



health

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

**BETHESDA NEWS**

BETHESDA HEALTH PROMOTING HOSPITAL

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## WOMEN'S DAY CELEBRATION

On the 14 of August Bethesda Hospital held a heartwarming women's day celebration. The celebration was part of the employee cancer awareness who came in numbers during the ceremony. The theme for this year was "Working together towards sustainable women empowerment and gender equality".

Employees were overwhelmed with joy during this day and had an opportunity to be empowered by a number of issues ranging from healthy life style, leadership & change management, identification of the self image etc. Most of us during this event never thought that Miss Skotane can be of a good motivator. She expressed her life experience to motivate the young & old women for the hospital about their Self-Awareness, Self-Concept,



Self-Conscious/Self esteem, Self-Image. Amongst other things that were shared by this young vibrant leader, she told women that they must begin to work on how to become a strong independent women.

*Some important notes to be remembered:*

"Don't compare yourself to other woman"

"Don't base your happiness on being in a relationship" "Don't feel obliged to follow fashion trends"

"Protect your sexuality from rape"

"Expressing yourself & stay educated, informal or formal education reflects your intelligence"

"Stand up for yourself, uphold your standards or principles"

"Take good care of your body-physically, mentally and emotionally."

"Stay in shape improves your overall health, your mood your energy levels which then improves"

"Manage your performance in all aspects of life"

"Manage your finances, learn to pay for your own life"

"Prioritize your spending"



Ms N.L. Sikotane motivational speaker of the day-



General Orderlies dancing the local Isigekle

**WATHINT' ABFAZI, WATHINT' IMBOKODO!**

**Fighting Disease, Fighting Poverty, Giving Hope**

## WOMEN AGAINST CANCER & CANCER SURVIVAL

The women celebration took a firm decision to fight cancer and build on a healthy life style to all women. Miss X. Mazibuko expressed her knowledge to hospital women about risks, prevention and early detection associated with

### Breast cancer

- Most common cancer in women
- 80% of breast cancer are discovered when woman feel lump
- 20 % discovered by mammogram before signs and symptoms
- In 1 in 27 South Africa woman is diagnosed with breast cancer.



Miss X. Mazibuko

Everyone is at risk more than 70% of woman had no family history of breast cancer. However knowing risk factors can help you and your family.

Some risk factors relating to breast cancer are people with: previous breast cancer; first birth after 30 years; early menarche prior age of 12; menopause at 55 and nulliparity (estrogen by ovaries).

Signs and symptoms for early detection could be: one breast become lower and larger; Lump/ tumour especially upper out Quadra – more tissues especially obese people; nipples inverted/ retracted; discharge form nipple bloody/ cancer fluid and swollen or redness e.g. orange peel.

According to most medical practitioners, they say mammography screening at 40 years is the best tool to detect breast cancer and can detect lump before it is large. Those with history of cancer as early as 30 years. Self-breast examination monthly is important and recommended to all ladies for early detection.

### CERVICAL CANCER

Is the second most common form of cancer in woman with 35 years old. It is caused by human papilloma virus - HPV 80% of sexually active woman acquire a woman HPV infection.

Risk factors associated with cervical cancer are: early sexual intercourse; early child bearing; multiple partners and HIV infection.

Signs and symptoms

- Irregular bleeding
- Vaginal discharge
- Unpleasant odor
- Pelvic / back pain
- Warts
- Cauliflower



Mrs Z.F Ndhlela, supporting women about how to survive cancer

It is recommended that the vaccine should be given to prevent warts in woman before becoming sexually active. Vaccine will be available in schools as from February 2014.

**Skin cancer** is the most common cancer and has highest incident of cancer in the world. The good news about this type of cancer, it can be prevented by respecting the sun ultra-violet rays penetrating the skin.

Some risk factors associated with such cancer are: fair skin due to less pigment (melanin); Blond or red hair; history of sunburn as a child; excessive sun exposure; tanning of the skin SPF15 or higher; personal HX of skin and weak immune system – HIV.

In order to prevent skin cancer, it is advisable that you seek shade especially 10am and 16pm due to some strong sun rays. Carrying umbrella during hot days, wearing your white clothing on hot, sun glasses damage cornea and conjunctiva causing cataract and the use of sunscreen with SPF.

**Colorectal cancer** is the cancer of the colon or bowel cancer and commonly found in person over 50 years of age. It is associated with people who like red meat, people unactive lifestyle, smoking people, people with obesity, people taking alcohol and radiation.

Signs and symptoms of this cancer are: diarrhea or constipation; rectal bleeding; feeling that your bowel does not empty completely; unexplained weight loss and abdominal discomfort.

