



health

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

Fighting Disease, Fighting Poverty, Giving Hope



# Zigeleza noMsele Newsletter MSELENI HOSPITAL

Vol: 09 Issue # : 01

April June 2014

## Mseleni Hospital rescues poisoned children



**Top:** School pupils awaiting service **Right:** EMS services transporting pupils to the hospital

**F**ifty-eight (58) pupils were sent to Mseleni Hospital from Nibela Primary School near Hluhluwe after suspicions of food poisoning on 26<sup>th</sup> June 2014. Pupils complained of abdominal pain and vomiting after having lunch from the school's feeding scheme.

However, four hundred & eight (408) had been sent to Ezimpondweni and Mduku clinics which are nearer to the school. The conditions of most of the children were not severe; but among those who came at the hospital, only 2 complained of abdominal pain and only one who seemed to be sickly and was taken to X-ray and also discharged 27<sup>th</sup> June 2014.

"Emergency Services (EMS) transport response and cooperation was very quick as we requested them to transport patients to us. The condition of most of the children were not severe; but among those who came at the hospital, only 2 complained of abdominal pain and only one who seemed to be sickly was taken to X-ray and also later discharged. In a nutshell the cases were managed well at the Hospital OPD and its clinics, pupils were triaged well, supplied with food as they slept overnight; and in the morning they were reassessed and found to be clinically well and sent back to school on 27<sup>th</sup> June 2014 Morning." Said Mseleni Hospital's Dr. Victor Fredlund.

### Inside this issue

**Fire Fighters celebrated burns week with Mseleni Hospital**



**Page 4**

**Physical health is connected to mental and emotional health**



**Page 6**

**Hospital Board Visit Traditional Leadership**



**Page 8**

## The Note from the Hospital Management



**Mrs. C.T. Fakude**  
Deputy Nursing Manager

**M**seleni Hospital continues to give care to the people in our catchment area.

We have empowered our Primary Health Care by adding another mobile team on top of three (3) teams that we already had,

therefore we have increased our visiting points from 38 to 47! We are also anticipating the opening of the new Hluhluwe Clinic in the near future which will see us expanding our services to the community that is highly affected by diseases due to that they will be having the clinic for the first time!

Otherwise, we have fastened our belts for service delivery.

We value the good relationship we have with partners: MaTCH and Mphilonhle with regards to Male Medical Circumcision, although number of males coming for this procedure seem to be climbing up slow, we remain pushing forward and we are each day devising new strategies!

We must really say that we are proud to be Batho Pele Champions in the KwaZulu Natal Department of Health; we thank Batho Pele team for hard work invested during the competition process. We also thank staff for tirelessly doing what is good to the people of our community. You will get your rewards, for God is watching.

The Senior Management send regards!



## Mseleni Hospital New Booking System



### **Mseleni Hospital New Booking System**

There is a new booking system at Mseleni Hospital where you can make your appointment to be seen by a doctor at your preferred time of the day.

#### **Who can book?**

Patients who are referred from clinics and/ or asked to come back by the Out-Patient department. If a patient has not been seen by the clinic, they will have to start at Gateway Clinic.

#### **How does the booking system works?**

You can physically visit Mseleni

Hospital Out-Patient Department Administration and make your booking with assistance of the clerk for your preferred day and time. Alternatively you can phone on 035 574 1004 extension 160 and make your booking.

Booked patient should arrive 15 minutes before the appointment time to collect their records, results and do their check ups. They will then be seen by the next doctor available. It is hoped they will be seen within 1 hour of arrival. Patients who book but arrive late will have to join queue of non-booked patients and wait their turn.

Patients wishing to book to see a specific doctor will continue to make arrangements as before by contacting doctor or clerk and be required to pay the hospital at the private hospital patient's rate.

Un-booked patients will be seen by doctors as usual through normal queues.

Booked times are available from 9am to 3pm on Mondays to Fridays.

Names of the booked patients will be written on blackboard so that everyone can see no one is being unfairly fast tracked; however emergency patients will continue to be treated as a priority.



