



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

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NEWS

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“SHINE MABAMBA CLINIC” DR SIBONGISENI DHLOMO

KZN health MEC Dr Sibongiseni Dhlomo, Miss Nokuthula Khanyile the Head of Department of KZN Social Development and other parliamentary members visited Mabamba Clinic on the 29th of June 2016.

Mabamba Clinic, which is Supervised by operational manager Mrs. M.H Shozi is the only clinic in Umhlathuze sub-district that won the GOLD award in terms of Staff attitude and cleanliness.

MEC Dhlomo reported that this clinic was assessed unaware and it won the Gold Award, hence he came to UThungulu District to see this clinic himself. The MEC and other officials had a walk about in Mabamba Clinic, Dr Sibongiseni Dhlomo chatted happily with Mabamba Clinic staff members and appreciated them one by one about the good service they are rendering to the community. Dr. S. Dhlomo and other officials planted a pawpaw tree, which represents unity, at the end of clinic visit.

P.B Bhengu



EPILEPSY AWARENESS
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HANDING OVER OF ELEC-TRONIC WHEEL CHAIR.
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SUICIDE AWARENESS
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NGWELEZANA TERTIARY HOSPITAL ACTING CEO'S CORNER



DR. B.S. Madlala Ngwelezana Hospital Acting CEO

Joining Ngwelezana Hospital was exciting and also a serious challenge for me. Especially coming from a small district hospital to such a huge challenging institution.

I was warmly welcomed and found myself embedded in the daily activities of the hospital. I found Ngwelezana Hospital to be a lovely hospital with serious challenges. Ngwelezana Hospital has a huge potential of becoming the best hospital in the Province and the country. The hospital has a very dedicated staff commitment. It is the hospital waiting to take its place as the shining light of the Region 4.

It was more challenging having to jump into the huge shoes of Dr TT Khanyile. She was truly a formidable leader to have developed such a magnificent groundwork in building such an huge institution. I was not ready for the role of the Hospital CEO and I am thankful for the honour to lead such a marvelous institution be it for a short period of time.

Thanks to the very efficient and hardworking Ngwelezana Hospital EXCO, acting as the hospital CEO has been made very easy. We support each other and share the same vision

for Ngwelezana Hospital.

Our clinical outcomes are good and we have improved our National Core Standards from 61% - 76% from our last Evaluation by OHSC. All that is missing is a bit of a smile whilst we deal with our patients. Our major source of complaints has been the evil of 'BAD STAFF ATTITUDE'. Despite the number of patients that leave Ngwelezana Hospital free of their medical ills, a lot of them are not happy because we have not smiled at them and we have not been very kind whilst administering the good medical care that they required.

We need to smile more and treat every patient as if they were the last patient we were going to help in this world. If we do that we would have truly understood the motto of Ngwelezana Tertiary Hospital " **Our Patient, Our Priority**".

In an attempt to encourage our staff to change, we are now asking our patient to judge as to who is the best staff amongst us. We are therefore looking forward to the Nurse/ Doctor and Staff Member of the month in all our sections as of the end of August 2016, This of course will be judged by the patients that we are serving.

There are tough times ahead as the world financial woes reach our shores. There is a great demand that we change our approach and look at becoming as efficient as possible. Less people will have to do more work if we are to weather the current financial storm. Our clinical data will have to be very accurate as it will be the basis of our funding. This is truly the time when ordinary men are called to do extraordinary things.

I know Ngwelezana Hospital will remain standing. I believe we have strong men and women to help us stay afloat. We will conquer, thanks to all the people of Ngwelezana Tertiary Hospital.

KZN MEC DR SIBONGISENI DHLOMO VISITS NGWELEZANA HOSPITAL



Left: Ngwelezana hospital Acting CEO Dr. Bright Madlala Welcoming the MEC, Dr Sibongiseni Dlomo. Center : Dr Sibongiseni Dlomo interacting with Emergency Unit staff members. Right : Dr Sibongiseni Dlomo interacting with a patient at Emergency Unit

The MEC for the KZN Department of Health, Dr Sibongiseni Dlomo, accompanied by other KZN Parliamentary members, visited Ngwelezana Tertiary hospital on the 29th of June 2016.

The purpose of this visit was to view the newly built Departments including the casualty, Ward A2 and Transport Department.