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Staff attending Women's Celebration

The hospital commended the ongoing support from the Jozini local police station by sending Ms Nyawo who brought in a presentation and awareness on social ills and abusive behaviors that must be reported to the police station. We commend the young lady who made us aware of quite a number of issues which were not exposed to our knowledge.



Mrs Vilakazi giving vote of thanks to the participants



Ms Nyawo from Jozini Local police Station

The hospital management saluted the donations and contributions by all staff members to support the activity and their participation during the event.



Miss N Skotane



No. 1 Hospital Choir singing at Chapel



Mrs S.N Mbele Programme Director



Miss N.T Khumalo addressing about the purpose of the day

## **TAKING SERVICES TO THE PEOPLE**

The Employee Wellness led by Mthokozisi Gumede has recently organized SARS services to Bethesda employees and surrounding tax payers. This initiative was very much successful since most of Bethesda staff have benefited from sending their returns and were afforded an opportunity to make related enquiries to the dedicated SARS team of

employees. It was unbelievable to some of the tax payers about the quick and a friendly service from SARS employees. The staff commended the work done by the employee wellness since it has limited their travelling to Richards bay for SARS services. Well done Ms Mhlongo and your dedicated team of employees.



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# STRESS AND YOUR HEALTH

Many serious illnesses such as hypertension and heart conditions are stress-related. In short; STRESS can kill you. The killer bug stalking the corridors and cubicles of workplace is STRESS.

## A CLOSER LOOK AT STRESS AND HOW IT MANIFESTS

STRESS can result from anything that annoys, threatens, scares, excites worries, angers, and challenges or reduce self-esteem.

## MANIFESTATION

**The danger of STRESS is that its severity undermines decision making.**

### Physical

- ⇒ Frequent headaches
- ⇒ Change in appetite
- ⇒ Exhaustion, fatigue
- ⇒ Insomnia/hypersomnia
- ⇒ Muscle aches and general aches and pains
- ⇒ Gastrointestinal disturbances

### Mental

- Forgetfulness
- Poor concentration
- Negativity
- Confusion
- Depression

### Emotional

- Anxiety
- Frustration
- Short temper
- Irritable
- Paranoia
- Crying easily
- Lethargic

### Work related symptoms

- Loss of interest and commitment to work
- Lack of job satisfaction
- Late coming
- Loss of confidence
- Withdrawal from clients and colleagues
- Poor performance
- Absenteeism
- Substance abuse

### Managing stress

If you relate to any of the symptoms and realize that you are stressed it is recommended that you re-evaluate your professional expectations

- Know yourself
- Set new realistic goals
- Do not take responsibility for things you cannot help or change
- Know what makes you stressed and work effectively towards reducing your stress levels
- Care for yourself
- Take time out to do things that you enjoy
- Do breathing exercises

- Create boundaries between profession and personal lives

**CONTINUALLY EVALUATE YOUR STRESS LEVELS BEFORE YOU BREAK DOWN.**

**Presented by Clinical Psychology Department**

***Fighting Disease, Fighting Poverty, Giving Hope***



## JOZINI CLINIC LENDING A HELPING HAND

In the spirit of “Ubuntu” and “Making everyday a Mandela Day”, Jozini clinic staff members has afforded a 18 year old young lady Mbali Ngwenya the opportunity to dress like Itshitshi at the annual ceremony called the Reed Dance held at Nongoma. It was mini ceremony that brought tears of joy to Mrs Ngwenya who is the mother of Mbali Ngwenya.

Mbali is a young lady that is ambitious about the traditional ceremony called “Umhlanga Wezintombi” and is currently doing Grade 9 at Ezibukweni high school. According to the clinic Sister Mrs Dlamini based at Antenatal Care Clinic, they identified Mbali during the daily operations of the clinic while they were engaging with her mother Mrs Ngwenya on some family

challenges. “We were deeply touched Mrs Ngwenya when she told her story about her child who is passionate about ‘Isiko Lokuhlolwa’ which also promote the abstinence and good behavior”, said Mrs Dlamini. The committed clinic staff went an extra mile donating all the traditional attire and transport fare for Mbali to wear it during the Reed Dance held yearly in September.



Ms Dlamini handing over a gift to Mbali while Ms Ndlanzi taking a big hug from Mrs Ngwenya



Jozini Choir at its best

Mrs Ndlanzi who is the Jozini Clinic Manager added that their aim was to offer assistance by giving back to the community and to promote abstinence to young girls in order to reduce the HIV/AIDS infectious decease. “As the clinic, we are glad that there some young girls who are still proud of themselves as we believe that abstinence is one method of promoting sexual and reproductive health thus reducing HIV/AIDS and reducing teenage pregnancy”, said Mrs Ndlanzi. Mbali thanked the clinic staff for their eagerness to help her to fulfill her dream to have

her own full attire which will help her yearly. “I have never thought that the clinic understand our challenges as community members but today I want to thank all of you for helping me and I will keep my dream to be Intombi Nto up until I become the Doctor after completing my studies”, said Mbali Ngwenya.

