



UNGQONQGOSHE WEZEMPILO KWAZULU-NATALI UNCOME KAKHULU IGALELO LABAHLENGIKAZI EKULWISANENI NOBHUBHANE I-COVID-19



Ngaphandle kogqozi, umoya wozwelo kanye nokungayekeli iziguli kwabahlengikazi bethi iziguli azishone, isifundazwe iKwaZulu-Natali besingeke sikwazi ukuhlenga izimpilo zabantu abaningi kangaka ngesikhathi isifundazwe sibheke nehlandla lesibili lobhubhana i-COVID-19.

iyaqhubeka ekhasini 02 >>>

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Lawa ngamazwi kaNgqongqoshe wezeMpilo KwaZulu-Natali uNomagugu Simelane, ohloniphe abahlengikazi kuzona zonke izinkalo zesifundazwe njengoba kade kubungazwa usuku lwabahlengikazi umhlaba wonke i-International Nurses Day ngomhlaka 12 kuNhlaba (May) 2021.

Lolu suku lubungazwa njalo ngonyaka kanti luqondana nosuku lokuzalwa kuka Florence Nightingale, nothathwa njengomhlekezi owabamba elikhulu iqhaza emkhakheni wobuhlangikazi. Isiqubulo sakulonyaka njengoba sisungulwe umkhandlu wamazwe omhlaba wabahlengikazi (International Council of Nurses) sithi: A Voice to Lead-A vision for future healthcare.

UNgqongqoshe wezeMpilo esifundazweni uNomagugu Simelane uchaza ngeqhaza elibanjwe abahlengikazi ngesikhathi sobhubhane njengomsebenzi omkhulu: “Ngesikhathi ubhubhane lugasele kakhulu, abahlengikazi ibona abebeyibambe ekhaleni ishisa. Baqhubekile nomsebenzi wabo bayibamba yaqina, Siyazi ukuthi bekunzima kangakanani kubona, ukuza emsebenzini uzakweni edlulile emhlabeni, noma engenwe iyona i-COVID-19.

“Impela lesi sizukulwane sabahlengikazi sizoshicilelwa emabhukwini omlando wamaqhawe abasebenzi bezempilo ababazinikele bengenxa noma yini, kuhlanganisa nokushona besempini. “Ngokwedlule sanxusa abahlengikazi ukuthi bavuselele umoya ka Mamu Albertna Sisulu, ngokuthi bazinikele futhi basebenze ngokwethembeka kulomkhakha wokuhlinzeka ngosizo lwezempilo kubantu. Ubhubhane i-COVID – 19 isikhombisile ukuthi sinalo lolohlobo lwabahlengikazi. Sibathulela isigqoko labo bahlengikazi abazinikelile

“Akusiwona umdlalo ukushiya umndeni wakho zinsuku zonke, uye emsebenzini owaziyo ukuthi kusempini; okungenzeka uthole isifo

esingakubulala; uphinde ubuyele naso emuva ekhaya uyothelela umndeni wakho.

“Akwona umdlalo ukubona iziguli zakho kanye nozakwenu beshona ngobuningi ngenxa yalolubhubhane.

“Akwona umdlalo ukuhlala unexhala lokuthi ungase ubuyele emuva ekhaya uyothelela labo asebekhulile, okungaba abazali noma ogogo nomkhulu, okukanye labo abaphila nezifo zamahlalakhona, okungaba lula ukuthi batheleleke noma badlule emhlabeni ngenxa yalolubhubhane. “Akulula ukwazi lokho, nakuba beyigcina yonke imithetho ye-COVID-19, kodwa usangaluthola lolubhubhane, nokwazi nje ukuthi kungenzeka kwawena udlule emhlabeni.

“Abahlengikazi bethu bakwenzile konke lokho. Benze umehluko omkhulu ngezikhathi ezinzima nangezikhathi ebezingelula neze. “Ngakho, ngesikhathi umhlaba wonke ugubha usuku lwabahlengikazi, kusinika ithuba lokuthi sikwazi ukuncoma siphinde sibonge abahlengikazi bethu.

“Siyabonga ukuthi nivuke zinsuku zonke ngesibindi nilungele ukobhekana nezinsalelo ezinzima eziza nomsebenzi wenu. “Siyabonga ukuthi ningazicabangeli nina. “Siyabonga ukuthi nibeke impilo yenu engcupheni, ngokuthi nihlinzeke ngosizo lwezempilo ezakhamuzini zakulelizwe. “Siyazi ukuthi nenze konke, siyathobeka kakhulu ngendlela enizinikele ngayo naphinda nasebenza kanzima.” kuchaza uNgqongqoshe wezeMpilo uSimelane.

UNgqongqoshe Simelane uphinde wathatha ithuba wakhumbula labo bahlengikazi abadlule emhlabeni ngenxa ye-COVID-19.

“Uphinde wachaza ngendlela abahlengikazi abasengcupheni ngayo selokhu kwaqubuka ubhubhane i-COVID-19; njengoba bengu 397 abahlengikazi abadlulile emhlabeni ngenxa ye-COVID-19. Sengathi imiphfumulo yabo ingaphumula

ngokuthula.

