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NKANDLA DISTRICT HOSPITAL NEWS LETTER

# IZWI LETHU

Izwi lethu newsletter Issue 1 2009

## P.R.O'S NOTE



THANDEKA DUBAZANA- ACTING  
PUBLIC RELATIONS OFFICER

First of all ,I would like to welcome all the readers of Izwi Lethu Newsletter. I won't have so many things to mention since it is the first time we meet. I hope as time goes on we will get to know each other.

I also like to extend my heartfelt thanks to everyone who contributed with time, ideas, and thoughts to make this publication a

successful one.

I thank you very much. I encourage all staff members to keep on committing themselves towards ensuring better service delivery standards in our community that we serve.

I hope you will find this publication informative and motivational. If you have any suggestions ,

ideas, compliments and complaints, please feel free to forward your concerns to the P.R.O's office situated in OPD. THANK YOU, ENJOY!

—Hospital P.R.O

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## SHOOTING THREE BIRDS WITH ONE STONE



Earlier this year we congratulated the mother who gave birth to triplets. Usually it becomes a great pleasure to us as Nkandla Hospital team to experience this kind of event. The mother was very grateful to the doctors and nurses who assisted her through

their care and skills. Their names are SANDILE,SIYANDA AND SIYABONGA and their surname is SIBIYA.

We are now looking forward to see these kids growing healthy and strong.



### Did you know?

*illness can be avoided by not putting fingers in your mouth/touch your nose with dirty hands.*

## DOCTORS FAREWELL

Three of our Doctors left us earlier this year. It was very sad when we say goodbye to them.

In order to sympathize our hearts we planned a farewell party for them , during the party we pledged them to pro-

vide sound reasons for leaving us, but unfortunately we discovered that their circumstances forced them to pack their bags and leave. But there is still a reserved place for them whenever they wish to return back,they are

still welcome.

They are : DR MAYIZA (MM), DR MWENDA(PMO) AND DR IKEKHVAR (CMO)

DR. MWENDA



DR. MAYIZA



DR. IKEKHVAR



## SIYITHAMUNDA NGEZITHOMBE



### LIFE QUOTE:

“LIFE’S CHALLENGES ARE NOT SUPPOSED TO PARALYZE YOU, THEY’RE SUPPOSED TO HELP YOU DISCOVER WHO YOU ARE.”

BY:  
Bernice Johnson  
Reagon

1- U- DR MWENDA EPHETHE ISIPHO SAKHE NGOSUKU LWE FAREWELL YABO.

2- U- DR IKWEKHAR EMUKELA ISIPHO SAKHE KU SISTER SIBISI.

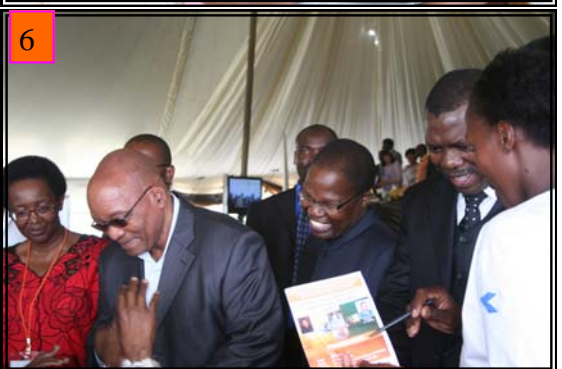
3.-U- DR IKWEKHER NO MRS. MSIMANGO BENZA ABADUME NGAZO NGOSUKU LWE DOCTORS FAREWELL.

4- U - DR MAYIZA EMUKELA ISIPHO SAKHE KU SISTER SIBISI NGOSUKU LWE DOCTORS FAREWELL.

5.-U MEC OF SOCIAL WELFARE U B.M HADEBE KANYE NO MR MNTAMBO ( UM-PHATHI WESIBHEDLELA) MHLA U MINISTER EVAKASHELE ISIBHEDLELA SASE NKANDLA.

6.- U MONGAMELI WE ANC EKANYE NA-BANYE O MINISTER ABABEKULO MCIMBI WOKUVULWA KWESITESHU SIKI GESI E NKANDLA.