The MEC first met with the Heads of Departments and the Matrons in the auditorium. Dr Sibongiseni Dlomo then appreciated staff members for sacrificing by working at Ngwelezana Hospital as it is located in a rural area. He also acknowledged that most doctors prefer to work in Cities such as Durban and Pietermaritzburg as the Medicine profession is very scarce.

After that the parliamentary members and the officials made a tour to the above mentioned areas of the hospital. The tour started at the Emergency Unit where Dr. S. Dlomo interacted with EMU staff members and appreciated them for the good service that they have put in place. He also interacted with the patients at EMU. *P.B Bhengu*

THANKS TO NGWELEZANA HOSPITAL AND UTHUNGULU HEALTH



Miss Pinky Bhengu an outgoing Ngwelezana Hospital PR Intern 2015/2016 and a write of this news letter

My sincere gratitude to UThungulu Health District for giving me the privileged opportunity of working for the Department. I would also like to thank Ngwelezana Hospital Management and staff members for a warm welcome and unwavering support given to me.

When my mentor, the former Public Relations Officer, Miss Thobile Hadebe left the Hospital six months ago, I was not sure if I could handle the Tertiary Hospital Public Relations Office on my own, but the Management believed that I could make it on my own.

I have gained a lot of experi-

ence and more confidence with the pleasant and difficult times I had in Ngwelezana Hospital. Thank you very much for giving me this opportunity, till we meet again.

Experience is a hard teacher because it gives the test first and the lessons afterwards

NGWELEZANA HOSPITAL HOSTS EPILEPSY AWARENESS CAMPAIGN



Ngwelezana Hospital Nursing staff members marching during the epilepsy awareness day



Sister Phindile Khumalo interacting with a client during the questions and answer session .



Matron Zanele Biyela handing over a reward a client

On the 23rd of June 2016 Ngwelezana Out Patient staff hosted an epilepsy awareness campaign.

The Nursing students and staff members were marching on the hospital corridors singing and chanting slogans to show the love they have for the people living with epilepsy.

The theme was emphasizing that epilepsy can be stabilized if you

take medication accordingly. Sister Mthethwa gave a speech informing people what is epilepsy and how it can be treated.

Epilepsy is a spectrum of brain disorders ranging from severe, life-threatening and disabling to ones that are more non-threatening. In epilepsy, the normal pattern of neuronal activity becomes disturbed, causing strange sensation, emotions and behavior or sometimes convul-

sions, muscle spasms, and loss of consciousness. Epilepsy can be treated, once it is diagnosed it is important to begin treatment as soon as possible. For about 70% of those diagnosed with epilepsy, seizure can be controlled with modern medication, diet, devices and surgery. Epilepsy awareness was raised and the day was a huge success.

Z.P Zwane

NGWELEZANA HOSPITAL IN THE FIGHT AGAINST SUBSTANCE ABUSE

Drug abuse is one of the serious issues faced by South African communities. This problem does not only negatively affect its users, but it is also a threat to people around the users including families, teachers and the community.

Teenagers is the common age group that is mostly engaged in drug abuse, being influenced by peer pressure and curiosity. June is a Drug Awareness month, hence Ngwelezana Hospital Social Work department took this opportunity to do a Drug awareness campaign at Nongweleza Secondary School on the 1st of June 2016.



Nonhlanhla Dube (social worker) educating Nongweleza Secondary School Pupils about

The aim of this campaign was to educate the youth about the dangers of using drugs. Miss Ntombi Mbatha from Ngwelezana Hospital Social Work department gave talks about drug use and the extent to which taking drugs might lead to addiction. Sudden weight loss, unpleasant breath smell, body or clothing, tremors, slurred



Ngwelezana Hospital social work team during the Drug Awareness campaign.

speech or impaired coordination are some of the signs and symptoms of drug addiction.

Pupils were given a platform to ask questions about drugs and were provided with information to assist them. The awareness was very fruitful and successful one.

