It’s the beginning of the year and we start them with new resolutions and we hope to keep till the end of the year. We also welcome the new interns and hope they will use this opportunity to learn and contribute towards better life for all.

In the last financial year we were able to spend within the allocated budget. Financial discipline is the new culture that we must cultivate in our ways of doing things even at home. We still have to fund posts that are critical.

This year we need to work together towards achieving 6 key priorities, also to take into consideration the implementation of NCS and to ensure that we look like a hospital.

We need a mind shift in understanding that people we serve are vulnerable and weak therefore we need to treat them with care and respect. Understanding that people are more aware of their patients rights.

**Allocated Budget for Montebello Hospital**

<table>
<thead>
<tr>
<th>MONTEBELLO HOSPITAL</th>
<th>Year 2011-12</th>
<th>Year 2012-13</th>
<th>Year 2013-14</th>
<th>Year 2014-15</th>
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<tr>
<td>BUILDINGS &amp; OTHER FIX STRUCT</td>
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<td>1,123,600</td>
<td>1,191,016</td>
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<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
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<td>68,252,340</td>
<td>72,347,480</td>
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Breastfeeding is still regarded as the best, since breastmilk is perfect to babies. To witness this, young and infant breastfeeding Workshop for Lay Counsellors was conducted at Montebello hospital, from the 19th to the 21st of January 2011 and it was facilitated by Zoë Life.

The purpose of the training was to train lay counsellors in order for them to encourage and motivate mothers to breastfeed at 6 months exclusively, regardless of their HIV status. It was discussed that breastfeeding should be taken as a priority as it has good benefits. Amongst those that were mentioned are as follows:

**Benefits to the baby**
- Breastmilk contains the exact nutrients that a baby needs.
- Breastmilk is easily digested and efficiently used by the baby’s body.
- Breastmilk protects a baby against infections.

**Benefits to the mother**
Breastfeeding helps the uterus return to its previous size. This helps to reduce bleeding and may prevent anaemia. Breastmilk is cost-effective:
- Breastmilk does not cost any money
- Fewer trips to the clinic.

Breastfeeding also reduces the risk of breast and ovarian cancer, strokes and heart attacks. Breastfeeding helps a mother and baby bond, developing a close and loving relationship.

**Benefits to the father**
- Reduced cost
- No night feeds to prepare
- Have a healthier partner and baby

Lay counsellors were also encouraged to educate mothers about the risks of not exclusively breastfeeding.

**Risk of the baby who is not breastfed**
They do not benefit from the protective effects of breastfeeding. They are sick more often and need more visits to the clinic. They are at risk of developing the following (which can kill them):
- Malnutrition
- Diarrhoea
- Chest infection

Babies who are not breastfed may not reach their full potential –emotionally and development.

**Risk of not breastfeeding to the mother**
Mothers who do not breastfeed are at an increased risk of the following:
- Having excessive bleeding after delivery.
- Developing cancer of the womb and ovaries.
- Developing postnatal depression.
- Not to be able to bond with their baby.
- Emotional dissatisfaction.

It was indeed an informative and fruitful training as Lay counsellors did gain more information that they will be able to cascade to the mothers who are breastfeeding.

Loluhambo baluthatha minyaka yonke ngenyanga kaMasingana (January).

Entabeni yase Nhlangakazi

Inhlosi yaloluhambo kusuke kwukupheleza inkosi ukuthi iyocela izibusiso kuShembe bese izidululisa kumalunga eblanda layo.

Abasebenzi basesibhledlela iMontebello babekhona ukuzonikezela ngosizo iwezempilo kubantu ababehambele entabeni. Phakathi kosizo ababeleulethile singabala ukuhlolela isifo sikashukela, iBP.

Intaba iNhlangakazi

Safety comes first and always!!

