

# Mashon' angashoni newsletter

November—December St Francis Publication



## CEO'S DESK

Mrs. M.P. Msane : Acting CEO

It is that time of the year whereby we all go home visit friends and families. We are about to say goodbye to 2012, good things happened and we thank God for that and also bad things happened to those who lost their relatives this year we send our deepest condolences.

As we are about to start a new year and set new goals for our selves we should also do introspection and view our successes this this year as well as failures. Where were did not do good we must check where did we go wrong and find ways to correct that before we new goals set goal for the new year, its good to dream big but then again we must set achievable goals. To those who will be studying next year procrastination is never good, do it today better start now, write assignments before deadline or due date.

We are still dedicated in saving lives and building better tomorrow. Working together in saving lives is our utmost goal.

We encourage each and everyone of us to take care of themselves by not drinking while driving in this festive season, stick to ABC (abstain, be faithful and condomise). Stick to your diet those who started some kind of a diet.

Please don't spend recklessly January is coming kids will have to go to school. Hoping to see you all next year safe and sound.

# Farewell party for Mrs. S.A. Mthenjwa, Mrs. G. Bhengu and Mrs. F. Zulu



Sr L.L. Nkosi giving a farewell speech .



Mrs. N.N. Mangoale  
owayengumqondisi wohlelo.



Unkk D.K Mvubu evunule econsa ebhikla ingoma



Mrs. N. Sibisi efunda izipho enikeza unkk S.A. Mathenjwa.



Kwakuhle kudelile omama beqholosha beqhuqumbela bevalalelisa ozwakwabo.



Unkk E.J. Buthelezi nguye owayehola inkonzo ngenzwi



Unkk F. Zulu naye wayefilke nabazuku-

Omama ababevaleliswa babefike nemindeni yabo.

uNkk Gamede okungeyena owayekhulumela abangani wakubeka kwacaca ukuthi into ebimenza asondelane kakhulu noNkk Mathenjwa ukuthi ungumama olikhulumayo iqiniso.

Kwizikhulumi zonke ezakhuluma zababongela ukuthi baphume bephila futhi baziphathe kahle emsebezini. Sifundile okuthile kubona nabo bafundile okuthile kuthina.



## Staff wellness launch in district office



Zululand health district the launch for wellness. Different sporting activities were arranged for employees to play including 3KM walk. Employees from different institutions came in numbers including St Francis.

Before everything started people vital signs were taken to ensure that all participants were in good condition.

Health talk on diabetes was given by Sr I.J. Cele and in her speech she encouraged people to check regularly .

St Francis staff



Sr I.J. Cele and Mrs. G.N. Dlamini







## Rabies awareness



Department of Agriculture 's representative encouraging people to make sure that their dogs are given rabies vaccination.



Sr J.M. Xaba introduced the guest speaker



Patients were involved in this awareness because they are community members they must know what to do in case of dog bite.

## Board training—Thulasizwe, Vryheid and St Francis hospitals



Board members were given a case study



Board members working in groups trying to tackle case study given to them.



Miss S. Nkonyane CEO at Vryheid hospital doing presentation for her group.



Mr. Buthelezi board members from Thulasizwe doing presentation for his group



Mrs. M.P. Msane—presenting for her group— Acting CEO St Francis hospital.



## Board training continues



Mrs. Khumalo Board member for Thulasizwe and Mr. K.T Shandu—St

### Purpose of the training



ululand hospital board members we trained, the training was in Garden court Ulundi . Hospitals were grouped together like St Francis, Vryheid and Thulasizwe were grouped as session 2 and Benedictine, Itshelejuba and Ceza were grouped together as session 1.

There must be a close cooperation between board members and hospital management. Board members are non executive members whose job is to govern the institution.

Their main duty is to govern and advice management on some issues pertaining hospital governance.

Amongst the things that were highlighted was that board members have access to the institution anytime of the day, they can conduct inspection to ensure that everything runs well.

Staff members should know and respect board members, also board members can formulate internal policies and they should be involved in hospital committees.

Only CEO of the institution is the board members other managers can compile report and give it to the CEO to present in meetings.



## St Francis celebrating men's health month

### Topics that were covered:

- ◆ MMC
- ◆ Prostate cancer
- ◆ Sexual transmitted disease

**Prostate cancer:** Cancer that forms in tissues of the prostate (a gland in the male reproductive system found below the bladder and in front of the rectum). Prostate cancer usually occurs in older men. Early detection can help in early treatment and increase life expectancy .



Social development staff were invited to join us on this day.

### Male Circumcision

There is compelling evidence that male circumcision reduces the risk of heterosexually acquired HIV infection in men by approximately 60%. Three randomized controlled trials have shown that male circumcision provided by well trained health professionals in properly equipped settings is safe. WHO/UNAIDS recommendations emphasize that male circumcision should be considered an efficacious intervention for HIV prevention in countries and regions with heterosexual epidemics, high HIV and low male circumcision prevalence.

Male circumcision provides only partial protection, and therefore should be only one element of a comprehensive HIV prevention package which includes: the provision of HIV testing and counseling services; treatment for sexually transmitted infections; the promotion of safer sex practices; the provision of male and female condoms and promotion of their correct and consistent use.