“Siyazi ukuthi ukushona kwalaba bahlengikazi kushiye eminye imindeni ingenabo abantu abondlayo emakhaya. Ngenxa yalolubhubhane, izingane eziningi zisale zingenabo oMama kanye no Baba; imiphakathi kanye nezindawo zokusebenzela namhlanje azinabo abathandiweyo kanye nabantu abebeyizinsika obekuthenjelwe kuzo.

“Ngakho, kubona bonke abalahlekelwe abathandiweyo babo, sicela ukudlulisela amazwi enduduzo kubona.” UNgqongqoshe ubonge abahlengikazi kanye nabo bonke abasebenzi abebegoma abangu 69 958, kanye nokunxenxa umphakathi ukuthi ubhalisele ukugoma kwihlandla lesibili logugoma.

“Njengoba sesingena esigabeni sesibili sokugoma, sibonga iqhaza elibanjwe abahlengikazi, badlala indima enkulu ekugquzeleni izakhamuzi esezikhulile ezineminyaka engu 60 ubudala kuya phezulu, kanye nalabo abaneminyaka engu 18 ubudala abaphila nezifo zamahlalakhona, ukuba babhalisele ukugoma.

“Abantu esihlose ukubagoma esigabeni sesibili bangu 2,9 million kuya ku-Mfumfu (October) 2021, kanti isigaba sesithathu sokugoma silindele ukuthi siqale ngo Lwezi (November) 2021.

“Sinabasebenzi bethu abazobe begoma abantu abaqeqeshiwe abangu 7 616, futhi siyethemba ukuthi ngokwesekwa okwanele kanye nokubambisana nomphakathi, singakwazi ukuzusa esizibekele khona, noma sibe seduzane okungenani sigome u 67% wabantu.”

UNgqongqoshe uphinde wanxusa umphakathi ukuba uqhubeke uhloniphe yonke imithetho ye-COVID-19 ukuze uhlale uphilile kwihlandla lesithathu le-COVID-19 okubukeka liza ngamandla.

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UMPHATHISWA WEZEMPILO E-KZN UKHUTHAZA ABANTU UKUBA **BABHALISELE** UKUGOMA

Umpathiswa woMnyango wezeMpilo KwaZulu-Natali uNkz. Nomagugu Simelane ukhuthaza zonke izakhamuzi ezingena ngaphansi kwesigaba sesibili somkhankaso wokugomela igciwane Ie-COVID-19 ukuba ziyobhalisa.

Ukubhalisela ukugoma kulesi sigaba okuhloswe ukugoma kuso labo abaneminyaka yobudala engama-60 kuya phezulu kwaqala ngomhla we-16 kuMbasa wezi-2021 ukuze ukugoma kona kuzoqala ngomhla we-17 kuNhlaba wezi-2021. Abantu bangabhalisa ngokugcwalisa amafomu noma ngokohlelokhumano

lomhlaba (ngokwe-inthanethi) besebenzisa noma ngabe hlobo luni nje lwenzakusebenza efana nomakhalekhukhwini (iselula), ilephuthophu, ithebhulethi noma ikhompyutha. Uma izakhamuzi zifisa ukubhalisa ngokohlelo lwezobuchwepheshe, kumele zisebenzise

uHlelo lukaHulumeni lokuBhalisela ukuGoma ngokwezobuchwepheshe (EVDS) kulesi sizindalwazi (website) esithi: <http://vaccine.enroll.health.gov.za/> noma zisebenzise isizindalwazi (website) sikaHulumeni waseNingizimu Afrika esithi: www.gov.za.

Ukubhalisa ngohlelo lwezobuchwepheshe, izakhamuzi kudingeka ukuba zibe nohlelokhulumano lomhlaba (internet), inombolo kamazisi noma eyephasiphothi (kulabo abangesiyona iminsinsi yokuzimilela eNingizimu Afrika) bese kuzoba yimininingwane ejwayelekile yezokuxhumana njengenombolo kamakhalekhukhwini ezosetshenziswa njengendlela esheshayo nelula yezokuxhumana.

Kuzodingeka futhi ukuthi ube neminingwane yalapho usebenza khona (igama lomqashi nelendawo osebenzela kuyo) bese kuthi uma kunesidingo ucelwe ukuba unikezele ngemininingwane yomkhandlu obhekelele ukuziphatha kwabomkhakha osebenza kuwo neye-medical aid yakho. Uma ikhona yonke imininingwane edingekayo, ukubhalisa kumele kuthathe imizuzu elinganiselwa kwemibili kuya kwemithathu nje kuphela.

Yize kunjalo, kodwa abantu abehlulekayo ukubhalisa ngokohlelo lwezobuchwepheshe, bangabhalisa ngokugcwalisa ifomu lokubhalisa elitholakala ezikhungweni zezempilo nezakwa-SASSA, kodwa izakhamuzi kumele zibe nenombolo kamakhalekhukhwini esebenzayo ukuze zizokwaziswa ngezinsuku okumele zigonywe ngazo.

Uhlelo lokugoma kuze kuzoba manje belusahambe ngale ndlela elandelayo:

Kulo mgomo (mnokoloto) womthwalo wokuqala owawuyizi-80 000 owafika kuleli lizwe ngomhla we-16 kuNhlolanja wezi-2021, i-KZN yathola oyizi-10 800. Umthwalo wesibili womgomo (womnokoloto) oyizi-80 000 wona wafika ekuqaleni kwenyanga kaNdasa, nalapho i-KZN yabelwa umgomo oyizi-15 120 (owehlukaniswa ngokuthi oyizi-10 585 uthunyelwe ezikhungweni zezempilo ezingaphansi kukahulumeni bese kuthi oyizi-4 535 wona wathunyelwa ezikhungweni ezizimele).