### Big Up Jozini Clinic!



Mbali dancing on her traditional attire



Humbled Mbali with Ms Dlamini



Jozini Staff enjoying with patients

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# Tuberculosis (TB) Smart Card

Tuberculosis, or TB is a disease caused by bacteria called *Mycobacterium tuberculosis*. TB can attack any part of the body but most frequently attacks the lungs.

- Nurse is exposed to infection, she must wear a mask.



## Stop the Spread of TB

### IF YOU HAVE TB SYMPTOMS



#### Cover your Cough

Cover mouth and nose with tissue or arm/elbow when you cough or sneeze. Put used tissue in bin and wash hands.



Open windows and doors to let fresh air in when using public transport (taxi or bus)



If possible, sleep separately and do not share a bed. Open windows and doors to let fresh air in

## Treatment

### IF YOU WANT TO GET WELL



Health care workers at the clinic will put you on medication and assist you to join and participate in a DOT (Directly Observed Treatment) program where you will receive support from a health care worker/volunteer to take your medication daily

TAKE YOUR MEDICATIONS FOR A MINIMUM OF 6 MONTHS, OR UNTIL YOUR HEALTH PROVIDER INSTRUCTS YOU TO STOP



Take your medicine at the same time every day (an hour before meals, or an hour after meals)

Ask a DOT health care worker/volunteer to remind you

## Mild Side Effects

### MEDICATIONS MAY CAUSE SIDE EFFECTS

#### CHANGES IN COLOR OF YOUR SKIN OR BODY FLUIDS



Tears may change color



Sensitivity to sunlight (avoid sun if possible) or cover your skin



Urine may turn red or yellow

TB treatment reduces the effectiveness of birth control pills. If you are on birth control you may need to change the dose of pills or use another method

## Symptom Recognition



Coughing more than 2 weeks



Weight loss



Drenching night sweats, or Fever

### More symptoms

Weakness, chest pain and other aches, sometimes coughing blood



Active TB disease is diagnosed by the sputum test and x-ray

## TB Facts



TB is spread through coughing and sneezing

Cover mouth with a tissue or an arm/elbow when coughing or sneezing



Use my medication? NO! Don't share medications

- People with HIV/AIDS are at greater risk for TB
- Feeling better after beginning treatment does not mean you are cured. Finish your medication.

TB is not shared through touch **REMEMBER TB IS CURABLE**

## Treatment

### WHAT TO DO IF YOU MISS A DOSE

CONTINUE TAKING YOUR MEDICATION ACCORDING TO YOUR SCHEDULE

DAY	1	2	3	4	5	6	7	8	9	10
JAN										
FEB	X	X	X	X	X	X	X	X	X	X
MAR	X	X	X	X	X	X	X	X	X	X
APR										
MAY										
JUNE										



Do not take 2 doses at the same time. If you miss many doses, you must see your health care provider as soon as possible

For some patients who are drug resistant or who were previously treated for TB, doctors will recommend different medications or a longer treatment plan which you must follow.

Most common medications are: Isoniazid (INH), Rifampin, Pyrazinamide and Ethambutol

## Severe Side Effects

### MEDICATIONS MAY CAUSE SIDE EFFECTS THAT REQUIRE MEDICAL ATTENTION OR A CHANGE IN YOUR DAILY ROUTINE



- Loss of appetite
- Vomiting, Fever, Nausea, Pain in the stomach
- Sore joints, including redness and swelling

Seek medical attention immediately if you have the following effects:

- Yellowing of the eyes
- Trouble seeing or hearing
- Severe rash and blotching of skin
- Sudden onset of coughing up blood

## Healthy Behaviors



Do not smoke ...do not take drugs ...and do not drink alcohol



Maintain good nutrition by eating healthy foods such as beans, grains, fresh fruits and vegetables

## TB and Children

• The immune system of children under the age of 5 is less developed, placing them at high risk for TB infection.

• Children under the age of 5 in close contact with a person having TB should receive preventive therapy (INH) to prevent development of TB disease.

• When a child has TB it usually is because a grown-up living in the family has it. All adults in the family should be examined for TB to find the source of the disease at home and get treatment.

• Children with HIV are also at high risk of developing TB, including TB meningitis, which may lead to complications such as deafness, blindness, paralysis and mental retardation. They should receive INH to prevent development of TB disease.



