



health

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

## UMGENI NEWS

JUNE 2014—SEPTEMBER 2014

# Umgeni Hospital

“Honouring women during Women’s Month”



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I Promise Myself

To think only of the best,  
to work only for the best,  
and to expect only the best

CHRISTIAN D. LARSON

# WOMEN'S DAY EVENT WAS CELEBRATED IN A SPECIAL WAY AT UMGENI HOSPITAL

Women's Day event was celebrated on the 20th of August 2014 at *Umgeni Hospital*. Male employees decided to organise everything on their own.

The purpose of the event:

- To show how appreciative they are for having female colleagues.
- To appreciate the contribution of women at this institution towards service delivery as well as their leadership skills.
- To educate men about the importance of giving value to their partners and to love their children.

Mr. R. Chirwa an employee said "since 2006 the hospital has been led by women, because of their skills men of this institution could not ignore the importance of having them as colleagues". The event was also to empower other women and to preach to other males to protect women and children.



Men of Umgeni Hospital  
(Organisers)



Left Picture: Ms. Z. Hlatshwayo (Manager: Youth, Gender & Transformation) receiving a token of appreciation from Mr. L. Govindsamy



Right Picture: Ms. N. Mayeni (Deputy Manager: Diversity Management) receiving a token of appreciation given by Mr. S.A. Ncobela

**WOMEN: the HEART & SOUL of the nation!**



The guests for the day were Ms. Z. Hlatshwayo (Manager: Youth, Gender & Transformation and Ms. N. Mayeni (Deputy Manager: Diversity Management), they were impressed with such an event and praising the male staff of *Umgeni Hospital* for taking an initiative of giving what women deserve i.e. to be loved. Ms. Z. Hlatshwayo who was a guest speaker talked about the challenges that women are encountering because of how men were raised. "We are dealing with men that were told that, men don't cry but they end up bottling their anger". She further mentioned that men are supposed to love their wives as Christ loved His Church.

"To educate men about the importance of giving value to their partners and to love their children"

The Department of Public Service Administration has initiated programmes like men's forum which will be tackling issues of gender equality at all levels. KZN Health Department is also encouraging forums at all institutions because such programmes play a vital role in reversing gender-based inequality and violence.



From left: Mr. Green (Acting CEO), Mrs. N.C. Zondi (Nursing Manager), Ms. N. Mayeni (guest speaker) and Ms. Z. Hlatshwayo (guest speaker)



Mrs. N.C. Zondi (Nursing Manager)



Women before they enjoy their meal



Organisers preparing food for women on their special day



Ladies who attended the event





# Pharmacy Week 2014

Pharmacy Week has been celebrated at *Umgeni Hospital* from 1-8 September 2014. The theme for this year “**Use Antibiotics Wisely**”. An antibiotic is medicine that help fights infections that are caused by bacteria.

The educational messages sent out by Pharmacy staff are:

- Using antibiotics incorrectly can stop them from working when you really need them.
- Take antibiotics as prescribed and do not miss doses.
- Finish the course even if you feel better.
- Good hand washing practices and using recommended vaccines will also help to control the spread of infectious diseases.
- Cover your mouth and nose when coughing or sneezing.

# Iviki Lekhemesi 2014

Umkhuhlane ovamile influenza ubangwa amagciwane e-bacteria hayi amagciwane e-virus, kanjalo umuthi ekuthiwa i-antibiotic olwa namagciwane ngeke isize.

## Yini i-antibiotic?

- I-antibiotic iwumithi osiza ukulwa nezifo ezidalwe ngamagciwane e-bacteria.

## Indlela yokugcina imithi i-antibiotic ukuze ukuze iqine ngokwanele ukulwa nokutheleleka ngamagciwane

- Yazi ukuthi kufanele uthathe ama-Antibiotic akho kangakanani ngelanga.
- Gwema ukweqa umthamo owukalelwe
- Ungalokothi wabelane amaphilisi noma uthathe i-antibiotic esalile komunye umuntu

## Indlela yokuzivikela kanye nomndeni ukutheleleka ngamagciwane abanga izifo

- Geza izandla zakho kahle futhi ngokuvamile lena indlela engcono ukugcina abantu bangaguli.
- Vala umlomo wakho kanye nekhalalapho ukhwehlela noma uthimula
- Gwema ukuthinta amehlo akho, ikhala, noma umlomo ngokungadingekile

From left: A. C. Ndlovu, (Pharmacy Assistant),  
S. Balkrishen (Pharmacist) and F. Chonco (Pharmacy Assistant)



Article & photo submitted by: S. Balkrishen (Pharmacist)

# IPC AWARENESS DAY

The annual Infection, Prevention and Control Awareness Day was held on the 16th September 2014 at *Umgeni Hospital* in the Recreational Hall. All wards and sections were invited to participate.

The mandate was to present Infection, Prevention and Control while promoting teamwork, creativity and having fun. Prizes were awarded for the Best Display and also for the Best Presentation.

The following wards and sections delighted the observers with their displays and presentations of the following topics.

