

VOLUME 2
ISSUE 1

MAY 2009

ZIZWELE NGENKONJENI

VOLUME 2 ISSUE 1



INSIDE THIS
ISSUE:



Ndumy (editor)

Newsletter's introduction	1
Editor Intro	1
Editorial comments	2
Dental Service	3
Year Ending Function	4 & 5
Social Work & Occupational News Break	6&7
Human Resource News Break & New Interns	8&9
Fun Corner * Entertainment	10& 11

Kuyintokozo enkulu kimina ukunishicilela lelibhukwana lesibhedlela iNkonjeni Hospital, kodwa ngaphambi kokuba ngiqhubeke nokuningi ngivumeleni bantu bakithi ngizethule. Igama lami ngingu NON-DUMISO KHUMALO Public Relations Officer (intern) Isibhedlela indawo ebucayi kakhulu, ngakho ziningi izinto zenzakalayo khona, Uma ngithi indawo ebucayi, ngichaza ukuthi imiphefumulo ifikela khona (uma ingane izalwa) eminye idlulela khona (uma kukhona osishiyayo). Ziningi-ke izinto ezenzakalayo ezinye sizobhala ngazo in order for us to inform, educate and also enhance our hospital's name.

Ngithanda ukudlulisa ukubonga to the Management and staff for welcoming me with their warm hands, kumnandi impela ukuba ingxenye yalomndeni ngoba ziningi izinto engizifundayo mihla namalanga. Ngingakhohlwa ukubonga my mentor Mr J.R Gumede for making things easier for me, and teaching me step-by-step in order for me to be a better Public Relations Practitioner in future. I hope my presence will make a difference, because I have a lively and enquiring mind and have the capability to go far with my career.

Ngiyabonga mina!

Editors comment's

I wish to take this opportunity to thank those who contributed to the publication of this newsletter and would like to welcome you all to our fourth issue of this newsletter, hope this will effectively improve our communication. This publication is the voice of our readers, clients and community. Our aim is to educate and inform the public about various issues.

We invite you to participate fully in terms of writing, phoning and e-mailing us regarding your ups and downs, your joys, sorrows and achievements. Your view and input is critical for the success of this publication and we call on you to submit and share with us any ideas you might have. You can reach the PRO at her office or contact Ext 7109. Your input is very important to us!

Thank you for those who have responded and submitted their stories and reports. This newsletter is a result of the information we received from you.

I hope the readers will find it valuable.

Until next issue!! Ayobaness!!!

N.B Khumalo

Public Relations Officer (Intern)

Comments on Freedom day

Freedom Day's Message

Our country celebrates **Freedom Day** to mark the liberation of our country and its people from a long period of colonialism and white minority domination - which means that we no longer have the situation in which political power is enjoyed and exercised by a minority of our population, to the exclusion of the majority. Freedom Day is not a ruling party's day, but a day for all South Africans. When South Africa was liberated both the oppressor and oppressed were liberated. We pledge "Never again would a minority government impose itself on the majority".

South Africans are "**One people with one destiny**". It is therefore imperative for South Africans of diverse political and economic backgrounds to work towards a common objective. On Freedom Day we celebrate the relentless efforts of those who fought for liberation, of the many men and women who took up arms and courted imprisonment, bannings and torture on behalf of the oppressed masses.

However "Are we really free when our people remain poor, when there is mass unemployment, unwarranted violence and crime"? Freedom should mean emancipation from poverty, unemployment, racism, sexism and other forms of discrimination- but poverty continues to exist, with black people, women, children, the disabled and the elderly. "We need to continue to work to eradicate poverty, racial inequalities and socio-economic disparities," Freedom Day means something very valuable, the necessary condition for us to achieve the vital and fundamental objective of a better life for all.

