



O H A K A Z A BETHESDA

WARD UNDER CONSTRUCTION

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As part of the commitment to service delivery, Bethesda Hospital has embarked on a revitalization

to improve the space and accommodation, so that it will accommodate a great number of patients. As part of hospital planning the renovation of all exist-

increase the number of wards, as it is one strategic priority to address the challenge of ward shortage.

This ward has been not in use for the past two years, it only now that its under major repairs this contributed to overcrowding in the wards in use.

Minor projects from the institutional maintenance budget: Interior & Exterior renovations-all wards, replacement of flooring offices and Nursing School, Tree felling of all dangerous trees that were hanging over the roofs and roots damaging both electrical and water reticulation system.



process to improve and renovate the existing wards. On the picture is one of the ward, that has been reconstructed so as

ing old building has been given an urgent attention, because it will assist the hospital to improve the accommodation area and

CRAFT AS A SOURCE OF FIGHTING POVERTY

Its approximately the end the year. This is a busiest time of the year.

By this time, every body is busy preparing for holidays and nice times. It is a season for joy, happiness and gift giving moments.

It is also important to carefully consider your spending in a wise and meaningful way

that you would not regret at the end of the day. It is vitally importance to make sure to save money for school fees and uniform for kids next year.

Everyone is always excited about the coming of the festive season but most of the people overspent their money which is supposed to assist them for the needs of their

children and school fees.



Initiative by community fighting poverty & unemployment

HOSPITAL MANAGER'S NOTE

Ngiyanamukela nonke basebenzi besiBhedlela . Ngaphansi kwegama lokubonga unyaka ka 2005, njengabasenzi kubalulekile ukuthi sibonge ukuphetha unyaka ebesikade siwubhekile sonke ukuba siwuphethe ngokukhulu ukuzimise.

Njenganophathi wesiBhedlela ngifisa ukudlulisa amagama okubonga abasebenzi ngokuzinikela kwabo ekwenzeni isimo esigcono lapha esiBhedlela sethu. Ukuzinikela kwenu kwenza ukuthi sibe negama elihle lapha KwaZulu Natal, futhi kwenza sikwazi ukuphakamisa amazinga oku-

letha impilo egcono kuwona wonke umuntu ngaso sonke isikhathi.



Ward Renovation

Ngifisa ukuzwakalisa uzwelano nayo yonke imindeni ethe yalahlekelwa izihlobo zayo ebeziyinxenye yabasebenzi balapha e-Bethesda Hospital, ngithi kini- “Qinani ngaso sonke isikhathi, sin-

gabasebenzi sonke silahlekelwe abasebenzi bethu ebisibathanda ngayo yonke indlela thuthuzelekani”.

Kuyintokozo enkulu ukuthi ngibonge yonke imikhankaso esithe sazinikela kuyo njengabasebenzi bezempilo, bezinekele ukusebenzela umphakathi wonkana ngaphandle kokukhetha iphela emasini.

Ngifisa nokubonga izinhlelo zokulungisa kabusha kwengxenywe ezithize nkanye namawodi esiBhedlela, nokungusebenzi okulindeleke ukuba uqubeka ngenkulu impumelelo

MEET OUR NEW MEDICAL MANAGER

Hospital management would like to welcome you, in your excellent move of joining our institution . We wish you a warm welcome and a good stay in Bethesda. We are positively sure that you will assist the institution in its struggle for the improvement of service delivery and rendering of excellent quality service

Dr. Jabu Mthethwa matriculated at Umzuvele High School at Kwa-Mashu in 1979.

He did his National Diploma in Medical Tech-

nology at Edendale Hospital and qualified 1983. He then worked at Mbongolwana, Nkonjeni, St. Benedictine, Mantobelo and worked at Mshiyeni Hospital as a



Dr. Jabu Mthethwa– Newly appointed Medical Manger

Medical technologist.

He then went to Medunsa to do MBCHB, which he qualified in 1994, thereafter did his Internship at McCord

Hospital in 1995. He then decided to open his own private practice in Umlazi and then moved to town to open another Surgery in the city centre.

