



**HEALTH**  
KwaZulu-Natal

**BETHESDA HOSPITAL**

**NOVEMBER 2008**

# **QHAKAZA NEWS**

## **AWARDING OF BREASTFEEDING CERTIFICATES**



The above pictures shows group of the learners who were trained on 24hour breast and completed the course successfully on lactation management. They have been trained on benefits of breast feeding, on assisting mothers with breast feeding and On How to manage breast feeding problems



## **THE IMPORTANCE OF BREASTFEEDING**

- Act as first immunization for the baby.
  - It promotes bonding and love between mother, baby and other family members.
  - It is economical and no extra work for the mother.
  - It helps the post partum recovery of the mother to speed up.
  - It is more soluble always in the same
  - quantity and temperature.
- And always available.

But one should bare in mind that because of certain medical conditions that risks baby's lives, they can be allowed to use other alternative feeding options.

## WELLNESS CELEBRATION

### HEALTHY MIND IN A HEALTHY BODY

Bethesda hospital has committed itself to ensure that everybody who is working in this institution is healthy, fit and always do exercises to ensure that a Healthy Worker makes Healthy Community

#### SIYIXOXA NGEZOTHOMBE



The hospital has celebrated this day where everybody wanted to ensure that she /he climbs the Mountain for a distance of 1kilometer. During the day of celebration everybody who participated managed to climb the mountain within few minutes which was a great honor and achievement for individuals who always doubted themselves.



## **BEKUNZIMA EMADODENI ISITHOMBE SIYIXOXA YONKE INDABA**

### **LET YOUR BODY DO SOMETHING**

Nyakazisa umzimba wakho ngaso sonke isikhathi ngoba lokho kuyawusiza umzimba  
Ukulwa nezifo kanye nokukhipha ukungcola okungadingeki emzimbeni.

Futhi ukuzivocavoca kuyasiza ngoba kuvuselela amasosha emzimbeni ukuze akwazi ukulwa nezifo.

After a long journey all participants gathered in the hall for exercises and healthy talks given by the following officials.

- Dietician : Special diet
- Psychiatric nurse: Substance abuse
- H.R. Manager: Medical boarding and retirement

OHSM: Types of injuries on duty

Wellness awareness day at the hospital



Mrs. Mngomezulu the psychiatric nurse giving a talk to the workers and patients  
She talked about

The causes of mental illness e.g Substances, Stress, Hereditary etc.

Signs of mental illness e.g Passing the floor, Aggression, Poor hygiene etc.

.Management of mental case

Rights of MHCU

As well as grants

## HEALTH PROMOTION

One of the main task for the Department of Health is to promote health within the surrounding schools. This year four primary schools were nominated under Umkhanyakude District to be assessed in order to get one to qualify as best Health Promoting Schools  
In October 2008 Bethesda Hospital was tasked to visit Isambane Primary School situated at INgwavuma area for assessment .On identified gaps the school would be assisted based on action plans so that on following assessment it meets the required standard and thus qualifies as an Approved accredited Health Promoting school.



Health team from Bethesda Hospital



Principal and his educators as well as Governing body were also there for Assessment.

The principal of Isambane thanked everybody who made the day to be success, Parents, school learners and officials from the district and hospital



**WITHOUT TECHNOLOGY LEANER IS NO WHERE EVERY LEANER THESE DAYS MUST BE COMPUTER LITERATE.**

## GCINA UMLOMO WAKHO UHLANZEKILE NGASO SONKE ISIKHATHI ( ORAL HYGIENE )



Nokwazi Zungu (Oral hygienist)



The children of iSambulo Primary school together emphasized the importance of keeping mouth healthy.

**GCINA UMLOMO WAKHO UHLANZEKILE NGASO SONKE ISIKHATHI  
( ORAL HYGIENE )**



**Nokwazi Zungu ( Oral hygienist)** giving talk regarding of keeping mouth healthy. Her talk covered

- What could be causing tooth decay in children?
  - What advice can be given to parents and caregivers about the right food for babies to help prevent tooth decay?
  - How soon should children start brushing their teeth?
  - Why is brushing of teeth is so important?
  - Why should toothpaste contain fluoride?
- Etc.

**The children of iSambulo Primary school together emphasized the importance of keeping mouth healthy.**



**JIKAMAJIKA !Keep Your Mouth Clean  
Woolaaah Skhokho Mbonise**



**Nozipho Ngubane** acting as an oral hygienist doing school visit teaching the kids about the importance of a balanced diet in the body including the mouth what we eat also affect mouths

The young lady teacher was Preaching the gospel on how to Look after your mouth and teeth and Some of the community leader were there Listening cautiously.