KZN LEGISLATURE DONATES 16 WHEEL CHAIRS TO THE DISABLED



The KwaZulu Natal Legislature members during the event



Left: Ngwelezana Hospital staff members Mr. N.Khwela (chief occupational) Therapist, PHC Supervisor A.Z Cebekhulu in front of them is a child who is living with disability after he officially received his expensive wheelchair which is specially made



Left : Honorable Meshack Hadebe Deputy speaker of the KZN Legislature giving a speech. Centre : People living with disability after receiving their new wheel chairs during the event. Right: Mrs. Busisiwe Phungula from Uthungulu Health District giving a speech

Social responsibility is one of the functions of KZN Legislature hence Ntambanana was identified as an area which has a number of people living with disability and in need of wheel chairs. KZN Legislature deemed it necessary to donate wheel chairs to these communes.

The KZN Legislature hosted an event to officially hand over wheel chairs donated to Ntambanana communes on the 29th of April 2016 at Ntambanana in KwaMabhensa Community hall.

Ngwelezana Hospital Occupational Therapy Department assisted in assessing and identifying those who were really in need of the wheel chairs in November 2015.

“Occupational Therapy department is not encouraged to quickly recommend wheel

chairs for the patients, reason being, wheel chairs have a disadvantage of keeping patients sitting down, which do not allow their bodies to exercise. That may result in patient’s bodies to



Food parcels donated by the KZN Office of the legislature to Ntambanana community

develop diseases such as diabetes, arthritis and heart diseases. “ said Mrs. Busisiwe Phungula from Uthungulu Health District as she was speaking on behalf of Department of Health.

Ntambanana communes did not only benefit with wheel chairs, KZN Legislature also donated with approximately 50 food parcels to the disadvantaged fami-

lies of Ntambanana.

Mr. Phiyose Mgazu a community activist from Ntambanana who is also living with disability is the one who made a request for wheelchairs to the KZN Legislature. He also assisted in identifying the families who are the most disadvantaged and deserved the food parcels. Walking sticks were also given to the patients.

P.B Bhengu

IMPILO YAKHE ISIZOSHINTSHA EMVA KOKU THOLA ISIHLALO ESIHAMBANGOGESI



Top: Ngwelezana Hospital staff members, Ward 6 counselor Mr. Chonco, family members in front of them is Miss S. Xulu sitting on her wheel chair. Right. Mis S.Xulu is trained on how to use her wheel chair.



Nksz Siziwe Xulu . Lentombazane ineminyaka engama 25 yobudala kodwa umzimba wakhe ungango womntwana oneminyaka emibili, izinyawo zakhe azifinyeleli phansi uma ehlezi esihlalweni, uqukulwa njen-gomntwana.

Lesisihlalo asishiywanga kwaXulu ngenxa yesimo segceke lakhona elingaqondile futhi linamatshe. Ikhansela u Mnu Chonco wathembisa ukusiza ngokuqondisa igceke lalo muzi. Umndeni wakwa Xulu uhlwempu, kulendlu esesithombeni kuhlala abantu abalinganiselwa eshumini. Akukho ngisho umbhede noNksz Siziwe ulala phansi. Kucelwa noma ubani ongase afake isandla ukuba axhase noma ingani angaxhasa ngayo kulo Mndeni. **P.B Bhengu**

Isizoshintsha iMpilo ka Nksz Siziwe Xulu wase ndaweni yaseNtambanana esigodini sase Mathunzini emva kokuba isibhedlela sase Ngwelezana sigcine sigunyaze isihlalo esihamba ngogesi sabaphila nokukhubazeka.

Mhla zingama 25 ku Meyi 2016. Abaphathi bo Mtholampilo wase Ntambanana uNkk C.H

Ntambanana, Nkk A.Z Cebekhulu Umphathi wemitholampilo yase Ntambanana , ithimba lasesibhedlela sase Ngwelezana elisebenza ngaba phila nokukhubazeka (OT) behambisana nekhansela lika Masipala wase Ntambanana ku Wadi 6 bavakashela umuzi wakwa Xulu ukozonikezela ngalesisihlalo ngokuse Mthethweni ku

Msweli, umphathi womtholampilo wase

NTAMBANANA CLINIC HOSTS A SUCCESSFUL OPEN DAY



Ntambanana Clinic Community Care Givers introducing themselves to the Ntambanana community members.

“Know your clinic, we are here to help you”, was the theme of the day during the Open day that was held at Ntambanana Clinic on the 27th of May 2016 at kwaMambuka Community Hall.