## TB/HIV Co-infection

### AVOID BECOMING INFECTED

#### To prevent TB:

- HIV infection weakens the immune system. All HIV infected people should be screened for TB disease or infection.
- If you are HIV positive and also test positive for TB disease, you should get treatment as soon as possible. If you are taking HIV/AIDS medications (ARV's), inform your health care provider to avoid drug interactions.

TB is curable even if you have HIV

#### To prevent HIV:

- Use condoms correctly and all the time.
- Reduce sexual partners.
- For young people, delay having sex.
- Get circumcised (sms 'MMC' to 43740 for more information).



## TB is Preventable

### IF YOU HAVE SYMPTOMS, REMEMBER ...



Cover mouth and nose with tissue or arm/elbow when you cough or sneeze.



Use a condom to prevent HIV infection



Have children screened for TB and tested for HIV



See your health care worker/volunteer

Avoid enclosed areas

## Prevention and Children

Ensure that your newborns receive their BCG vaccine according to national recommendations.



Do not worry about the blister that forms. It will heal and disappear, leaving only a small scar.

## TB and Children

TB and malnutrition often go together. Children with TB disease may fail to gain weight, show loss of energy and have a cough or fever lasting for a long period.

For children under two years of age, if you see these symptoms, have them tested immediately

- Sudden loss of appetite or interest in breast-feeding; rapid weight loss; fevers for long duration (2 weeks).
- Loss of consciousness
- Drowsiness and/or excessive sleepiness

## TB/HIV Co-infection

### Know your HIV Status

HIV increase a person's risk of TB infection and disease.

Go to your clinic and get an HIV test



### TB is the leading cause of death in people infected with HIV.

Go to your clinic and get a TB test



National AIDS Helpline 0800 012 322

## TB is Curable

### TB IS CURABLE IF YOU REMEMBER TO ...



- Take your medication for the full 6-8 month duration
- Follow your health care worker/volunteer provider's instructions



Follow a healthy lifestyle

For more information contact : USAID TB South Africa Project on 012 484-9300 www.tbsouthafrica.org

# BACK CARE AWARENESS FOR STAFF

3-9 September was Back Week on the Health Calendar. Knowledge is power, remember and act on the following:

Weak or unfit muscles make your joints work incorrectly. Sit properly tuck your tummy in, chest up, ears in line with shoulders. Carry objects correctly, closer to your body, if heavy ask for extra hands, push with a trolley. If it hurts look after it (listen to your body), TB spine can cause back pain. Strengthen your core muscles to ensure protection of your back.

About 75% of health care workers suffer from back pain during their career.

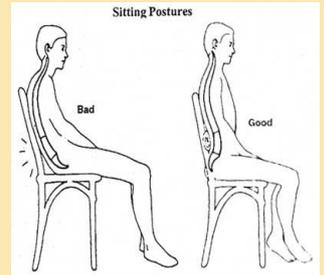
Incorrect handling of patients can lead to back pain:

⇒ lift the bed to the correct height as constant bending will increase strain on the back

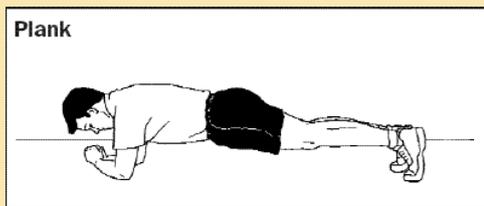
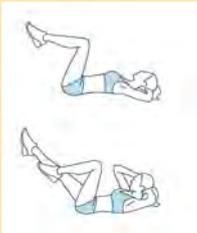
⇒ bend your knees when lifting patients/heavy objects to decrease strain on the back

Ensure your work is directly in front of you as repetitive twisting will also lead to strain

There is a link with stress and back pain- regular exercise helps to decrease stress levels. It is your back for life, whether hurt or not. For more information and advice ask the physiotherapist.



## Important Shapes to be remembered



## UKUNAKEKELWA KOMGODLA

Ngomhlaka 3 kuya 9 September ekhalendeni loMnyango wezeMpilo bekuqwashiswa ngomgogodla neqolo.

Ulwazi lungamandla, khumbula lokhu okulandelayo bese wenza kanjalo:

Izicubu noma izinyama zomzimba ezithambile noma ezintekenteke zenza amalunga omzimba asebenze ngokuqgilazeka. Hlala uqonde uma uhlezi, khweca isisu, isifuba siphakame, izindlebe ziqondane namahlombe. Sebenza kwileveli elingene wena ukuze ungalokhu ugoba iqolo njalo noma isikhathi eside. Umsebenzi wakho kumele ube seduze kwakho ngoba ukusebenza ngokujijeka uphindaphinda kuyingozi.

Ukuba nengcindezi kubuye kuhlobane nobuhlungu bomgogodla

Qukula noma thwala ngendlela engalimazi, umthwalo awubeseduze nomzimba, uma kusinda kakhu-lu cela usizo, qhuba ngenqola ukuze kube lula.