# Mseleni Hospital upholds Batho Pele Principles



**Mseleni Hospital Batho Pele leading team**

**O**n the 24th July 2014 Mseleni Hospital will be representing the entire KwaZulu Natal

Department in the Premier Service Excellence Awards Ceremony that will be held at Durban International Convention Centre.

On this annual event, several departments compete against

each other for a Gold Award on Batho Pele implementation in their service delivery endeavors.

This Umkhanyakude Hospital wont be the first one to represent the KwaZulu Natal Department on this type of event.

In 2013, Mosvold received the certificate of Commendation for good service they render to the

Ingwavuma community in the same competition, while Manguzi Hospital achieved the Gold Award in 2012 on this very competition.

It is true that Umkhanyakude remains shining afar and continuing to render the promised services to the community!

## Mseleni Hospital Data Capturers excel on District Health Information System Foundation Training.



Mseleni Data Capturers from its residential clinics had an opportunity to be trained on DHIS for them to be effective in their capturing of clinical data. The workshop achieved its mission as they all received excellence certificates.

That certainly means efforts of improving data management in Health Department is moving on a good pace.

Furthermore, the health department uses data to capitalize on its strengths and successes, discover weakness to address them; discover opportunities that exist and plan for threats that exist in healthcare; therefore in a nutshell meaningful data allows clinicians and hospital staff to make informed decisions to improve quality of care for lives of people.

The government's allocation of budget, employees and other resources in health institutions, including the hospitals and clinics is absolutely guided by the statistics portraying the workload of those facilities!

## Mbazwana Fire Fighters celebrated burns week with Mseleni Hospital burnt patients.



**M**seleni Hospital values relationships with other stakeholders within its area of operation; hence Mbazwana Fire Fighters celebrated their burns week by visiting the hospital and offering the word of support and prayer to burnt patients.

Furthermore, they offered education on how to prevent burn events at home by creating some awareness on fire protection measures; and also by educating about first aid strategies after burning occurrence.



## Mbazwana Clinic values patient education



Sister T.J. Zikhali, Mbazwana Clinic Operational Manager who have served more than thirty years at Mseleni Hospital maintains that it is indeed priceless to invest in patient education than to heal them when they are already sick! As she continued teaching her patients in the waiting area about health matters.

Patient education is defined as any set of planned educational activities designed to improve patients' health behaviors and health status. Its main purpose is to maintain or to improve patient health or, in some cases, to slow deterioration. However,

patient and family education goes beyond this main purpose. An informed and educated patient can actively participate in his or her own treatment, improve outcomes, help identify errors before they occur, and reduce his or her length of stay.

### The benefits of patient education include:

- Increasing the patient's ability to cope with and manage his or her health
- Facilitating understandings of health statuses, diagnosis and treatment options, and consequences of care for patients and their families
- Empowering patients to make decisions related to their care
- Increasing patients' potential to follow a health care plan
- Helping patients learn healthier behaviors
- Promoting recovery and improved function
- Increasing patient confidence in his or her self care
- Decreasing treatment complications

## Mseleni responds to local needs!

**P**upils who are also "Peer Educators" at Mseleni Hospital's neighboring Zenzeleni High School decided to invite the hospital 'School Health Team to their awareness event where they were addressing issues of concern to their peer learners.

The school had seen high rise in social ills such as drug abuse and teenage pregnancy, therefore there was a need to address such. B.M. Khuzwayo (School Health Facilitator) dwelled much on dangers of unprotected sex and sexually transmitted diseases; also urged learners to put education first; consequences of drug abuse were also explained in-depth by health nurses in attempt to educate the pupils about the risks they are ex-



posed to if they live risky lifestyle. Furthermore, students were informed of bursary opportunities that exist in the health department to attract them for health science related career paths.

### Farewell to Ms. N.E. Dube and Mrs. C.F. Ndimande



Salani kahle eMseleni

Ngempela mngani sesiyothatha umhlala phansi?



Mseleni Hospital bade farewell in April as Matron C.F. Ndimande who had served over thirty 30 years at Mseleni Hospital and Sister N.E. Dube.