The objectives are as follows:
• To protect the institution’s employees, plant, equipment and process.
• To provide adequate safety training.
• To ensure effective communication.
• To promote safety awareness.
• To maintain a high standard of housekeeping.
• To provide a healthy working environment.

Mr Mkhize is not working alone, there’s a team of safety representatives in each and every unit and a health & safety committee. Health & safety reps are full time employees who are elected by fellow employees and appointed in writing by the employer.

Readers are encouraged to attend health & safety committee meetings which are held quarterly.

Mr Mkhize

Follow the Health & Safety Rep’s input at the workplace, in the inspection。“

NT; Health & safety reps must be given 1hr to do inspection for his/her section once a month during normal working hrs and give the report to the H&S committee.
On the 14th of February 2011, Montebello Hospital team (school health services, mentor mother, HIV/AIDS counsellors) embarked on pregnancy awareness week and STI/condom week. The awareness was conducted at Khanyisa Secondary School.

The main aim of the campaign was to raise awareness to scholars about avoiding teenage pregnancy as well as to prevent themselves from getting STIs.

Sr Magwaza (school health nurse) gave an education about different types of STI's that learners can get if they are engaging themselves in unprotected sex. Learners could not believe it when they saw the pictures of people who are infected with STIs, They were very shocked.

They were encouraged to use condoms in order to prevent themselves from getting STIs. She also emphasised that they need to go to the nearest clinics or hospital if they suspect that they might have STI's. It was also emphasised that they should inform their partners about STIs in order to prevent the spread of the disease.

Sr Magwaza also spoke about teenage pregnancy. She explained that there is a high rate of pregnancy, and the main reason for that is because most of young people do not want to use condoms or are either afraid to tell their partners to use condoms.

They also don't want to engage themselves in other contraceptives measures.

Learners were also encouraged to make early bookings if they suspect that they might be pregnant. This will assist the nurses to identify problems that may occur during pregnancy. She also emphasised that they need to get tested for HIV/AIDS.

The awareness was very informative and educational as learners did ask some questions.

Above: Khanyisa Secondary students listening attentively

Stop stressing and have a laugh!

If money does not grow on trees, why do banks have branches?

Beggar: “Please give me R5 for coffee”.
Man: “You can buy two cups of coffee with R5”.
Beggar: “I have my girlfriend with me”.
Man: “How funny, you’re a beggar and have a girlfriend”.
Beggar: “No, My girlfriend’s the reason I’m a beggar”!

Q: What do skeletons say before eating?
A: Bone appetite!

Message on a bottle
A distraught patient calls her doctor and asks, “Is it true that I have to take the medications you prescribed for the rest of my life?”
“yes, I’m afraid so” says the doctor.
There’s a moment of silence before the woman says: I’m wondering then just how serious my condition is?
This prescription is marked ‘No refills!’

All jokes featured here were taken from the Drum issue and others were searched on Google.
NEW LABORATORY
The old lab was just one room and all their machines were congested in that one room. All of that congestion has passed. They are now in their new premises, each and every department has its own room/space, even the clerk has her own front desk.

They moved to their new premises in November 2010. They did not have the landline extension until February 2011 of which was a challenge for them. All the staff members are very happy with their new space, and love their work even more!
NURSES HOME RENOVATIONS

Left: Nurses-home passage to the bedrooms are now all tiled and painted with mirrors on the walls.
Middle: Nurses-home kitchen is now furnished with built-in kitchen unit.
Far right: Nurses home passage to the bedrooms before renovations.

Left: Nurses-home bathrooms now tiled-up from the walls to the floor with mirrors on the walls.
Right: Nurses-home bathrooms before renovations.

PARTITIONING OF TB WAITING AREA

The partitioning of TB waiting area has helped us so much. Previously it was just one room; we were in that room with all the patients which made it difficult to keep a conversation with another patient confidential because everyone can hear our conversation. It also made it difficult for the patients to give us history of their illness, confide in us or ask questions because they were afraid others could hear their conversation.