Mthethwa had been a Managing Director of Dr Mthethwa & Mqadi Medical and Dental Surgeries up to 2002. He then, left the private practice, to join Kwa-Mashu CHC as a Principal Medical Officer in 2004. In November 01 2005, he was appointed as a Medical Manager at Bethesda Hospital.

2005 COMMUNITY SERVICE DOCTOR'S MESSAGE

Bethesda Hospital, our home for 2005! We arrived from all corners of the country, all from tertiary hospital, eager to do the rural thing! But none of us could anticipate the challenges we would experience or the personal growth we would undertake. None of us knew Sawubona or Hambe kahle would leave our lips without thought, or how you treat Mrs. Gumede, her husband, aunts and uncles. This wasn't just a job with set working

hours, but a real community of which we three have now become part of and come to love. We initially found in a bit unsettling as we were running our own wards and dealing with suffering and death on a daily basis. Being called out to certify deaths at 2 in the morning is far cry from the luxuries of being a junior and senior doing these hidden jobs! Through this, each of us with our own interests being it medicine, surgical or peads and anaesthetics we have worked well together, supported each other and grown as good friends and in a professional capacity. We

all have no regrets of this year but be warned it's a not for the faint hearted! Limited resources and admin have led us all to want to throw in the towel, but the love of the community and the deep sense of making a difference has kept our spirit high. With beautiful surrounding as inspiration and strong friendship for support, 2005 has been a great year! Good luck to all those choose Bethesda as a home for a year or more.

DIETITIAN'S COMMUNITY SERVICE NOTE

My community service year has been a very rewarding year for me, and a big learning experience as well. It was a year when I was away from home for the first time, in a new province where I did not know anybody, as well as being the first year in the "real" working world. This posed a lot of challenges, but ended up being an unforgettable experience, and if I had to go back and do it again, I would not change anything. Bethesda is classified as a "deep rural" hospital, It an area surrounded by game reserves, and quite close to many national conservation parks. It is a very beautiful area, and there are many places that are quite close by to go away for the weekend – camping, to the beach, to backpackers, game reserves, etc. At the bottom of the mountain is a small town called Mkuze, which is where our closest shops are, and they consist of a Spar, Pep,

Build-It and a few other shops. There are ATM's, petrol stations and we have a KFC and a Wimpy. In Mkuze there is also a 4-star hotel (Ghost Mountain Inn) where we often went to lie by the pool, or have drinks or eat. There is also a country club (the Mkuze Country Club – MCC), where we went most Wednesday nights for supper and a bit of a party. In my capacity as a Community Service Dietitian at Bethesda Hospital, I found my job very challenging. Bethesda forms part of the Umkhanyakude District, in which there are 5 hospitals. This year, only 1 other hospital had a dietitian (also doing her community service year). Therefore, there were 2 of us in our first year of work attempting to provide the nutrition services to the whole district.. There should also be a District Dietitian to co-ordinate and provide support to the dietitians, as well as to

liaise with the Provincial Nutrition Directorate. I found it quite difficult to work alone in my first year of working, without much guidance or support from the Provincial Dietitians or other senior dietitians in the province. There is, however, a huge shortage of dietitians in the province, and it is a reality that needs to be dealt with. This did, however, mean that I had to do a lot o things myself that I may not necessarily have got to do if I was working with a more experienced person. Another benefit of working alone is that you can take leave when you want, as long as you plan it in advance, and you can choose to go to meetings or training whenever you want. gain a lot too. It is a special year, and you need to take advantage of this unique opportunity and experience.

"My community service year has been a very rewarding year for me, and a big learning experience as well."

KZN HEALTH INDABA FOR 2005

The preamble of the Freedom Charter states: “We, the people of South Africa, declare fro all our country and the world to know: That our country will never be prosperous or free until all our people live in brotherhood, enjoying equal rights and opportunities.”

The for the Indaba was: ‘Advancing the vision of the Freedom Charter through the delivery of health care.’

In her opening speech the KZN Health MEC, Ms Peggy Nkonyeni, said that the Indaba must help all institution to re-view the progress made, the shortfalls experienced as well as the direction so as to attain the vision of giving optimal status to all the citizens.

She quoted the Presidential January 8 Statement, the President is unambiguous in stating that, as government, we need to ‘improve service in health facilities through improved training, recruitment and retention of health personnel, improved infrastructure, and enhanced health promotion and awareness.’