### JULY 2014

- Mental Illness Awareness Month
- 1-5 Corporate Wellness Week
- 11 World Population Day
- 18 International Mandela Day
- 28 World Hepatitis Day



## Physical health is connected to mental and emotional health



**Kelly Roselee (Physiotherapist) leading healthy lifestyle at Mseleni Hospital**

Taking care of your body is a powerful first step towards mental and emotional health. The mind and the body are linked. When you improve your physical health, you'll automatically experience greater mental and emotional well-being. For example, exercise

not only strengthens our heart and lungs, but also releases endorphins, powerful chemicals that energize us and lift our mood. The activities you engage in and the daily choices you make affect the way you feel physically and emotionally.

**Get enough rest.** To have good mental and emotional health, it's important to take care of your body. That includes getting enough sleep. Most people need seven to eight hours of sleep each night in order to function optimally.

**Learn about good nutrition and practice it.** The subject of nutrition is complicated and not always easy to put into practice. But the more you learn about what you eat and how it affects your energy and mood, the better you can feel.

**Exercise to relieve stress and lift your mood.** Exercise is a powerful antidote to stress, anxiety, and depression. Look for small ways to add activity to your day, like taking the stairs instead of the elevator or going on a short walk. To get the most mental health benefits, aim for 30 minutes or more of exercise per day.

**Get a dose of sunlight every day.** Sunlight lifts your mood, so try to get at least 10 to 15 minutes of sun per day. This can be done while exercising, gardening, or socializing.

**Limit alcohol and avoid cigarettes and other drugs.** These are stimulants that may unnaturally make you feel good in the short term, but have long-term negative consequences for mood and emotional health.



## Religion with Chaplain—Rev J Tembe Essential Elements in Communicating with God

***"My sheep listen to my voice; I know them and they follow me." (John 10:27)***

Certain elements are required to make your first contact with God. This is where you practice listening for God's voice. It's like tuning in a radio station inside of your mind, but you are tuning for God's thoughts. Once you know what God's voice is like, it's easier to find it again. Here are the components that are helpful in establishing the connection.

**Silence**

Find a quiet place. Little noises may be distracting, particularly at first. It helps most people to close their eyes. Choose a quiet place, get into a comfortable position and relax.

**Willingness**

Be open to the possibility that there is a God. You don't have to have a deep religious faith, but you have to be willing to let go and allow the communication to occur. You can make it happen. The words will come naturally without effort. Some people try too hard and get frustrated.

The first communications from God will be short, usually one word or phrase. Start the conversation flowing by asking the right ques-

tion: "God, what is the next step in my relationship with you?"

Ask the question as if God were present in the room with you. Don't be afraid. God will not let you down. Now wait and listen. One word or phrase will silently come into your mind. This will be a tender thought process. Write down whatever God says. This communication will be accompanied with a feeling of peace.

The word or words directs you to take a long journey. If the word was believe, you take a journey so you can come to believe. If it was trust me you take a journey to learn how to trust God. If it was love, you take a journey to learn how to love.

## God's Power at Mseleni Hospital in implementing Health Care Christians Fellowship (HCF) vision



Here is Pastor MOYO having a seminar with staff and patients. God did wonders; people were delivered in spirit of darkness through the prayer; others were healed from their sickness the movement of God was present.

**F**rom 29<sup>th</sup>-06<sup>th</sup> May 2014 Mseleni Hospital had a great privilege of worshipping God. The Staff and patients were attending the services of Pastor Moyo. Spiritual services proved to be essential and patients and staff re-established their relationship with God.

This revival session through prayer brought back hope to those who were hopeless and to those who felt abandoned by their closed one because of their health conditions.

The vision of HCF is to promote total health care to our patients in every health

institutions around the world; that simply means everyone must have that passionate towards other people as God did to us. HCF team visit patients and offer them prayer sessions to uplift their spirit and give them hope.



### Celebrating the Nelson Mandela Month – As we enter July



Every year on 18 July South Africans together with the international community honour our former President and international icon Nelson Mandela.

