

INSENGWAKAZI



**Benedictine
Hospital**

**Volume 1, Issue 2
July/September 2004**

FROM THE EDITOR'S DESK

First and far most I would like to take this opportunity to thank each and every one of you for giving me this opportunity, to write for a well established and growing institution.

This newsletter should reflect what Benedictine hospital really is and what you and I are going to take it in years to come. Most importantly INSENGWAKAZI'S overriding aim is to inform, educate and interest readers in an entertaining way. In a long run it should promote two way communication for

the internal external stakeholders.

It is important to point out that this newsletter is for your benefit and it should be what you want it to be, thus your inputs are welcomed.

Lets all make news you can send your contributions to the Public Relations Office.

on the personal note I hope for the most fruitful journey, knowing very well that I cannot exist isolation without you and you and you! Together lets take Benedictine Hospital

to soaring heights.

Contact:



**MISS SL MHLABA: P.R
O/EDITOR BENEDICTINE
HOSPITAL**

Sethabile Mhlaba:

(035)8310314 Ext.
7099\ email me at:

h021461@dohho.
kzntl.gov.za

Inside this issue:

FROM THE EDITOR'S DESK	1
CONTRIBUTION BY THE HOSPITAL MANAGER	1
BENEDICTINE TOWARDS AN AIDS FREE SOCI-	2
HEALTH WATCH THIS WINTER	2
QUALITY DAY CELEBRATION	3
SEND OFF FOR MEGAN COX	3
OUR OBJECTIVES	4
SPORTS	4

THE HOSPITAL MANAGER'S CONTRIBUTION

The hospital manager would like to extend a word of warm welcome to new members of staff.

" It is a great pleasure to welcome all of you, all designations just to mention a few, Health component, nursing and support component, man-

agement and general support component, administrative line function component, medical component and communication component.

On the same note I would like to congratulate the following people on their promo-

tions:

Ms BP Ntanzi, Ms LM Lallo, Mrs. BI Zulu, Mrs. MMH Mchunu, Mrs. TG Ndaba, Mrs. SC Ntshangase, Mrs MN Nhleko, Mrs. TP Zulu, Mr. SB Xaba, Ms PN Nhleko, DR PE Netsharotha, DR H Tun

BENEDICTINE:TOWARDS AN AIDS FREE SOCIETY

In February 2004 Benedictine Hospital was one of the few hospitals in KZN to be visited by the health team to ensure that it was capable of handling an ARV programme.

In March 2004 the we were accredited an ARV Roll-Out programme. On the 31st of March 2004 two first male patients were seen on this programme.

Till to date there are 70 + patients on the programme.

Dr Hla Tun one of the program heads added that they work hand in hand with other hospitals viz. Siloah Hospital and Mountain View Hospital.

He was proud to mention that the ARV clinic works from Monday to Friday.

He also mentioned that follow ups are done on Mondays and on Wednesdays

On Tuesdays and Thursdays they take blood for HIV status and Viral Load.

Dr Hla Tun also mentioned that the previous cases prior to the ARV Roll-Out programme are sent to King Edward Hospital. He mentioned

That due to the growing number of patients enrolling to this programme they cannot take transfers from other hospitals.

HOW DOES THE PROGRAMME WORK?

Dr Hla Tun elaborated;

- Step 1.** From PHC
Patient referral from VCT
- Step 2.** Week 1
Patient Registration–
Screening for OIs and CD 4
Positive Living
- Step 3.** Week 2
Treatment Literacy
Session 1
- Step 4.** Week 3
Treatment Literacy
Session 2
- Step 5.** Week 4
Clinical Assessment with
CD4 Result and Who staging
Dispense Bactrim
Safety Bloods
- Step 6.** Week 5
Adherence and Disclosure
counseling

- Step 7.** Week 6
Dispense schedule Of visits
- Step 8.** FOLLOW UP
2/52
4/52
8/52
12/52
3/12



**DR HLA TUN
HEAD : BENEDICTINE ARV
PROGRAMME**

HEALTH WATCH THIS WINTER

TO FIGHT AGAINST FLU THIS WINTER



Oranges are packed with Vitamin C. If you take enough of them you should be getting enough Vitamin C to help you ward off colds and flu. The official recommended daily intake of vitamin C for adult man and adult women is 75 mg a day but when you are ill you can boost your intake to about 2 grams a day.