It also reduced the chances of us being infected with TB; we are now separated from the rest of the patients and confidentiality is now maintained.

Story compiled Lungelo Gwala Data capturer-TB
On the 14th of February 2011, the KwaZulu Natal Office of the Premier, Ndwele Municipality and the Department of Health hosted an Awareness campaign covering different social needs to the people of Esidumbini area who adhere to Esidumbini Clinic.

Mr Khuluse (ward 8 councillor) thanked the community of Esidumbini for coming in numbers to attend this event, and welcomed all the Government Departments that blessed the event with their presence.

“If you check the statistics of crime in South Africa the age group of the offenders, on drug abuse and infected by HIV/AIDS it’s the youth” emphasised Khuluse.

The departments that were available on the day were, Department of Health, Social development, Home Affairs and SASSA.

On behalf of Montebello hospital Staff nurse TR Shangase was the one who took a stage to explain the symptoms of TB and the way it is spread. She also emphasised the fact that if a person is diagnosed with TB he/she is most likely to have HIV/AIDS, she encouraged the community to always check their HIV status. The other services that Montebello hospital were rendering that day were to check people’s Blood Sugar Levels, Blood Pressure and also screen them for TB. She also encouraged the community to use their services to their advantage.

Everybody paid thorough attention to Mr G Mthethwa form SASSA department when he delivered his speech about different Government Grants.

“Don’t be misled by people who will tell you that there are ways of getting an early pension, only a doctor can approve early pension before your natural pensioning age which is 60 years old in South Africa” emphasised Mr Mthethwa.

Mr Gabangaye Mthethwa from SASSA explained dominant reasons which lead to people not getting grants and those who complained why their grants got terminated. The services he was going to render that day was to take down people’s enquiries and help those he could that day.

Amongst other departments that were there was the department of Home Affairs. They were there to register those who do not have their ID’s and also register birth certificate.

Young Students who did not have Identity Documents got a chance to enquire about their delayed ID’s and even those who haven’t applied for their IDs they had a chance to apply on the day.

The event was a great success, all thanks to the departments who were available that day, mostly the community. It is true when they day “together we can save lives”.

Getting straight to the point, ward 8 councillor Mr Philani Khuluse

Above: There is no break for Mr Mthethwa as people needed help on the spot

Montebello hospital team on their table for TB screening, Blood Sugar Levels and Blood Pressure screening.

Everybody took a chance to check their Blood Pressure “high-high” as they commonly call it.
The term HCT (HIV Counseling and Testing) is a campaign that was introduced after VCT (Voluntary Counseling and Testing). It is aiming at increasing numbers of people who are testing for HIV. As we all know that previously people were suppose to come to either the Hospital or the nearest clinic for Voluntary Counseling and Testing. People were suppose to travel to the Health institutions for VCT and they were not coming in large numbers so HCT was introduced.

With HCT we do not have to wait for the people to come to the health institutions but take the services to them. People are encouraged to test for HIV so they will know their status. The campaign includes the HIV counselors and the health professionals, they are the one’s who go to the community to render HCT, TB screenings, BP screenings and Blood sugar screenings.

People who are diagnosed with the above mentioned diseases are then requested to do follow-up on their local clinics or even hospital. As Motebello hospital we are still aiming at doing more campaigns up until June 2011. During our campaigns we encourage safe sex by issuing condoms and also demonstrating the correct use of condoms.

As we all know that prevention is better than cure, however early detention of HIV makes one’s life easy because they will be getting treatment at an early stage to help lower the viral load. HCT is for everyone; health workers, old & younger generation, all races & gender and all classes of people.

From January 2011 our HCT team has visited three (3) areas namely Esidumbini area, Dalton rank and Glendale. During those visits people were tested for HIV, BP, Blood sugar and even screened for TB. Combining all three area’s calculations, the team was able to test 138 people for HIV. Confidentiality was maintained when counseled and tested for HIV. The campaign was a success and the community attended in large numbers. Even though some of the people are still resistant about testing for HIV but we believe that when we continue with the HCT campaign our team would have convinced a whole lot of people to test for HIV. HCT campaigns will continue until July 2011.