Ms. P Nkonyeni also identified certain areas that are priorities: Public Health approach to disease management with specific focus on: TB, HIV and AIDS, Malaria and Maternal child and women’s health,

- * Strengthening Community based care inclusive of Traditional Healing systems,
- * Comprehensive approach to management of HIV and AIDS,
- * Promoting Healthy Life styles
- * Strengthening PHC, Hospital delivery systems and Emergency medical rescue Services, lastly,
- * Building a revolutionary and human Rights sensitive e cadre of Public Health personnel responsive to the needs of the Province.

Professor R W Green Thompson highlighted some but most of the critical challenges facing the Department of Health within the province, problem areas mentioned were the Socio-economic, Poverty has a major impact on cause and

consequence of ill-health, Nutrition— poor nutrition reduces empowerment and increases health risk.

Secondly, Housing— lack of housing leads to higher health risk, Safe Sanitation and safe water—increased diseases e.g. Cholera, Diarrhoea etc. Energy—lack of energy lowers standard of living.

Communication, Roads and bridges, lack of proper infrastructure leads to poor access to service delivery points. Telephones—community contact with the department and vice versa is critical for the mobilization of emergence services and for securing patients adherence.

Health MEC, Nkonyeni, concluded by calling all the health officials, traditional leaders, academics and all sectors to work together for advancement of quality health care and improved service delivery. “Let us help each other for the quest to improve healthcare in the Province.

MALIMELA’S MOTIVATIONAL TALK

The choice is your, for what you want to be in life. Each an every individual has to decide what he/she want in life. It is important to set goals and dreams for your future which

will have a clear plan and



Mr. Malimela addressing staff

with limited number of challenges.

Goals and dreams are there to guide you, to shape your direction to motivate you and also set the standard you want in life. As government employees you are faced with a challenges of improving service delivery and Batho Pele.

PUBLIC RELATIONS OFFICER'S CORNER

Welcome to our year end edition, I would like to wish all of you a Merry Christmas and a Happy New Year that will be filled with blessing and prosperity.

The Bethesda Hospital management would like also to congratulate all staff personnel that has perform to their level best during the course of the year and all of those who have received the certifi-

cate. "Please continue with the good work and make sure to strive for excellence so that the standard of the hospital will be kept high always". Beside all the challenges that has been experienced by the institution we have managed very well to minimize all negatives.

Kuyintokozo enkulu kakhulu ukuphetha unyaka ngezinga eliphezulu. Lokhu kufakazelwa izinto eziningi ezithe zenzeka esiBhedlela, njenga-

lokhu sikwazwile ukuhlela umbiko wokuphela konyaka ngezinga eliphakeme. Sikwazile nokuthi kulungiswe amanye amagumbi esiBhedlela ngenhloso yokuthuthukisa izinga lezempilo nokunakekelwa kweziguli.

Abaphathi besiBhedlela bafisa ukudlulisa ukuzwelana kwabo nabasebenzi abasishiyile, kanye nalabo abangaphathekile kahle ngenxa yokugula enzimbeni kanye nasemphefumuleni.

STRIVING FOR EXCELLENCE THROUGH SERVICE DELIVERY

Bethesda Hospital Management hosted a rewarding and strategic review function on the 08 December 2005.

With an aimed of giving a year end report and issuing of certificates to all staff members who have performed well on their duties.

Hospital Manager Mrs. P. S. Khumalo, prepared a well crafted report, outlining all the achievement and the challenges that have facing the hospital

through-out the year.



Mrs. PS Khumalo and Ms. CD Maoela-District Manager

She thanked all staff member for their committed, dedicated and hard work they have shown. "This year's performance has been so highly improved through dedication".

Switchboard response times good

commendations from the office of the Area Manger.

All clinics have been provided with fax lines, standby cell phones in case of Telkom failure.

Organized structure well defined and displayed.

Information desk in place, manned and piled with educational material

PA system to support internal communication.

Access by physical challenged hospital 100% ramped for this purpose.

