanyakude Health District friend and partner, Old Mutual.

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