*As South Africans we embrace the chance to celebrate Nelson Mandela's life for the whole of July.*

*Nelson Mandela International Day is dedicated to the service of our fellow human beings by actively helping to change their circumstances.*



*President Jacob Zuma in his State of the Nation Address announced that this year Mandela Day would be celebrated by working to clean the South Africa.*

*The President encouraged all South Africans to dedicate 67 minutes of their time to clean South Africa.*

## Hospital Board Visit Tribals



Amalungu yebhodi lesibhedlela saseMseleni avakashele imikhandu yamaKhosi

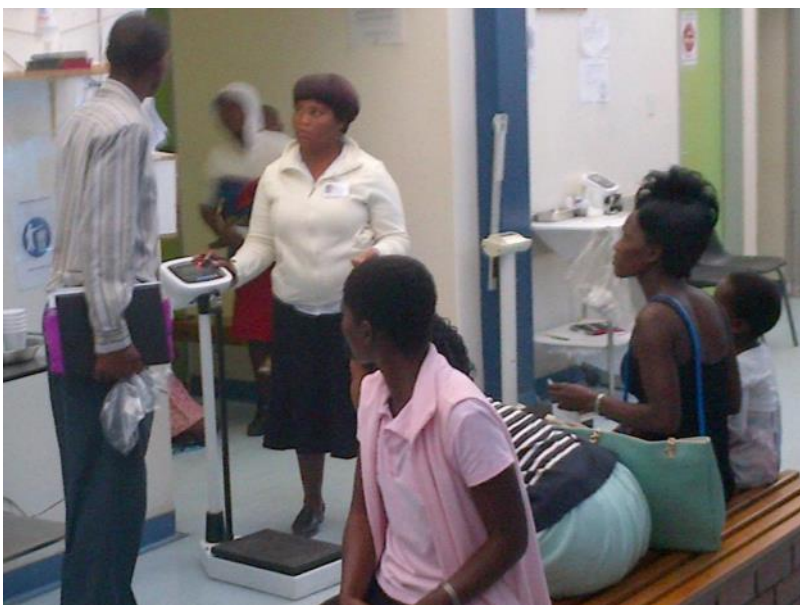
**E**sibhedlela saseMseleni ukuhlenga iziguli kuyinto esemizweni nje impela. Phela futhi isibhedlela lesi siyakwazisa ngempela ukuqinisa ezokuxhumana phakathi koMnyango weZempilo kanye nomphakathi owakhelwe yisibhedlela. Lokho kusiza kakhulu ngoba phela kwenza ukuba isibhedlela sikwazi ukuhlangabezana nezidingo zomphakathi sibuye sizwe izimvo zomphakathi ukuze amaqhinga yezempilo azobhekana ngqo nezidingo zomphakathi.

Ngalokho, izikhulu zesibhedlela kanye namalungu yebhodi baphume umkhankaso ngenyanga kaNhlangulana wokuvakashela yonke imikhandlu yobuhli bendabuko ubusendaweni esetshenzwa isibhedlela saseMseleni. Phela lesibhedlela sisebenza ezindaweni zamaKhosi ayisishiyagalombili okubalwa kuwo: Inkosi uNxumalo, Inkosi uZikhali eyakhothama, Inkosi uTembe, Inkosi uNgwane, Amakhosi oGumede, Inkosi uMdluli kanye neNkosi uMdletshe.

Phela isibhedlela saseMseleni vele sinobudlelwano obuhle namakhosi njengoba phela siyaye sisebenzisane nawo uma siqhuba uhlelo lokusokwa kwabesilisa.

Inkosi yasendaweni yaseManaba iNkosi uGumede, uPhakathwayo wabonga kakhulu amalungu yebhodi kanye nabaphathi besibhedlela ngokuvakashela umkhandlu ngoba lokhu kwenza ukusebenzisana kube kuhle. Bayede!

## Ngisho amakomide emitholampilo nawo ayafundisa ngezempilo.



**U**sihlalo wekomide lomtholampilo wayefundisa iziguli ezazihlezi endaweni yokulinda ngemalungelo ezinawo ezikhungweni zezempilo.

Watshela iziguli ukuthi phela uma zinzikhalazo ngosizo lwezempilo kumele zicele ukulumana indlebe nomphathi womtholampilo; kanti futhi waphinde wanaba eqhubeka echaza egeqa amagula ekubeka kucaca kuthi bha ukuthi akhona amabhokisi yemibono, izincomo kanye nezikhalazo lapho umphakathi ongaloba bese uphosa khona.