The HIV issue is a national crisis and our Government in KwaZulu Natal has put HIV Prevention and Treatment as a top priority. Currently there is a massive Circumcision Campaign by the Department of Health trying to reduce and control the high infection rate in our province.

Continues on the next page......
**HCT CONTINUES...**

TCE is a Non Governmental Organisation pushing the struggle of HIV in the rural areas. TCE visits people from their homes encouraging them to go get tested for HIV and also helping those who have already been diagnosed with HIV to live a healthier and longer life.

About 8 TCE delegates were at the event at Esidumbini area encouraging people to get tested for HIV by our trusted Lay counsellors.

Only to find that the child gets sick and grandmother doesn’t know what is happening to the child and so it is advisable for the whole family to test for HIV so that it can be controllable and maintained at an early stage.

Let us all go for HIV testing, it begins with you. Look out for Department of Health vans coming to your area! Do you know your status?

**MALE MEDICAL CIRCUMCISION**

Our Hospital was part of the Government departments which attended Sdumbini War On Poverty Campaign that was organised by The Office of the Premier KwaZulu Natal.

The issue of circumcision was also tackled. Sister Nyembe from Ndwedwe Community Health Centre gave a clear explanation on why is it important to circumcise given the ready escalated HIV rate in the province of KwaZulu Natal.

Sr Nyembe emphasised that getting circumcised doesn’t mean that people should engage in unprotected sex assuming they won’t get infected with HIV/AIDS but it means the chances of getting infected are reduced and all circumcised people must always use protection when engaging in a sexual intercourse.

Montebello Hospital invited young males for Medical Male Circumcision which was conducted by our health professionals including surgical doctors on the 11 Feb 2011.

Just before the boys got circumcised they got a chance to sit with Sister Ntobela who taught them a few things on how to behave after you are circumcised.

Even though few boys attended but the program was a great success. All boys returned to the hospital on the seventh day as prescribed. They were all ok without any infections or irritations.
From the 16th March 2011 until the 18th March 2011, we had a visitor from the Health care Christian Fellowship Mr. S.D. Moyo. He was here to workshop all the staff members spiritually which will help in reducing cases of staff attitude.

Mr Moyo defined the Health care Christian Fellowship as an evangelist that lives and preaches gospel. It takes care of the health care givers spiritually for them to be able to take care of the patients physically and spiritually. He also emphasised that the HCF is not a church but an arm of churches with a mission to extend the evangelist to the health care givers who will in turn get support and have the hormonal environment at work.

Staff members were divided into 3 groups for the 3 days of the HCF workshops. Mr Moyo touched on a lot of topics but the one that he emphasised on was the one on interpersonal relationships, he further stated that we as health care givers have to understand and accept each other the way we are in order for us to work well together.

We have spoken to some of the employees who attended the workshop just to hear from them if they benefited anything from the workshop.

Some of the staff members listening attentively at the workshop

Employee’s comments on HCF workshop!!

We thank God for allowing Mr. S. Moyo (HCF coordinator) who visited Montebello employees to introduce Health care Christian Fellowship. There was much of information that helped us to rebuild our personalities towards us as employees, patients & visitors. Reconstruction of our mind, body and soul, to understand one another. Now we know that our behavior can be changed through Christ Jesus!!

HCF has opened my eyes to something’s I thought they will never happen. I now find it easier to understand my colleague’s personalities as well which makes the working environment harmonious and peaceful. I also learnt that in order for one to receive forgiveness he/she should forgive himself/herself first.