Kuyimanje nje lolu hlelo lokugoma seluyahlinzekwa ezibhedlela zezifunda ezahlukene e-KZN futhi lwahlelelwa ukuba lwethulwe ngale ndlela elandelayo:

Izindawo ezingaphansi kwesifunda saseThekwini	Zathola eyizi-2 200 (kanti futhi zase zizophinda zithole eminye eyizi-8000 ngenyanga kaMbasa: ingxenye yayo engamaphesenti angama-50 ngeyabasebenzisa izibhedlela zikahulumeni bese kuthi lena enye ingxenye engamaphesenti angama-50 ngeyabasebenzisa izibhedlela ezizimele)
Izindawo ezingaphansi kwesibhedlela i-Edendale	Eyizi-4 760
Izindawo ezingaphansi kwesibhedlela i-General Justice Gizenga Mpanza	Eyi-1 280
Izindawo ezingaphansi kwesibhedlela iMadadeni	Eyizi-2 345
Isibhedlela i-GJ Crookes	Semukela eyizi-3800 kuhlanganisa nengama-200 yabebhedlela ezizimele
Isibhedlela i-Ladysmith	Semukela eyizi-2400 kuhlanganisa nengama-300 yabasezibhedlela ezizimele (okwakumele ngabe sathola eyi-1500 ngenyanga kaMbasa, okwakuzothi engamaphesenti ayi-10 idluliselwe kwabebhedlela ezizimele).
Isibhedlela i-Medi-clinic	Semukela eyi-1800 (kanti futhi sase sizophinda futhi sithole eminye engama-500 ngenyanga kaMbasa: ingxenye engamaphesenti angama-50 ingeyabasezibhedlela zikahulumeni bese kuthi lena enye ingxenye engamaphesenti angama-50 ingeyezibhedlela ezizimele)
Isibhedlela i-Vryheid Christ the King	Eyi-1600
Isibhedlela iNgwelezane	Eyizi-2000 kuhlanganisa nengama-200 yabasezibhedlela ezizimele (kanti futhi kwase kumele siphinde sithole eminye futhi eyizi-2200 ngoMbasa, kuthi engamaphesenti angama-20 yayo kube ngeyasezibhedlela ezizimele).
Isibhedlela sakwaHlabisa, isifunda	Kwakumele zithole eyizi-4400 ngenyanga

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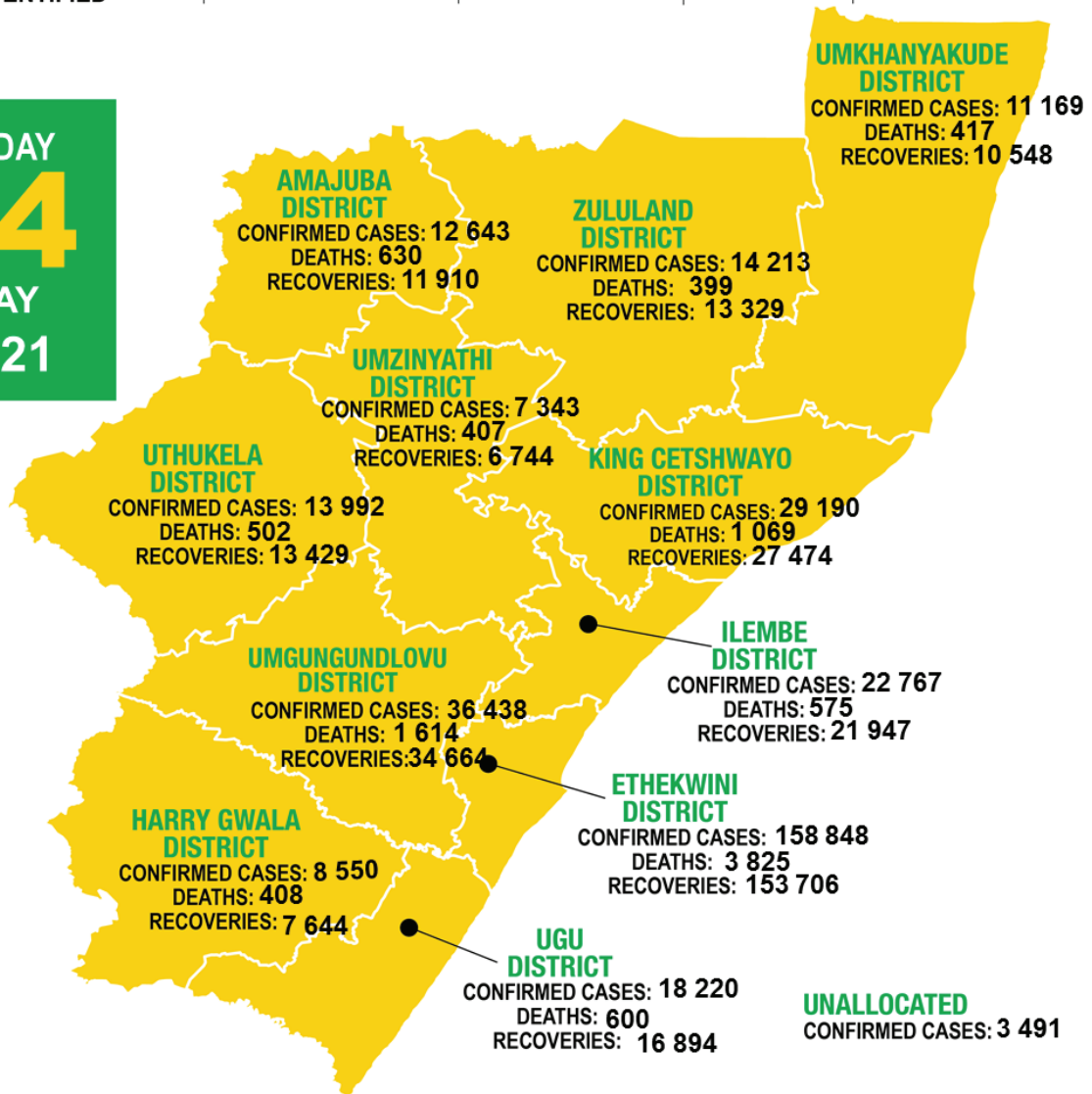
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COVID-19 STATISTICS IN KZN

