



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

Eshowe District Hospital

Siyacobelelana

NEWS

STAY INFORMED

July- December 2019



Mothers and their Kiddos that were born premature

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Mr. PN Sangweni: CEO

Welcome to another issue of Siyacobelelana newsletter. Year 2020 is another year alive with possibilities and full of God's blessings. We really need to embrace it since it says 'the best is yet to come'. In 2019, we ensured that we made strides in various aspects though there were challenges but God saw us through. We had a lot of achievements amongst others we managed to keep our hospital among the cleanest in the Province and managed to sustain that for years since we won the National Cleanest Hospital Award in 2011.

Keep up the good work. It is also encouraging that all of us understands that it remains everybody's responsibility that the hospital remains clean. Always remember 'Cleanliness is next to Godliness'. Cleanliness gives hope to patients that they will recover from their illnesses. We also managed to get several awards from MASEA and scooped a number in our District Awards. What does this say about us? We need to keep our heads up and excel in what we know best but also pressure is on us this year to work even harder to maintain our status.

In sports we also won a number of awards. Kudos to all team players. 'Yonk' indawo iShowe liyaphumelela'. Asiyibambe maqhawe siyephambili nakuba zikhona izinqinamba endleleni. Thokola Themba amathunzi ayewukela. Siphinde sibonge kakhulu uMnyango ophikweni lwezeNqalasisinda ukuthi usixhase kakhulu kuz

into ebezihlonzwe njengezinto ezibalulekile ukusiza isibhedlela sisebenze kahle.

Bheka nje umbhidlango uyaqhubeka ukwakha indawo yemihlangano esezingeni eliphezulu.

Sibuye salahlekelwa abasebenzi bethu abawumgogodla ekuqinisekiseni ukuthi imimgo-mo yomnyango siyayiphumelelisa. Nilale ngenxeba noma kubuhlungu impilo kumele iqhubeka. Nakuba zisekhona izikhalazo emiphakathini, kunginika isibindi ukuthola izincomo eziningi ezimayelana nabasebenzi abaphatha kahle umphakathi neziguli.

Kuyangithobisa nokuthola izincomo ezincoma isibhedlela ukuthi abanye abasiboni isidingo sokuya kulezo ezizimele ngoba babona usizo olusezingeni eliphezulu kakhulu

olutholakala kulesibhedlela. Alikho isoka elingenasici ngoba bakhona futhi abasakhalayo ngempatho enikwa abanye babasebenzi. Kuyadingeka sikulungise lokhu ukuze siqhubeke sibe isibhedlela esihama phambili eKing Cetshwayo District nakwiSifundazwe sakithi. Siyazi zikhona izinqinamba esihlangabezana nazo uma senza umsebenzi wethu, kodwa siyadinga ukubeka umphakathi phambili (Batho Pele)sibe sizixazulula lezonkinga.

Kubalulekile ukuthi sazi ukuthi uhlelo lweNHI luyeza futhi sidinga ukuluxhasa ngoba luzohlomulisa wonke umuntu waseSouth Africa. Sesiqalile ukuvuna izithelo ezinhle zaloluhlelo njengemithi yemishanguzo elethwa eduze kwemiphakathi (CCMDD), ukubhaliswa kwemiphakathi emakliniki(HPRS), ukuvakashelwa kwemiphakathi emiphakathini (CBM) njalonjalo. Kuyo yonke imizamo yenu ukubeka umphakathi phambili ningapheli amandla nime njalo.

Ngiyabonga

PREMATURITY DAY

Premature birth is a serious health problem, it is the leading cause of death in children under the age of 5. These are babies born before 37 weeks and 15 million babies which is about 10% of all babies that are born prematurely around the world. For the first time in history! Eshowe Maternity Component held a prematurity awareness on the 20 November 2019 with an aim of raising awareness that babies can be born prematurely but still thrive to be healthy individuals.

The event was honored by the presence of District Office, Hospital management, staff members mothers and babies. Programme director Mrs Thango thanked the mothers for their patience especially those that had to spend their Christmas and New Years at the hospital due to health condition of their babies.

