



HEALTH
KwaZulu-Natal

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Singabenu "for the people" Newsletter

**UNqonqoshe kazwelonke wezempilo uvule
ngokusemthethweni izivande zemifino
ezisemphakathini**



Kusukela kwesokunxele: uMnu. Vukani Mbele (Head of Ministry:DoA), uNkz. Bongzi Dlomo (wenhlangano yomame i-NWRC) Unkz. Peggy Nkonyeni (MEC for Health), Dkt. Manto Tshabalala-Msimang (Health Minister), uMnu. Mtholephi Mthimkhulu (MEC for Agriculture) kanye no Cllr. S. Sikhakhane (Ingwe Municipality Mayor) Bevula isivande zomphakathi

Mhla ziwu 22 kuSeptemba 2007 umphakathi owakhelene nesibhedlela i-St. Apollinaris Hospital wavakashelwa uNgqongqoshe kazwelonke wezempilo ukuzonikela kumphakathi ngesivande okuzotshalwa imifino kuso.

Lesivande sengamelwe amalungu omphakathi wase-Centocow. Ungqongqoshe akagcinanga lapho waphinda wanikela ngezintshiza kusebenza okubalwa kuzo amafosholo, izipedi, izimfokolo, imbewu kanye nokunye okuningi.

Ngalezizivande umnyango wezempilo uhlose ukuqeda ububha/nobumphofu emphakathini ukugcwalisa umgomo wezempilo KwaZulu-Natal othi: "Silwa Nezifo, Silwa nobubha, Sinika ithemba".

Lezizivande zizophakela isibhedlela nemitholampilo eyakhele umasipala Ingwe. Lokho okusho ukuhlomula kumphakathi. Loluhlelo lwenziwe ngokubambisana komnyango wezempilo, owezokulima kanye nenhlangano yabesimame I Natal's Women Resource Centre.



Inside this issue:

Quality day Celebration	2
Breastfeeding awareness day	3
Photo Gallery—"Launch of the Centocow Garden Project"	4
Cervical Cancer and Oral Health Day	5
St. Apollinaris Hospital retains Bronze in the PSEA	6
Your mouth is a mirror that can reflect the health of the rest of your body.	6
Your mouth is a mirror that can reflect the health of the rest of your body cont...	7
Living a Healthy Lifestyle	8
TB awareness day at Riverside Clinic	9
Susa ungwengwezi emahlweni ubone	10
Sports	11
Imizwilili	11



Quality day Celebration

St. Apollinaris Hospital held a Quality day celebration as a yearly event to thank staff for providing excellent services to patients under trying conditions.

The 12th of September 2007 was earmarked for this prestigious event. Giving a speech in the event the Hospital Manager thanked all staff for their remarkable endeavors to put the hospital in the map. She named few awards and accreditations the hospital received over a short period of time. This includes retaining the Bronze award in

the Premiers Service Excellence Award, the Silver Award in the Innovation to Impumelelo Award, The Unicef Baby Friendly Hospital Initiative , The National Sunflower project to list but a few. The Hospital Quality team also received accolades for positioning the Hospital in the top three hospitals in the province in Quality Assurance.

Departments and Wards were also in the list of recipients of Certificates of recognition. A keynote address by Mrs B.A Mkhize made evidence that the Hospital is excelling in provision of Quality

Services to the Community it serves. She mentioned bravely effort to continue serving patients during the national industrial action earlier this year. She said that the Hospital was the only institution in the whole Province to hold an Awareness event during the month of June (when the industrial action was still on).

Staff were later issued with T-shirts embroidered with words "Quality Day 2007". The day was wrapped with lunch served to all staff courtesy of Food Services Department.



Across: Receiving a certificate from the Nursing Manager, Ms T.E Kumalo and Hospital Manager (Far Left), Mrs N.C Thekiso, Ms T. Dlamini—Records Officer.