				
337 728	4 533	321 776	10 446	118
POSITIVE CASES IDENTIFIED	ACTIVE CASES	RECOVERIES	DEATHS	NEW CASES

FRIDAY
14
MAY
2021



Learn more to Be READY for #COVID19:
www.sacoronavirus.co.za

NICD Hotline: 0800 029 999
WhatsApp 'Hi' to 0600 123 456



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USUKU LWABAHLengi NABAHLengIKAZI (ONESI) EMHLABENI WONKE LUQHAKAMBISA UNYAKA WABAHLengi NABAHLengIKAZI (ONESI) NGESIKHATHI SOBHubHANE I-COVID-19



Kule nyanga kugujwa usuku lwabaHlengi nabaHlengikazi (lonesi) eMhlabeni wonke jikelele olugujwa minyaka yonke ngomhla we-12 enyangeni kaNhlaba, okuwusuku okubungazwa ngalo usuku okwazalwa ngalo umsunguli (ingqalabutho) wendlela yesimanjemanje yobuhlengikazi u-Florence Nightingale.

Lolu suku lufika ngesikhathi abahlengi nabahlengikazi (onesi) emhlabeni wonke jikelele kumele bakhombise ukuzibophezela kwabo, isibindi, ububele (isihawu) futhi balethe nethemba phakathi kwezinto okulindeleke ukuba bazenze ngalesi sikhathi sokulwa naleli gciwane elingumashayabhuqe lekhورونا.

Njengoba umkhakha wezempilo kuyiwona mkhakha omkhulu kunayo yonke eminye imikhakha emhlabeni wonke jikelele, akukho nokuncane ukuthandabuza ukuthi abahlengi

nabahlengikazi (onesi) yibona abayinsika yempumelelo yokulethwa kwezidingongqangi zezempilo kuwona lo mkhakha.

I-Health Chat ixoxisane noNkz. Cynthia Nompumelelo Sosibo, oneminyaka yobudala engama-57, ongumqondisi obhekelele ukusebenza kwabahlengi nabahlengikazi enhloko hovisi yoMnyango wezeMpilo e-KZN, ese-Townhill Park, mayelana

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nokubaluleka kokugujwa kosuku lwabahlengi nabahlengikazi (lonesi) emhlabeni wonke jikelele nanokuzwa uvo lwakhe ngendlela umkhakha wezempilo osebenze ngayo ngesikhathi kuhlasela ubhubhane i-COVID-19.

Abahlengi nabahlengikazi (onesi) ngokwejwayelekile yibona basebenzi bezempilo abasondelana kakhulu neziguli eziningi empilweni yazo yonke futhi yibona abaqhamuka namasu amasha okulekelela labo bantu abasezindaweni ezizidinga kakhulu izinsiza zezempilo.

USosibo uthe kubaluleke kakhulu ukugubha uSuku lwabaHlengi nabaHlengikazi (IoNesi) eMhlabeni wonke jikelele ngenxa yokuthi lokho kukhumbuzwa bona abahlengi nabahlengikazi (onesi) ngeqhaza elikhulu abalibambile ekusebenzeleni abantu. “(Usuku lwabahlengi nabahlengikazi (onesi) emhlabeni wonke jikelele) luqhakambisa abahlengi nabahlengikazi (onesi) njengezishosho ezilwela uguquko nezinsizangqangi kwezempilo futhi lubathwese uphaphelwe lwegwalagwala ngokusebenza kwabo ngokuzikhandla okukhulu. Lolu suku luphinde lukhumbuze abahlengi nabahlengikazi (onesi) ngesifungo sabo abasenza ngesikhathi bengena kulo mkhakha,” kusho uSosibo.

USosibo uthe yize yena engangeni asebenze ngaphakathi ngqo ezikhungweni zezempilo, kodwa ukubheduka kwalolu bhuhane i-COVID-19 bekudala ukukhungatheka okukhulu, kufikiselana novalo kuphinde kudalele abahlengi nabahlengikazi (onesi) ungabazane ngomsebenzi wabo abawenzayo ngisho nakubo uqobo.