**MS. B.M. Mbuyazi**  
**Principal of Isambulo Primary School.**



**Constable Nkosi from SAPS**  
Talked about steps to be taken after sexual assault.  
Incidence must be reported immediately to the parents or caregivers  
Come as you are do not take bath or change clothes  
Report the matter to the police  
Parents shouldn't try to negotiate the incidence between families that is illegal they may be punished for that because rape is a crime.

**EZEMNFUNDO PHUMA EBUMNYAMENI NASESIHOGWENI SOKUNGAKWAZI UKUBHALA NOKUFUNDA.**

**( Ulwazi luyamkhulisa umuntu)**

Ukufunda nokwazi ukubhala lona umgomo kahulumeni kuso sonke isifundazwe wokuba sizikhiphe thina emaketangweni wobubha bokungakwazi ukubhala kanye nokufunda .  
Nalapha kulesikhungo sethu sezempilo sinabo asebewuqalile lomshikashika wokulangazelela ukuthola ulwazi. Sinabo abanye asebaphumelela baphasa umatekulestsheni( **matric**) ngalo phela uhlelo luka **ABET**.



**Bethesda ABET Students**  
**“Phansi ngokusayina ngesithupha”**



**Farewell to one another till we meet again**  
**Uyazibonela izipho zigcwele itafula**  
**abafundi bephakamisa uphawu lobunye**  
**nokuzwana.**



**ABET Educators Mrs. .J.T. Mazibuko and Ms.S.Z. Nkanini**

**ABET 2008 Bethesda ABET Students had a farewell function on the 27/11/ 2008. to say Mary Christmas And a Happy New year to one another.**

## *HIV AND AIDS WORLD DAY 2008 12. 01.*

December 1 is the day of remembrance for all those who passed away through Hiv/aids that is the reason the national government has declared December 1 as AIDS Day

This time Bethesda hospital was invited by one of the biggest shops around Mkuze to be part of their AIDS DAY Commemoration.



**MKHUZE BROWNS CASH AND CARRY**

### **Message from Browns Management**

The message was very clear and sound as the Manager stressed the importance of working together. He appreciated the services rendered by Bethesda at all times when needs rise. Much as



**UMAMA UNTOMBELA DEPUTY  
NURSE MANAGER AT  
BETHESDA HOSPITAL  
Speaker of the day**



**If you decide to have sex please use condom  
! “ NO CONDOM NO SEX ”**

That was the main message of their song as they are carrying condoms as an indication of taking care of partner and self.



Let the virus be your friend, talk to your virus, instruct the virus to behave well in your body ,tell virus that for it to survive it needs your body, and you are the boss of your own body and therefore it should not cause problems for itself.

**KWAKUKUHLE KUDELILE IZINSIZWA  
ZENDLAMU ZENZA INTO EZIYAZIYO**

**Babethi awohambela kude nocansi ngoba  
Imiphumela yokubhabhalala izwisa ubuhlungu**



And to the youth the message was very clear regarding HIV/AIDS. It was about to know their status and change their lifestyles so that they will be able to win the fight against HIV/AIDS and our young stars of today are the one who are sexually active and stand greatest chances of contracting the virus

**BE FAITHFULL TO YOURSELF  
AND TO YOUR PARTNER**



As Bethesda hospital we have committed ourselves to be the most desirable hospital to seek help from and to work for. The above picture shows the OPD Nurses and PRO giving health talk to the patients whilst waiting to be seen by the doctors and the talk of the day was on Patients Rights Charter .

# BATHO-PELE PRINCIPLES



**YOUR SMILE MUST COME FROM THE HEART IT MUST NOT BE A MASK.**  
However the smile must not be an inane grin or superficial musk it must be real. It  
Must come from the heart. It must stem from a genuine desire to put **“people First”**

BATHO-PELE PRINCIPLES is one of the most important Department of Health requirement 's to abide by, where personnel need to be in serviced on t eleven principles. Thus at Bethesda, In-service training has been conducted where employees were divided into seven groups. The training was facilitated by:

MR.B.E. Nxumalo Acting PRO  
 MRS. C.N.N Mkhwanazi: Nurse Manager  
 MRS. C.S. Ntombela Deputy nurse Manager  
 MS. S. Khuzwayo: HRD Practioner

After training post evaluation test was conducted to ensure that massage was successfully relayed across.



First group 18 employees attended  
 Two of them passed with 100%



Group two 17 attended one managed to obtain 100%



Group three 26 employees attended  
 10 of them obtained 100%



Group four 27 employees attended  
 12 of them managed to obtain 100%



Group five 50 attended and 35 of them obtained 100%



Group six 42 attended 10 of them obtained 100%



Mrs. Mkhwanazi, Ms. S. Khuzwayo and Mrs. Ntombela who were facilitating BATHO-PELE Principles in-service training(**Thumbs up! Toes together**)

Toes together, Angithi phela kubuye kushise abanye bese befikelwa ubuthongo yingakho ubona umama uNtombela egxumagxuma ethi **Minwanwa phezulu**, Kanti obhozo ake bavakashelane ngaleyondlela ubuthongo buvesane buthi nyawo zami ngibelethe



Group seven was scheduled for all English speaking Doctors and Para medicals

## Challenges

Much as every body was excited about the training but most employees could not attend and others came late because of shortages in their Departments.