Mints such as peppermint and spearmint are particularly effective in treating headaches associated with colds and flu.

Paracetamol or aspirin can be used to relieve headaches sore muscles associated with cold and flu

Tissues are important. You need to blow your nose regularly when you have cold rather than snorting



mucus back into your head. But if you blow too hard pressure can carry germ back into your ear passages causing earache.

Zzzzz.... Getting plenty of rest when you come down with a flu or a cold helps your body direct its energy towards waging war against the virus that's attacking your body.



QUALITY DAY CELEBRATION

Quality day celebration was held at Benedictine Hospital. All the services elements were invited and involved in the preparations.

We were honoured by the presence of Mrs. DJ Linda our district quality manager. There was an exhibition of successful quality improvement programmes by supervisors

The floor was opened for the community questions and

The day would not be complete without entertainment. The day was filled with music and indlamu by ABET stu-

dents and community health workers.



The guests were greeted by the huge banner that declared who we really are and what we stand for at BENE-DICTINE HOSPITAL

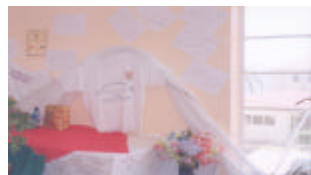


THE STAFF OF BENEDICTINE HOSPITAL ATTENDED QUALITY

QUALITY DAY:THE PICTURES TELL THE



**QUALITY
IMPROVEMENT IS
OUR NAME
BETTER SERVICE IS
OUR GAME**



A SEND OFF FOR MEGAN COX

Benedictine Hospital bid a fond farewell to Megan Cox. Megan as she was fondly known was a dedicated and highly skilled occupational therapist. Indeed Benedictine was honoured to have acquired the services of person of such high caliber, and your dedication to your job and the way you loved people especially your patients did not go unnoticed. We wish all the best in your future endeavors.



FAREWELL PARTY IN HONOUR OF MEGAN COX SEATED SECOND FROM THE RIGHT

Benedictine Hospital

Private Bag X 5007
Nongoma
3950

Phone: 035- 8317099
Fax: 035- 8310 740
Email:
H021461@DOHKO.KZN.TL.GOV.ZA

[www.kznhealth.gov.za/
benedictinehospital.
htm](http://www.kznhealth.gov.za/benedictinehospital.htm)

WISE CORNER

*I HAD A BLUES BE-
CAUSE I HAD NO
SHOES UNTIL UPON A
STREET I MET A MEN
WITH NO SHOES.*

*IT IS WORTH THINKING
ABOUT!*

INSENGWAKAZI

OBJECTIVES

TO PROVIDE SAFE, EFFICIENT, HIGH QUALITY DISTRICT HOSPITAL SERVICES TO THE PUBLIC.

TO PROVIDE SUPPORT TO PRIMARY HEALTH CARE SERVICES, FALLING WITHIN BENEDICTINE HOSPITAL PROGRAMME.

TO DISSEMINATE HEALTH INFORMATION TO THE PUBLIC, IN ORDER TO PREVENT ILLNESS AND DISEASES.

TO DEVELOP AN INTERGRATED COMPREHENSIVE HUMAN RESOURCE DEVELOPMENT AND EMPLOYMENT ASSISTANCE PROGRAMMES FOR ALL EMPLOYEES.

TO PROMOTE A CULTURE OF GOOD GOVERNANCE AND ACCOUNTABILITY



SPORTS / EZEMIDLALO



ball team will be participating in the netball tournament at Mishni Jones Sports ground in Durban.

On the 26th of August our soccer team will participate in the soccer tournaments at Cato Manor Sports ground in Durban

On the 10th of July 2004 the Benedictine hospital soccer and net ball teams will be participating in the District 26 hospital inter games at Ulundi Stadium.

dium.

On the 12th of August our net-

Registration for both tournaments is at 8:30 am and the kick off s will be at 9 o'clock in the morning.

GOOD LUCK TO OUR PROUD TEAMS!

For more information you can contact: Mr ZP Masuku at:

(035) 8310314—7103