“Ukubona izinombolo zabantu abahaqekile zinyuka, kuthetheleka abasebenzi bezempilo, beshona ngenxa yalo leli gciwane, iziguli zishona ngobuningi – kwesinye isikhathi amalungu omndeni owoywa, lokho bekungibulala kakhulu emoyeni. Yize kunjalo, kodwa yilapho-ke ngabona khona ukuthi ukusebenza ngokubambisana nokusebenzela inhloso efanayo nonke, konke kuba yimpumelelo,” kusho uSosibo.

Uthe ukuze sehlise uvalo nexhala kwabiza ukuthi thina njengabasebenzi bezempilo sisebenze ngokwesekana okukhulu kuwona wonke amazanga, sixoxe ngovalo esasinalo, silulekane nangokwengqondo, sihlomisane ngamakhono, ngolwazi, ukutholakala kwempahla yokuzivikela (PPE) eyanele kanye nabasebenzi abenele.

“Mina njengesisebenzi sezempilo nganginxhala, ngingengebhe ngokungazi ukuthi ikusasa laliphatheleni izwe laseNingizimu Afrika kanye nohlelo lwezempilo. Ngangikhathazeke kakhulu ngempilo yabo bonke abasebenzi bezempilo okuyibona abangamafolosi okulwa le mpi futhi yibona abasengcupheni enkulu yokuthetheleka ngegciwane. Ngaphezu kwalokho, sasinokwesaba njengoba sasingazi okwakuzokwenzeka njengoba leli gciwane lase lihlasela ihlandla lesibili futhi nezibalo zabantu ababetheleleka zazeniyuka,” kusho uSosibo.

Uthe ngaphandle nje kokubhekana ngqo nobungozi bobhubhane i-COVID-19, maningi namakhono okwadingeka ukuthi umuntu awafunde – ikakhulukazi lawo amayelana nokusebenzisa ubuchwepheshe besimanjemanje. Abahlengi nabahlengikazi (onesi) kwadingeka ukuba bakhombise isibindi

esiyisimanga.

“Ubhubhane i-COVID-19 lwasihlomisa (lwasicija) kakhulu ukuthi sikwazi ukubhekana nezifo ezahlukahlukeni futhi lwasilethela ukuthi sizethembe kakhulu kunakuqala kukho konke kwesikwenzayo. Lwaba yindlela yokulungiselela abahlengi nabahlengikazi (onesi) ukuthi basebenze ngokuzikhandla, ngokuzinikela futhi nangokukhombisa uthando ezigulini. Yize bezilokhu zikhona ezinye izifo ezithathelanayo ebesezikwazi ukumelana nazo, kodwa ngibona ukuthi ubhubhane lwe-COVID-19 lusenze sakubona kahle ukubaluleka kolwazi namakhono esawathola kusukela ngesikhathi sisaqeqeshwa nakulo lonke lolu hambo lwethu lokusebenza njengabahlengi nabahlengikazi (onesi),” kusho uSosibo

USosibo wengeze ngokuthi: “Kuncomeka kakhulu ukuthi sekuze kwafika lesi sikhathi, okuyinyanga kaNhlaba (kaMeyi), okuyinyanga yethu, abahlengi nabahlengikazi (onesi) besalokhu bekhombisa ukusebenza ngokukhulu ukuzimisela, ngeqholo nangokuzethemba okukhulu.

Abahlengi nabahlengikazi (onesi) babexoxisana kabanzi ngezindlela zokubhekana nalolu bhuhane i-COVID-19 kusukela phansi kuvakashelwa amakhaya (imizi), kuthungathwa labo abake basondelana nosehaqekile, bebayingxenywe yokusebenza ngempumelelo kwezikhungo zezempilo futhi belokhu bekhombise njalo ukubeka phambili impilo yeziguli okuyingxenywe yokuhambisa izidingongqangi kubantu. Ngibancoma kakhulu futhi ngibethulela isigqoko abahlengi nabahlengikazi (onesi).”

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UMHLANGANO WOKUCOBELELANA NGOLWAZI MAYELANA NOKUPHATHWA KWEMALI



Ihhovisi likamqondisi wezempilo nenhlalakahle yabasebenzi libe nomhlangano wokucobelelana ngolwazi mayelana nokufundiswa kwabasebenzi ukuphatha imali obuqhutshwa ngohlelo lwezobuchwepheshe kusukela ngomhla wama-26 kuMbaso kuya mhla ziyi-14 kuNhlaba njalo ngoMsombuluko kuya kuLwesine kusukela ngehora le-10h00 – 10h30 ekuseni.

Lolu hlelo lwethulwa emva kokubona ukuthi ngesikhathi semvulelwakhaya (lockdown) abantu abaningi bathola ukuthi labo abahlala nabo emakhaya noma izihlobo zabo zilahlakelwa yimisebenzi bese bezithola ukuthi imali ekhona kayisakwazi ukubhekana nezidingo njengoba sekukhona asebelahlakelwe umsebenzi. Lokhu kwaletsa isidingo sokuthi kusungulwe uhlelo oluzocija abasebenzi ukuthi bakwazi ukuphatha kahle izimali futhi bakwazi nokuyonga, bangayisebenzisi nje nasezintweni ezingenasidingo.

Ezinye zezinto ababefundiswa ngazo zazibandakanya ukusebenzisa imali ngokucophelela, uwuthenga kanjani umuzi futhi uyithola kanjani imali yokuwukhokhela, usifunda kanjani isivumelwano sokuthenga imoto, ulisula (ulikhipha) kanjani igama lakho ohlwini lwabantu abahlulwa wukukhokhela izikweletu, njll.