Though workshop was run in Zulu mostly, groups of categories were mixed ( Professional and Non - Professional ) some struggled when writing the test because of literacy level.

As a result facilitators had to assist them in writing their test.

## RECOMMENDATIONS

There is still a need to conduct more in service trainings for the remaining larger proportion that did not get a chance of training

### **BAKITHI IZIMO EZINJENGALESI ZILETHA IMIBUZO EMININGI ENGAPHENDULEKI**



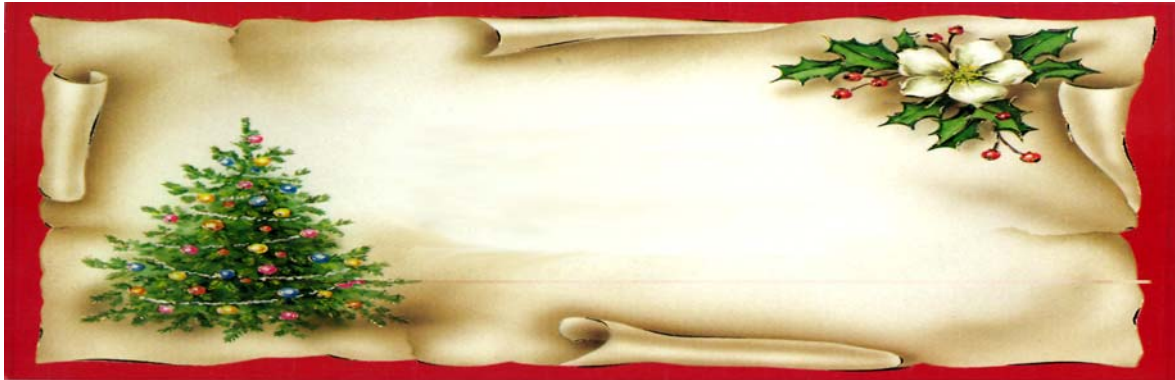
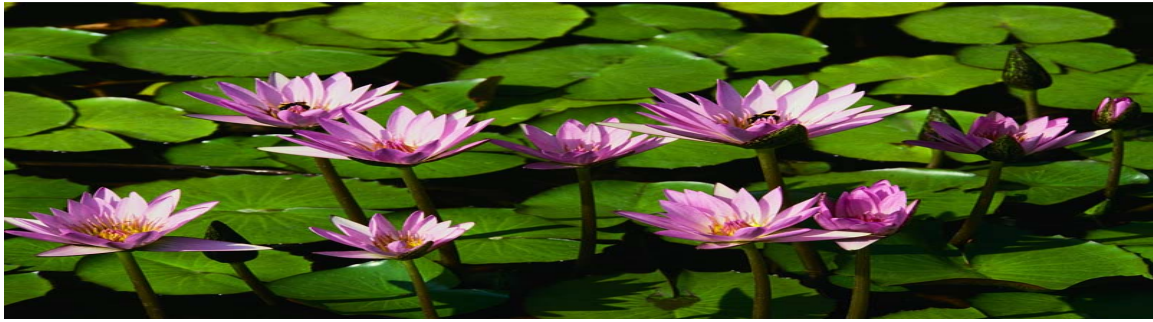
#### **Abandoned baby NAMED -Phila Mkhize( Not the real name)**

Lomfanyana obukeka eyintandokazi yabahlengikazi walethwa emhlabeni umuntu odalwe uNkuluNkulu ngoba emthanda. Kodwa kulomntwana akubanga njalo walethwa esibhedlela

Ngamaphoyisa. Nokho-ke asisazi isizathu esenza ukuba uPhila angalutholi uthando lokunakekelwa abazali bakhe.

*AT BETHESDA WE TALK OF "PEOPLE FIRST"*

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*May each moment of your Christmas  
Have a beauty of its own and  
May your Christmas be blessed with  
His love....  
and the year ahead be filled with  
Peace and joy  
Keep Safe & Enjoy!  
Best Wishes*

*HOSPITAL MANAGER*

## BEST WISHES TO EVERYBODY

*Kubasebenzi bonke base Bethesda sinifisela Ukhisimuzi omnandi. Ningene onyakeni omusha izimpilo zenu nonke zisingethwe isandla salowo obusa ezindaweni zonke kodwa isihlalo sakhe sisezulwini. Inkosi ibe nani nonke.*

*To all Bethesda workers Merry Christmas and Happy New year but with the grace of the Almighty Omnipotent his love be with you all.*

*PRO*