

St. Apollinaris Hospital, P/Bag X206, Creighton, 3263, Tel.: (039) 833 8000,

Fax.: (039) 833 1045

International Nurses Day Celebration

International Nurses Day (IND) is celebrated around the world on the 12th of May each year. This day is celebrated to remember all of the valuable contributions nurses make to society. It is in this regard that the KZN Department of Health in Collaboration with Democratic Nurses Organisation of South Africa (DENOSA) took stance to celebrate with nurses and communities in the province.

The celebration which took place on the 19th of May 2008 was taken to the Community of Ndabayilali Location in Umzimkulu, Sisonke District. Thousands of Community members joined nurses in celebration and listened to speeches by the KZN

MEC for Health, Ms Peggy Nkonyeni, the Acting Head of Department, Dr Y. Mbele and many other leaders including a DENOSA representative. With this year's theme, "Delivering Quality, Serving Communities: Nurses Leading Primary Health Care", the MEC thanked all nurses for their positive contribution to the health of the communities.

Initially the day, 12 May, was made to celebrate the day as it is the anniversary of the birth of Florence Nightingale, who is widely considered the founder of modern nursing. DENOSA is a South African custodian of this day following their role in affiliating South Africa to the International Council of Nurses in the '70's.

Volume 2, Issue 4

June 2008

"Delivering Quality, Serving Communities: Nurses Leading Primary Health Care"

Inside this issue:

Imbizo yomphakathi	2
Celebrating Children's day	3
How to take care of your com-	4
Imifaniselwano emihla kubasebenzi basemitholampilo	4
Ukwengezwa kwamagumbi eziguli	5
Newly Appointed Staff	6
Newly Appointed Staff continues	6
ABET English Speech Contest	7
District Soccer and Netball League Games	8



WITH A LIGHT CANDLE, KZN MEC FOR HEALTH MS PEGGY NKONYENI IN CELEBRATION OF INTERNATIONAL NURSES DAY.

Celebrating Children's Day

By Sudhira Sew - Physiotherapist

The **International Children's Day (ICD)** is celebrated in numerous countries, usually (but not always) on June each year.

The ICD had its origin in Turkey in 1920 ([April 23, 1920](#)) and later in the World Conference for the Well-being of Children in [Geneva, Switzerland](#) in 1925. It is not clear as to why June 1 was chosen as the ICD: one theory has it that the [Chinese](#) consul-general in [San Francisco \(USA\)](#) gathered a number of Chinese orphans to celebrate the [Dragon Boat Festival](#) in 1925, which happened to be on June 1 that year, and also coincided with the conference in Geneva.

June 1 has since been observed as the ICD by numerous countries, especially by [Communist](#) countries; in the Western world the ICD is usually celebrated on other days of the year (if at all), and there is often little public awareness about these celebrations. Consequently there is sometimes a misperception that June 1 as the ICD was a Communist invention. Nonetheless, in recent years even some groups within the [United States](#) started observing the ICD on June 1.

In celebrating the day, we would like to educate mothers about

their children development i.e. what is normal and or not normal. There are milestones that children need to reach as they grow. Should your child fail to reach them at the appropriate age, a Physiotherapist or Occupational therapist should be seen immediately.

From birth to 3 months

- Child can lift head partly or way up and hold it up.
- Can roll onto her back.
- Can sit with assistance.
- Grasps finger when put into hand.
- Follows objects with eyes.
- Turns head to sounds.
- Moves or cries at a loud noise.

03 - 06 months

- Rolls from back onto belly.
- Sit with hand support.
- Reaches and grasps with whole hand.
- Enjoys bright colours and shapes.
- Takes everything to mouth.
- Responds to mothers voice.
- Begins to creep when on stomach.

06 - 09 months

- Begins to sit without support.
- Scoots or crawls.
- Recognizes different faces.
- Chews solid food.
- Makes simple sounds and plays with simple objects.
- Begins to understand and respond to NO!

09 - 12 months

- Moves and holds head easily in all directions.
- Sits well without support.
- Pulls to standing and takes steps when holding someone's hand.
- Passes objects from one hand to another.
- Eyes focus on far objects.
- Understands simple words.
- Begins to self-feed.

Should you wish to contact our Therapy Department. Contact Sudhira Sew - Physiotherapist on (039) 833 8069.



IMBIZO YOMPHAKATHI

Ngabe senza ngakhona na? Lo kwakwumbuzo abaphathi besibhedlela i-St.

Apollinaris Hospital ababewubuzo umphakathi owawuthamele imbizo ngoJaniwari kuwona lonyaka.