Ngaphezu kwalokho, ngomhla wama-28 kuMbaso wezi-2021, incwajana echaza ngokuthi ungazenzela kanjani ingenisomali elithe xaxa nokuthi ungazikhokhela kanjani zonke izikweletu onazo ngendlela efanele yathunyelelwa kubo bonke abasebenzi. Leyo ncwajana yaphinde yelanywa ngenye futhi echaza ngezinto okumele zenziwe nangalezo okungamele zenziwe uma isisebenzi selulekwa ngezikhweletu.

Uma kukhona isisebenzi esidinga usizo ngezezimali singaxhumana nabaqokelwe ukwenza lowo msebenzi noma sixhumane nehhovisi le-EH&W ukuze sihlelelwe ngokusemthethweni ukuthi siyobonana nongoti we-EAP ngokushayela le nombolo yocingo ethi; **033 395 2582** noma sisebenzise leli kheli leposinyazi (le-imeyili) ethi:

Phumelele.Masango@kznhealth.gov.za



NKK NOMAGUGU SIMELANE
UNGGONGQOSHE WEZEMPILO KWAZULU-NATAL

UKWETHULWA KWESABELO MALI 2021

21 MAY 2021

INGQIKTHI (INDIKIMBA):
SIPHUMA EKUCEKELWENI
PHANSI WUBHUBHANE
LWE-COVID-19, SESIHLABELA
PHAMBILI UKULETHELA ABANTU
BAKITHI IZIDINGONGQANGI
NGESIVININI

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How to use your income correctly

- Pay yourself first – Always make sure you eat correctly, healthy body is healthy mind
- Do a budget?
- Understand between the Needs and Wants.
- Stay away from loans.
- Work as a family when it comes to a joint income.
- Apply the 70/30% Rule!
 - Of the 30 percent not spent, one-third should go to charity.
 - The next 10 percent to create wealth. This is money you'll use to buy, fix, manufacture or sell.
 - The last 10 percent should be put in savings. "Jim Rohn Quote" Let me give you the definition of "rich" and "poor": Poor people spend their money and save what's left. Rich people save their money and spend what's left.

The Snowball Effect.

The debt snowball method is a debt reduction strategy where you pay off debt in order of smallest to largest, gaining momentum as you knock out each balance. When the smallest debt is paid in full, you roll the money you were paying on that debt into the next smallest balance.

But

If you have additional cash you can also request a special settlement and offer the credit providers 20 to 50% less, this will help you to pay of your debt quicker.

Remember There Is Life After Debt

Ron Ries 0828281258

micromanage@mweb.co.za



FINANCIAL LITERACY 101

02

**GROWING
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NGABE USUWUHAMBISILE UMQULUMBHALO WAKHO NA?



health
Department:
Health
PROVINCE OF KWAZULU-NATAL

ANNEXURE E

PERFORMANCE ASSESSMENT INSTRUMENT

Annual Performance Assessment Instrument

The manager must forward the completed form to Human Resource Management for filing immediately after completion.

CONFIDENTIAL

Period under review
Surname and initials
Job title
Remuneration level
Persal no.
Component
Race African Coloured Indian White
Gender Male Female
Disability (Specify, if applicable)

(Tick the appropriate box)

Probation Extended probation Permanent Contract

PART 1 – COMMENTS BY RATED EMPLOYEE

(To be completed by the Employee prior to assessment. If the space provided is insufficient, the comments may be included in an attachment)

1. During the past year my major accomplishments as they related to my performance agreement were:

2. During the past year I was less successful in the following areas for the reasons stated:

Signatures :

Employee : Date:..... Supervisor:Date.....

Annexure E: Performance Assessment Instrument

umqashi alindele ukuthi sisebenze ngayo njalo ngonyaka. Isib. Kusukela mhla lu-1 kuMbaso wezi-2021 kuya mhla zingama-31 kuNdaso wezi-2022. Usuku oluwumngamlajuqu lokuthumela (lokuhambisa) wumhla zingama-31 kuNhlaba (Meyi) wezi-2021.

2. Ukuhlola Indlelakusebenza Kwangenyanga KaMandulo/ KaSeptemba (Isithasiselo D) Inhloso yalolu hlolo ukuhlola indlela isisebenzi esisebenza ngayo yamaphakathi nonyakazimali. Usuku oluwumngamlajuqu lokuthumela (lokuhambisa) wumhla zingama-31 kuMfumu wezi-2021.

3. Ukuhlolwa Konyaka (Isithasiselo E) Lo mqulumbhalo ngowokuhlola indlela isisebenzi esisebenze ngayo unyaka wonke. Usuku oluwumngamlajuqu lokuthumela (lokuhambisa) wumhla zingama-31 kuMfumu wezi-2021. Ukuthumela (ukuhambisa) imiqulumbhalo ngesikhathi esibekiwe esiwumngamlajuqu kubaluleke kakhulu ukuze uzibeke ethubeni elihle lokuthola inkokhelo.

