



HEALTH
KwaZulu-Natal

THE VOICE OF KWA-MAGWAZA HOSPITAL

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Breast Cancer Facts

Breast cancer has increased globally by 21 percent over the last 15 years. Although it can often be cured, it kills more S.A women than any other cancer. An even more shocking fact is that young black women under 35 years old are among those who are dying from breast cancer, often because by the time they see a doctor the cancer is too far advanced to be successful treated. The sooner you can find out about it, the earlier it's treated, the better your chance of a cure.



Younger women are also affected but you have an increase risk of developing breast cancer if a close family relative has it, If your periods started early, you had had late menopause, you have no children after the age of 30, you smoke and if you are overweight.



The best way to limit your chance of getting cancer is to exercise regularly, maintain a healthy weight and eat a low-fat diet with lots of fresh fruit and vegetables and avoid processed and fried foods.





P.R.O'S DESK



Ms R.B Ngobese

P.R.O Intern

October was a Breast Cancer Awareness Month as more women have mammograms and with improved detection and treatment options, rates of new cases of breast cancer have increased. The rate of death from all types of breast cancer has not increased, however, as treatment is getting more effective. Breast cancer is still the most common cancer in women. The disease is more common in older women, urban areas, higher socio-economic groups and unmarried women. It is very important for women to do cervical screening and breast examinations.



Since I commenced my duties (May 2008) I've told that the Department is having financial constrains, but what motivates me a lot is that Kwa-Magwaza Hospital continues to provide the best Health services to clients and educational programmes to the staff. Also arranging of health awareness campaigns like Mental Health awareness (see page 5). I hope that many people have learnt a lot about the mental health care also how to treat mental health care users.

NDUNDULU CLINIC OPENED THEIR HEARTS TO HELP FIRE VICTIMS AT NDUNDULU

Many people lost their lives, family members, loved ones after the fire disaster that took place on August at Ndundulu Area.

What do you give to a person who has lost everything? Do you just **fold** your hand?

When Ms C.K Khuzwayo, Ms Nonhanhla Buthelezi and Ndundulu staff heard about fire disaster that happened at Kwa Ndundulu, they jumped at the opportunity to help out Ndundulu community.

Ms Khuzwayo told Communication Department that generous support of their community enabled them to provide the highest care for all patients. She also said "As we all know that spring comes with heavy rains so it this can be a break time of year for those experiencing financial hardship or social distress". Most of these people came to the clinic seeking for help.



Ndundulu clinic staff took the vital role in the donation process ...

Staff donated more than 100 blankets, mattress, clothes as well as food packs.

We would like to thank all Ndundulu Staff members for their support.

To all community members who are mourning the loss of their loved ones, please accept our heartfelt condolences during this sad and difficult time.



Psychologist Duties by DR Thwala



Communication Department visited Dr T.D Thwala who works as a Psychologist. One may ask what are his duties because he's a session Dr he only attend patients on Fridays. Psychologist perform counselling and psychotherapy services, conduct research and personality tests.

Dr T.D Thwala started working for Kwa - Magwaza Hospital in November 2007. The services he renders include but not limited to: Individual, family and trauma, work-related counselling and psychological assessments.

Dr Thwala stated that mental health means a number of things to a number of people. From a psychological point of view mental health can be better understood in the context of:

Who we are?

We are: i) The Body, ii) Mind and iii) Soul

What life is?

Existence – breathing – and the connectedness of the body-mind-soul.

What do we need to do in order to promote life?

So obviously, in order to promote our lives we should be aware of the fact that we are **three-in-one** and we should not wait for a particular month or season in the year and claim to promote life. This should be a lifelong process where we look after our **bodies** by feeding them correctly and do healthy exercises etc. Protect ourselves from intoxicating substances (e.g. abuse of dagga, alcohol etc), unnecessary head injuries as these often negatively affect our **mind** (thinking). The Consciousness and doing right to others and vice versa, amounts to the realization of the presence of **soul**.

Sometimes we work under difficult conditions, and face many challenges as we work with the community Dr Thwala said "So far I have not experienced any challenges in rendering psychological services in this hospital. In fact, it has been a very humbling experience for me to see and experience a spirit of **sharing** the limited available resources for the benefit of the service users. For example, since I came here, there has been a computer and a printer made available for writing reports. This has made it easy for me to give feedback as soon as possible. Timeous feedback to referral sources and particularly to clients or service users who come from strained socio-economic backgrounds, is fulfilling. We all share the same sentiment that they do not have to come back for a simple report which can be done in one day. Financially, they just cannot afford."

I have no reservations to continue working for this hospital. I am particularly thankful of the level of respect in all levels of the workforce in this hospital.



Dr T.D Thwala : Physiologist

Thank you.