Wabuye wagqugquzela umphakathi ukuthi phela ubobancoma abasebenzi ungabuki okubi kuphela.



## Buza mina-Ask me!



A hospital can be very busy place, especially at the Out Patient Department. This results to patients spending more time unnecessarily in wrong queues; Mseleni Hospital devised “Buza Mina-Ask Me” strategy!

A nurse at the help desk wears a waistcoat that is written “Buza Mina-Ask

Me”; this assists patients who need directions and enquiries. By this has seen Mseleni Hospital implementing Batho Pele Principles as part of: access to health care for our patients; as giving our patients information; and as a sign of courtesy to our patients.

## TB Services taken the community



Mseleni Hospital go on an extra mile to curb TB. Pictured is Sister STH Sibiya (TB Coordinator) assessing a patient in a remote slums of Hluhluwe. The TB programme implements its services through two (2) injection teams and one (1) tracer who follows up patients who have missed clinic appointments. The TB team also ensures following up on MDR and TB clients and do screenings as well.

### SIGNS & SYMPTOMS OF TB

**A persistent cough that lasts for 2 weeks or longer**

Shortness of breath, and chest pain

**Coughing up blood**

Loss of appetite, and loss of weight.

A general feeling of illness

**Tiredness and weakness of the body, and loss of motivation**

Night sweats and fever, even when it is cold



## New Fixed Dose Combination ARVs

# ONE ARV PILL A DAY

New Fixed Dose Combination ARVs



Recognise your FDC ARV medications.



HIV AIDS



## Izinto Eziyishyumi Okungabe Awuzazi Mayelana Nokuncelisa Ibele Lodwa

Umama okhetha ukuncelisa umntwana wakhe ibele lodwa wenza into engcono angayenzela umntwana wakhe ukuzc akhulc kahle enempilo.

1. Izinhlobo zokuncelisa azifani kunjAo nje **umehluko ubalulekile**; **Ukuncelisa ibele lodwa**: kusho ukuncelisa umntwana ibele lodwa, umgamuphi lutho olunye. **Uhwtcclisa okuxubile**: ukuncelisa ibele wengeze okunye okunjengamanzi, ujusi, itiyi, ubisi olusethinini, amasiriyeli abantwana nokunye. Lendlela yokuncelisa yandisa-amathuba okuba umntwana angenwe izifo.
2. Abantwana abaphile kahle yilabo abancela **ibele lodwa**.
3. Uma uncelisa ibele ulixube nebhodlela, itiyi, ijusi, nokunye ezinyangeni eziyisithupha zokuqala wandisa amathuba okuba umntwana aguliswe izifo ezifana **nesifo sohudo; isifo samaphaphu (pneumonia) kanye nesifo sendlala**. Kanti futhi uma esemdala kungenzeka kube nokudla angezwani nakho.
4. **Ukuncelisa zikhathi zonke kwenza izindlala zikhqiize ubisi**



**oluningi**: Abantwana abanikwa imincumo, bayebe sebedembekisela ukudonsa ebeleni. Lokho kunciphisa inani lobisi oluphumayo. Abanye abantwana bagcina ngokuliduba ibele.

5. Ubisi lwebele lodwa lunawo wonke amanzi nomsoco umntwana awudingayo ezinyangeni eziyisithupha zokuqala zempilo yakhe
6. **Umthubi uhlanza isisu ukhiphe namakaka amnyama**; ubisi lwebele luhlazekile. Akudingeki ukuba uthenge imithi yokuhlanza isisu.
7. Ubisi oluphuma kuqala olubukeka luhlambulukile lunomsoco futhi

lubalulekile. Lolubisi luqeda ukoma kumntwana.