The purpose of this event was to help the Ntambanana communes to know and understand

how Ntambanana Clinic works, introduce Community Care Givers and their roles to the community.

PHC Supervisor Zandile Cebekhulu (Ntambanana Clinic Supervisor) gave talks where by she explained the role of the clinic committee, which is to serve as a bridge between the clinic and community. She mentioned that the community should inform the Clinic Committee about their complaints and grievances. She further encouraged the community to voice out their problems, the Department of health will work until it reaches a solution.

CCGs introduced themselves and the areas they are allocated in at Ntambanana. Sr Cebekhulu requested the community member to freely communicate with her if they are satisfied with the CCGs work or not. **P.B Bhengu**

NGWELEZANA HOSPITAL BURNS UNIT HOSTS BURNS AWARENESS



Ngwelezana Tertiary Hospital Staff Members gathered Inside OPD during Burns Awareness .



Mr Buthelezi (student nurse) and Topone Shanie



Eskom Safety Officer educating patient on how to eradicate electrical burns in our communities.

The number of electrical burns is increasing since it is the beginning of the Winter Season. Ngwelezana Hospital Burns unit has therefore decided to host a burns awareness event, which took place on the 10th of May 2016.

This was initiated to educate the community about the danger of electrical burns. The first session of this event started with a march from Burns Unit to Outpatients Department where the programme began.

The Eskom Safety Officer and Internal Stakeholders including Social Workers and electricians gave a brief presentation on how to avoid electrical burns. This burns awareness campaign allowed a two way communication whereby people were able to ask burns related questions.

The second session was held at the Auditorium whereby a brief presentation for Nurses, Doctors and Therapists for management of burns was conducted by Dr J Govindsamy from Edendale

Hospital.

Medical staff members who attended this session were trained to educate others on how to handle someone who is electrically burned. All Nursing Categories were included in these presentations. *P.M Mthethwa*



FAREWELL TO SR. D.M Sithole



Nurses play an important role in our community. Through

their expertise many peoples lives are saved on different circumstances.

That is what Sr. D.M Sithole has been performing all these years. She has worked at Ngwelezana Hospital from 1982 until 2016, when she retired.

Her colleagues hosted her a farewell party on the 29th of January 2016 at Richards bay

Hotel.

The function was attended by her family members, friends and colleagues.

Ngwelezana Tertiary Hospital appreciates you for the long service you dedicated to the hospital and would like to wish you all the best on your retirement .

P.M Mthethwa

EXCITING AND SUCCESSFUL GLOBAL HAND WASHING



I wash my hands regularly

Top left : P/N N. Myeni at theatre department demonstrating hand washing process.
 Top right : Ngwelezana Tertiary Hospital Staff Members gathered outside OPD during Global Hand washing Day .

On May 2016, Ngwelezana Hospital together with the whole world celebrated Global Hand Washing Day. The day was declared by the World Health Organization as a day to re-inforce the importance of washing hands in our daily lives to decrease the spread of germs. The IPC reminded Ngwelezana Tertiary

Hospital Staff members about the importance of handwashing in our daily life . The main aim of this day is to eliminate spread of germs through hand washing in our lives. Staff members that were partaking during hand washing day were randomly picked by operational managers and they were very happy to demonstrate on how to keep our hands clean.

People were edge to wash their hands every time before touching their food, after using toilet to prevent illness and spread of infections to others. Ngwelezana hospital believes that thorough hand washing many germs can be eliminated.

P.M Mthethwa

ZULULAND OBSERVER DONATES BLANKETS TO THE PATIENTS



Top left : Mr. Steven Makhanya (Zululand Observer Journalist) and Miss Nomonde (Social Worker Intern). Top right:Ngwelezana Hospital patients rejoicing after receiving

It was a joyful moment to the inpatients and outpatients of Ngwelezana Hospital, when Zululand observer visited Ngwelezana Hospital to donate with blanket to the needy patients On 12 May 2016 .

The Social work component assisted in identifying the suitable patients for these donations.

Even though it was Zululand Observer who donated with these blanket, they were doing

it under their NGO Do I Care Enough (DICE) programme that affiliate under their wing.

Ngwelezana Hospital appreciates Organizations who visit its hospital and donated. Other organizations are also encouraged to do the same for the needy one, not in Ngwelezana only in other institutions as well especially in this winter.

