



CTK MATTERS

ISSUE 12

STAY INFORMED

SUMMER 2020

QUALITY DAY EVENT

Occurrences such as the Soweto uprising are constant reminders that our independence came at a hefty price. Maya Jaggi once wrote *“Fear of eventual disclosure can add a crucial disincentive to siding with oppressors for personal gain, where is an element of choice. As Kundera wrote ‘The struggle of man is the struggle of memory against forgetting’ ”*

The fiercest enemy faced by post-independence generations is forgetting struggles that past generations went through. One of the weapons that oppressors use against the oppressed is twisting facts about the nation’s history. CTK Hospital has for the past several years made commemorating the June 16, 1976 massacre one of its annual events. In the quest to struggle against forgetting this tragic event, staff members are encouraged to be clad on school uniforms. This is usually done a day before the June 16 holiday.

2017 demonstration was also a huge success, thanks to all the staff members who participated. The level of participation by staff members and cooperation by super-



STAFF MEMBERS DURING THE EVENT

visors demonstrates high level of awareness among CTK community of the importance of celebrating liberation milestones as a people. We look forward to an even more successful event in 2018!



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Quality Day Event



Some of the staff members and Departments that received awards from Mrs. Maseko, the Hospital CEO.

FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE



The Minister of Health, Dr Zweli Mkhize, accompanied by the KZN MEC for Health, Ms Nomagugu Simelane-Zulu visited Ubuhlebezwe sub-district for an NHI roadshow. The aim of the roadshow was so that the honourable Minister could get to provide the members of the public with facts pertaining to the proposals of the NHI bill. Since the start of the consultation process with regards to the NHI bill; a lot has been said, both in support and chastisement of the bill.

A plethora of interest groups have also made their submissions regarding the bill. In the process of making those submissions, some misinformation has been proliferated in public. It is credence to the above that the honourable Minister decided to embark on these roadshows with an aim of dispelling NHI urban legends spread by doomsayers.

The Minister and MEC started by visiting Christ The King Hospital, to get a feel of the progress made and challenges confronted by those at the coalface of service delivery. The Minister and MEC arrived at Christ The King ac-

companied by Mayors, Speakers, councilors and a number of other dignitaries. They were welcomed by the CTK Hospital Board, Harry Gwala District Director, Mrs. GLL Zuma, Christ The King CEO, Mrs. SW Maseko, CEOs from neighboring hospitals and the rest of the CTK management team.

During the briefing session, Mrs. Maseko did a presentation covering the profile of the sub-district, NHI programmes and Challenges threatening progress. The chairperson of the board also made a submission in support of the presentation, particularly regarding shortage of staff. After the briefing, the leadership took rounds to Outpatients, Filing room and Maternity ward. The Minister and MEC also interacted with the patients.

From Christ The King, the entourage proceeded to Morningside Sports Field to engage the community. In her speech, the MEC spoke about her department's plans to improve service delivery. Her speech focused mainly on reducing the number of vacant posts across the board and reduction of waiting times in hos-

pitals and clinics. She further committed on upgrading one of the district hospitals in Harry Gwala to a regional hospital, with the aim of expediting patients' access to specialized health services.

Addressing the community, the minister acknowledged challenges that are still bedeviling public health system, such as aging infrastructure, availability of medicine and shortage of staff. He said implementation of NHI will resolve the phenomenon of commodification of health care caused by the status core of a fragmented health system. The minister dispelled the notion that the country will not afford NHI, he said the current national fiscus will be enough to finance the implementation of NHI. In response to the minister's presentation, community members were in unison in their overwhelming support for NHI and said they could not wait for its actual implementation.

NHI ROADSHOW In Photos

NHI ROADSHOW 2019/11/17



In a Nutshell: 1&2 Leadership arriving at CTK
#3 Leadership listening attentively to the presentation during briefing session.
#4&5 Leadership during walkabouts at CTK.
#6&7 During the rounds @ Maternity ward.
#8 The marquee was full to the brim @ Morningside Sport Field during the community engagement .

FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE

HERITAGE DAY



Heritage day (24 September), also known as National Braai Day.

Former President Nelson Mandela concisely explained it when he said the following in a Heritage Day speech: "When our first democratically-elected government decided to make Heritage Day one of our national days, we did so because we knew that our rich and varied cultural heritage has a profound power to help build our new nation".

Christ The King Hospital

community is a conglomeration of diverse cultures and religions. It is through days like these where we should strive to put our forebears' vision of a Rainbow Nation into actual practice.

