



# QHAKAZA BETHESDA NEWS

Volume 1, Issue 2

July/August 2005

## INSIDE THIS ISSUE:

|                                     |   |
|-------------------------------------|---|
| Launch of New Services              | 1 |
| Izinduna & Amakhosi story           | 1 |
| Hospital Manager's note             | 2 |
| Message from Management             | 2 |
| P. R.O's message                    | 3 |
| Nutrition and Dietetics information | 3 |

### Special points of interest:

- ? Oral Health month 'asigcine amazinyo ehlanzekile'
- ? Winning Poem
- ? Breast Feeding awareness month
- ? The role of Nom-pilo's
- ? Graduation Ceremony
- ? Move for your Health Campaign

## IMPRESSIVE LAUNCH OF NEW SERVICES TO IMPROVE DELIVERY

**O**n the 10 August 2005, Bethesda Hospital hosted Imbizo plus launch of new services. Also celebration of women's month. The purpose of the day was to introduce the new services, viz TOP, ARV rollout programme in a deep rural setting.

Also to encourage women to take charge of their health through cervical screening and colposcopy-this service helps women to check their status in terms of cervical cancer. (uhlelo lo-kuhlola isifo somdlavuzwa wesibeheletho)

Approximately one thousand community members and hospital staff attended the event at Mangwazana

Hall-Ubombo area.

The guest speaker for the day was Dr. M. L. B Simelane, she touched a number of issues pertaining health services. She explained the



Community members came in numbers to witness the launch of new services-at Mangwazana Hall

importance for Termination Of Pregnancy in the Hospital (not to bush doctors) in such a way that every body who attended the event, got a clear picture about why



Ms. CD Maoela, Dr MLB Simelane & Mrs. PS Khumalo-During opening prayer

the hospital is launching this service. People's perception in relation to TOP was that, it's all about killing unborn babies. "Ukuhushulwa kwesisu kuphela"-Iqiniso lithi isibhedlela sibheka ikakhulu izizathu eziholela ekutheni umuntu afune ukukhipha isisu" this is done after counseling by Social Workers at the hospital. The truth is, in most cases people are given counseling first-through the service of Social workers

## THE IMBIZO WAS BLESSED BY THE PRESENCE OF THE AMAKHOSI AND IZINDUNA

As Bethesda hospital we greatly recognized the Amakhosi and Izinduna for the major role they are playing in decision making for the functionality of the institution and their role in the hospital board.

As management we would like to send our greatest appreciation for participation in all hospital events and activities. We



Induna-Mr V.E Myeni receiving the gift

wish to encourage and moti-

vate you to continue with the good work that you are doing for the community and the hospital at large.

Sicela ukuba ningadinwa nangomso, qhubekani nomsebenzi omuhle wokusiza abantu baseNingizimu NeAfrika.

**"SIBONGA ASIPHEZI"**

# HOSPITAL MANAGER'S NOTE

**I** welcome you all to our second edition of Qhakaza Bethesda News. The first edition was introduced with great excitement.

I hope that staff members were excited and impressed by the information and news that were highlighted on the newsletter

August has been the busiest month in terms of Health calendar, as Bethesda we have launched new services-viz

TOP, ARV rollout in a deep rural setting. Oral health month (encouraging people to take care of their teeth and keep them healthy) Breast feeding campaigns-whereby all women are being motivated to breast feed, not to give children tin milk (one event was held at Ophansi Hall and another one at Hospital chapel)

As we have noted from the first edition that all issues pertaining hospital challenges were fully outlined and discussed in a full view. The management is continuing

with the effort to improve hospital conditions, in terms of infrastructure and also working conditions.



Mrs. PS Khumalo at Ophansi clinic, Breastfeeding event

As an institution we have managed to address some

of the most critical areas that were regarded as major challenges, such as reducing waiting time.

## MESSAGE FROM THE MANAGEMENT –WOMEN'S MONTH

**W**ith August having been dedicated to women, as management we would like to salute and honour women for their achievements in every aspect. Let us celebrate a decade of democracy in the country and the contribution made by the women of this country.

Building a better life through fighting poverty and diseases, not only in South Africa but also in the continent is still a bigger challenge that needs to be addressed by every sector. During this month, we would like to challenge women, men and children to be actively involved in seeking Justice and Peace for women

to maximally highlight women's importance in society as building blocks of the future.



Mrs. A. N. Khathi after delivering her speech on Human Rights, during the Imbizo

She encouraged women to play a positive role and the leading part in shaping the society. She highlighted the importance of respecting women in our homes and in the work place. "All the women abuse, domestic violence, sexual molestation and raping of young women must stop" concluded Mrs. Khathi



Onompilo-benza umdlalo ofundisa ngokubaluleka kokuba umuntu aye Esibhedlela uma efuna usizo lokuhshula isisu—Hhayi ehlathini



Dr. Allortto and Mrs. Mahlinza explaining about TOP

## THE PUBLIC RELATIONS OFFICER'S MESSAGE

**W**elcome again to our second newsletter edition. From our first edition we have highlighted all the challenges that are hindering our performance in terms of service delivery. We have also noted most of the complaints and suggestions forwarded to the hospital management team.