Uma imiqulumbhalo ingathunyelwanga (ingahanjiswa) leso sisebenzi sisuke sesingasakufanele ukuthola inkokhelo futhi sisuke sesizibeke engcupheni yokuthi siyoqondiswa ubugwegwe. Ngakho-ke kuwumsebenzi wesisebenzi nosiphetho ukuqinisekisa ukuthi imiqulumbhalo ithunyelwa (ihanjiswa) ngesikhathi.

Okuqukethwe yisivumelwano esiphakathi kukamqashi nesisebenzi kungabuyekezwa ngisho noma ngabe ngasiphi isikhathi kulezi ezibhalwe laphaya ngenhla ukubheka ukuthi leziya zivumelwano okwakuvunyelwene ngazo zisengenzeka yini ukuze kwenziwe izinguquko la kunesidingo khona. Ulwazi oluthe xaxa lungatholakala ngokusebenzisa uhlelokhulwano lwangaphakathi ngaphansi kwengosi ye-EPMDS neyasophikweni oluphathelele nezindaba zabasebenzi.

Uhlelo Lokuhlola Indlelakusebenza yabasebenzi (EPMDS) ingachazwa ngokuthi iynqubo eyenzwa ngabasebenzi kanye nabaphathi babo ukuhlola indlela abasebenza ngayo okumele ihambisane ncamashi (ngqo) nezimiso zomnyango. Lolu hlelo lwe-EPDMS lwaqalwa ukusetshenziswa kuhulumeni kusukela ngonyaka wezi-2007 ukuhlola indlela abasebenzi nabaphathi babo abasebenza ngayo, ukuze bezoqikelela ngaso sonke

isikhathi ukuthi umsebenzi wabo wokuhambisa izidingongqangi kubantu uhlale usezingeni eliphezulu.

Uhlelo lwe-EPMDS lunemiqulumbhalo emithathu okumele ihanjiswe ophikweni olubhekelele izindaba eziphathelele nabasebenzi:

1. Isivumelwano Sendlakusebenza (Isithasiselo A) Inhloso yokwenza lesi sivumelwano ukwazisa isisebenzi ngendlela

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UKUDLA NGENDLELA ENEMPILO



Izifo ezidalwa yindlela yokudla kujwayeleke ukuthi zibe yisihloko esigwenywayo ukukhuluma ngaso, ikakhulukazi emiphakathini yabantu abamnyama. Yize kunjalo kodwa ukucwaswa okumayelana nezifo ezidalwa yindlela yokudla kumele kukhulunywe ngakho, njengazo zonke ezinye izifo naso kasikhethi kodwa singahlasela noma ngabe wubani ngaphandle kokubheka ibala lesikhumba.

NgokweNhlango Yezempilo Emhlabeni Wonke Jikelele (WHO), izifo ezidalwa yindlela yokudla zijwayele ukuhlasela abesifazane kakhulu kunabesilisa futhi zingaba yingozi enkulu empilweni yomuntu kanti futhi zijwayele ukuhambisana nezinye izifo ezifana nokhwantalala (depression), ixhala (anxiety) kanye nokusetshenziswa kwezidakamizwa.

Izifo ezidalwa yindlela yokudla kazigcini nje ngokuba yisifo sokudla ngendlela engafanele kuphela kodwa ikakhulukazi zijika zibe yisifo sokuphazamiseka ngokwengqondo esidinga ukwelashwa ngongoti. Izifo ezidalwa yindlela yokudla zingachazwa ngokuthi ziyizifo zokuphazamiseka ngokwengqondo lapho umuntu ephenduka umlutha (ihuha) wokudla nendlela abuka ngayo umzimba wakhe.

EZIMBILI OKUYIZO EZIJWAYELEKE KAKHULU, YILEZI EZILANDELAYO:

• **Isifo Sokuzizacisa (Anorexia nervosa)** - Abantu abahlaselwe yilesi sifo sokuzizacisa bazibona bona bekhuluphele ngokweqile. Isikhathi esiningi babesebeyazizacisa ngokweqile futhi ngendlela enobungozi. Bajwayele ukuqapha isisindo sabo nokudla abakudlayo kanti futhi kujwayeleke ukuthi uma bedla bathi nje choko choko kancane bese beyayeka.

• **Isifo Sokuzizacisa Ngokudla Umthamo Omkhulu Ngezikhawu (Bulimia)** - Abantu abanesifo sokuzizacisa ngokudla umthamo omkhulu wokudla izikhawu bajwayele ukuthi badle ukudla okuningi ngesikhathi esisodwa bese emva kwalokho bezama ukwehlisa isisindo ngezindlela ezingahlelekile njengokuthi bezame ukukuphalaza lokho kudla abakudlile, ngokuzila ukudla, ngokusebenzisa izinto

iyaqhubeka ekhasini 11 >>>

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ezihambisa ngesisu kanye nokuzivocavoca ngendlela enokuphoqa.

UDkt. Sally John, ongudokotela wezifo zengqondo esibhedlela i-McCord, usho lokhu mayelana nezifo ezidalwa yindlela yokudla engafanele. Ngizothi nje isifo esidalwa yindlela yokudla ikakhulukazi siyisifo esihlasela ingqondo kakhulu kunomzimba.

Uma uxoxisana nabantu abaphethwe yiso lesi sifo, uthola ukuthi yilowo nalowo unodaba lwakhe alushoyo olwehlukile kunolomunye, lokho okwenza ukuthi ugcine ungasazi ukuthi ngempela yini esidalayo. Lesi sifo senza umuntu ukuthi azizwe ukuthi useyakwazi ukulawula impilo yakhe ngokuthi akwazi ukulawula ngokuphelele ukudla akudlayo nendlela azibuka ukuma komzimba wakhe ngayo.