Across: Certificates and trophies won by the institution last year which were displayed during the Quality day Celebration



Breastfeeding Awareness Day held in August 2007

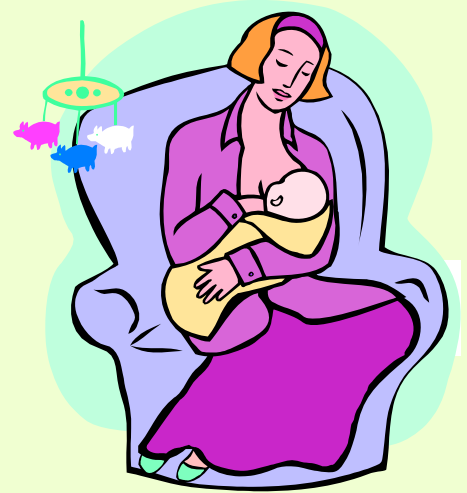
Breastfeeding is universally accepted as the best method of feeding babies. But in the twentieth century breastmilk met with competition from industrial substitutes and mothers were drawn to the convenience of prepackaged foods. This "great scientific discovery led to a decline in breastfeeding with formulae feeding being regarded as "The Greatest Uncontrolled Experiment the World has ever known!"

Hospital practices were also cited for resulting in a decline in breastfeeding. Such practices included mother and baby separation, rigid feeding regimes, administering prelacteal e.g. glucose water, uses of dummies, uses of analgesia or anaesthetics. It is in this regard that St. Apollinaris hosted the Breastfeeding Awareness day on the 17th of August 2007 to reinforce the Baby Friendly Initiative Status.

Mothers and their babies came in numbers

to commemorate the event which was information packed. Talks on the subject were presented by different speakers encouraging breastfeeding unless if medically indicated. Ms Pinky Phungula MCWH District Co-ordinator was also in the programme emphasizing the importance of breastmilk to babies and called on HIV positive mothers to join the scheme however warned that they should only breastfeed their babies and avoid giving babies any other meals to prevent mother-to-child transmission. Ms Nomthandazo Dlamini reiterated the words by Ms Phungula and added the importance of Prevention of Mother to Child Transmission (PMTCT) through testing of mothers for HIV. The event which was also attended by neighbouring hospital i.e Rietvlei , Christ the King and Sisonke Health District lasted for an hour-and-half and attended Babies were presented with vests and towels with "I'm a breast feeding

Baby" words incorporated on it. St. Apollinaris aims to promote, protect and support breastfeeding in the hospital and beyond.



Across: Miss Pinky Phungula—MCWH District Programme Co-ordinator



Questions and Answers session: Hands up and receive Baby tops and towels. You see the response



Photo Gallery—"Launch of the Centocow Garden Project"



National Minister of Health, MEC's and Local Community Leaders leading the Vuka SA, "Move for your Health Walk" before the Launch



Introducing the National Health Minister, Provincial MEC for Health, Ms Peggy Nkonyeni



Minister Handing out the 2 Million Rand Cheque to Emerging Enterprises



Thabang's Singing Group draw the Crowds

Ziyawa kamngami...



HEALTH
KwaZulu-Natal
Fighting Disease, Fighting
Poverty, Giving Hope
Silwa Miffo, Silwa
Mabubha, Mhika Ithemk

Photos tell it all –“Cervical Cancer and Oral Health Day 20 September 2007”



Deputy Nursing Manager cautioning attendees about the dangers of Cervical Cancer.



Song Praising by Oiniselani Chiya.



Entertainment Courtesy of Abafana besichathamiya



School Children with "Smile, you can" Drama



A Blessing by Inkosi V. Zondi

St. Apollinaris Hospital retains Bronze Medal in the PSEA



L-R Above: Ms M. Vane, Deputy Nursing Manager, Mrs N.C Thekiso, Hospital Manager, Mr Thobani Ngcobo, Public Relations Officer, Dr Maseloa, Medical Specialist and Dr M. Maseloa ex-going Medical Manager.

In an event held earlier this year where the honourable Premier of this Province, Sbu Ndebele paid tribute to public service department's who exceeded expectations in the delivery of service to persons of KwaZulu-Natal. This is tied with prominent excising of the KZN Citizen Charter, Batho Pele principles and the principles of Good Governance. St. Apollinaris Hospital has over the past two years entered and received the Bronze Medal and it is the third time that the Hospital has been successful.