8. Ubisi olulandelayo yilona olusuthisa umntwana lunamafutha anika amandla ukuze akhule eqinile futhi asuthe. Ncelisa umntwana aze enele ebeleni ellodwa ngaphambi kokumshintshela kwelinye.
9. Ukuqunjelwa nokukhishwa isisu akwejwayelekile ezinganeni **ezincela ibele lodwa**. Emasontweni ambalwa okuqala umntwana uvama ukukaka njalo emva kokuncela. A bantwana asebhulile bangakaka kanye ngesonto amakaka athambile, lokhu akuyona inkinga.

Omama abasebenzayo bangaqhubeka bancelise ibele lodwa uma belukhama ubisi besekhaya noma emsebenzini. Ungalugcina ubisi lumboziwe esitsheni esihlanzekile endaweni epholile ukuze osele nomntwana amphuzise ngesipuni. Lolubisi lungahlala amahora awu 8 kuya ku10 lungekho efrijini nomo izinsku ezintathu efrijini. Uma umama esebuyele ekhaya makancelise kakhulu ebusuku.

## Know more about MEC for Health : Dr. Sibongiseni Dhlomo



**D**r Sibongiseni Maxwell Dhlomo was born in a serene part of KwaZulu-Natal in a little town in Umbumbulu. He began his illustrious career at Dlangezwa High School and later enrolled at the University of Natal, Durban (1980 – 1985) where he excelled in the field of Medicine. He later pursued further studies in psychology and sociology. In order to

spearhead a holistic treatment and management of clinical processes, he further attained post graduate accolades in public health as well as strategic and project management. His passion for raising the quality of lives of ordinary people and his concern for addressing the pandemic of HIV and Aids and exponential increase of TB and opportunistic diseases motivated him to extend his professional understanding thereby attaining a Postgraduate diploma in HIV and Aids management.

His humble contribution and far reaching implications to ensuring that the people of South Africa and in particular KwaZulu-Natal strive towards attaining freedom led to him joining the people's army, Umkhonto Wesizwe at a very early age. This led to his incarceration in Robben Island.

Dr Dhlomo has practiced as a Medical Practitioner at King Edward Hospital. He has had his own practice at

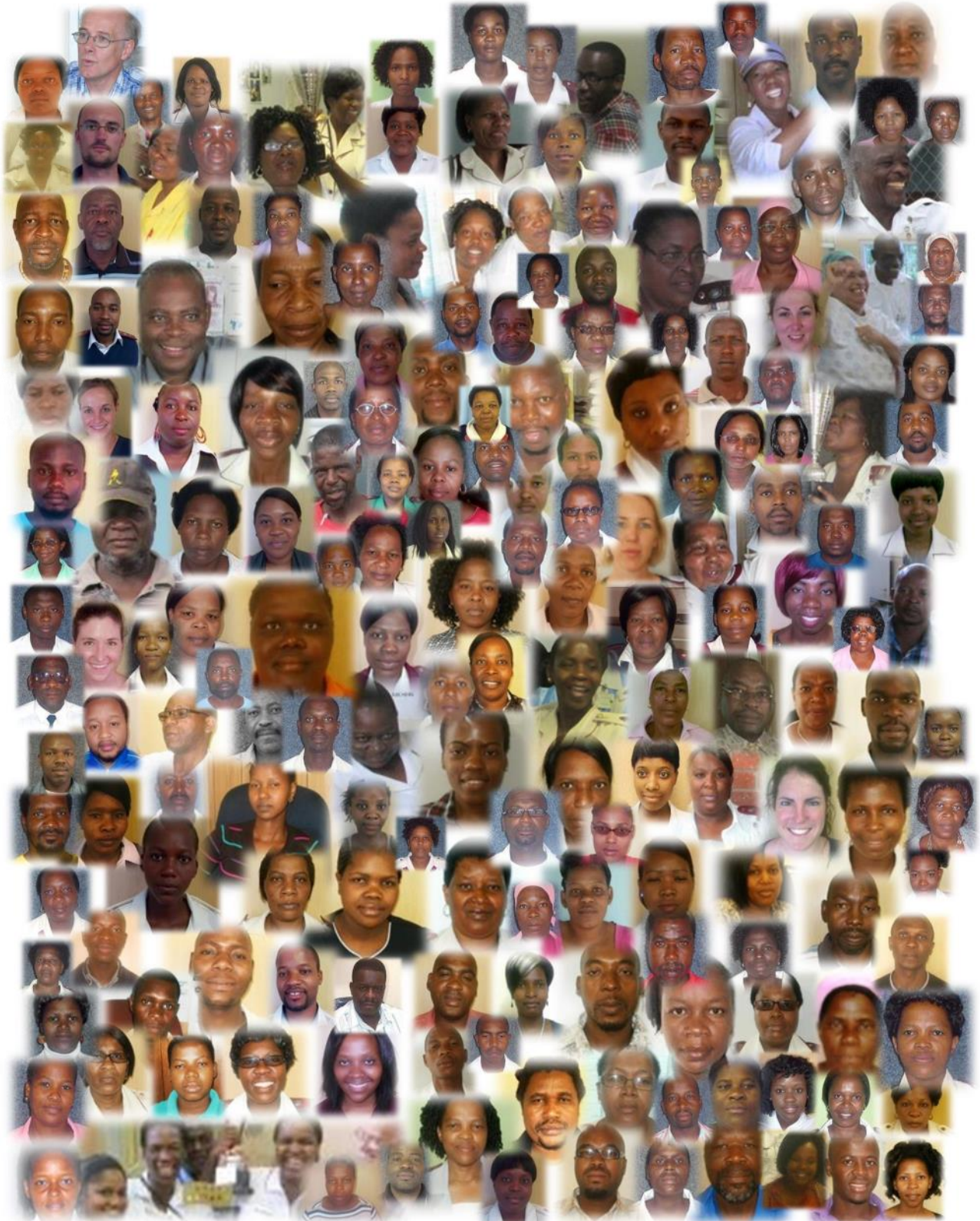
Madadeni Medical Centre in Newcastle. He has also served as an Academic at the University of KwaZulu-Natal lecturing in Public Health and advising the Vice Chancellor.