All these challenges you forwarded as staff members, such as shortage of staff, equipment etc, the top management is fully aware about them.

As government servant we need to be patient. It is not easy to improve and correct the imbalances of the past. It's a

**"Don't panic we are fully aware of all challenges around our hospital, we are working on them"**

tough challenge that can not be addressed over night, it is a

process that need time and proper policies and strategies.

As a PRO, I would love to encourage all staff members to work together with the management in addressing these matters.

"We need to be proud of our institution- ***Bethesda Hospital*** and we should strive for excellence in each an every contribution we make"

*Nkululeko Qyabe*

*PRO*

## NUTRITION AND DIETETICS INFORMATION, KNOW HOW TO EAT HEALTHY

**D**ietitian and Volunteer Assistant working in the Nutrition/Dietetics Department are responsible for seeing any in-patients or out-patients requiring nutrition support. They also service 8 clinics which falls under Bethesda, and the CSD makes monthly visits to Hlabisa and Mosvold hospitals, as well as providing technical assistance to the Umkhanyakude district office. The types of patients that requires nutritional support include both undernourished patients (such as those suffering from HIV and TB or any other chronic and debilitating disease compromising their ability to eat, malnourished children, etc.)

overweight patients (particularly those with arthritis, hypertension or diabetes). During Breastfeed-



Katie Pereira and Nathi Myeni giving educational information about breast feeding and nutrition at Ophansi Hall

ing Week, there was an event at the Ophansi Community Hall., and On the 5<sup>th</sup> August there was an event in the Chapel. The focus is on the appropriate introduction of solid foods and the promotion of continuing to breast-feed children to 2 years and beyond.

Healthy eating according to dietician must include a variety of foods that will allow you to get a variety of these nutrients. Always try to eat many different foods in a day in order to get all these nutrients.



ing Week, departments were holding their own promotional activities. On 2<sup>nd</sup> Au-

# ORAL HEALTH MONTH-ASIGCINE AMAZINYO EMAHLE NJALO

**O**n the third of this month Bethesda hospital hosted an awareness campaign about the importance of having healthy teeth.

Oral Hygienist -Thobeka Mhlongo invited all staff members, community and School kids to celebrate the oral health month. Information and educational campaigns were conducted to mark the importance of the event.

Guide lines on protecting children's teeth. A child's first teeth appears from the age of six months. These first teeth are very important. If they are allowed to decay and be lost early in life the

child will not eat properly and the second teeth may come out crooked. Feeding habits for children should start as soon as they are born. Remember, breast milk is the best for your child. However, if you cannot



Role play by School kids

breast feed because of ill health or some other reason,. Make sure you prepare the correct milk for the child. Ask your clinic for advice if you are not sure how to prepare the child's milk. Healthy food is important for the teeth of the whole family. Every

part of the body including the teeth is affected by what you eat. Healthy food means food that has proteins, carbohydrates, fats vitamins in the right amount.

The most common cause of early tooth decay in babies is sweetened and sugary drinks given in the bottle. Foods like cakes, sweets, ice cream and other drinks containing sugar also cause tooth decay. The sugar that is left to stay on the teeth is turned into acid by the germs that are in the mouth. This acid then eats away the teeth. "Do not let your baby go to sleep with the bottle in the mouth, especially if the bottle contains milk or some sweetened drink"

## ORAL HEALTH WINNING POEM BY— S. Z. Ndlovu

### **NGAMAZINYO AMAHLE APHILILE.**

Ngivezwa ngendaba aweboni, angiwazi  
Axakile ngiyakholwa  
Ngivuka sakusha, ngibaleke ngizephule  
ngiqonde esixubheni nasemthini wo-  
kuxubha

Ukuze ngihleke .....  
**Ngamahle, aphilile**

Ngishaya izindilingana, in-  
gani anghlanzi amateki

Amazinyo lawa,  
kusuka  
nelinenkanzi igci-  
wane.

Angiwabeke thuba  
nantambama yiso  
leso. Yiwo  
lawaya ekhala  
ubuqanduqandu  
emuka namanzi  
Ukuze ngi-  
hleke.....

**Ngamahle, aphilile**

Nawe dokotela awungilwise lempi,  
kabili nje



### **ZIQHENYE NGAMAHLE AMAZINYO ANEMPILO**

onyakeni uhlanze lomlomo. Angi-  
nandawo  
yamagciwane, neyamazinyo abolile  
anginayo,  
neyomoya onukayo, maye! Ngiy-  
awesaba  
Lentanjana ke, oh ngivungule ngayo,  
nokho

belukhona nje uthi lu-  
kamentshisi. Nokho angizu-  
kuyidela  
ukuze ngihleke.....