Uma umgogodla ubuhlungu wunakekele(lalela umzimba wakho) iTB yomgogodla nayo ingabanga ubuhlungu beqolo. Jimisa uqinise izicubu esisingathe umgogodla ukuze uvikeleke umgogodla wakho

Umgogodla wakho ungowakho impilo yakho yonke, uwulimazile noma ungawulimazanga. Ukuthola ulwazi olwengeziwe nemibono buza kwi physiotherapist



Physiotherapist demonstrating some of the important movements during the day

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## IGXATHU ELISHA KUSUNGULWA IZIKHUNGO “PHILA MNTWANA”



Izikhulu eziphezulu kwethulwa uhlelo

Umnnyango wezeMpilo esifundazweni ubambisene noNdunankulu uDokotela Zweli Mkhize basungule ngokusemthethweni uhlelo olubizwa ngo “Phila Mntwana Center”. Loluhlelo luqonde ngqo nokulwa nokushona kwezingane ezingaphansi kweminyaka emihlanu zibulawa ukungondleki kahle. Uhlelo lolu lubhekelele kakhulu ukuthi izingane mazisheshe zibonakale bese zidluliselwa emtholampilo zisheshe zisizakale.

UDokotela Zweli Mkhize kanye noNgqongqoshe woMnyango wezeMpilo uMnu Sibongiseni Dhlomo bakubeke phambili ukuthi kunakekelwe abantwana abancane nokuhlinzeka ngosizo komama abakhulelwe kanye nabanebelethe ukuze izingane zabo ziphile kahle. Isibhedlela i-Bethesda ngokuzibophezela kwaso ukufeza injongo yoMnyango kanye nokuhlinzeka umphakathi ngosizo olusezingeni, sesiqalile ngokuqeqesha o-Nompilo (CCG's) abangaphezulu kwekhulu (100) ukuba balekelele umphakathi othintekayo. Ithimba lo-Nompilo yilo ngqo elizobhekana nalomsebenzi libambisene nzo zonke izinhloko zomphakathi ukuze silwe nokushona kwezingane okungavimbeka.



UMnyango uhlele ukuthi kulandelwe lezi zindlela ezilandelayo ukuthi kuhlinzekwe ngosizo emphakathini:

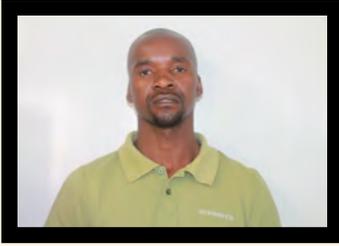
- \* Ukukhula kwezingane.
- \* Ukuhlelela isifo sendlala.
- \* Ukunikezelwa kwamavithamini.
- \* Ukulwa nesifo sohudo.
- \* Ukugqogquzela ukuceliswa kobisi lwebele.
- \* Ukuhlelelwa isifo sofuba.
- \* Ukufuna labo abangayi emigomeni efanele.
- \* Ukudluliselwa kwabathelekile ngesandulela nengculazi.
- \* Ukulekelela labo abanegciwane lesandulelangculazi nengculazi uqobo.



“PHILA MNTWANA”

*Fighting Disease, Fighting Poverty, Giving Hope*

## NEW APPOINTEES AND PROMOTIONS



MR. C.B DLAMINI:  
ARTISAN FOREMAN



MS. S.N VILAKAZI:



MS. J.O FAKUDE: LINEN  
ORDERLY



MS. N.N GUMEDE:  
LINEN ORDERLY



MS. Z.G MTSHALI: LINEN  
ORDERLY



MR. D.P MYENI:  
LINEN ORDERLY



MS. N.A MYENI:  
LINEN ORDERLY



MS H.J COOMBE:  
OCCUPATIONAL THERAPIST



### Our New Assistance Nurse Manager—Mrs W.N Magagula

Greetings in the name of our Lord Jesus Christ, I'm very much delighted to be offered an opportunity to join Bethesda management crew. I wish to extend my sincere gratitude to all staff for a warm welcome. With commitment, dedication and collaborative efforts we will rise to greater heights.

#### Adherence to Six Priorities will be enhanced by:

- Ensuring client satisfaction regarding cleanliness.
- Monitoring long queues and waiting time in busy areas.
- Ensure that patients with special needs/high risks i.e. mentally ill receive special attention.
- Showcase positive role modeling to staff and encourage the culture of caring and positive attitude which underpins service delivery .

All these can be attained through continuous striving for excellent competence is not enough.

Thanks a million.