Thanks to social workers component led by Mrs Ntombifuthi Mashiyane, they were very obedient towards this initiative. *P.M Mthethwa*

assist those who are needy

#SUICIDE IS EVERYBODY'S BUSINESS - NGWELEZANA HOSPITAL SOCIAL WORK DEPARTMENT



Sister Phindile Khumalo (programme director) taking client's problem related with suicide



Social Work Department staff members during suicide awareness event



Miss Nomonde Mbeje (social work student) reading the poem during the event.

Suicide means intentionally ending one's own life; it is a way for people to escape pain or suffering. Ngwelezana Tertiary Hospital Social Work Department, headed by Mrs. Ntombifuthi Mashiyane launched suicide awareness campaign due to an increased number of suicide attempt cases in a Health sector.

The launch of suicide awareness started on the 25th until the 28th of April 2016. On 25 April 2016 Ngwelezana Hospital Staff Members had a march in the hospital premises where by songs and slogans to say not to suicide were chanted.

Presentations and dialogues were held between social

work team and patients on common causes and signs of suicide at the Outpatient Department.

Out of the dialogues it was concluded that common causes of suicide includes unemployment, problems in love relationships, expectation of high school marks by parents from their children etc.

On the other hand, it was concluded that common symptoms of suicide include spending lot of time alone, talking about wanting to die or having no reason to live, talking about being a burden to the others etc.

Mr. Sibongiseni from Social Work (Student) made talks on how to help suicidal persons

whereby he encouraged young people to talk about their problems especially to their teachers.

The target group for this campaign was youth, since most of suicide attempt cases involve the age group.

The suicide awareness will therefore be an ongoing process, where by the hospital will visit schools that are under uThungulu Districts to make education on suicide, in an endeavor to stop suicide problem faced by South Africa.

P.B Bhengu

WORLD MOVE FOR HEALTH COMMEMORATED THROUGH DIFFERENT ACTIVITIES IN 1 DAY



GEMS providing tests for different diseases to Ngwelezana Hospital staff members during world move for health day



Right left: Miss Nolwandle Ndlanya (Assistant Systems Manager) enjoying shoulder massage given by GEMS Staff Member. Top right: Ngwelezana staff members doing aerobic dance.



World Move for health day is an event that was created to promote healthy activity, around 10 May every year.

Ngwelezana Hospital through wellness Department commemorated this day on 10 May 2016. GEMS visited the hospital with a comprehensive wellness package including Fitness and Healthy life-

style education, Presentation on membership to the GEMS Fitness and Aerobics fitness session by Gem instructors.

Staff members were also given an opportunity to check their status for different diseases including diabetes, high blood pressure HIV etc.

staff members showed interest during this day evidenced by the high attendance by

staff members.

many of them took part in aerobics training. It was emphasized that staff members must involve themselves in any exercising activities to maximize the chances of leaving long and healthy life style. *P.M Mthethwa*

Lets us exercise and stay healthy!

“UNDERSTAND AND KNOW MY ROLE ” NGWELEZANA HOSPITAL EXCO MEMBERS



From the back right hand side: Mr M. Zuma Artisan chief ,Mr M.T R Nzunza, Dr B.S Madlala Acting CEO, Mr S. Ngwenya Finance Manager. Up front starting on the left Miss M.R Sit-hole Nursing manager, Mrs I.J Nene Monitoring and evaluation manager and Miss N.S.I Ndlanya systems manager.

meeting that took place at nurses home. The aim of this general meeting was to tackle challenges that professional nurses face on daily basis and to introduce the Hospital Executive Management to the professional nurses.

The Executive Management Had an opportunity to introduce themselves and explain what their roles are in the hospital.

reminded all professional nurses to treat patients with respect and dignity during all interactions with them.

This meeting also emphasized that issues concerning the hospital must be dealt with, within the hospital and not to be taken out of the hospital.

This was a two way communication meeting which allowed staff members to ask questions to the Hospital Executive Management. *s.Dlamini*

On the 20th of May 2016, Ngwelezana Hospital held a general

Dr B.S Madlala the Acting Chief Executive Officer specifically

“It is important to know and understand your hospital and Executive management”

MANDLANZINI CLINIC LAUNCHES PHILAMNTWANA CENTRE



Left : Mandlanzini Clinic Staff members performing drums dance before the beginning of the event. Centre Mrs. Thandi Mazibuko uThungulu Health District CCGs co-ordinator Right: children from Frantos Crèche during the event

Philamntwana are the centers in communities, that serves as diseases prevention for children under the age of 5 years.