7- U MONGAMELI WE ANC U JACOB ZUMA EBINGELELA ESINYE SEZITHAMELI ZOMCMBI WE DEPT OF MINERALS AND ENERGY EN-DAWENI YASE NKANDLA.



## NAZI IZINKAKHA ZE COMRADES MARATHON



Kwesobunxele u Mr.M.Biyela (Forensic Officer), phakathi u Mr.M.Mntambo (C.E.O wesibhedlela), kwesokudla u Mr.B. Biyela (F.I.O).

**M**hla zingu 22 ku May abanye babasebenzi base sibhedlela sase Nkandla babambe iqhaza ngokungenela umqhudelwano wa basubathi obizwa nge Combrates Marathon obusuka e Maritzburg (e- Mgungundlovu) uya e Thekwini (e Gagasini). Lokhu kwenze saziqhenya singabasebenzi base Nkandla Hospital. Ongekho esithombeni ngu Bheki Ntshangase.

**HOLLA MAJIMBOS!!!**

## THIS IS WHAT THEY SAY - (COMPLIMENTS)

*Sibonga abasebenzi  
balapha e  
mtholampilo wethu  
indlela abasaka  
ngayo. Basinika  
ithemba nenduduzo  
ekutheni sibe  
ngabantu siphile,  
qhubekani  
nomsebenzi wenu,  
ningapheli amandla.*

*From: Thandekile  
Delwa*

*Ngibonga  
umsebenzi  
abawenza kimi,  
ukube bebengekho  
ngabe ngiluze  
impilo yami.  
Ngibonga kakhulu  
kubasebenzi kanye  
nabaphathi bame  
njalo.*

*From: Sinegugu  
Mpungose.*

*Muhle wonke  
umsebenzi wenu,  
ningiphathe kahle  
ngosuku lokuqala  
kwaze kwafika  
ekugcineni.*

*From: Ndumiso  
Qwabe.  
(Male Ward)*

*Amanesi ase Nkandla  
Hospital anozwelo  
nesineke ayakwazi  
ukubekezelela umuntu  
uma eteta. Siyabonga  
ngokuthola amanesi  
anesineke anjengalawa.*

*From: Sphesihle Gwala  
( Maternity ward)*

*Thanks to all members  
of Nkandla Hospital.*

*WELL DONE  
NKANDLA  
HOSPITAL!!*

*From : Silindile  
(Peadiatric ward)*

*You do respect  
patients no matter  
who he/she is. Your  
service is excellent,  
ward is clean and  
healthy, You don't  
lose temper.*

*From: Dominic  
Mahaye.  
(OPD)*



## OPENING OF DENTAL CLINIC

**ABOVE:** Dr K. Govender together with hospital officials during her first day of the brand new

Here are the questions that we asked our dentist—Dr. K. Govender:

**1. In few seconds, tell me about yourself**

= I'm a 23 year old Dentist from Pietermaritzburg, who spent 5 years studying at the University of Western Cape.

**2. Do you enjoy your work? If so, what is it that makes you enjoy?**

= Yes, I love what I do. Interacting with people and being able to help them makes my job very rewarding.

**3. What do you see yourself doing in five years from now?**

= Wow! Five years, I have no clue yet. However I would like to spend another year in Nkandla. I would like to have a functional community based oral health programme and maybe a mobile dental clinic set-up before I leave.

**4. What are challenging facets of your job?**

= Limited resources prevent me from practicing my full scope of work.

**5. What skills have helped you the most?**

= Well, my surgical skills of course, but patience, compassion and a lot with power have also been very important

**6. Why did you choose to become a Doctor?**

= I've always enjoyed the more creative tasks, even at school. Dentistry is an art, which still fascinates me.

**7. What is the estimated total number of head counts that you serve each day?**

= An average is 25

**8. How do you spend your free time?**

= In Nkandla I'm a part of a bible study group, I try to go to step classes at least twice a week and I always bring something to read. On weekends I try to spend as much with my family and friends as possible, which normally involves shopping, movies, coffee shops, and driving to random places.

**9. Do you have the message to pass to Nkandla Hospital as a whole including its target publics?**

= I once heard our CEO say, "For those who come from outside of Nkandla, working here is a sacrifice." We leave behind our loved ones and our homely comforts. However, the warmth with which I was welcomed and embraced here, at Nkandla, makes it worth it.