Guest speaker Mrs. Nondumiso Cele (District Clinical Specialist Team: Pediatric Nurse Specialist) started by commending mothers for their good job in loving and raising their babies. Cele reminded the audience of how time has revolved, the level of care and that both parents needs to play a big role in ensuring that premature babies are nurtured. Further thanked maternity component for creating a rapport with the mothers which also gives hope great support to the parents. Ms Cele further thanked parents for practising Kangaroo Mother Care (KMC) even after discharge and this was attested to by the wonderful growth of their babies.

An applaud to maternity component including doctors for being passionate with their work and being able to give hope to the mothers and to Mrs Swan (from a local old age home) she knits and comes to hospital to donate jerseys, hats and socks to premature babies.



Ms. N Cele (DCST : Paediatric Nurse Specialist)



EN Thango : Program Director



Edutainment by Maternity Staff

2019- CP AWARDS

Raising a disabled child without any form of training can be a difficult task especially because some may require special care, however these mothers are doing a tremendous job in caring for their babies that were born with cerebral palsy. Eshowe Hospital Rehab Team continues to recognise these parents for their job well done and to further educate them on how to care for their disabled children.

The Rehab team held the awards ceremony on the 6 December 2019 at the hospital. Amongst the award-ees were those who did well throughout the whole year and attended CP Clinics, children that have shown good developments and the mothers that play a role in encouraging others even during stressful times. Parents really appreciated this gesture as it also ease stress from them and allows them a chance to interact with therapists and other parents.



Aimee L (Speech Therapist) having a session with her clients



Children taking a nap



Rehab Team with the mothers after receiving their certificates



Guests during the event

Primary Health Care (PHC) Indaba was held on the 29 November 2019, this is an annual event for Eshowe Hospital and its feeder clinics. The event is aimed at showcasing good work that is done at PHC, to celebrate achievements at PHC and it also gives platform for the community and management for interaction that is aimed at improving service delivery in PHC. This event has been part and parcel of Eshowe Hospital from time immemorial. Ngalolusuku uMnu. PN Sangweni (CEO) uchazele kabanzi umphakathi, Hospital Board, Clinic committee, abelaphi bendabuko, amaNGOs anjengo MSF kanye no Broadreach ngohlelo lwe NHI okuwuhlelo lokunakekelana njenge sizwe lapho omunye edinga usizo.

Lena yindlela iSouth Africa ezoqinisekisa ngayo ukuthi wonke umuntu uthola ukunakekelwa ngokwezempilo okusezingeni eliphezulu ngaphandle kokuthi unawo yini amandla okukhokha.

USangweni uphinde waveza imizamo noma izinhlelo eziningi ezinhle esezenziwe uMnyango weZempilo ekulungiseleleni iNHI okubalwa kuzo u CCMD, Chronic clubs, Community Based Model, njalo njalo. Izihambeli azigcinanga ngokuzwa nge NHI baphinde bancoma imizamo emihle eyenziwa uMnyango weZempilo ekunakekeleni izimpilo zabantu base beveza neyabo imibono emihle engalekekelela umnyango ekuthuthukiseni ezempilo e South Africa. IPHC Indaba ibe ngenkulu impumelelo sibonge naku partner MSF ngokulekelela nge transport yokulanda ama clinic committees nakubobonke abanye abaxhasile.



Mrs Phungula (Mental Health, Disability and Rehab Coordinator) with Program director Sr. Mdlalose

Umhlaka 10 October | World Mental Health Day waziwa njengosuku lwalobo abagula ngengqondo. Isibhedlela sase Showe sibungaze lolusuku ngokukhethekileyo neziguli zango Lwesine okuwusuku lapho kusuke kune Clinic yalabo abagula ngenqondo. Unkkz Phungula (MH Disability and Rehab Cordinator) obeyisikhulumi sosuku kanti nomfundisi Sibiyabekhona ukuzobusisa umcimbi. Ingqikithi yango 2019 ukweluleka ngesifo sengqondo nokukhuza umkhuba wokuzithathela impilo okuyisihlava esihlasele kakhulu abantu abasebasha kanye nama Mental Health Care Users (MHCU). Enkulumeni ekhethekile ka Nkosikazi Phungula uveze ukuthi ngokwenhlangano | World Health Organization (WHO) kuthiwa uyaphila uma uphila emzimbeni, engqondweni kanye nasemoyeni. Lapho kubalwa izinto eziwukuthi uyakwazi ukuphila nabanye abantu, uyakwazi ukubhekana nezimo zempilo wamukele isimo. Uqhube waqwashisa kuziham-