Our heritage is our identity. Such we express through our languages, clothes, food, norms and values, etc. In recognition of the above, CTK Wellness Committee decided to take advantage of heritage day and organized a celebration. The aim was to create awareness on the importance of unity in our diver-

sity.

All departments were requested to showcase traditional cuisine of their choice. People were also clad to kill in their respective traditional attire, as can be witnessed in the photo gallery.

It was a fun-packed day with staff members wallowing in food and drinks. Traditional dance was an order of the day. Support shown by staff and management was overwhelming, without it, the day could not be a success that it turned out to be.

Running For Wellness.....



CTK Hospital Health Care Workers on the garden for their 67 minutes

According to the health calendar 9 to 19 October 2019 was National Nutrition and Obesity Week. The theme for 2019 was “Make eating whole foods a way of life”. The aim was to create awareness among members of the public about obesity and the importance of eating healthy.

In response to the above, Nutrition and Dietetics in Christ The King hospital organized

a wellness fun run. The fun run was our way of creating awareness among workers and the community of Ixopo in general about the growing scourge of lifestyle diseases. Due to the fast growing costs of living and the demand for economic participation, fast food is becoming a convenient option for most people. It was as a result of the above that after the race, participants were treated to a richly informative health edu-

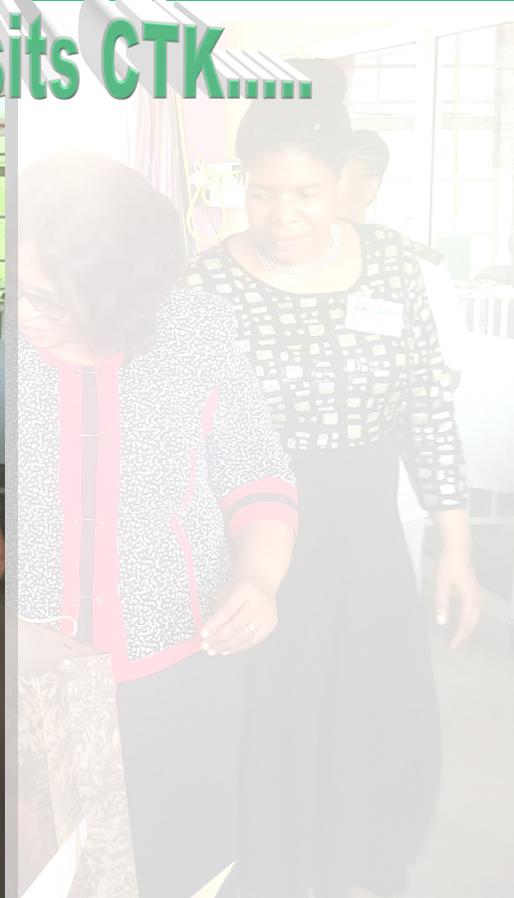
cation session.

75 participants took part in this 5 kilometre fun run, which commenced from Ixopo clinic and ended at Ixopo Sports Ground. After the race participants took part in the aerobics session conducted by Mr Toez Dlamini. Top 5 winners from both females and males categories were awarded with a variety of gym equipment.

Running For Wellness.....



KZN MEC for DSD Visits CTK.....



Above: Members of the Executive and officials from financial institutions who attended the event.

The Christ The King Wellness Committee organised a very successful Staff Wellness Event. The event was held on the 28th of July 2017. This event is an annual affair at CTK, thanks to the institution's Wellness Committee.

Even though employee wellness should be a day-to-day process, events of this nature are meant to raise awareness about the importance of wellness in the workplace.

Health care workers are charged with a responsibility to take care of other people's lives. Due to the

amount of burden associated with the nature of their work and at times conditions under which they operate, they themselves may easily become susceptible developing the very same conditions. It is therefore paramount for any health institution to invest time and resources on employee wellness.

It goes without saying that when employees are free of physical, Psychological, emotional or financial burdens; they are likely to perform much better than when the situation was to the contrary. During this year's

event, GEMS (Government Employees Medical Aid Scheme) introduces a wellness program for its members. They also helped facilitating aerobics on the day. Colleagues from GEMS did screening for HIV, Cholesterol and BP. There were plenty of other activities that took place on the day.





Pictured: Mr R Bele interacting with community members at Ixopo SASSA offices during the campaign.

It is often said that there is no substitution for the nourishing and natural breast milk.

Over the years, due to the fact that modern women are also economically active; breastfeeding was kind of sidestepped by formula feeding.

Despite the above, breastfeeding remains the single most effective intervention in the prevention child mortality and morbidity. What is even better about breast milk is that it is free-of-charge and readily available to

mothers. Credence to the above, South African Government, particularly the Department of Health was prompted to introduce programmes and campaigns aimed at raising awareness on the advantages of breastfeeding.