On Freedom Day, we commit ourselves to ensuring the defence of the sacred freedoms that we had won as a result of a long, difficult and costly struggle. We remind ourselves that the guarantee of these freedoms requires permanent vigilance. It is our pledge to devote ourselves to continue to work to wipe out the legacy of racism in our country. We need to ensure that all our people enjoy these freedoms not merely as theoretical rights but they must form the daily life experience of all South Africans.

DENTAL SERVICES- “zithande,zinakekele “

“LETS LOVE OURSELVES & TAKE CARE OF OURSELVES”

Dental service



About Dental:

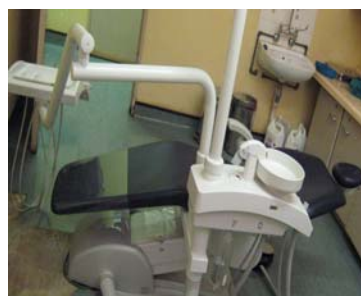
Its all about prevention and promotion of dental health and to educate the community as to what to look at their health. We also look at prevention of any diseases in contact with a person’s mouth.

Oral health

The most important thing is to clean your mouth at least twice a day. People usually ignore this statement and they also don’t use toothpicks, floss and people have to go for dental checkups every after six months. It’s advisable to do dental checkups twice a year, so you can prevent mouth infections and disease. Children also have to do these checkups, but it differs for them not like adults. Children they do their checkups every after 3months, this is because they are still young and they eat different things and lot of sweets.



THESE ARE ALL THE TOOLS THAT ARE BEING USE DURING YOUR DENTAL VISITS



Dental chair lapho zenzeka khona, ziyabuya Mzala!!



Extractions

uDokotela uSphiwe Bhengu:

Ukhipha izinyo, uyambona nje ucophelele kakhulu, hhayi lensizwa iyayazi into eyayiyela eskoleni, Mthathe Sphiwe!!

When assessing a person’s tooth we take a look at it and get history from the patient. Maximising the life span of the tooth, ask if the person does go for check-ups. diagnose and tell you what is the problem or if there is a decay. We mostly do extractions and other minor ailments due to the low budget and limited resources since isbhedlela sethu sisemaphandleni, but to come and clean your teeth is very important, siyafisa umphakathi wazi ezinye izinhlelo zokugcina amazinyo ephilile lingaze lifike ezingeni lokuthi likhishwe..

Now that we know what is dental all about, sesizowazi ngaye udokotela uqobo, uDoctor Sphiwe Bhengu oyi Dentist la eNkonjeni Hospital.

NB; Who is uSphiwe?

Doc: Nginamahloni and a humble person; I’m the only child in the my family.

NB: How does it feels to be mama’s boy?

Doc: It nice and I’m used to it as I was growing up alone, but now hey its not easy because there are things that you can’t speak about nabazali bakho and you need a sister or a brother to talk to, at least they understand what u going thru. So in that case ya I can say kunzima khona!

NB: future plans?

Doc: still want to further my studies so I can specialize in dental and work in rural places and help those disadvantaged people, because I was also brought up bread and butter la emaphandleni.

NB: Any last word?

Doc: “EVERYDAY IS A NEW DAY, THEREFORE IT BRINGS NEW THINGS. IF YOU ALLOW YOURSELF TO FAIL THAN YOU’LL BE A FAILURE”

YEAR ENDING FUNCTION FOR ALL THE SUPPORT GRO

The event was organised by CDC and Social Work Dept with an aim of eliminating uncontrollable defaulter rate and the pregnancy among our clients which are on ART. The event was so **educational** as it focused more on **adherence** and

People who attended were coming from the hospital and 11 Clinics which falls under Nkonjeni Hospital. There were stalls where the handwork of the Support Group Members was displayed e.g., bags made out of thatch, beadwork, wooden trays etc.

There were motivations/ testimonies from various people. Guest speaker for the day was Mr. C. Myaka (HIV Manager for the Princess Mandisa Health Care Centre) who delivered a speech empowering members to live a positive life. After the event there were some refreshments provided by Elizabeth Glazier Peadiatric Aids Foundation (**EGPAF**).