His insatiable desire to serve communities was to a degree achieved when he joined the EThekweni Metro Municipality as a Deputy City manager: Health and Social Services.

He paralleled his commitment as a clinician by also contributing immensely to ring fencing programmes with other medical officials around the province, one such very successful operation is the Khanya Africa Volunteer initiative. He serves as a director on the board. Dr Dhlomo, a Freedom Fighter; a Medical Practitioner; our MEC for Health is a proud dad of three beautiful children.

## *Mseleni Hospital family*

*Mseleni Hospital family enjoys harmony in working together as a team by so doing implementing principles of Batho Pele and giving the very best services to the community as promised in the South African Constitution. As Mseleni Hospital remains the champions of Batho Pele in the Department of Health; these faces below are behind the success*



## Mseleni Hospital Client Satisfaction Survey Results

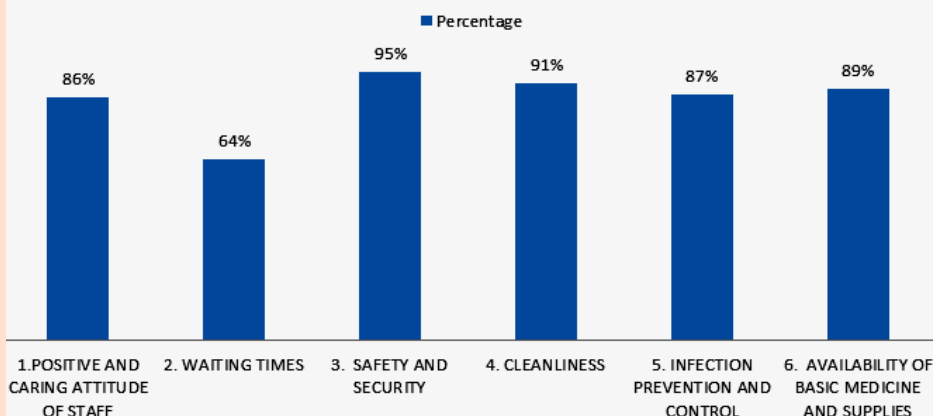
**U**mnyango weZempilo unezinto ozibeke eqhulwini ukuba zenzeke ezibhedlela; okubabalwa kuzo: Impatho nenhlonipho uma kwelashwa noma kusizwa iziguli okanye amalungu omphakathi; ukubhekwa kwezikhathi ezilindwa yiziguli ngaphambi kokuba zithole usizo; ukuphepha kanye nokuvikeleka; inhlanzeko; ukulwa nokubhebhetheka kwezifo; kanye nokuqinisekiswa kokuba khona kwamakhambi okwelapha.