HCF made me realise that unforgiveness is a deadly virus. The person you are failing to forgive forms part of your life, they literally control every area of your life. Unforgiveness leads to a variety of health issues because you are filled with hatred and bitterness resulting in stress and depression. One man once said that an individual that is unforgiving is the one drinking the deadly poison, but instead wishing the other person to die.

"Forgive each other just as Christ forgave you”
Ephesians 4:32
Forgiveness is not a feeling but a decision.


Ngiyabonga: Mam V.A. Cebekhulu (Food-Service)
It has been a wonderful experience and also an eye opener, attending the HCF Workshop. I now find it easy build a good relationship with different people through the ingredients of living which I got from the workshop.

I have learned the most basic components that mould a decent human being which are Love and Forgiveness. I have learned that as a person you should love yourself first before loving others.

The very best ingredient about forgiveness is that it heals, before you forgive others, forgive yourself first because in order to be able to forgive you have to be able to receive forgiveness. Do it for yourself more, than for others.

By: Ms. Thobile Vilakazi (Data Capturer)

Ms T. Vilakazi

Editorial Comments

I thank God, the almighty for choosing Montebello hospital as my service station, for I have learned that it is not a mission to mingle with people you’ve just met.

Montebello seemed far from home, and never thought I’ll make it because I’ve never been away from home for so long. However; I met wonderful people with big hearts that made me feel welcomed and as part of the family, I am now too attached to them which makes me so sad now that I have to leave.

I’d like to thank the management and colleagues for making my stay a fruitful and enjoyable one. I must say I have grown as a person in a working environment, professionally and mentally.

To all of you:
As a health care giver you must always remember that a patient is the most important person to come into this institution and you must treat him/her the way you would like to be treated; with respect. You have to always be patient, try not to offend, always be polite even If the patient is not patient with you and even if the patient is on the wrong always find a polite way to correct him/her.

Let us all continue to serve with pride and dignity, let us all continue putting the people first and implement Batho Pele principles in our daily lives.

When one door closes the other one opens, things do come to an end, so are my days at Montebello hospital. But the mission continues, God knows where I’m going to serve next!

All thanks to everyone who lend a hand in compiling this issue.

Look out for the next one!!

Whenever there is something newsworthy that you feel should appear in the next issue about your department or clinic, feel free to contact Communications Department:

Ms. T.F. Ngubane (PRO) & Ms. N.B. Nzuza (PRO Intern)
Ext: 7100
Email: thandeka.ngubane@kznhealth.gov.za
NEW FACES AT MONTY

G.N. Khanyile—Staff Nurse
M.P. Mpeli—Professional Nurse
B.N. Mbele—Staff Nurse
L.H. Cele—Nursing Assistant
T.A. Zondi—Enrolled Nurse
M.P. Mbanjwa—Enrolled Nurse
N.S. Gcabashe—Professional Nurse
G.N. Simelane—Enrolled Nurse
N.S. Mbonane—Pharmacist Assistant
Z.V. Sokhela—Enrolled Nurse
N.A. Ngeobo—Enrolled Nursing Assistant
V.N. Gumede—Enrolled Nursing Assistant
Z.P. Mdunge—Enrolled Nurse
V.T. Bhengu—Nursing Assistant
P.B. Cele—Enrolled Nurse
N.N. Mchunu—Enrolled Nurse
NEW FACES AT MONTY

N.G. Mohapi—Enrolled Nursing Assistant
N.F. Ndlovu—Enrolled Nurse
N. P. Ngidi—Staff Nurse
C. Ncama—Nursing Assistant
N. Ndiweni—Comm. Serve—Dietician
N. C. Khubisa—Comm. Serve Physiotherapist
S. O. Ndwalane—Comm. Serve—Medical Officer
T. J. Luthuli—Enrolled Nursing Assistant
I. K. Dube—Finance Officer—In-service Trainee
L. Khumalo—Comm. Serve—Medical Officer
S. Naidoo—Comm. Serve—Medical Officer
S. M. Kissun—Comm. Serve—Dentist