



# INTSENGWAKAZI

## “He-lele kwakuhle kwethu”

On the 12th of June 2006 it was the proper

Handing over of keys of New Nongoma Clinic which is situated in town by the department of works and kzn department of health (Zululand District) to the hospital manager Of Benedictine hospital. The medical manager, pro and the sister in charge of clinics accompanied the hospital



Welcome to the 3rd edition of Intsengwakazi. Hoping you will enjoy reading whilst sitting at home enjoying a hot cup of tea. We

manager. The building costed about 2 million rand and I must say that the clinic has a beautiful structure. And wait until you see it inside “andikaze ndibubone ubuhle obungaka”. The clinic will start to operate on the 3rd July 2006 and

**Service Times:07h00-16h00** and opens on **Monday to fridays. Services rendered** : immunisation, chronic diseases, and minor illments for children and adults.

### EDITORS DESK

have interestiing things that are hap- pening at our hos- pital that’s why I think you will find pleasure in reading it. I would also want to welcome



THE HOSPITAL MANAGER AND MANAGEMENT RECEIVING KEYS FOR THE NONGOMA CLINIC



our Medical Man- ager DR leon Au- gastine and other staff members Who have just joined benedictine team. Hopeful your stay will be fruitfull

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- *a dream for you to follow*
- *A goal for you to set*
- *A plan for you to make*
- *A project for you to begin*
- *A possibilty for you to explore*
- *An opportunity for you to grab*
- *A choice for you to make*

## QUALITY DAY CELEBRATION

On the 15 of march 2006, benedictine hospital held a quality day celebration.

Reverend T.V. Maluleka opened with a prayer . Mrs Shamase the hospital manager gave a brief insight on the purpose of the day. The aim of the day was to show



*Mrs G.T.Shamase & Mrs memela*

how Benedictine Hospital has improved their service delivery through the dedication and commitment of staff. The stalls were displayed and decorated beautifully. The community health workers provided the audience with entertainment by doing the

zulu dance and student nurses also sang to us choral music. Different components marketed their services and certificates were awarded to staff member. It was a special day for everyone in the institution in the hospital as every staff member received benedictine hospital coffee mugs . The function was finalised with a vote of thanks by Matron Ntshangase.



## BENEDICTINE HOSPITAL JOINS OTHERS ON WORLD HEALTH DAY

To many health workers in the province, **World Health Day** was a day filled with fun and it was also a day that the KwazuluNatal Health Department has dedicated to the hard working health workers

who work under difficult situations. Benedictine team was amongst other institutions who attended the event at pietermaritzburg



*Benedictine team attended the world health day*

royal show grounds. The were stalls displayed representing different components displaying what they do and

## HEALTH HINTS

### INFECTION PREVENTION AND CONTROL

Hands are the single most important cause of microbial transmission. They are the most common means of transmission of nosocomial pathogens (hospital acquired infections) frequent and thorough handwash is



the one and only way to prevent spread of infection.

Personal hygiene is affected hugely by this simple but vital task.

**DO NOT UNDER ESTIMATE IT.....**

### Beating Diarrhoea/Running stomach

Limit gas forming foods like cabbage and sodas (coke)

Drink lots of fluids to avoid dehydration e.g. soup, diluted juices (fruit juices)

Avoid strong citrus fruits like lemon and orange.

**NB:** If the above health problems are persistent visit the nearest clinic.

## WORLD MOVE FOR HEALTH 2006 at Njoko Clinic

On 15 June 2006, the therapy unit hosted a move for your health awareness day at Kwa-Njoko clinic. The focus of the day was the promotion of PHYSICAL ACTIVITY to PROMOTE PHYSICAL HEALTH and WELL BEING. At the start of the day Pastor Johan Nxumalo led us in prayer. Our energetic programme director Mr Manyoni held the crowd of about 400 people involved and energised

in between speakers. The chief of the area, Mr Nxumalo addressed the community and raised his concerns, which he requested be forwarded to hospital management. The concerns he raised included the distance of approximately 28 kilometres that community members have to walk in order to reach the clinic and he made the request that a medical officer attend the clinic regularly



The community members receive the most appropriate medical treatment. Resident physiotherapist Mr M.S Mtshali made the keynote address. He called the people to action encouraging them to take in physical activity you could take many forms for example

gardening, dancing, walking and not only spending time in a gym or running. Talking about



*Kwa-njoko community leading the walk, behind THERAPY UNIT, PRO TAKING PART IN THE WALK*

activity we had some very active young young people who provided entertainment to the crowd with their rhythmical interpretation of music as well as their voices. Everyone present had

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## BENEDICTINE HOSPITAL S MISSION STATEMENT

### VISION

TO PROVIDE DESIRABLE HEALTH STATUS TO THE PEOPLE OF NONGOMA CATCHMENT AREA AND THE HOSPITALS NEIGHBOURING AREAS

### MISSION

TO PROVIDE A SUSTAINABLE, CO-ORDINATED, INTEGRATED, COMPREHENSIVE AND COMPASSIONATE HEALTH SERVICES BASED ON BATHO-PELE PRINCIPLES THROUGH THE DISTRICT HEALTH SYSTEM

### CORE VALUES

TRUST BUILT ON TRUTH, INTEGRITY AND UNDERSTANDING OPEN COMMUNICATION, TRANSPARENCY, AND CONSULTATION, COMMITMENT TO PERFORMANCE, VALUE DRIVEN SERVICE, COURAGE TO LEARN, CHANGE AND INNOVATE.

## THE RE-BIRTH OF THE SPORT & RECREATION COMMITTEE

On the 7th of June 2006 the recreation committee had a meeting with the old members and the new members for the first time after a long period without meeting. The aim of this committee is to promote physical health and well being amongst employees of benedictine



*The recreation committee present were : Mrs shamase , Mr ntsele , mr masuku, Miss l radloff, mr .j.mthethwa , DR L. Augustine*

hospital. We are encouraging our staff to take part in the physical activities that are taking place. Let me take this time to introduce you to the recreation committee representatives: Chairperson ( Z.P Masuku), Vice-Chairperson (D.J.Mthethwa) Treasurer (E.Ntsele), P.R.O.( V. Singh ), Secretary (L. Rudloff)

and these are the representatives of the committee and they were elected on the same day. This committee is dedicated and committed in making sure that all the sporting codes that the staff are interested in are available and the staff is also welcomed to have an input on what they want and what are they interested in and they would love to see happening. So guys the ball is in your court. I believe that questionnaires have been sent out to all staff members to fill in , and guys please fill