Mr Cyril Myaka who was the Guest Speaker of the day delivering a his speech



BONKE
ABABEK-
HONA
BEHLAN-
GANELE
UKUZO
LALELA
IZINKU-
LUMO.



Izicukuthwane zosuku: From left: Mrs Myaka, Mr Myaka (guest speaker, Pastor Khumalo as well as Matron Mgabhi



Here we see attendees listening attentively to Sr. Mgabhi welcoming them on behalf of the Management.

GROUPS IN ZULULAND DISTRICT (04 DECEMBER 2008).



This is a child who is affected by HIV/AIDS as he lost both his parents due to HIV. He was empowering the Support Group members to stay positive in life.

NB: Check behind of Pastor Mathenjwa (in Pink) that's the hand-work done by Support Group Members.



One of Minenne Support Group Members delivering a speech

YA HAYA IMBONGI ENCANE!

Intokazi esencane engu-Promise Zulu (Sivananda H.P. School learner) ya-vukwa usinga ihaya inkondlo ebhalwe uMrs. Msimango ngesandulela ngculazi (HIV) ngosuku lomcimbi.



(Amazing)... Did you know that there are handsome guys like Lindinkosi who are open about their status and live positive life? Akobe niyabona magenge ukuthi kuyaphilwa naleligciwane.



IZIDLO LA!

Refreshments provided by **EGPAF**

“INGANE YAMI,INGANE YOMPHAKATHI”

“SOCIAL WORK:

In the social work the social workers participated in the Wellness programme in order to educate Koningsdale Children’s Home situated in Babanago, where we heard that these children are not being educated about certain things. We educated them about sex, HIV/AIDS and certain infections. We tried to advise them to participate in sports or any activities, just to keep them busy.

Our Wellness Dept extended their programme to Koningsdal Children’s Home (in Babanango Area) since some of the children are on ART in our ARV Clinic.

Various topics were discussed in this session but the main focus was on infection control among themselves in the institution



(Koningsdal Children’s Home)

(Picture) The boys are listening attentively to Mrs. Zulu (Princ. Social Worker) delivering a speech

“**IBUYE NGOMFUTHO KULONYAKA (2009) IMINENHLE**”.

SUMMARY OF MINENHLE SUPPORT GROUP-2009

(Based in NKONJENI HOSPITAL-ARV Clinic)

Minenhle Support Group is the group of HIV infected individuals who come from different areas around Ulundi- Zululand District. The group is based in Nkonjeni Hospital

Clinic. It consists of males and females aged ±17 to 65 years. All the members of the group are



HIV infected, some are on ART and some are not on treatment. Most of the Support Group Members are unemployed but some are employed. The group members meet every first Thursday of the month for meetings where they share their challenges/problems or experiences and various topics are discussed. Each meeting the group use to have a guest speaker who is invited from the hospital or outside the hospital.

The purpose of the Minenhle Support Group meetings is

- ♦ To support and empower one another
- ♦ To come up with solutions to help one another on how to deal

OCCUPATIONAL NEWS BREAK

- To encourage self-reliance to members of the group.
- To initiate income generating project for the group.

Currently the group consists of the minimum of 27 members and maximum of 61 members. The number of the members is fluctuating since members sometimes have challenges of not having transport fee to attend meetings as most of them are unemployed. The facilitators who keep this Support Group active and sustainable is our ARV-



Social Worker and HIV/AIDS Counsellor (Mr. Michael Dlodla).

SOME OF THE MEMBERS OF MINENHLE SUPPORT GROUP ATTENDING THE MEETINGS.