Lezi zinto ziyinsika kanye nomgogodla wokulethwa kosizo lwezempilo ezikhungweni. Ngakho-ke esibhedlela saseMseleni siyakuqinisekisa ukuzihlola ngokubuza iziguli zethu ukuthi ziphatheke kanjani maqondana nalezi zihloko ezibaluliwe.

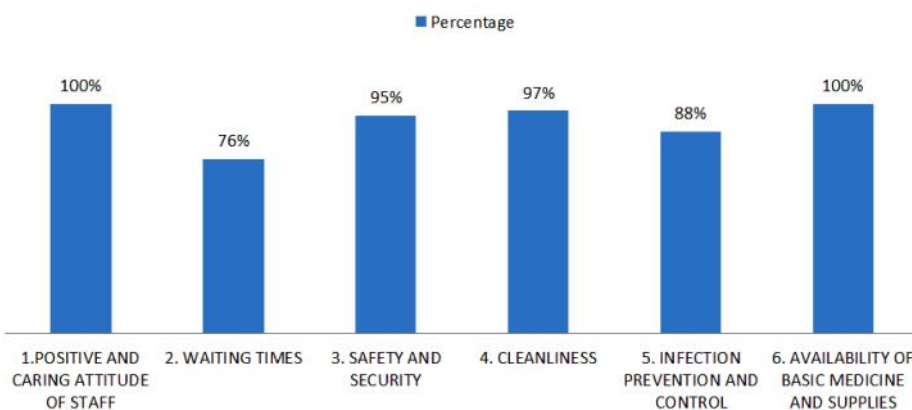
Kucacile-ke nokho ukuthi isibhedlela kanye ne-mitholampilo yaso amazanga ayagculisa njengoba kulotshiwe kwesokudla emifanekisweni.

Nakuba ziyaye zibe khona izingqinamba kodwa isibhedlela saseMseleni siyakholwela ekulaleleni izimvo zomphakathi okuyiwona osebenzisa usizo olulethwa yisibhedlela.

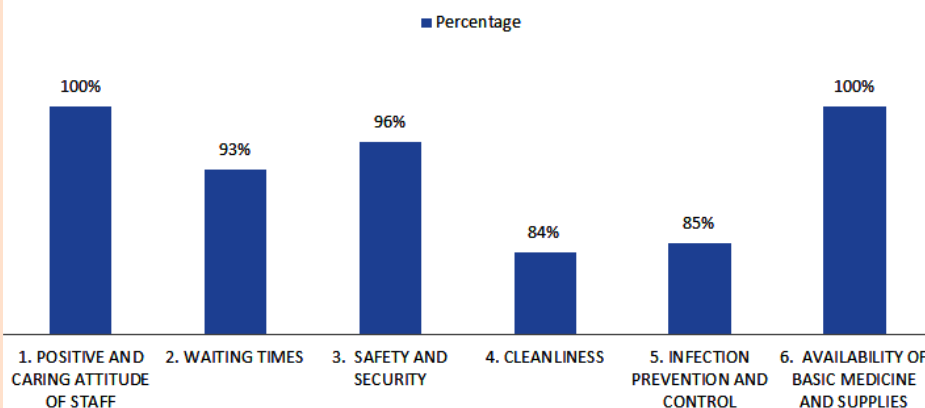
### Mseleni Hospital Client Satisfaction Survey Results



### Mbazwana Clinic Client Satisfaction Survey Results



### Mngobokazi Clinic Client Satisfaction Survey Results



Stories, Photographs and design by:  
Mr. Thabani Ntuli (P.R.O.) and Ms. Z.N. Mtshali (P.R.O. Intern)

**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)



health

Department:  
Health  
PROVINCE OF KWAZULU-NATAL



Mseleni Hospital