"Together we can improve the standard of our Hospital and service delivery through commitment and dedication, if can work jointly for a common goal"

HIV AND AIDS AWARENESS DAY, THROUGH THE INTERGRATED SERVICES

On the 13 of December 2005, the HIV/AIDS team hosted an awareness campaign at Madonela community Hall. The awareness event was motivated by the celebration of World AIDS day. Bethesda, team visited the community to educate, encourage and motivate people living Virus.

The most critical aim of the event was to encourage people do Voluntary Counseling and Testing (VCT), this programme helps the community to know their status, so that they can be assisted with the ARV programme

In an opening speech Sir SPN Mkhwanazi highlighted the purpose of the day, which was to educate



Sister Tikolo, one of the staff members who work closely with the pregnant women. She was of the sisters who played a pivotal role in educating community members of Madonela area about TOP, she emphasizes the important of the public to visit clinics and hospital if they wishes to terminate pregnancy. “It is not a wise idea to terminate pregnant through the bush doctors, because such practice might definitely result to death on both parent and the infant”, explained Tikolo.



the community about services that are offered by the Hospital, which are closely linked to HIV/AIDS. Those services include the TB, TOP, PEP, and ARV's.

People showed a kin interest on the issue of termination of pregnancy, which was a controversial topic even on the Hospital Board meetings. The team there embarked on a campaign to educate the public about the importance and the way of how can one be assisted legally. The community beliefs and values are highly respected when it comes to the issue TOP services.



Community listening to Health Officials at Madonela

DISABILITY AWARENESS DAY AT JOZINI GROUNDS HALL

The international Day of Disabled person is celebrated worldwide annually on the 3rd December. uBombo has celebrated this day every year since 1999. The uBombo Disabled Person Organization together with the Bethesda Therapy Department on the 25 November had organized the awareness event for the community of UBombo and its surrounding areas.

The theme of the day was “Enza Konke Kanye Nathi Ungabuki ukukhubazeka”. The vision of celebrating the International Day of Disabled Person with the above theme was to increase awareness of abilities and rights of disabled people as well as to promote support and integration between disabled people, the local DPO, government, health providers and the community.



Sibongile Buthelezi, member of DPO strongly supported the theme of the day. She thanked all the people who are involved with the disabled and all of those who are currently taking initiative in craft work and other project which are for income generation purposes so that they can support their families.



Ms. Jabu Ndlovu District Rehabilitation Coordinator

The theme of the day was given by Ms. Ndlovu, who described all the disability rights issues and motivated and encouraged the people living with disabilities to stand up for themselves and work together with their own communities in the battle against poverty and negative effects of chronic illnesses.



Disable groups came out in numbers to support the event and listen to Health worker giving them educational information about their rights and strategies of supporting their health stability. All the speaker were encourage people to support the disabled, “they must not be discriminated from the society”, said one of the speakers.



Onompilo entertaining the community who came out to support the disability awareness day at Jozini hall.



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BETHESDA HOSPITAL

Striving for excellence
through an integrated
service delivery



A Trophy won
by the Bethesda
Netball Team at
Jozini Tourna-
ment Day

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(If you are working with somebody, you have to co-ordinate that there is always someone to work.) Also, the community that we worked in is a very poor community, with poor socio-economic circumstances and it is quite rewarding and humbling to be able to help people who so desperately need it and are so appreciative. There is also the issue of language – Zulu is the predominant language spoken in KZN, and most patients do not understand much English, and it is therefore compulsory to work through an interpreter. It is, however, sometimes difficult to find someone to translate, and this can get frustrating. You do pick up a lot of the language, but not enough to be able to fully assess, counsel and treat patients alone.

The combination of being situated so rurally, being so

faraway from home and not knowing anybody was a bit difficult at times and, particularly in the beginning, I struggled to get a lot of personal administrative issues organized (e.g. getting medical aid sorted out, ensuring that you are getting paid the correct salary (with the correct deductions), completing tax returns, etc. These issues are all particularly difficult to deal with since it is the first time we are doing it for ourselves, and it is difficult to do in the middle of nowhere. It was also difficult to visit home, as it was so far away and so expensive to get there.

All in all, it was an amazing year though. I was not bored for one moment and I highly recommend to anyone doing there community service to consider going something different and unknown as a

challenge and if you are placed somewhere that was not your first choice or that you ideally would not have chosen, to try and make the most of it. Community Service is not just about “giving a year to the government”, because you will personally