Medical male circumcision is done once a week at St Francis hospital. People are encouraged to come for MMC it is free and meals are provided.



Above

Mr. S.S. Xulu, Sr Buthelezi and S. Mjaja

## Mental health



Learners from Nende high school paying attention to what was being said.



Learner explaining how drugs can make you feel.



Sr L.L. Nkosi , Miss Nyoka took photos with learner on the day of event.



Sir S.M. Zulu warning learner about substance abuse



Sir L.M. Mbatha— giving talks to learners



Teachers from Nende high school



# Substance abuse– continues

## What causes substance abuse

Sometimes a chaotic environment will cause substance abuse. Ineffective parenting or lack of a nurturing parent may also be the cause. Peer abuse is probably the most prevalent cause of substance abuse.

## How to recognize substance abuse?

Look for physical signs that someone is taking opiates, which include heroin and morphine. These signs can be small pupils; itching or scratching a lot; falling asleep at inappropriate times or conversely being overactive; a nose that is bleeding.

## Other Commonly Abused Drugs

Dagga (also known as grass, pot, weed, herb): Marijuana, which comes from the plant, is the most commonly used illegal drug in the South Africa. The active ingredient in the plant, .

The drug is usually smoked, but it can also be eaten. Its smoke irritates your lungs more and contains more cancer-causing chemicals than tobacco smoke. Common effects of dagga use include pleasure, relaxation, and impaired coordination and memory.

Often the first illegal drug people use, dagga is associated with increased risk of progressing to the use of more powerful and dangerous drugs such as cocaine and heroin. The risk for progressing to cocaine use is 104 times higher if you have smoked dagga at least once than if you never smoked dagga.

## What is Tobacco & Substance Abuse?

Through the use of tobacco, nicotine is one of the most heavily used addictive drugs and the leading preventable cause of disease, disability and death in the United States. Cigarette smoking accounts for nearly one of every five deaths in the United States, according to the Centers for Disease Control and Prevention. Recent scientific advances have revolutionized our understanding of the abuse of tobacco and other substances, which has improved our ability to both prevent and treat addiction.

## How to prevent drug abuse

Parents and educators alike worry about substance abuse in schools. Most professionals agree that alcohol acts as a gateway, or entry drug, for further drug use. Statistics bear out the need for effective substance abuse prevention methods. According to the Teen Drug Abuse website, underage drinking takes a yearly financial toll of R58 Million in the South Africa alone. In addition, 40 percent of those who begin drinking younger than age 14 develop later alcohol issues. However, through taking intentional steps to address the problem and support early intervention, substance abuse in schools can be prevented.

# Meet our new staff members



Miss M.P. Sithole Finance manager



Mr S. Makhoba—artisan electrician



Staff nurse—S.P. Ngema



Staff nurse—M Zungu



Mr B.E. Cele—Senior security officer



Mr. M . Masondo—doing in-service training—HR



## PRO's desk



Zethu Ndwandwe—Acting PRO

St Francis hospital

Tel: 035 8730203

Fax: 035 873 0380

E mail : Ntombizetu.ndwandwe@kznhealth.gov.za

Lesi isikhathi sokuphana,  
ukujabula nokuthan-  
dana. Kulesikhathi  
makangabikho ohluku-  
meza omunye.

Hey it is December time whereby every body is happy and in Christmas spirit . It is a season to be jolly. But what is important in this season is that 16 days of activism against women and child abuse also forms part of this.

Imagine if, for 16 days, there was no rape, no child abuse. The 16 Days of Activism for No Violence Against Women and Children campaign challenges South Africans to declare a truce on violence against women and children - and, ultimately, to make it a permanent one.

### The campaign also aims to:

- ⇒ Challenge the perpetrators of violence to change their behavior.
- ⇒ Involve men in helping to eradicate violence.
- ⇒ Provide survivors with information on services and organizations that can help lessen the impact of violence on their lives.

HAPPY BIRTHDAY TO ME IN ADVANCE  
DECEMBER 24

Speak out against woman and child abuse. Encourage silent female victims to challenge abuse, and ensure that they get help. Report child abuse to the police immediately. Encourage children to report bullying behavior to school authorities.

Men are critical partners in the fight against the abuse of women and children. Men and boys are encouraged to talk about abuse and actively discourage abusive behavior.

Families must stick together to create a safe environment for women and children.

Parents and adults can make sure that children are not exposed to sexual and violent material such as pornography.

Volunteer some of your time and energy in support of a non-governmental organization or community group working in your area to help abused women and children. Use your life skills and knowledge to help support victims of abuse.

The department is aiming to achieve ZERO new HIV/AIDS infections and zero transmission of mother to child infection. The department of health or South Africa as a country cannot achieve this, except you and me join hands and work together to fight HIV/AIDS. In this season lets enjoy at the same time be responsible, don't get into the ring without wearing gloves, don't drink and drive.

Also we must adopt healthy life style, eat healthy, exercise regularly and spend our money wisely so that we don't exceed our budget and become stressed after holidays. Avoid impulsive buying, buy what you need this December.

Bangani let me love and leave you for now SEE YOU ALL NEXT YEAR IN GOOD CONDITION and stick to you new year's resolution.

Zero infections, Government cannot fight this battle alone , it needs you and me to play our part. Be responsible.