The Hospital is the only hospital which reached the finals in this District (Sisonke District). This has however set precedent for other institution in the District and beyond. Participation into this Awards has improved the customer service and boosted staff morale to continue in the positive light to render efficient services to the Communities thereby fulfilling the Mission and Vision of the Department of Health and the Province of KwaZulu-Natal.

"Your Mouth is a Mirror that can reflect the health of the rest of your Body".

By: Thobeka Mhlongo
Oral Hygienist

Did you know?

Stress can weaken your immune system, making it difficult for your body to fight infections including gum diseases.

Diabetic People are more susceptible to gum diseases due to the weakened immune system. In the same time gum disease can make it difficult to control diabetics because the infection present in gum disease can affect blood glucose control.

Bad Breath:

Millions of bacteria that live in the mouth (particularly at the back of the tongue) are the primary cause of bad breath. ..

“Your Mouth is a Mirror that can reflect the health of the rest of your Body” continues...

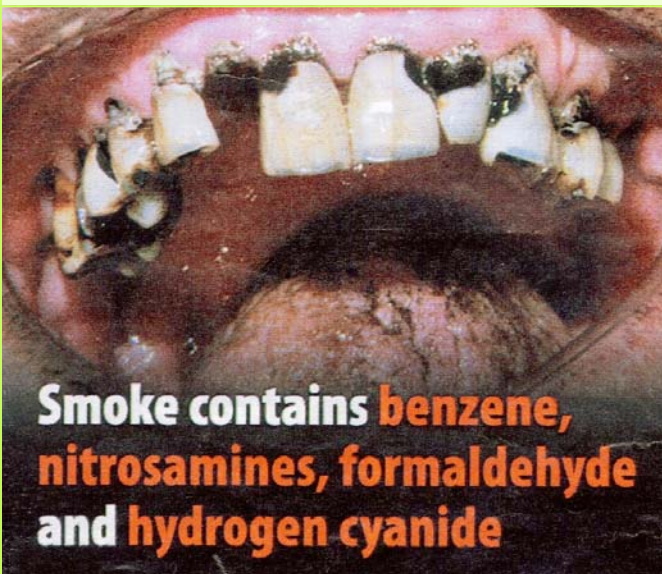
A person may not always know that they have bad breath. Odour detecting cells in the nose eventually become accustomed to the constant flow of bad smells from the mouth.

Oral Contraceptives

Many birth control pills contain hormones that dilate blood vessels that could lead to inflame gums. This makes the woman using them more susceptible to gum diseases. If you're taking birth control pills, let your dental professional know—some medications are used in dental care can lessen the effects of oral contraceptives.

Smoking and Oral Health

Smoking is not a good thing because it stains teeth and can also cause oral Cancer.



Important things to know about good Oral Health

Visit the Dental Department seasonally. Even if your teeth look and feel fine. You should have them checked and professionally cleaned by a Dentist or Oral Hygienist. If you have any of the following problems, you should also call at the Dentist or Oral Hygienist immediately.

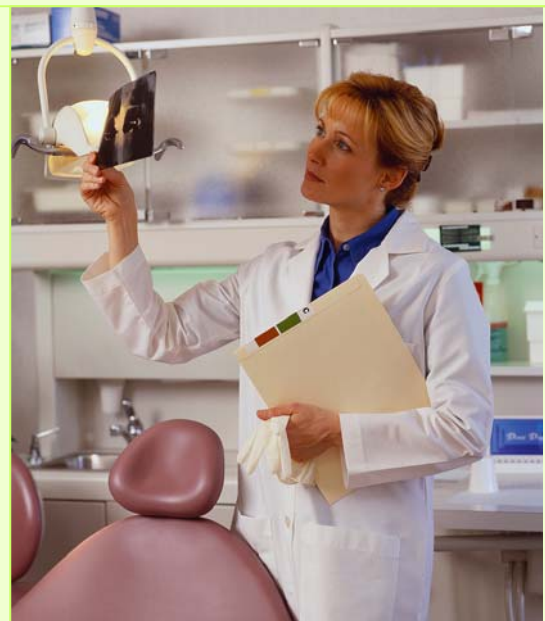
1. Toothache.
2. Bleeding gums.
3. Bad breath.
4. Cavities (Dental caries)
5. Swollen gums/loose teeth

Your Oral professional is the best friend your teeth can have so visit these people regularly. They will help make sure that your teeth last longer.