ACTING CEO'S DESK MS T.J. VEZI



Management of Kwa-Magwaza hospital would like to thank of all staff members for their commitments in their work even though there were financial constraints keep it up and be blessed in the new festive season and be ready for the coming year .Although we encountered the financial constraints we tried to provide the best Health care service to our clients

are also facing challenges like shortage of staff but we are trying to function as normally its hard. We hope next year the situation will better. I would like to thank the spirit of togetherness in the staff. The

maximum of our clients appreciate our services that we offer daily. Be blessed in the new festive season and be ready for the coming year



the Management we would like to pass our condolences to our late colleagues and their families their souls must rest in peace. **(see them on page 10)**

I wish all the staff and their loved ones a merry Christmas and Happy New Year, Take care of your self God Bless you.

Social Program

Social Work Department: Fire Hazards, Melmoth was one of the areas was most affected by fires, people were in need of basic needs like food, shelter and clothing donations from staff members to assist those who were affected by fire. The Social Work Department would like to thank Kwa-Magwaza staff members who walked an extra mile in reaching out the community with material support.

Awareness

World Aids Day Health Care providers can help women protect themselves from domestic violence, even if the women may not be ready to leave home or report the abusive partner to relevant authorities. When clients have a personal safety plan, they are better able to deal with violence situations.

16 days Even though Domestic violence is a crime ,most people don't think it is. They see it as a domestic or family affair. This makes hard for bettered women to look for help. This was the message that was disseminated to people during the awareness. Social Workers conducted the awareness targeting all hospital wards and clinics. Patients were encourage to report any kind of abuse.

ARV Programme

In **ARVS Department** although they encountered the problem of shortage of staff especially doctors but they successfully started to give 95% people a treatment and doing classes. We have maximum of patients that one Team because one team is expected to caring 500 patients now are approach 2000.



Kwa– Yanguye Mental Health Awareness



October was a Mental Health Awareness Month. Uthungulu Health District commemorated the world mental health day on the 17 October 2008 at Melmoth Kwa–Yanguye. The theme for 2008 was **MAKING MENTAL HEALTH A GLOBAL**



Mr. Thabani Biyela of Kwa-Yanguye area is one of the Mental Health Care User. He was encouraging people about the importance of using treatment if you are affected.

Community members who attended the awareness gained a lot of information on Mental Health. Ms. Ntokozo Nsele from SANCA also shared an informative information with the community on causes of mental illness and on how to take care of Mental Health Care users.



Ms. Ntokozo Nsele



Mrs N. Zwane encouraged mental health care users to eat healthy food and to exercise. She also encourage youth not to engaged themselves on drugs and alcohol because they are the causes of mental illness.

Ms. N. Dube From Uthungulu Health District Office, encouraged community members to treat mental health care users with respect, dignity and empathy. She also encourage the community to respect their rights and give them the respect they deserve.



Inkosi of Kwa-Yanguye thanked the District Mental Health coordinator, Acting C.E.O, CHW, and all guest who attended the awareness. He also encourage the community members to provide a friendly attractive, and safe environment to mental health care users.



Community Health Workers graces us with music related to mental health illness and mental health care.



SPOT LIGHT WITH GABELA



PRO. Where do you come from? Who are you, and what got you where you are today and

Nkosinathi : I am Nkosinathi Emmanuel Gabela from Mahlabathini at Dlebe reserve under Chief Buthelezi. I started School at Engweni L.P School. I Completed my Matric at Oda-kaneni High School at Ngwelezane. I obtained my Nursing Diploma at Ngwelezane Nursing College in 2007.

PRO : How would you describe yourself?

Nkosinathi : I can say that, Nkosinathi is just simple person down to earth, who like to do his work properly. I also take good advise from my senior colleagues and respect them as well as my Juniors.

PRO : What motivated you to pursue a career in nursing?

Nkosinathi : The love of helping those who are unable to help themselves was my motivation. Also the crisis of nurses shortage in our country while there is a lot of illnesses.

PRO : Where do you get your inspiration?

Nkosinathi : My High School Teacher Mr A.Z Zikhali is the one who opened my eyes. I was between Teaching and Nursing, but Nursing came first because of my love to help those who are unable to help themselves.

PRO : Who is your mentor?

Nkosinathi : I like Sir Mathonsi from Ngwelezane Hospital while I was still Training there. He is dedicated, determined and discipline to his work also Sister A.S Mchunu from ANC, I like her passion for her work. To her, her work comes first.



“The love of helping those who are unable to help themselves was my motivation. Also the crisis of nurses shortage in our country while there is a lot of illnesses”.

PRO : What is your future plans?

Nkosinathi : I would like to see my self advanced in midwifery because looking after two lives at once is very critical, then Management and Teaching in Nursing can follow.

