



# Inkanyezi Yethu

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## Kidney Awareness Day

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### Kidney Day

Ngwelezana hospital for the first time in 2008 celebrated with the world, the World Kidney Day. The event was earmarked to create awareness to staff and customers that kidneys also need to be taken care of.

Speaking during the event Dr Ntombi Xaba highlighted the role of the kidney in human life. 'Normally we are all born with two kidneys.



**Sister Mazibuko during her address to staff and members of the public**

One is on the left and the other on the right. They assist us in controlling the Urine flow in our bodies. It is important to have kidneys that are functioning properly because they assist in controlling the acid in our bodies. If you are having a kidney failure you will start feeling pains in your stomach and there will be a drop in blood pressure. It is very important for us

to drink a lot of water as they help to normalize the situation,' said Dr Xaba. Sister BG Mazibuko emphasized the importance of knowing the symptoms that shows the infection of the Kidneys. She mentioned among others the reddish urine, itching in the body, darkness of the skin and feeling tired.

Members of the public and staff had a chance to ask questions and they enjoyed getting the information.



**Dr Ntombi Xaba delivering her address**

## Editor's note/ Ezivela kuMhleli

At last we have something to read about our institution, Ngwelezana Hospital. Well, I know you are wondering what message I am trying to pass by starting with those words. In a corporate word you sometimes use melodramatic words to play with people minds. Those who had a chance to be a school will remember those questions that were asking you to fill in the missing words.

What I am trying to say is that at last we have a newsletter that we all have been waiting for but we were not prepared to contribute in the content. As I said long time ago this is our newsletter, we all need to contribute in its contents. The PRO is there to trim and sharpen the message that we would have contributed.

It is high time that we move from the notion that it is the PRO who must produce

the newsletter. We need to have news from all sections in our newsletter. Sometimes the PRO might miss what is happening in your section and a great achievement that should have inspired other staff members end up not being known. Ngolwakithi bathi ibolela ebhokisisni.

So many things have happened in a short space of time in our institution. Some were well publicised and others not. Like all other families there are things that are shared and those that are not. But, it is always disturbing to hear people gossip about things they do not have information about. Lets us be a good family and stop sharing information we do not have information about.

Khona ngakithi bayaye bathi akushunqi kungosiwe kodwa hlwaya uze uzi-

bonele beyosa hhayi ukuhamba uthi wena ubone intuthu ngoba kungenzeka ukuthi abafana bezinkomo bazothela umlilo ngoba bezwela amakhaza. Akwande ukubekezelelana nokwazisana kulomndeneni wethu.

2008 is a leap year, those who know things says in a Leap year one needs to take chances as Luck is on every one's side. We all need to take chances as a family and also as individuals after work. We have just started 2008 and we also remember that soon we will be finishing 2008 so we need to take every day so serious and make so that we achieve our purpose of being here at Ngwelezana Hospital.

I hope soon I will be in touch with a 2<sup>nd</sup> edition of our newsletter. Enjoy this one with the hope that the next edition will be much better and bigger. Always remember your contribution is always welcome. **Mandla Gumede**

### Ngwelezana Hospital Corner (with CEO Managing)



I will start by introducing myself. I look at myself as the guy that is available to do any work that needs to be done in order to ensure organizational integrity and smooth service delivery. Today I am the one in charge and tomorrow I expect it to be another one of us because it is public responsibility and all of us are good citizens who love this hospital and country and want the best for its people. I plead with you all to hold hands with me and the Exco in this period of transition and budgetary constraints to ensure our ill brothers and sisters get the best possible care.

I love this hospital, its patients, its staff, and the Department of Health and hate anything that portrays any of them in bad light. I will therefore plead with all of us to make a fresh resolution that we will not be a part of any negative incident and would work against any such incident or report it to management so it can be attended to.

We as Ngwelezana Hospital have also come up with goals that we want to achieve. I know not all people achieve their goals but we as an institution have a challenge to achieve our goals. We have a goal to serve our clients with dignity that we would like to receive when we visit another institution. Imagine standing in a bank queue for two hours. You feel like getting to the bank manager's office and shout at him. Turn that incident to our situation and think about the patient waiting in your section being not informed about the causes of the delays. We can all agree that we all expect royal treatment but we are not always prepared to give out royal treatment.

In conclusion, I need your support to reach a collective goal of our institution and I hope on the other side you need my support to achieve your sectional goal. I hope you will enjoy this newsletter that we all have been waiting for. This newsletter is for all of us as staff and we all need to contribute to make it a success. We do not need to look at a particular person to say he/she must have produced a newsletter. We also need to ask ourselves how we have contributed in making a newsletter.

**Till next TIME!**

O.C. Harbor  
Acting CEO

## TB Awareness Day

As in all other years Ngwelezana Hospital celebrated the world TB Day. This day was earmarked to pass the message to the members of the public and staff that TB can be cured.



Sister Khathi extending her message to the members of the public

Mrs AF Khathi who is the sister-in-charge at TB Clinic spoke mostly about TB symptoms and the ways in which TB can be cured. She

emphasized the importance of knowing one's TB status

'TB can be cured. It is easy to get TB from another person. All you need is to get tested and then be sure about your status. TB medication takes about six or more months. It is always important for children to get tested if an adult they interact with most of the time is found to have TB. All government health facilities provide TB treatment for free', said Sister Khathi.



Sister Mbonambi sharing her experiences with those who attended the awareness.

Sister Mbonambi of Thembaletu Clinic spoke mostly about the relationship between HIV and AIDS and TB. She emphasized the importance of checking TB when you are HIV positive. She further said TB is more dangerous than HIV because it makes one to lose more weight. Her concluding words were that TB can be cured.



Messages were sent in different methods

## Old Mutual Clients Day

Old Mutual Groups Services visited Ngwelezana Hospital to provide free check ups to staff. They concentrated on checking: BP Cholesterol and sugar level. The service was rendered free of charge.

Staff came in numbers to support the event.



All categories of staff were there to check their health status



Private Bag X20021  
Empangeni  
3880

Phone: 035-9017122  
Fax: 035-7941684

Email: mandla.gumede@kznhealth.gov.za

### Important News

Ingabe kukhona othanda ukukwedlulisa kozwakweni emsebenzini noma ofisa bakwazi ngawe. Sebenzisa lelithuba ngokuthi uxhumane nomxhumanisi wesibhedlela ukuze ashicilele udaba lakho kulelibhukwana lesibhedlela. Khumbula lingelakho nawe siyothokoza uma izindaba esizishicilelalyo kube ezivela kubasebenzi.

## Bon Voyage!

Some of our staff members received some better offers in other parts of the province and also somewhere else. Mr Lindani Langa former Assistant Manager Systems has left Ngwelezana Hospital for Johannesburg Hospital. Mr Langa would like to thank all the Hospital Staff for being there for him during his stay. His main praise went to al General Orderlies for what they did to him, when he told them that he was leaving.



### Guddies for Orphans

Ackermans Stores at Empangeni have forged a formidable friendship with Ngwelezana Hospital after they have donated some boxes of clothing to the Hospital to be given to Orphans .



**Mr Senzo Khuzwayo (Manager Ackermans Empangeni ), Mrs Mashi-yane (HOD Social Worker) and Ms Nokukhanya Mdletshe (In-service Social Worker) during the hand over of some of the children stuff that was donated by Ackermans Empangeni**