Cishe zonke izigodi ezakhelene nalesisibhedlela zazimelwe amalungu omphakathi ukuthi zibeke imibono ngendlela isibhedlela esisebenza ngaso. Lokhu kugcwalisela imigomo kahulumeni i-Batho Pele (abantu phambili). Kulenqubo,

ukubonisana nomphakathi osebenzisana nawo umgomo wokugqala. Itende lalivale ngomuntu ngoba wonke umuntu wayefuna ukuzizwela abaphathi bethula imibiko ngonyaka zimali wa 2007/8. Abaphathi bathula nezingqinamba ezibambezele inqubekela phambili lokho kubala, imigwaqo engekho ezinzeni, ukungahlali kwabasebenzi abanamakhono ayimela kancane njengo-Dokotela njalo njalo.

Amalungu omphakathi nawo aba nethuba lokuzibuzela ku-

baphathi besibhedlela ngezinto ezingabacaceli. Njengenjwayelo kwaba khona imibuzo mayelana nokuqashwa kwabasebenzi. Bazizwela incazelo kophethe lomnyango kulesi sibhedlela, uMnuz. S. Thwala.

"Kunohlelo elungumgogodla (Recruitment and Selection Criteria) elulandelwayo uma kumele kugcwaliswe isikhala somsebenzi" Kucaza uMnuz. Thwala. Kodwa-ke umphakathi awugcinanga nje ngokubuzo wadlulisa izincomo ngemphatho yalesi sibhedlela.

"Kuyathokozisa ukubona isibhedlela sangakithi senza umsebenzi oncomekayo", kuphawula elinye lamalungu omphakathi.

Abaphathi baphinda kagqugquzela umphakathi ukuthi uqhubeke usebenzise amabhokisi ezikhalo, izincomo kanye nemibono.

"Kuyagqugquzela nathi ukubona izikhalo, izincomo kanye nemibono yomphakathi ngoba isho ukuthi sibambisene nomphakathi esiwusebenzelayo", kubeka umphathi sibhedlela uNkz. N.C Thekiso.

"Kuyathokozisa ukubona isibhedlela sangakithi senza umsebenzi oncomekayo",



Elinye lamalungu omphakathi lizikhulumela mathupha nabaphathi besibhedlela ngelanga le Mbizo.

How to take care of your Complete and Partial Dentures (False teeth)

By Thobeka Mhlongo - Oral Hygienist

Use of dentures (false teeth) is now common. It provides a function and therapeutic purposes:- viz, i) Mastication, ii) Aesthetic.

How to take care of the complete and Partial Dentures (false teeth)?

Methods of Cleaning are as follows:-

1. Rinsing under running water.
2. Brush with sunlight soap or denture toothpaste and water.
3. Immersion (soak) in a solvent detergent i.e. corega tablets which contains a special chemical that releases oxygen in a form of bubbles. The active ingredients of corega tablets are sodium bicarbonate, citric acid and others, however it is important to note that these ingredients do not remove plaque.
4. Mechanical denture cleaners include a denture brush. However listed below are types of Denture Cleaners:-
 1. Chemical solutions.
 - Alkaline hypochlorite e.g. household bleach.
 - Alkaline peroxide.
 - Dilute acids e.g. vinegars
 - Enzymes
 2. Abrasive cleaners.
 - Denture paste and powders.
 - Household agents e.g. Bicarbonate of Soda



Cleaning by brushing

1. What is a Denture Brush?

A toothbrush designed for the purpose of cleaning dentures which have two arrangements of filaments.

2. What are other brushes which may be used?

A hand brush with filaments long enough to reach into the deeper portion of the impression surface and at other surface if plaque is controlled.

Procedure

1. Grasp denture in palm of hand without squeezing, because it can be broken.
2. Hold them low in a sink or basin full of water, wash cloth or towel.
3. Apply warm water and a non-abrasive liquid soap or toothpaste and brush all areas of the dentures (sunlight liquid soap is advised).
4. Rinse the dentures (false teeth) well.

Important Message

1. Appliances made with plastic resin should be immersed (soak) in water or cleaning solution when in the mouth. Dentures may never be left to dry out.
2. Brush dentures regularly, calculus (tatar) can be prevented.
3. Dentures should never be scraped with sharp instruments, send to the dentist
4. Paste may be too abrasive for dentures, use the right paste.
5. Underlying mucosa must be rinsed thoroughly with water or mild salt solution.
6. Edentulous mucosa must be brushed at least once daily.
7. Massaging is also important for stimulation circulation of blood and increases resistance to trauma.

Problems Denture wearers may encounter

1. Xerostomia (Drymouth).
2. Loss of tactile sensation.
3. Loss of taste.
4. Inability to chew "biltong and green mealies.
5. Dentures involved oral lesions due to:-
Ill-fitting dentures, lack of oral hygiene and continuous wear

Angular Cheilitis fissures at the angles of the mouth (cracks).