CTK is an accredited Mother, Baby Friendly Hospital Initiative status holder. The status was awarded in 2012. This simply means that the institution has created a conducive environment for mothers to breastfeed and continuously strive to create awareness on the importance

of breastfeeding. The above should also extend to communities throughout the sub-district through Code workshops, talks and campaigns.

This year, 2020 CTK Breastfeeding committee was, as it always does, on a campaign trail to create awareness on breastfeeding. Apart from ongoing programmes that are in place to promote and maintain breastfeeding culture, members of the committee visited SASSA service centers and taxi ranks to have direct engagements with communities about the

T.B Awareness Week.....



Staff members and patients working together to bit TB

Tuberculosis remains among the top ten killer diseases worldwide. Alike, South Africa is one of the countries highest TB prevalence. Moreover KwaZulu-Natal is among the top 3 South African provinces in terms of TB burden. TB is the number one killer disease in the country. People with compromised immune systems are more susceptible to contracting TB. The good thing about it is that TB is curable.

Though the pandemic is curable, the easiest and

cheapest approach would prevention rather than cure. It is for that reason that the month of March is dedicated as a TB awareness month by World Health Organization. Even though TB awareness forms part of topics covered during daily health education and apart from the fact that TB awareness posters are a prominent feature on walls of the hospital and clinics, more deliberate programmes would be organized every year during the month of March. This year, the message taken

to the communities through Operation Mbo outreach programme. The outreach was rolled to mostly remote and far-flung areas within Ubuhlebezwe sub-district. Since the focus was on outpatients, OPD was not to be spared. A team of dedicated nurses lead by Sr Mazinyo visited OPD on the 27th of April 2019 to spread the message on how to prevent TB and to identify symptoms for early treatment.

Nqo nqo nqo Highflats---



Pictured: Outreach team at Highflats informal settlements.

As part of the Department of Health's reach out to the remotest of places in contribution to the overall govern- our communities in order to save ment strategy of "A long and healthy life lives.

for all citizens" the Minister has committed among other things to ensuring the "strengthening Health System Effectiveness".

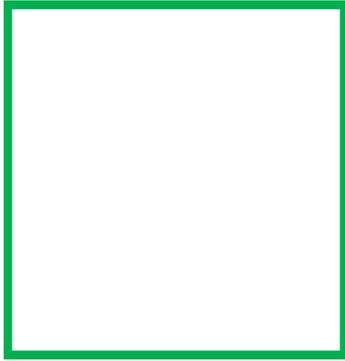
In pursuit of the above, the department has introduced PHC re-engineering programme. The programme is a three legged approach to Primary Health Care. These three streams are ward-based PHC outreach teams, school health teams and district-based specialists. The entire aim of the programme is to encourage preventative approach to health care.

In a nutshell, the above represents a clarion call to all the health care workers to go out of the comfort zone and

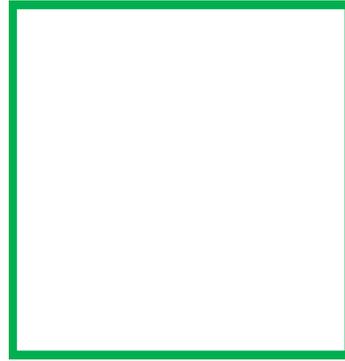
Access to health care is not only a human rights issue, but it is moreover a class issue. The fact that others can choose which health facility to visit when ill and that others are forced to go to the nearest and easily physically accessible institutions is indicative of the above class antagonism.

In line with the above strategy, Ms Shezi led a multidisciplinary team on a Nqo Nqo Nqo campaign that took place at Highflats informal settlements. The campaign went very well and the response from community members

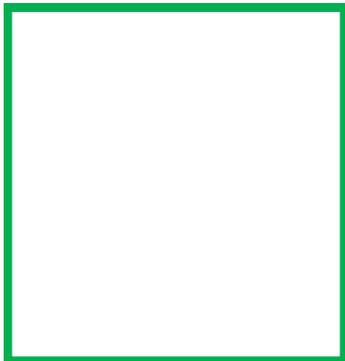
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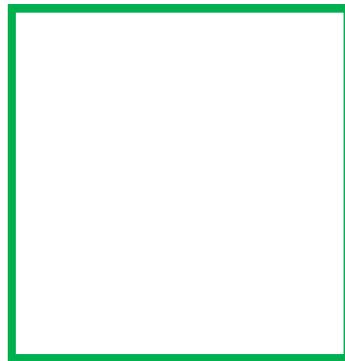
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