PRO : Who would you like us to feature on our next news letter

Nkosinathi : It will be Mrs Ngobese at Maternity Ward.



STAFF HOT TIPS



Grow your own vegetables, if you have a garden or even just a back yard, try to grow your own vegetables. They are cheap and healthy for the whole family. Cook your own meals and cut back on buying take-away food and eating in restaurants. Make sure that your children eat at home before going to malls or town so that they don't

Mrs K.C Ngcobo

YOU ARE WHAT YOU EAT

If you live on unhealthy food or fried foods, chips and biscuits, you are going to look as unhealthy as you feel. So cut down on fatty foods and processed stuff, and try to eat as much fresh fruit and vegetable as you can get. Read the labels on cans or packets and avoid anything with too many flavourants, colourants or preservatives.



Mr L.P Xulu



Regular exercise is the best route to a well toned body. Some guys do work that involves regular physical exercise and on the health front, they are the lucky ones. If that's not you, or running are the easiest and most productive forms of exercise. They get your body in shape and get you where you want to go. They are also free, and you save on transport costs.

SECRET OF A SLICK SHAVE

If you shave, do so after a bath or shower. Hot water relaxes your skin and open up your pores, so the hairs are easier to remove. This reduces the risk of a nasty shaving rash.



Mr Jobe

If you have a tip or recipe you can forward it to the P.R.O's Office



SAVING PLANS



Debt bring worry, stress, marital problem and sense of hopeless about the future. Debt is the number one financial for both high and low income earners. The more we borrow and spend the more interest we pay resulting in less disposable income. Excessive debt can also enslave us especially if we do not honestly face the problem and make a plan to get out of it.

On the 5th of November 2008 E.A.P Practitioner arranged the Financial Management Workshop. The aim of the workshop was to educate and empower staff members about debt, budgeting, spending wisely and saving for the future.



Being in debt does not mean the end of life, it is possible to get out but it also about changing your mind set. People always asked themselves how am I going to get out of dept? Here's the answer, you must plan, draw up a budget, be disciplined, and honest.

SAVING TIPS

- Always write down all of your expenses in a pocket-sized notebook. That way you'll know whether you are within your budget or whether you need to plan your spending better.
- Cut down on all unnecessary expenses such as alcohol, cigarettes, CD's and airtime.
- Keep an eyes out of specials like buy-one-get-one free deals and reduced price sales, but only for things you need.
- When ever you have extra money, buy vouchers at your own at your nearest grocery store.

this will help you to basic groceries when they are on sale.

- Make use of money-saving shopping vouchers, coupons and stamps wherever you can find them. Join a grocery stokvel and share your financial burden with like- minded people. If there isn't one in your neighbourhood or at your place of work, why not start one yourself?
- Draw up a budget





Infection Control

21 to 25 October was Infection Control Week. Infection Control Department conducted Ward Audit in Female Ward, Male Ward, Pediatric Ward, Maternity Ward, Out Patient Department and Main Kitchen.

On assessment all wards complied with Infection Prevention and Control principles except for minor things of which they need continuous training. All Wards did well but Maternity ward got a highest percentage i.e. 95% so they received the floating Trophy and Certificate of Commendation.

Mr Mandla Zungu, Mr. Masango and Mr. Cele were also awarded with certificates of commendation for their dedication in Waste Collection, Transportation and proper storage.



Maternity staff : From the right Unit Manager Ms. J.L Ngobese, S.F Zungu, Ms. M.V. Ndlovu, Ms. S Dlodla, K. Mvula, Ms. B.W Majazi



STAFF NEWS

ABASISHIYE NGOKUZUMA OKUKHULU

NgoMhlaka 30 ku November 2008 esibhedlela sethu uNkulunkulu usizumile wasithathela lezizimbali zethu ebesizigqaja ngazo. Nokho umdlali ngeke samsola wenza akuthandayo ngesikhathi sakhe. Umasithandaza sithi "Mayenziwe intando yakho emhlabeni njengaseZulwini" uma eseyenza akubi mnandi.

Bavelelwa ingozi yemoto ababili (Buhle no Zanele) basishiya khona lapho engozini insizwa (u Zamo) yalwa kwaze kwayenela ukufa.



U-Buhle Brenda
Sithole obeyi PRO.



U-Zamo Msomi Obesenzu
benza E-Revenue.



U-Zanele Ndlela obeyi Systems
Management Officer.



2 SAMUEL: CHAPTER 14: VERSE: 14

Sinjengamanzi achithwa emhlabathini
angenakuqoqwa futhi,

Ngakho simelwe ukufa. Unkulunkulu akakususi ukuphila kepha uqamba amasu okuba oxoshiwe angabi ngumxoshwakuye.



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