### Our New Assistance Nurse Manager—Miss N.J NDLANGAMANDLA

I Am Nomsa Joyce Ndlangamandla. My previous employer is Newcastle Provincial Hospital which was converted to a mother and child Hospital in October 2012. I worked there as an Operational Manager in labour ward.

I feel Honoured to be part of Bethesda Health Promoting Hospital. My wish is to take Maternity and Paediatric services to the best level i.e by meeting the vision, mission and Objectives of this institution.

Together with the team we will decrease maternal mortality and morbidity, neonatal mortality, morbidity mortality and complaints in our institutions, through compliance with CARMA principles as well as NCS.

THANK YOU!

# MENTAL HEALTH MONTH FOR BETHESDA

## CRIME PREVENTION, TEENAGE PRAGNANCE & DRUG ABUSE AWARENESS TO LOCAL SCHOOLS

The dedicated hospital Mental Health Team together with School Health Team has recently supported the local schools through information sharing and advice on a Crime Prevention Awareness campaign. The campaign was targeted to two schools namely Nkangala primary & Nsinde high and some members of the community.

The areas were identified as the areas who have the high rate of substance, sexual abuse and is affected by lot of crime. The campaigns was attended by an overwhelming number of learners, teachers, traditional leaders including Induna Myeni, SAPS, & the community members.



Well vested Mrs Mngomezulu educated the learners and community about the types of drugs commonly used in our area which are: dagga, benzene, cuber, alcohol, snuff (now commonly called "Girl"). She added that the signs and symptoms of a person abusing drugs can be seen frequent hunger; eating now and again; hallucinations; sometimes isolation; red eyes; violent and sometimes sleepy at all times.



The awareness also had an emphasis on abstinence to fight unplanned pregnancy and being infected with HIV. Mr T.C Myeni who is the Social Worker was well understood by learners when he emphasized on of sexual assault. He urged the community to report every incident of crime and abuse either directed to children or adults. The hospital team also offered support to the community about the following: injectable contraceptives; intra uterine contraceptive device; male & female condoms; on-going counseling; rehabilitation; oral contraceptives etc. The hospital want to thank the local schools & traditional leaders & the local community for their support to the hospital programmes.



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# MATERNITY DONATING TO TWINS

The excellent service done by Bethesda Maternity ward was recently applauded by number of women delivered at Bethesda hospital. Mrs Ntombi Marrengane is one of the women's who delivered at Bethesda and has sent sincere donations (in the form of children clothing's & blankets) to Maternity Ward complimenting the hospital care and wished that the donations could be sent to needy families.



One infant received donations



Board members with Operational Manager and Deputy Nursing Manager



Granny and her twins



Mother and her Twins

The hospital issued these donated items to mothers who gave birth to twins as part of meeting them half way to raise their children. We salute such initiatives from our clients and we are very much proud as the hospital.

## COLLABORATION OF SERVICE DELIVERY HAS IMPACTED LIVES

Jozini Women's Forum had a successful campaign in reaching out local schools and community members. The campaign was a response to a number of challenges laid to this forum which is a representation of community leaders and government officials.

Mrs P.S Khumalo (CEO), Ms J.S Nyawo (PHC Manager) Mrs T Mathenjwa (Jozini Prof Nurse) are also the elected members on this structure. Recently the team visited schools supporting them with soccer, netball kits & 10 pack of groceries as the Women's

Forum contribution towards Women's Month celebration. The chairperson, Mrs Mthethwa expressed her commitment to the local people to come forward to the Women's Forum whenever there are issues of their concern.



Ms Nyawo Makhanya Speaker of Jozini Municipality with the team applauded the learners to have responsible government and pleaded with them to be learned so that they become active participants in the economy of the country.



10 households at Sqakatha tribal receive groceries during the day



Mankenke high school learners receive netball & soccer kits from the Women's Forum



Sqakatha teams receive netball & soccer kits as well during the day

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# SUBSTANCE ABUSE

Substance abuse in the work place is one of the problems that have been identified to be affecting productivity or job performance of the employees negatively. Mental health incorporating Wellness centre conducted a Substance Abuse Awareness Campaign for Bethesda Hospital staff on the 30<sup>th</sup> of August 2013.

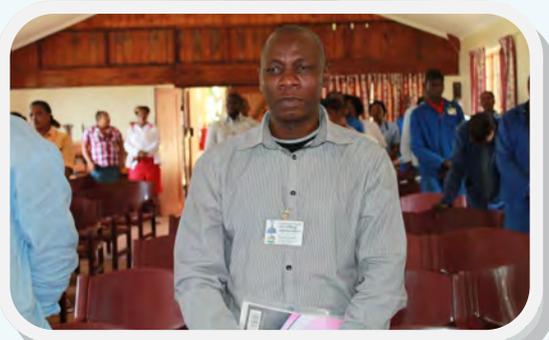


The mental health care coordinator by the name of Sister Mngomezulu expressed her experience towards the campaign. Bethesda hospital has achieved a lot in addressing the challenges related to substance abuse, the level at which staff consume alcohol for various reasons and members of the public involved on these behaviors patterns.

