



health

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Umthombo WasEkombe Newsletter

It's a boy



From left Sr. N.J. Mabizela, Ms. Hloniphile Dlamini, Dr. N. Khanyile and Sr. S.L. Xulu carrying Mlonidi Langa

On the 20 September 2015 Ekombe Hospital team of midwives and doctors successfully delivered a 5,7 kg baby boy, Mlonidi Langa. The mother, Ms. Hloniphile Dlamini from Mvutshini area was overwhelmed by emotions when she saw her son Mlonidi in the nursery. Our team of midwives and doctors could not believe their eyes when this precious life was delivered. We would like to congratulate the team for doing an excellent job. God bless you.

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Clean-up Campaign

Ekombe Hospital conducted a clean-up campaign on the 12 August 2015 in order to keep the work environment clean. The campaign was coordinated by Miss P.C. Khomo, Waste Management Officer and Ms. B.D. Ngcobo, Infection Prevention and Control Practitioner. During the campaign there were four groups responsible for cleaning of grounds and also planted flowers.



Staff members picking papers during the campaign

One group cleaned outside the hospital premises next to security fence. On same day the following wards and departments namely: Tholithemba Clinic, Laundry, Paeds and Male wards were awarded certificates of compliance in terms of hand washing. We would like to congratulate them for doing a sterling job. The management would also like to thank everyone who contributed to the success of the campaign.



Sr. B.T. Zuma collecting hand washing certificate from Matron P.P.L.Nkala



Mr. M. Dunge and Mr. T. Zulu planting flowers



Staff members getting ready for the clean-up campaign

Breast-Feeding Week

This awareness is conducted in the first week of August, where health education is given to mothers about the importance of breast milk and its benefits. On the 05 August 2015 the hospital held a breast-feeding week at Gateway clinic. This year's theme was **"BREASTFEEDING AND WORK, LETS MAKE IT WORK."**

Health education on breastfeeding, ten steps and breast examination was given to mothers. Breastfeeding is the best source for nutrients needed for growth and development. For the first 6 months breast milk provides all what baby needs for physical and mental development. It also forms a strong bond between a mother and a baby. Breastfeeding reduces risk of diseases like diarrhea, reduces the risk of developing allergies and obesity.

Mothers were also capacitated in terms of breast self examination like if there is something unusual in a breast they must contact health professional for further investigation.

Healthy baby competition was also part of the awareness where different ages groups competed and all of them received token of appreciation in terms of vouchers, certificates and medals. Big –up to breastfeeding team for coordinating this day.



From left in a back row Ms. R.N. Mlambo, Sr. S.Z. Myeni, Ms. S.NC. Sikkakana, Sr. K.A. Dhladhla, Sr. N.P. Dhladhla and front row mothers and their children

Rabies Awareness

The awareness was held on the 28 September and different topics were covered. Rabies is a disease that affects the brain and leads to the death of a human being or animal involved. The initial symptoms of rabies are often vague and it can be easy to mistake them for other, less serious, types of infection. They include fever, headache, feeling generally unwell, feeling scared or anxious. Initial symptoms of rabies last for two to 10 days before more severe symptoms start to develop.

These typically include aggressive behaviour, hallucinations, agitation and producing lots of saliva. Rabies affects all animals, the virus occurs in great numbers in saliva of rabid animals. If above mentioned symptoms are identified to animals please contact your veterinarian and also if you get bitten thoroughly disinfect the wound and consult a medical doctor. Rabies can be control through vaccinating dogs and cats.



Mr. S.S. Majozi giving health education to patients during the rabies campaign



Patients listening to different speakers during rabies campaign

Heritage Day

Ekombe Hospital held a Heritage Day on the 30 September. Management and staff members were dressed in traditional outfits. Theme for the day was **OUR KNOWLEDGE, OUR HERITAGE: TOWARDS THE IDENTIFICATION, PROMOTION AND PRESERVATION OF SOUTH AFRICANS LIVING HERITAGE**. Our hosts Mr. V.P. Ndelu and Miss S.A. Dlamini were on top of their game. Different wards and departments entertained the audience through traditional music and dance.

Mrs. M. Nadioo, Pharmacist painted a picture of Indians history and how they arrived in South Africa. Mr. T.E. Mavundla and Mr. S.M. Nzuzza also spiced the day by modelling for the audience. The history of King Shaka, (ILembe eleqa amanye AmaLembe ngokukhalipha) was narrated by Miss N.N. Shange who mentioned the birthplace, his mother Princess Nandi, how he became a warrior and eventually forming the Zulu Nation and his death.

On the day we had different types of food, samp, inhloko, tripe, dumplings, pumpkin, spinach, boiled chicken, sweet potato and carrots. We would like to extend our gratitude's to all staff members who made contributions in order for this day to materialized. Thank you very much to the team that coordinated heritage day God bless you colleagues. You are the best!!!



Management led by Ms. P.L. Ntuli, Acting CEO dishing during heritage day

Heritage Day Photos



EDITOR'S COLUMN

Greetings to all the readers of Umthombo wasEkombe News- letter. I have been privileged to be part of this family called Ekombe District Hospital really its an honor. We had some accomplishments and challenges but we soldiered on as a family. I've been with this family for almost eight years in the name of service delivery, but its time for me to pass the baton since I'm relocating as from the 1st November.



Philani Mhlungu

I'm really grateful to the management of this institution for giving the opportunity to part of the family and all the support and guidance you gave me all these years. To all staff members thank you very much for your cooperation and support in the name of service delivery. Lastly I would like extend my gratitude's to colleagues in Uthungulu Health District, other Districts and Head Office. God bless you all. I thank you.

Sports



Above photo Management and netball team showcasing trophies won in a tournament.



Miss Khule Langa, team captain handing one the trophies to the Acting CEO, Ms. P.L. Ntuli

Ekombe Hospital Netball team participated in Nkandla Multi departments tournament on the 26 August and Uthungulu District tournament on the 05 September. They won all the eliminating rounds convincingly till they reached the final. In the final they came against Khomo High School and won. Our team captain Khule Langa was also named the player of the tournament, she received a trophy. In Uthungulu tournament our netball team got a second spot. Congratulation to our netball team for representing Ekombe Hospital well.

Compiled & designed by: Mr. P.D. Mhlungu - Public Relations Officer