Services offered in these centers includes growth monitoring, early identification of diseases and referral to the clinics.

On the 17th of February 2016 Mandlanzini Clinic hosted an event to launch Philamntwana Centre. This event was attended by the guest from various

organizations including Love life, Fantos Crèche, Ikati Primary and Lizwi High schools.” Philamntwana started in August 2013 in KZN Department of Health. UThungulu Health District currently has 127 Philamntwana sites where Community Health Care Givers work.

Services provided in these sites include screening for malnutrition, HIV & AIDS support, pregnancy test ,supply of condoms and vitamin A to children.

If a child is a red robot . CCGs refer them to the clinic.” said Mrs. Thandi Mazibuko from Uthungulu Health district. She further urged Nurses to read CCGs referral letters and reply to them. *P.B Bhengu*



MANDLANZINI CLINIC FIGHT AGAINST TEENAGE PRAGNANCY



1. Programme director rewarding a pupil during the questions and answer session. 2. Mr. Lwazi Mthethwa from Love life giving talks on STIs. 3. Mr. Shabalala a Community member sharing ideas with parents on how to raise teenagers. 4. Parents listening attentively to the speech

Mandlanzini has been identified as one of areas with a high rate of teenage pregnancy. In an endeavor of fighting this problem, on 17 February 2016, Mandlanzini Clinic held an event called a dialogue between youth and parents.

The aim of this event was to

identify causes of teenage pregnancy.

Parents and youth were separated so that teenagers could freely voice out their concern which they deemed as causes of teenage pregnancy.

Child support grant, financial problems at home, wearing of ex-

posing clothes by girls, and parents being secretive about sex to the teenagers are some of the concerns raised by teenagers.

On the other hand, parents shared ideas on how communicate with teenagers in order to avoid them to involve them self in sex at an early stage. *P.B Bhengu*

MEET NGWELEZANA HOSPITAL SPORT ORGANIS-

Sports are very important, they contribute to healthy living lifestyle, which is important for employees performance in working places. Ngwelezana Hospital sports participants chosen Sports Organising Committee on the 14th of January 2016, at the Staff Residence Hall.

Exercising your body is one of the important things that each and everyone should do. That is what Ngwelezana sport organising committee is aiming to achieve during the term of of-

fice.

The organising sport committee chairperson Mr Mchunu, he mentioned that for this structure to function well, they need full support from colleagues. He further stated that “co-operation in all sport code at Ngwelezana Hospital will be appreciated” said Mr Mthethwa sport organiser, he further appreciated the good job that the previous committee performed. He further edged Ngwelezana Hospital employees to participate in eve-



Ngwelezana Hospital committee. From left Mr. P. M. Mthethwa sports organizer, Mr. Ntokozo Mchunu Chairperson, Mr. Thokozani Cele Secretary and Mr. Sbongiseni Buthelezi Treasurer.

ry activities that will take place within the hospital. P.M Mthethwa

WELLNESS DAY COMMEMORATION AT NGWELEZANA HOSPITAL

Ngwelezana Hospital staff members doing aerobics during the Wellness Day

**“Respect your body.
Fuel your body.
Challenge your body.
Move your body .
And most of all love
your body” 21 day fix**

Healthy lifestyle is a way of living that lowers the risk of being easily infected by diseases, seriously ill or dying early.

Not all diseases are preventable, but high percentage of deaths, especially heart disease and lung can be avoided.

Ngwelezana Tertiary Hospital commemorated Healthy Lifestyle on the 25th of February 2016 at Ngwelezana Hospital.

The aim of this event was to encourage staff members to embark on healthy lifestyle activities and educated them what healthy lifestyle is all about. The event started with a warm up aerobics demonstration by the

staff members, which took place at Outpatient Department. Following was the March by Staff members. This March moved from OPD to staff residence hall, where Health lifestyle presentations took Place. Aerobics class was held as well.

The event was very successful, fruitful and joyful. P.B Bhengu

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