DR. K. GOVENDER



## A CLOSER LOOK INTO OUR NEW MENTAL HEALTH CLINIC

Nkandla Hospital is very proud to see it's mental health clinic up and running. Before we go too far lets hear straight from the horse's mouth.

I am Sister S.O Mtshali, working in Mental Health Clinic. The clinic opened in April 2009.

Some of the services that we render includes:

- ◆ Seeing all clients who are known to be mentally ill and assess their mental state.
- ◆ Embarking client and families on mental health and illness ,compliance and how can the family give support.

- ◆ We also see people that are referred by the doctors for mental state examination.

We are also like to see employers who have employees who are MHCU'S so that we can be able to teach/advise them on what to expect , how to give support to the employee as well as the side effects of medications.

We hope that the appointment of Sister Mtshali will increase hospital compliance



### MESSAGE:

We ask all the families and community at large to assist the mentally ill patients with their treatments strictly as ordered and keeping appointments with clinic.

## GET FIT FOR FREE!!

JOIN AEROBICS OR TAEBO CLASSES.

VENUE: : PHYSIO DEPT.

DAYS: MON,WED & THURS

TIME : 18h:45- 19h:45

FOR MORE INFORMATION PLEASE CONTACT:

- ◆ SIR. S'KHO SITHOLE

- ◆ DR. MPUME ZENDA
- ◆ DONA HORSFALL ( OT )

SEE YOU THERE!!!



LOVE, PEACE AND INTER-GRITY ARE THE BASIC INGREDIENTS OF LIFE.

By: Anonymous.

## COOL QUOTES

***“TO GET RICH NEVER  
RISK YOUR HEALTH.  
FOR IT IS TRUTH THAT  
HEALTH IS THE  
WEALTH OF WEALTH.”***

***By: Richard baker***

***“WITHOUT LOVING  
ACTS, LOVING WORDS  
ARE MEANINGLESS.”***

***By: Henry Ford***

***“COMING TOGETHER IS  
A BEGINNING, STAYING  
TOGETHER IS  
PROGRESS, AND  
WORKING TOGETHER IS  
SUCCESS.”***

## COLLEGE NEWS



**NURSING COLLEGE 2009 CLASS**





**NKANDLA  
HOSPITAL**

PRIVATE BAG X 102  
NKANDLA

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Fax: 035-8330054  
E-mail:

Mbuso.mntambo@kznhealth.gov.za

**VISION**

To be the leading provider of optimal health care in Uthungulu District.

**MISSION**

To provide, sustainable, comprehensive, accessible, integrated, efficient and cost effective health services to improve quality of life to people of Nkandla based on PHC approach through DHS.

**CORE VALUES**

Commitment to service, honesty, truth, trust, integrity, communication, consultation, innovation, respect for socio-cultural and religious values, maintenance of human dignity for staff and patients.

**MEET OUR RECENT EMPLOYEES**

MR. S.A JALI  
(E.N)



MISS.T.MANQELE  
(SNR.RADIOGRAPHER )



DR. R. CHENTWALI  
(P.M.O)



DR..J. MBONA



DR. GOGÉ



DR. KHANYILE



**NKANDLA HOSPITAL SOCCER TEAM**

## **SPORTS BUZZ– EZEMIDLALO**

ABOVE: THE NKANDLA HOSPITAL TEAM HAS STRUGGLED IN RECENT MONTHS.

THERE HAS'NT MUCH SUCCES IN SERIOUS TOURNAMENTS. THE TEAM HOWEVER IS PROUD AND DETERMINED TO TURN THINGS AROUND.

THERE HAS BEEN NEW PLAYERS THAT HAVE JOINED THE TEAM RECENTLY. ALTHOUGH TOO EARLY TO TELL, ONE CAN ALREADY PREDICT THAT THE NEW LOOK TEAM WANTS TO BRING HOME SOME TROPHIES.

THIS WAS DEMONSTRATED ON WEDNESDAY THE 10th OF JUNE WHEN THEY BEAT NKANDLA POLICE AND CORRECTIONAL SERVICES WITH BIG SCORES.

RECENTLY THE TEAM IS ON TOP OF THE NKANDLA MUNICIPALITY .

**YOU GO GUYZ!!!**