**Ngamahle, aphilile**

Ungabe usangithengisela  
uswidi mfowethu, kumbe  
ukuba yizithelo ezinjenga-  
mahhabhula bengin-  
gathenga  
ngenkulungwane,  
ngiqinise amazinyo ami.  
Akhumuka  
kanye, amile kanye, emva  
kwalokho ngawoku-  
fakelwa,  
yimali eshisiwe okanye

ngotamatisi.  
Nokho mina ngifuna  
ukuhleka.....  
**Ngamahle aphilile**



Oral Hygienist -Thobeka Mhlongo-Educating Bethesda staff members about how to keep their teeth healthy and clean-She also explains the rules of the competition

Bengthemba ngithi le-  
sisixubho sizongigcina  
unyaka wonke kumbe ibe  
mibili. Kanti angibuzanga  
elangeni, izinyanga ezintathu  
nje vo ngisisintshe. Nokho  
ngizokwenza, ukuze ngi-  
hleke.....

**Ngamahle, aphilile**

# BREAST FEEDING AWARENESS-MONTH



On the left are Nursing School tutors performing a role play about the ten important step of breast feeding. They were highlighting the reasons of breastfeeding a child up to two years, and relationship that is created by mother's breast with his/her child.

On the right is Peads ward doing an educational drama about the importance of breast feeding. They were encouraging mother to give their child breast milk, rather than bottle feeding.



Parents of Ophansi Community area who attended the Breast feeding campaign hosted by Bethesda Hospital had a chance to receive good educational information and the importance of Women month. They were taught about their right as women.



UBISI LWEBELE LUSHIBHILE  
FUTHI LUNEMPILO EYENZA  
UKUXHUMANA OKUHLE PHA-  
KATHI KOMNTWANA NOMZALI  
WAKHE  
BREASTFEEDING IS FULL OF  
LIFE AND IT IS HEALTHY



Above: is Katie Pereira giving a prize to a mother who have answered well, during question time at Ophansi Hall when there was a Breast Feeding awareness campaign- hosted by her department (Nutrition)



Above: T.B team and Female ward during Breastfeeding awareness campaign they won a best performing award. Mrs. Ndlela from Head Office-Department of Nutrition was a guest speaker of the day. On left: Katie & Musa organizers.



# THE ROLE OF ONOMPILO IN THE HEALTH SECTOR

As Bethesda hospital we would like to recognize the existence of Nompilo's and the services that they are rendering to support the health institutions, without them we can not reach those areas that are in need of health support.

As August, is the women's month we would love to encourage all the women who are part of the Nompilo's campaign-to keep on doing the good work for sake of rendering sustainable health environment and for e benefit of the communities at large.



Nompilo were singing during Breast feeding campaign at Ophansi Community Hall

Sister B. Manukuza, Hospital Manager Mrs. P.S Khumalo and Mr. S.B



Mkhwamubi congratulating Joshua Ntshangase for an award he received in Durban for Health Service Deliver Excellent-He has played a major role in support group for gardens in Biva at Makhathini area.

CONGRATULATION TO ALL 2005 NURSES WHO  
HAVE RECEIVED THEIR NURSING QUALIFICA-  
TIONS AND DIPLOMAS



Bethesda Nursing College wish to congratulate all the nurses that were receiving their qualifications for 2005 and also all those who have performed to their level best. To all parents who were supporting their children, as Nursing School Management we would like to encourage and motivate you for the good job you have done for your children.

**“EDUCATION IS THE KEY TO THE FUTURE HAPPINESS: BEST WISHES TO ALL OF YOU”**





DEPARTMENT OF HEALTH  
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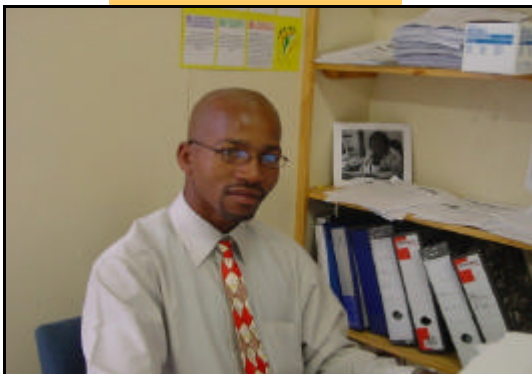
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**STRIVING FOR  
EXCELLENCE**

*For any suggestions regarding the  
newsletter please contact PRO  
Nkululeko Qwabe*

Staff members who participated in the Hospital fun walk. The walk was part of the Move For Your Health campaign initiative. As a PRO I would love to thank all the people who took part in the event and all of those who made the day a success.



## MOVE FOR YOUR HEALTH-FUN WALK

Thanks to all the Bethesda Hospital staff for responding positive to the initiative of Vuka South Africa Move For Your Health campaign. Below are staff walking



**VIVA FUN WALK VIVA!!!!**



Above : Are the staff members during the walk, they were escorted by the traffic police from Jozini. I love to thank all traffic officers and Ambulance team for their support they have shown.

*“Keep on doing the good job.”*

Part two of the Fun Walk took place at the Hospital Chapel everyone was so excited. They dancing, jiving and chanting , with good spirit full of joy and tremendous energy.