beli ngokubaluleka kokuhlonipha labo abagula ngengqondo ukuthi akumele bathukwe, bahlukunyezwe, babizwe ngamagama ayizici baphinde baphucwe nemali yabo yempesheni. Kanti futhi nezingane nazo akumele zihlukunyezwe ngoba lokho kungabalimaza emoyeni bagcine Sebenza izinto ezingafanelanga njengokuba nentukuthelo, ukusebenzisa izidakamizwa, bazibulale noma babe ngabahlukumezi uma sebekhulile. Ephetha inkulumo yakhe Unkkz Phungula ukhumbuze ngokubaluleka kokuthanda nokunankekela abagula ngengqondo nokuthi kumele sithande siphinde sinakekele abantwana ukuze bezokhula beyisizwe esinokuthula.

Ekuphetheni lolusuku oluhle umhlengikazi ebambisene no mhlengi Ndlela (Mental Health Team) baye bapha zipho labo abenze kahle ekudleni amaphilisi abo ngokwethembeka baphinde bazinakekela ngokwempilo yabo.

INTERGRITY ICON

Congratulations are in order for Outreach

Team Leader Ms. Gugu Mlotshwa for becoming an Integrity Icon: South Africa.

The process for 2019 integrity icons began in May 2019 and on the 26th June 2019 the team from SA Integrity Icon visited Eshowe District Hospital and shot a video with Gugu and Zandile Sithole (Community Care Giver) whereby they showcased their work on this day. They also visited the community in ward 9 at Thintumkhaba area, ward 10 Eziqaqweni Area and a war room in ward 10 where the work of these officials manifesting.

The videos were broadcasted on different media platforms including channel 405, then South Africans had to vote for the Icons being guided by their inspirational stories from the 2-20 September 2019. The main event was held in Johannesburg from the 9 to 10 October 2019. It started with the seminar on the 9th of October 2019 where they got a chance to interact with the 2018 icons.



Integrity Icon: South Africa –Ms Gugu Mlotshwa , Integrity Icon judge and CCG Ms Zandile Sithole

On the 10th of October 2019, she was recognized as Top 5 Best 2019 Integrity Icons, South Africa and she received a trophy and a certificate. Eshowe Hospital Management and staff congratulate you and you really represented us well.

Ume njalo, “Mbuyisa”.



CEO and hospital Management congratulating Ms. Mlotshwa

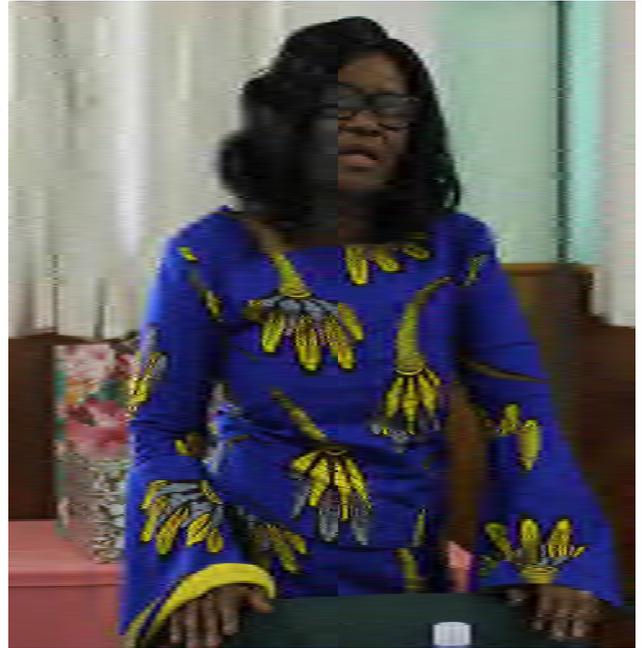
FAREWELL Mrs. Mthabela

Mrs Mthabela has served under Eshowe Hospital for the past 30 years. She is indeed the hospital's library. The good time has come for this soldier to tools down and go rest at home nabazukulu.