Making your teeth last

You can easily keep your teeth healthy for the rest of your life. Just remember these very important rules

1. Brush teeth every morning and evening after meals.
2. Use a fluoride toothpaste.
3. Use a toothbrush with soft and rounded bristles.
4. Floss daily to remove plaque.
5. Replace toothbrush at least every three months
6. Eat lots of healthy food.
7. Don't eat too many sweets and sticky food.
8. Visit your Dental professional every year.



Living a Healthy Lifestyle

By: Theresa Cumming
Physiotherapist

Working in a hospital or as part of the medical team should make health one of our main focuses. Healthy and fulfilling lifestyles is what we should want for the patients who attend St. Apollinaris Hospital. This is what we should want for ourselves too. The risks of an unhealthy lifestyle are well known and should motivate us to improve our current lifestyles. What is a healthy lifestyle? There are no new tricks—the same rules apply!

Healthy eating, exercise and cutting back on smoking and drinking will ensure a healthier body. If these are the things we want for our patients and encourage them to try, how can we not try them ourselves? Don't be afraid to ask for help.

Congratulations to all staff who regularly play sport, drink enough water and try and eat healthy! You are actively improving your quality of life.

TAKE A QUICK BREAK!

Don't stay in one position for too long.

Roll your shoulders backward and forward – 5 times each way



Bend your head toward your shoulder – hold for 10 counts each way



Look over your shoulder – hold for 10 counts each way



Turn your body to the sides and look behind your chair – hold for 10 counts each way

Lift your arms up above your head and reach down and touch the floor



TB Awareness day at Riverside Clinic

On Wednesday, 24 October 2007 St. Apollinaris Hospital TB team hosted a TB Awareness day in Riverside Clinic. The decision to hold the awareness campaign in the Riverside Clinic emanated from high TB statistics being formed by the areas surrounding the Clinic.

Speeches, dramas and stage plays to pass on the message to take TB seriously were reiterated. A keynote address made by Mrs S.N Osei from the Sisonke Health District covered all areas of concern, starting with the symptoms, different types of TB and treatment duration thereof. She encourage people to visit the Clinic for check-up should they have any of the symptoms displayed across, i.e coughing for more than two weeks, drastic change of body mass, fatigue, unusual sweating and coughing blood. A mobile van was also in a near proximity where people queued for sputum tests.

The committee behind the event was very impressed with the turn-up of the community which symbolized triumph in their part and they are positive that the message of the event, *"In the fight Against TB, the hero could be YOU! HELP US MAKE TB HISTORY!"* went across very well. The campaign is continuing and has not stopped to fight the deadly TB.



Above: Mrs S.N Osei from Sisonke Health District who delivered the keynote address during the event.



Above: The TB management team comprising of different categories of Nurses

Feel at home

The management team of St. Apollinaris Hospital and the Hospital Board Members would like to welcome all new staff members and to bid farewell to all staff members who are leaving the institution. Heartfelt condolences to staff members who have lost their loved ones.

To those who have been on long leave such as maternity leave the team would like to welcome you back. Once again feel at home.

Up-coming events

There would be an Aids Awareness Day to be held on:-

Date : 30 November 2007
 Venue: St. Apollinaris Hospital—Tent
 Time : 10:30 am
 People are encourage to attend in a fight against HIV/AIDS. Siginia isethembiso, sinqoba ingculazi

“Susa ungwengwezi emehlweni ubone”

Mhla ziwu-8 kuNovemba 2007, isibhedlela kanye Disctrict yase-Sisonke bahlanganyela nomphakathi enkantolo yenkosi KwaMakhongwane. Ipho kwakubungazwa futhi kuqwashiswa ngesifo samehlo. Ngalolusuku, kwakuhloswe ukuqwashisa umphakathi wonke ngongwengwezi oluvamise ukuba semehlweni abantu abadala okuholela ekutheni bangabi besakhona ukubona.