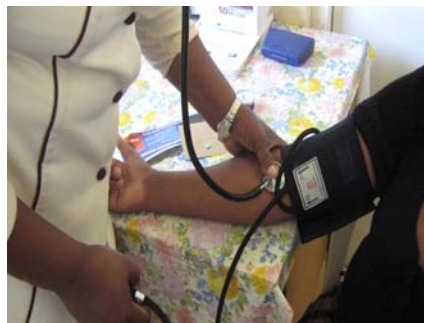
OCCUPATIONAL HEALTH AND SAFETY SERVICES

Nkonjeni Hospital Occupational Health Services is committed to provide, a safe workplace for all employees. To prevent occupational injuries and diseases to the employees, by doing pre-placement, periodical and exit medical examinations. Health and safety Representatives are appointed to monitor monthly inspections. Occ. H Nurse

Mrs Makhoba is educating the employees about Occupational health and safety services, what you should do if you get injured at work and which form



to fill in. She checks every employee before he/she starts to work, if there are any injuries. illness or any broken bones. She examine everything but not for HIV/AIDS, with that you decide for yourself if you want to because its not compulsory. She will check things like your



If employees exposed to needle stick injuries, splashes of infectious fluid, post exposure Prophylaxis of Anti-retroviral drugs are given to injured employee for 28 days provided pre & post test counseling done for HIV & AIDS. That treatment given to prevent risk of HIV or HBV transmission.

Compiled By: Mrs B Makhoba.

Infection Prevention Control Department

The IPC department would like to extend thanks to all wards and sections for their commitment and participation during the IPC Audit that was held on the – of April 2009. Not only did we meet with the required IPC standards but we managed to obtain a staggering 90%. This would not have been possible without your assistance and dedication.

Let's continue to adhere to the IPC guidelines so that next time we get 100%.

Many Thanks
PP Sithole (Infection Control Dept)

DEATHS

Mr G.M. Khoza (security)
Ms N Viliakazi (X-ray)
Mrs Sithole (Pharmacy)



MAY THEIR SOULS REST IN PEACE

WE WANT TO WELCOME THE-FOLLOWING NEW APPOINTED STAFF:

- ◆ DENTAL: Dr Bhengu
- ◆ Medical section:
Dr Mthethwa
Dr Sonjica
Dr Ntombela
Mr Edward
Ms Megan
Ms Cele
- ◆ Human Resource Section:
Mr Masondo
Ms Khumalo
Ms Mbuyise
- ◆ Public Relation Office:
Ms N Khumalo

RETIREMENTS

BUTHELEZI D.N (STAFF NURSE)
MBATHA G.V (SNR STAFF NURSE)
ZIBANNI T.J (CHIEF PROF NURSE)
ZULU B.G (STAFF NURSE)

Si- ACHIEVEMENTS

WE WANT TO CONGRATULATE THE FOLLOWING PEOPLE:

Constance T. Dlamini
Jabulile N Mzimela

They received their National Certificate I Dental Assistance. The ceremony was held at Durban University of Technology on the 20/04/2009

CONGRATULATIONS!

yazibongela mfoka Bhengu!

BHEKA SEKHONA OBANI! OUR NEW INTERNS

with
chal-

PUBLIC RELATIONS OFFICER:(intern)



I'm Nondumiso Khumalo AKA "NDUMY"; I'm doing my internship at Nkonjeni Hospital. I'm working as an intern in Public Relations Office. I studied Public Relations Management at Durban University of Technology, and completed my degree in 2007. As a Public Relations Practitioner it's my duty to interact with the management as well as the public, resolve issues or crisis, and sustain the mutual feelings between the public and the management. I enjoy working with people, because I tend to meet new faces everyday and read their minds and assist them with any queries they bring upfront. I will also like to take this opportunity and thank the District and the management for allowing me to be part of this hospital management, and for me to gain as much experience as I can in a different working environments. I hope I will be a great asset and my presence will bring great value to the hospital itself.

HUMAN RESOURCES OFFICER:(INTERN)



I'm Silungile Khethukuthula Khumalo AKA "Slu".i'm doing my internship at Nkonjeni Hospital in Human Resource Section. I studied Public Management at Durban University of Technology where I completed my degree in 2008. As a Public Official I've learnt about Batho Pele, that we should put people first in order for us to deliver the services effectively to the community.