She joined Eshowe Hospital in 1987 and worked in different wards within the hospital and while she was there Mthabela developed interest in community nursing. In 1992 she applied and got the post in PHC Mobile where she worked as a team leader. Mah Mtha never stopped in developing herself academically until she was promoted to PHC Manager.

Mrs. Mthabela has been one of the pillars of Eshowe Hospital and her respect, patience, dedication, passion, lively spirit and love for GOD will be highly missed by the lot of us. Not forgetting her "ululation" if ever there is good news.

Wishing you all the best in your retirement " Mah Mtha" do visit us and never stop to pray for this facility.



Mrs. BT Mthabela

PRAYER DAY

2019 was ended in a good note at Eshowe Hospital thanks to the Hospital Christian Fellowship Team (HCF) for hosting a successful Prayer Day . The ceremony was on the 27 November 2019 with a good turn up from staff bezobonga uMdali ngokusihlenga kukho konke onyakeni, yize no-ma silahlekelwe amanye amasosha ebesihamba nawo. uBishop Mbatha wabusisa abasebenzi ngezwi lenkosi, II Kings Chapter 2 verse 11.

HCF iyahlangana njalo ngolwezithathu ngo 13H00 emkhulekweni ihol-wa uBishop Mbatha lenkonzo ivulelekile kubo bonke abasebenzi neziguli abafisa ukuzothwalisana phambi kuka Jehova. Thank you to everyone that attended the service and to Mr. Zungu (former community service: professional nurse) for availing himself as program director and to the whole management for permitting HCF to host this prayer . May God Bless you all



Food Services Team rendering music item



Mr. M Zungu: Program Director

Heritage Day Celebration



Abasebenzi base Showe behlobe kahle

Babevunule beconsa abasebenzi basesbhedlela Eshowe kwazise kwakuyinyanga yamagugu namasiko Umandulo. Mhlaka 27 September abasebenzi baba nomgubho okhethekile wokubungaza lolusuku, kulo nyaka abasebenzi bathola ithuba lokwazi kabanzi ngemvelaphi yase Congo. Odokotela abadabuka e Democratic Republic of Congo (Dr. Kavuala no Dr. Kandolo) bafundisa kabanzi ngemvelaphi yabo baphinda bapheka izidlo ezimnandi zase Congo okubalwa kuzo iBanana Plantin, Pondu (kasala leaves), Chikwanga, Fufu, Mopani Worms nezinhlubo ezahlukene ze dried fish.

Lokhu kwaba intokozo enkulu Kubasebenzi base Showe kwaphinda kwaba umkhuba omuhle wokwazi kabanzi ngezinye izizwe kugqugquzeleke nobumbano.



Dr. Kandolo echaza ngezinhlobo zokudla kwase Congo

Gratitude to MSF



Mrs.PL Bhengu (Operational Manager: HAST), Mr. ME Ngidi :Assistant Director Systems, Mrs ZC Mzobe Planning, Monitoring and Evaluation Manager, Ellie Fordkarmara MSF and Mrs C. Botha

Department of Health Partners (Medicins Sans Frontiers) : MSF lent a helping hand to Eshowe District Hospital by donating an IVECO Van , “ This will help us as a hospital in improving service delivery and be accessible in terms of PHC services as we will be having more mobile vans for our mobile clinics ” said Mrs. ZC Mzobe : Acting CEO (that day) . The car was handed over to Eshowe Hospital by MSF Team on the 20 September 2019 in the presence of the King Cetshwayo District Team .

SPECIAL GIFTS

It was a blessed day to the patients and staff of Eshowe Hospital when they all received bibles from Angel Ministries on the 19 September 2019. About 500 bibles (IsiZulu and English) were handed over on this day “All Glory to God for making this possible” and thank you to the Gideons for their initiative.