“Through this initiative the hospital wants to raise awareness and highlight possible work related challenges and consequences of substance abuse amongst employees. To also encourage employees of channels to take and assistance that is available for staff”, said Mrs N.E Mngomezulu. The event was encompassed with various presentations that took place



**Representative from SANCA exploring about their services**



**Mr Hlatshwayo sharing a health talk on Rehab voluntary in order to be helped**



**Dedicated Mental Health Team of Bethesda**

on that day specifically on substance abuse which included SANCA, Pharmacy, Psychologist, motivation by a representative from one of the employees. SANCA an NGO that specialize with substance abuse in South Africa they were also there to give crucial information about the drugs and their negative consequences. Bethesda Hospital Clinical Psychologist also touched on substances and brain, human behavior, psychotic disorders, substances and pregnancy, intellectual functioning vs. substance abuse and substance induced psychotic disorders. Pharmacy department gave an in-depth talk on prescription drugs and non-prescription drugs, they highlighted addiction to medication, dependency to treatment, self prescription medication, overdose, sharing of treatment and drugs and children. Pharmacy also elaborated that taking treatment for the condition that is not diagnosed for by a

medical officer is dangerous and sharing adult prescribed medication with children. One of our employees who had such a challenge was given a mouthful opportunity to give awareness voluntarily to employees about the negative effects of abusing substances. Hospital audiologist also delivered health talk on the importance of taking care of our ears and problem related to hearing impairment, audiologist also distributed pamphlets to employees. The mental health team also expressed their heartwarming gratitude to be supported by an overwhelming number of employees to their programme.

# FAREWELLS TO MRS N.N MTHEMBU

The hospital recently bid a farewell function to Mrs N.N Mthembu (Quality Assurance Manager) & Miss R. Chandergupth who was our for a long time. These two has shown their greatest support to the

hospital. Their hard work will be missed. We really enjoyed working with you guys. Wherever you go please continue sharing your smile and the flag of your achievements while at Bethesda.



## BATHO PELE AUDIT FOR BETHESDA HOSPITAL



National & Provincial Batho Pele M & E Team

**T**he Department of Public Service and Administration has identified September 16—20 as the Public Service Week and a month long geared towards improving service delivery. In consultation with the Office of the Premier, the DPSA service delivery unity has identified Bethesda hospital as one of the sites that should be reviewed in terms of service delivery.

The exercise was a two day period by SMS members and two Batho Pele champions in the KZN province to monitor & evaluate the implementation of Batho Pele within the institution. Members present during this service was Mr S.V Mabunda (Senior Manager: DPSA); Ms T. Khumalo (Senior Manager: DAEA); Mr R. Ramsaroop (Major General SAPS); Ms L.F Luthuli (Deputy Manager: DOPW); Mr V.W Gumede (Senior Manager: DSD); Mr S. Ngcobo (Senior Manager: Community Safety & Liaison); Mr P.B Langa (Major General: SAPS) & Mr M. Khanyile (Senior Manager: Office of the Premier). The purpose of this exercise was to ensure that DPSA together with the OTP review the functioning of some government departments by entering them on the National Batho Pele Excellence Awards Ceremony which is the first time service award under the leadership of

Minister Lindiwe Sisulu. Bethesda hospital was very much grateful to enter on the evaluation since the hospital has been characterized as the deep Rural hospital but has achieved a number of achievements including MBFI, RuDASA Award, Impumelelo 2003/04: Bethesda AIDS Action Team, Accreditation of the Health Promoting Hospital in 2010, Cecilia Makiwane etc. Mrs P.S Khumalo thanked the KZN government & DPSA for nominating Bethesda hospital to check the standard on implementation of Batho Pele as it will contribute to the growth and development of the hospital. The results of the audit will be shared soon after the adjudication process. The team of evaluator was impressed by a number of this which looked excellent in the operations of the hospital.



Patient interviews & evidenced based assessment was conducted

*Fighting Disease, Fighting Poverty, Giving Hope*

# LETTERS TO THE HOSPITAL MANAGEMENT

IYA: KUBAPHATHI BESIBHEDLELA

Bethesda Hospital

Private Bag X 602

UBOMBO

3970

04 JUNE 2013

## IZINCOMO

Sifisa ukudlulisa ukubomga okukhulu kubasebenzi balesibhedlela ikakhulukazi amaNurse ase-Male Ward.