NB: It is the responsibility of the patient to take care of his or her dentures (false teeth).

Imifaniswano emisha kubasebenzi basemitholampilo

Kunoshintsho lwemifaniswano kubasebenzi bonke abasebenzela kwimitholampilo yesibhedlela. Bebefaniselana ngokumhlophe kanye nokunevi (navy) ngaphambilini kanti-ke manje sebefaniselana ngokuluhlaza saatshani kanye nokunevi. Izigaba ezithintekayo yilabo abasebenzela umtholampilo ongumahamba nendlwana (Mobile Clinic), abasemtholampilo ongaphakathi esibhedlela (Gateway Clinic), kanye nomtholampilo womame (Sexual Reproductive Health Clinic). Lolushintsho lwenzelwe ukuhlukanisa izigaba ezitholakala ngaphakathi esibhedlela kanti aluzi nalutho olubi. Usizo lusazotholakala ngokujwayelekile.



Esithombeni ngenhla: Ithimba elisebenzela umahamba nendlana kanye nomtholampilo womame (Mobile and Sexual Reproductive Health Clinics).

Ukwengezwa kwamagumbi eziguli kanye namahhovisi



Esithombeni ngenhla: Amahhovisi asalungiswa azosebenzela umnyango wakandabazabantu (Human Resources) angamagumbi ayisikhombisa

Abaphathi besibhedlela bathi kuyintokozo ukwazisa abasebenzi nomphakathi osebenzisa isibhedlela ukuthi kuzongezelwa amagumbi maduze-nje. Kulamagumbi kuzolala isiguli ngasinye (Private Wards). Futhi azokuseshenziswa kakhulu yilabo abanomshalense wezempilo (Medical Aid) okubala nabasebenzi bakhona layikhaya.

Lamagumbi azoba enxenyeni engenhla kwamahhovisi abese kuthi amahhovisi akuleyondawo athuthele kumahhovisi amasha. Kuthi amahhovisi akandabazabantu (Human Resources) athuthele emahhovisi avele ngokudabula ihholo lokudlela i-Dining Hall.

Newly Appointed Staff

The Management and Staff of St. Apollinaris Hospital would like to welcome all newly appointed staff joining the team including the staff from the newly acquired Siphamandla, Riverside and Malenge Clinic Staff. “Let’s hope to have a production working relationship”, management remarked. The new members comprises of the Chief Medical Officer, Dr H.A.T Mjiyako, Dr P.B.N Ndebele (Medical Officer), Mrs Tshaka (Professional Nurse) stationed at Kilmun Clinic, Mr T.S.S Gumede (Data Capturer) and the rest of the members are as below:-

WELCOME



Ms T.Q. Khoza
**Finance & Systems
Manager**



Nompumelelo Mchunu
SCM Intern



Mbalenhle Maphumulo
**Human Resources
Intern**

Newly Appointed Staff Continues...

Nokuthula Mkhwanazi
GENERAL SUPPORT OFFI-



Thenjiwe Sabela
HIV/AIDS CONSULTANT



Phumzile Qwabe
HIV/AIDS CONSULTANT



Nomcebo Miya
HIV/AIDS CONSULTANT



Thabile Mtolo
HIV/AIDS CONSULTANT



Vumile Mathanda
Supply Officer



Thobeka Dondashe
Facility Information Officer



Silindile Dlamini
Human Resources Intern



Nokukhanya Radebe
Finance Intern



*Compiled by Mr T. Ngcobo
Public Relations Officer*

St. Apollinaris Hospital
Centocow Mission
P/Bag X206
CREIGHTON
3263

Phone: (039) 833 8000
Fax: (039) 833 1062
E-mail: thobani.ngcobo@kznhealth.gov.za
Web: [www.http://www.kznhealth.gov.za/](http://www.kznhealth.gov.za/)



**Views, Comments and
contributions are welcomed.**

ABET SPEECH CONTEST

On Wednesday 14 May 2008, ABET class had a English Speech Contest. Certificate of participation were awarded.



From Left to Right: receiving the Certificate, Mrs T.D. Zondi from Zama Mtolo one of the Judges of the Contest for the day.

DISTRICT SOCCER AND NETBALL LEAGUE GAMES

Sisonke Health District Sport and Recreation Committee has established a District League where all health institution in the district participate. Games are arranged on a monthly basis where all institutions participating play rotationally on one Saturday of each Month ending in June. Games were last played at uMzimkulu Hospital which proved our team to be log leaders. We played against EMRS and Christ the King. With the Scores of 2 - 1 and 1- 0 respectively.



Christ the King in red and white, following the ball to the net