Staff from MOPD after receiving Bibles from one of the members from Angel Ministries

SPORTS NEWS

Once again Eshowe District Hospital reigns supreme!! EDH has been continuously participating on the healthy lifestyle programme that was launched in 2012 by the former KZN MEC for Health.

The 2019, King Cetshwayo District tournament was held in August at Mhlathuze Sports complex and that's where "Eshowe Boys" proved they meant business when they beat Nkandla hospital.

Well done Showe your family (management and staff) is super proud of you all .



Eshowe District Hospital Team

Front Row from left: Mlungisi Mayise, Mongezi Mthembu, Sabelo Owabe, Nkosikhona Zwane, Ntokozo Khanyile & Lungisani Mthembu

Back Row from left: Sabelo Tembe, Thabo Ncube, Siphemb'umuzi Luthuli, Syabonga Ngcobo, Phumlani Manyoni, Andile Mendu & Mlamuli Zuma (Captain)



Breastfeeding Week



World **Breastfeeding Week** is celebrated every year from 1 to 7 August to highlight the huge benefits that **breastfeeding** can bring to both the health and welfare of babies, as well as a wider push for maternal health, focusing on good nutrition and reduction of poverty . The slogan for 2019 was “Empower Parents, Enable Breastfeeding” and in support of this Eshowe Dietetics and maternity team focused on educating parents about advantages and benefits of breastfeeding.

Internal maternity and pediatrics wards were visited by the team led by ANM. MK Ntuli and they got a chance to interact with the parents, the few advantages of breastfeeding that were highlighted: **increased resistance to infections which lowers chances of illnesses and hospitalization** ,

sterility of breastmilk and less nappy rash for the babies. Mothers also got to learn that the good benefit of breastfeeding is that can help a mother to loose weight and helps the uterus to contract. The awareness's were also conducted at the PHC level as they carry a large number of pregnant mothers who needs vital information about breastfeeding.



Umama omuhle okhamela umntwana ubisi lwebele

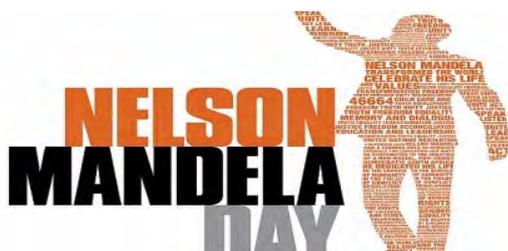
Mandela Day



Mr. PN Sangweni (CEO) , Mrs. BT Mthabela PHC Supervisor and Duma family at Izingwenya

Eshowe District Hospital Team celebrated the 67 minutes for Mandela Day by visiting the 2 destitute families which were identified by the community care givers in Sub-Ward 22 and Sub-Ward 23.

The first visit was for Duma Family at Izingwenya Area, the hospital team was joined by ward committee member Mrs Dlamini. The Duma family has 6 members (mother and her 5 children) living in a dilapidated mud rondavel house. Three of her children are still entitled to child support grant but are not getting it since they do not have birth certificates.



Sizwe Gumbi and Gugu Mlothswa (OTL) and Dlamini family members at Oyemeni

The second visit was for Dlamini family at Oyemeni that has 5 family members and they are all dependent on their fathers grant. The 2 daughters are mentally unstable but not getting disability grant. The 75 year old male is frail with a septic abscess and Simphiwe Ngema (CCG) ensures to visit this family daily and do dressings for Mr. Dlamini.

The families were handed food parcels and clothing items and both matters are being addressed through Operation Sukuma Sakhe. Great appreciation to Boxer Stores for donating a voucher worth R700 to be used towards Mandela Day and Eshowe hospital management team for their contributions.

An impact was made during the 67 Minutes of Mandela Day.

PICTURE GALLERY : TEAM BUILDING

Eshowe Hospital Management team and staff exploring Ngodini Bunduz during team building on the 16 November 2019.



PICTURE GALLERY : 2019 XMAS CAROLS



Hospital Staff and hospital board member Mrs. FP Makhoba (wearing blue) led by Dr. FN Dube- Mathonsi Deputy visiting all the wards and OPD to sing Christmas carols and handed out presents to pediatrics



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