Silethe uJ.B Mdletshe on Sunday engakwazi kwakwenzani kodwa ngosizo lwabasebenzi namhlanje sithole umehluko umkhulu kakhulu.

Sicela niqhubekele phambili nomsebenzi wenu omuhle ningadinwa yithi

Siyabonga,

Sthandile Mdletshe &

Phumzile Mdletshe

MANQONQO AREA

P.O BOX 39

**UBOMBO**

13 August 2013

Mphathi Sibhedlela

Bethesda Hospital

Private Bag X 602

UBOMBO

3970

Nkk. P.S Khumalo

## INCWADI YOKUBONGA

Siyanibingelela egameni leNkosi yethu uJesu krestu, sinethemba isanigcinile.

Siwumndeni wakwa Sukazi sithanda ukudlulisa ukubonga okungelinganiswe nalutho ngezinto ezinhle enisenzele zona kanye nemindeni yenu kanye neminyango eyehlukene yesibhedlela.

Sibonga ukusisingatha ngothando, imikhuleko kanye nomoya wobunye esimweni esibhekane naso. Kwangathi lokhu enisenzele kona ningakwenza nakwabanye.

uJehova anibusise anandisele nalapho nithathe khona.

Siyabonga.

Mnu. M.J Sukazi

## LETTERS TO THE HOSPITAL MANAGEMENT CONT.....

To whom it may concern

I was a patient for +/- 1 month in the male ward at Bethesda Hospital from cleaners to tea sisters, all doctors, nurses, Matron Mrs Mahlinza. Special thanks to Dr. Nkabinde, Dr. Kendal, Dr. Amanda Medical Manager, Dr. Gate for steering such an enormous ship.

Thanks to all,

Mr Paul Swat

Mphathi sibhedlela Ne-Management

Ngifisa ukudlulisa ukubonga kwami ngempatho enhle nemnandi engiyithole kulesisibhedlela senu. Into uma iyinhle iyanconywa.

Ngi admithwe lapha esibhedlela mhlaka 5/6/2013 e-female surgical ward eyi baphathi bami angazi ngingayichaza ngithini impatho engiyitholile kuleliwodi emanisini asemini nawasebusuku, especial kwawasebusuku, kuyaye kuthiwe amanesi asebusuku awanasizo mina ngilubonile kimi usizo lwabo ikakhulukazi uSir Nyathi, uNurse Gumbi, uNurse Myeza nestaff sasemini oNurse G.B Mazibuko, Nkosi, NomDlalose nabanye ngithi kubo Ngiyabonga iyabonakala imfundiso enhle kubo nempatho enhle abasiphethe ngayo lapha ewodini, bebengazi nokuthi ngiwunesi baze bezwa ngosuku lokugcina sengihamba but impatho yabo ibimangaza kukhulu. Ama Patient Right yinto abayi-applayayo ne-Batho Pele.

Ngithi Ngiyabonga kukhulu umsebenzi wabo uyancomeka kukhulu. Ngelinye ilanga bayowuthola umklomelo ngothando lwabo lokuthanda abagulayo. Bengizizwa ngisekhaya kulesisibhedlele, qhubekani nomsebenzi wenu omuhle niyobongwa nguJehova. Ngibonge nakoDokotela nestaff sonke.

Ozithobayo

Nozipho Mthembu KwaQondile

### To: All Clients Wrote to us!

The Management of Bethesda hospital wish to extend hearwarming gratitude for your letter complimenting the service rendered by our hospital. The hospital has received several letters coming from you and due to space our editorial team published a few. It is our mandate to deliver quality service to the people and we have noted some areas of improvements that was also share on your letters. The hospital is committed to improve a number of challenges which include long waiting time etc. The introduction of more experienced doctors and management & clinical staff has been very successfully in the last few months. Siyabonga kakhulu ukusibhalela kwenu siyafisa ukuthi niqhubeke njalo nokubambisana nathi ngezikhathi zonke.

**Mrs P.S Khumalo**

**Chief Executive Officer**

Thank you for taking your time to read our publication and we are looking forward to hear from you.



Editorial Team:

Mr T.K Zulu: Public Relations Officer

Miss N.T Gumede: Public Relations In-service Trainee

Mr S.H Qwabe: Public Relations Intern



Should you wish to comment on our newsletter, don't hesitate to contact the Public Relations Office at:

Tel: 035 595 1004 ext 196

Or

Email your comments to:

[thandinkosi.zulu@kznhealth.gov.za](mailto:thandinkosi.zulu@kznhealth.gov.za)

Mr T.K Zulu:

Public Relations Officer

## BETHESDA HEALTH PROMOTING HOSPITAL



**BETHESDA HOSPITAL IS A BABY FRIENDLY HOSPITAL**

*Fighting Disease, Fighting Poverty, Giving Hope*