DATA CAPTURER:INFO TECHNOLOGY



I'm Godslove Mziwenkosi Masondo AKA "Mzi", I'm doing internship in Information Technology, and I completed my B-Com (Management Information System) degree at University of Zululand in 2006. I am self-motivated, dedicative young men who like to face new challenges. I'm passionate about Technology and I'm willing to learn new things.

UKUBA KWETHU LA WE HOPE KUZOWENZA UMEHLUKO OMKHULU,JUST LIKE NAKITHI KUZOWENZA,BECAUSE WE ARE IN A VERY DIFFERENT WORKING ENVIRONMENT, AND WORKING WITH NEW PEOPLE.

KUSAZOBAMNANDI!!!!

FUN CORNER

“Hola gal.hola gel”

Siphethe nosisi abahle la eNkonjeni Hospital, so wena hlalanami ngikulethele lesi babani ukuze uzokwazi ukuthi ubani wakuphi.Uzobhema ukholwe.

Sizowazi kabinzi ngosisi ogama lakhe uThully Khanye osebenza khona la ekhaya.

NB:So Sistaz tells us obani uThully?

Thully: a very kind and loving person, but down to earth

NB: Where were you born?

Thully: Newcastle, eMadadeni (I'm a kasi gel)

NB: Wafunda kephi?

Thully: University of Zululand (Ongoye)

NB: What do you do for a living?

Thully: I'm a Social Worker based at ARV clinic.

NB: Why you chose your career?

Thully: It's because I was exposed to child abuse, so I told myself ukuthi kumele ngisize lezi ezinye izingane ezisahlukunyezwa.

NB: Do you have a child?

Thully: Yes, it's a cute boy uLangelihle



NB: Are you driving?

Thully: Yes, my black point A – B skokoro

NB: Spare time wenzani?

Thully: Chill nabangani bami and siblings, but sometimes I have to be a mommy to my boy and practice my responsibilities, coz eish koyaphoqa!

NB: Your favorite dish?

Thully? Roasted chicken and lot of veggies, iyadingeka imifino.

NB: Are you available?

Thully? Sorry guyz, I'm single but not available.

NB: do you ever think of getting married?

Thully: yes! I'm a family person, but if ekhona onezinkomo ezingu 100 than ngingowakhe lowo!

NB: Thully's wardrobe?

Thully: mostly jeans and shirts

NB: weakness?

Thully: shoes

NB: Type of music u listen to?

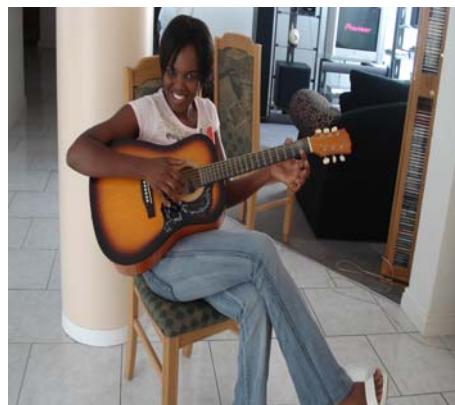
Thully: RnB, gospel and afro pop

NB: what's your favourite destination?

Thully: Durban! Uyazi nawe “FACT DURBAN ROCKS”

NB: Where do you see yourself in 5years from now?

Thully: as one of the top businesswomen (BEE) or even changing my career.



WISHING YOU ALL THE BEST!!!!!!
NGIYABONGA MINA!

***The hospital has been without the PRO since April 2008.
Because of this our newsletter will come out only twice a year.
A special thanks is befitting for the FIO and the CEO's secretary
for putting this issue together.
Thanks also goes to all those who made a contribution
to make this edition a success.
To everyone of you go out there and
make a difference and remember it
doesn't cost anything to be friendly!!!***

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