Ekhuluma uNkz. N. Maka ovela kwi-Sisonke Health District uthe: “Ungwengwezi lwenzeka ngaphakathi emehlweni lokho kuphazamisa ukukhanya ukuba kungene emehlweni”. Kanti lokhu kuyisimo nje esilaphekayo, uNkz. Maka echaza. Kanti kusenjalo kwakukhona namaNesi aqheqheshelelwe wona lomkhakha ayehlola aphinde amukelise labo ababedinga izibuko zamehlo. Akugcinanga lapho kwaphindwa kwamukeliswa ogogo nomkhulu ngezintonga zokuhamba (walking sticks). Kanti umyalezo wosuku, “susa ungwengwezi ubone” wafezeka kwabaningi.



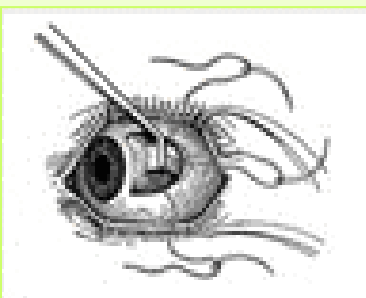
Esithombeni ngenhla: USr. Chiya-Fokazi ehlola amehlo



Ngenhla: UNkz. N. Maka ethula unkulumo yosuku



Esithombeni ngenhla: Injabulo ibonakala emehlweni kogogo nomkhulu ngezindondolo abazimukela ngosuku lokuqwashisa ngesifo samehlo.



Esithombeni ngaphesheya: Henye yezintombi ezindala azamukeliswa ngezibuko zamehlo.



Ezemidlalo zangamuva

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Iqembu lebhola lalapha ekhaya latholana phezulu neqembu lebhola lomnyango wezempilo kuzwelonke mhla kuvakashe uNgqongqoshe wezempilo ku-22 kuSeptemba 2007. Lomdlalo owaba emva komcimbi yoku-vula ngokusemthethweni izivande zemimfino.

Kwaba umuzukuzuku iqembu lasekhaya libajikimisa bethi bangakhora sikhore. Zabambana ngamabili zinhlangothi zombili. Kepha kwadingeka ukuba kube khona egobe uphondo nembala kwayiwa emaphenathini lapho kwaba amane kubavakashi namathathu kwiqembu lasekhaya. Bayohamba besinda ngoba lapha ekhaya akuyi olubuyayo. Lapho siyohlangana khona bayoyidela inkani.



Esithombeni ngenhla: uMnu. Mchunu ebagijimisa abafana baseGoli

IMIZWILILI

Yiyo le imizwilili yesifundazwe saKwaZulu-Natal kumnyango wezempilo. Lokhu kolandela ukungqoba kwathu kumncinthiswano wamakwaya owawuse-Newcastle mhla ziwu-21 September 2007. Leliqembu lekwaya liyaziwa ngoba alikuqali lokhu phela nyakenye lalala isibili kumqhudelwane ofanayo owawubanjelwe e-Greyville eThekwini. Kanti kulokhu amasokisi abengenhla kakhulu ngoba zonke izindele zawolwa



Kanti noNgqongqoshe Wezempilo kusifundazwe akawuvalanga umlomo mhla ezizwela amaphimbo alemizwilili. Lokhu kwenzeka uNgqongqoshe kazwelonke Kwezempilo ayevakashe e-Centocow ukuzovula ngokusemthethweni izivande zemifino ezisemphakathini. Ezithombeni esingenhla

yilo iqembu liphefuma kanti esithombeni esingapheshela, umbhidisi wethu uPhumlani Khuluse ephethe izindebe emva kokuphumelela ukuba oqho shishilizi besifundazwe. Kanti abanye esithombeni umbhidisi wakwa-Mashu Polly Clinic, umbhidisi wasesibhedlela i-Rietvlei kanye noNkz. Dlamini yase-Nseleni CHC