Ngokujwayelekile umuntu onesifo sokuzizacisa kuyamthokozisa ukuba nomzimba omncane kakhulu. Lo muntu yena usuke engakuboni ukuthi abanye abantu kubakhathaza kangakanani ukubona lo mzimba wakhe ozace waba ngamathambo ngayo futhi nangendlela obukeka ungenampilo ngayo. Intsha nabadala bayaziwa ngokufa bebulawa ukuba nezinkinga emathunjini.

Kwesinye isikhathi uma udade ezwa umfowabo ephawula ngokuzimuka komzimba kadade wabo, lokho kungaholela ekutheni lowo dade wabo agcine esekugwema ukudla futhi esekwenza ngokweqile. Noma umuntu onesifo esidalwa yindlela yokudla angabe eziphindiselela kumzali wakhe onesandla esiqinile ngayo, njengoba ukungadli kungenye yezingxenyane zempilo yomuntu umzali angeke akwazi ukumulawula kuzo. Isifo sokuzizacisa ngokudla umthamo omkhulu wokudla ngezikhawu (Bulimia) siwukudla ngokuminza

kodwa futhi ungakuthandi ukukhuluphala.

Ukuphatheka kabi, ukuba nomzwangedwa (isizungu), ukuchukuluzwa, ukuba nexhala, ukuzizonda wena uqobo (ukungayithandi indlela ozibona ubukeka ngayo), Ukungakwazi ukumelana nomsebenzi wesikole nokushonelwa ngabazali ngesikhathi usesikoleni okuhlalwa kuso ngesinye sezizathu ezingaholela ekuhlaselweni wukhwantalala kona okungakudalela izifo ezibangwa yindlela yokudla. Kungumqansa ukwelapha abantu abanalesi sifo.

Yize kunjalo, kodwa-ke bayelapheka. Okokuqala nje, kumele bachaze ukuthi kungani bengathokozile empilweni. Bese-ke emva kwalokho uhlelo lwendlela yokudla olwenziwe yibo uqobo bebambisene nodokotela selungasiza. Isiguli kumele sikwazi ukubona futhi sikwamukele ukuthi sinenkinga esidinga ukusizwa kuyo. Imitholampilo kwesinye isikhathi isebenzisa uhlelo lokunika nokuphuca amaphuzu.

Uma isiguli siqaba ukudla emtholampilo, kumele naso senqatshelwe ukubuka i-TV noma ukungena ngaphakathi. Uma sesiqala sidla bese leso sijeziyo siyalengiswa. Isisindo somzimba sihlale siqashelwe njalo, kanti ukuzivocavoca nakho kuqale kungavunyelwa. Isisindo somuntu omdala esingaphansi kwamakhilogremu angama-45 sithathwa njengokuthi sisengcupheni.

Ngike ngizwe abantu abanezifo zokuzizacisa bethi abakaze bezelaphe kulesi sifo esidalwa yindlela abadla ngayo. Uma behlaselwe yingcindezi (stress), bavele bayikhiphele yonke kule ndlela abadla ngayo. Ngike ngezwa esinye isiguli sithi sona ukudla ngokuminza kususisa ukuthi singabe sisasukuma uma sidla kodwa sihlala phansi, sizikhululekele bese

sithokozela ukudla lokhu esikudlayo. Ukudla sigijima yinto okungawusizanga lo mkhuba esiwenzayo. Sona besidinga nje ukuthi sizikhumbulele ukudla. Ukudla kuyisipho esivela kuNkulunkulu kithina, futhi kuningi kakhulu okumele sikuthokozele ngakho; ukunambitheka okunhlobonhlobo kanye nethuba lokuthokozela isidlo unomndeni kanye nabangani. Izingane ezizifihlayo futhi ezithatha ukudla ziyokudlela emakameleni azo kungenzeka ukuthi zinenkinga ngokudla.

Izingane ezibonakala sezikuthanda ngokweqile ukudla futhi nangendlela okuphekwa ngayo kanye nokupheka uqobo kodwa ekugcineni zingakudli lokho kudla kungenzeka ukuthi lezo zingane zihlaselwe yisifo esidalwa yindlela ezidla ngayo. Abazali kumele basiqaphele leso simo.

Ukuhlangana komndeni udle ndawonye isidlo yinto okumele ikhuthazwe kakhulu leyo kanti futhi ukukhuluma kwabazali nezingane zabo ngendlela evulelekile futhi enokuthembeka kuyinto esemqoka. Ukuhlangana njalo komndeni ngezikhathi zesidlo sakusihlwa kumele kuhlelwe nokungaba yinkundla lapho kudingidwa khona zonke izinto zomndeni ezibalulekile futhi kuthathelwe izinyathelo labo abaqondiswa ubugwegwe lapho kuvunyelwa khona ukuthi lelo nalelo lungu lomndeni libe nokuthile elikhshoyo.

Le mihlangano ingaqala kusukela ngesikhathi izingane sezikwazi ukukhuluma iqhubeka njalo zize zikhule zibe ngabantu abadala futhi zisakuthokozela ukubuya zize ekhaya ngenxa yayo le mihlangano.

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