- |   |   |
|---|---|
| <b>Infection Prevention Control:</b> Ebola Virus,       | <b>Ward 3:</b> 5 Moments of Hand Hygiene              |
| <b>Ward 7:</b> Urinary Cather Care (patient education), | <b>Saamstap:</b> Cleaning Bloods and Body Fluid Spill |
| <b>Allied Health Team:</b> Colds versus Flue            | <b>Housekeeping:</b> Kitchen Hygiene                  |
| <b>Dialberton (Private Service Provider) :</b>          | Cleaning in the Ablutions                             |
| <b>Waste Management Officer :</b>                       | Safe Water  |
| <b>Laundry Department:</b>                              | Management of soiled linen and Hand-washing           |

The participation and support for this event is growing each year, as competition and creativity is hotly challenged. The judges (5) that were selected from the audience had a difficult time when choosing the winners:

- The Best Display** ....Ward 3
- The Best Presentation** ...Laundry Department for the 3<sup>rd</sup> consecutive year!

**Congratulations to everyone... you are all winners.**



Staff from the laundry celebrating their victory after being awarded for best presentation

Learn-  
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From left: S. Govender (OM Ward 3), S. Manser (IPC Practitioner), M.P. Itizo & V.N. Zondi

health...  
IPC @

**Umgeni**



T.T. Dicks presenting the proper way of washing the dishes in the kitchen

## Balgowan Community Outreach Programme

Umgungundlovu Health District continued in support of KwaZulu-Natal HIV, AIDS, STI and TB (HAST) Plan. Community Outreach Programme was organised by Umgungundlovu District on 20 June 2014 in response to the HAST Plan. The opening of the Balgowan Clinic was also made to be an outreach programme for the following departments and Non Government Organisations:

Department of Home Affairs, South African Social Security Agency, Department Of Social Development, St Raphael's Care Centre, Ethembeni Place Of Hope and other organisations, they were there to provide the services to the community of Balgowan and the surrounding areas. *Umgeni Hospital* being an institution which caters for Mentally Retarded patients was part of that event in support of Umgungundlovu Health District initiatives. The day was not a normal day for the community because they were receiving other services at the health facility.

With the help of other stakeholders the clinic managed to help and screen more patients.

Ms. Beatrice Mlotshwa said "I am happy, the nurses at this clinic do help us a lot especially Sister Mhlongo.

I am from Zenzani Village the Mobile Clinic comes but I appreciate what government is doing for us as the community". She further thanked the organisers of the event.

Mr. Justice Shabalala who was a Programme Director for the day encouraged people to visit health care centres for the betterment of their lives.



Nurse E. Zondi testing Blood Sugar



Isibani Cultural Group entertaining the crowd



Community waiting to get services



# Sports Gala Event



Abagijimi emqhudelwaneni

Inyanga kaNtulikazi yinyanga yoku qwashisa ngoku khubazeka ngokomqondo. Izibhedlela zakulesisifundazwe iKwa-Zulu-Natal zabaphila nokukhubazeka ngokomqondo ukubala: Umgeni, Umzimkhulu, Ekuhlengeni, Fort Napier, Madadeni kanye neTownHill Hospital zahlanganyela ukugubha lenyanga yokuqwashisa.

Lomcimbi wabanjelwa kwisibhedlela saseMzimkhulu mhlazingama shumi amabili nantathu izinsuku kuNtulikazi. Iziguli zakulezi zibhedlela ezibaluliwe ngenhla zaqudelana kwimidlalo eyahlukahlukene okubalwa ukugijima, ibhola lezinyawo, umdonsiswano wendophu kanye neminye.

## Imiphumela yalemi dlalo yaba kanje:

Isikhungo esaba ngunombolo 1: Umzimkhulu Hospital

Isikhungo esaba ngunombolo 2: Town Hill Hospital

Isikhungo esaba ngunombolo 3: Ekuhlengeni Hospital

Isikhungo esaba ngunombolo 4: Fort Napier Hospital

Isikhungo esaba ngunombolo 5: Madadeni Hospital

Isikhungo esaba ngunombolo 6: Umgeni Hospital

Sithanda ukubonga inhloko hhovisi yomnyango wezempilo, ikomiti lokugqugquzela ezemidlalo lalezizibhedlela, abaphathi balezizibhedlela, abaxhasi kanye nabasebenzi bomnyango wezempilo ukwenza lolusuku lube impumelelo.

Abadlali besibhedlela saseMgeni beklonyeliswa ngezindondo kanye nenkomishi umphathi (Mrs. L. Mkhize)wase hhovisi elikhulu lezempilo Kwa-Zulu Natal.

Abasebenzi besibhedlela saseMgeni Kanye neziguli zabo





# *I promise myself*

To be so strong that nothing can disturb my peace of mind.

To talk health, happiness, and prosperity to every person I meet.

To make all my friends feel that there is something worthwhile in them.

To look at the sunny side of everything and make my optimism come true.

To think only of the best, to work only for the best  
and to expect only the best.

To be just as enthusiastic about the success of  
others as I am about my own.

To forget the mistakes of the past and press on to the  
greater achievements of the future.

To wear a cheerful expression at all times and give a smile  
to every living creature I meet.

To give so much time to improving myself that I  
have no time to criticize others.

To be too large for worry, too noble for anger, too strong for fear,  
and too happy to permit the presence of trouble.

To think well of myself and to proclaim this fact to the world,  
not in loud words, but in great deeds.

To live in the faith that the whole world is on my side,  
so long as I am true to the best that is in me.

CHRISTIAN D. LARSON

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