UMTHOMBO WASEKHKOMBE

BREASTFEEDING DAY

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Mandela Day Celebration

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Breastfeeding Day
Sister Mchunu from PAEDS ward was one of the judges doing weighing and asking questions

BREASTFEEDING DAY -2016

On the 11 August Ekombe hospital (Gateway Clinic) had a breastfeeding day. The main purpose was to support and promote breastfeeding, to give health education on the importance and benefits of breastfeeding to the baby, mother, family and community, to prevent malnutrition, to reduce child mortality through optimal feeding and development and also to encourage mothers who are HIV infected to breastfeed their babies even if their status is positive but not to mixed or avoid mix feeding.

Breast milk is best for your baby, and the benefits of breastfeeding extend well beyond basic nutrition. In addition to containing all the vitamins and nutrients your baby needs in the first six months of life, breast milk is packed with disease-fighting substances that protect your baby from illness.
They say charity begins at home, on the 27 July the PAEDS ward decided to celebrate Mandela day by identifying children and mothers in need, since most admitted babies and mothers can’t even afford a face cloth. That’s the reason they decided to do Mandela day for them to show random act of kindness to them. It was indeed a successful day. Mandela Day is a global call to action that celebrates the idea that each individual has the power to transform the world, the ability to make an impact. The idea of Mandela Day was inspired by Nelson Mandela at his 90th birthday celebrations in London’s Hyde Park in 2008 when he said: "It is time for new hands to lift the burdens. It is in your hands now." A big thank to all who participated, they say 'Sibusisiwe isandla esiphayo kunasmukelayo' kusho omama bezingane bebonga impatho enhle ngendela eyisimangaliso esibhedlela saseKhombe. Long live the spirit of Nelson Mandela long live.
On Friday 22 July 2016, the hospital team visited two families nearby the hospital with food parcels and clothes that were donated by human capitals in the hospital. The team was lead by Acting CEO, Ms P.L. Ntuli with the assistance of Community Care Givers. Families were identified as two of the most vulnerable families in the area.

Ukqhamuka nje kwemoto yasesbhedlela kwaba yintokozo enkulu kulemindeni emibili intokozo yayibhalwe ebusweni bebonga bencoma umsebenzi omuhle owenziwa yisibhedlela sabo nendlela esibanakekela ngaso bona njengomphakathi, kusuka phezulu umndeni wakwa Khumalo abashelwa umuzi nokuhlala khona umama nendodakazi yakhe nabazukuku ababili okungaholi muntu kubo selokhu bashelwa umuzi, ngezansi umndeni wakwaXulu okuhlala kho-na abafana ababili abashonelwa abazali abangasebenzi. Sibonga kakhulu kubasebenzi ngokulula izandla, izwi lithi Sibusisiwe isandla esiphayo kunesamukelayo. Long live the spirits of Mandela long live!!!!
The pharmacy staff together with pharmacy manager Mr. S.M Shabangu organized and coordinated a programme to coincide with pharmacy week-use medicine correctly.

The aim was to inform patients on correct use of medication to promote healthy living. Various presentations were conducted during the week on different topics in relation with the theme of pharmacy week.

DAY 1- Presentation on correct use of ART, during presentation token prizes and refreshments were given to patients.

DAY 2- Presentation on correct use of TB drugs, during the presentation token prizes and refreshments were given to the patients.

DAY 3– Presentation on antibiotics

DAY 4– Presentation on chronic medication

DAY 5- They visited wards and department.

The pharmacy staff sponsored themselves for prizes and refreshments.

Pharmacy Staff working together to promote healthy living and positive lifestyle.

Stop (ask yourself), Ask (your pharmacist), go (and get well)
Stop(ask yourself), Ask(your pharmacist), go(and get well)
Ngomhlaka 28 September isibhedlela sase-Khombe sasigubha usuku lwamasiko olwaba yimpumelelo enkulu injabulo yayibhalwe emehlweni kubasebenzi begubha usuku lwamasiko bevunule beconsa becula amaculo esintu besina nengoma bedla nokudla kwegesintu okunlobonhlolo. Isikhululumi sosuku kwakungu Mnumzane Hadebe oyilunga lomphakathi nongumelaphi wendabuko emphakathini.

Uukukhethwa kovunule kahle wosuku owesilisa kanye nowesifazane. Sibonge kubasebenzi ngokwenza usuku lube luhle