



UMELUSI LOMUHLE

GOOD SHEPHERD CATHOLIC HOSPITAL & COLLEGE OF HEALTH SCIENCES NEWSLETTER

"The Lord Is My Shepherd"

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About Us



Good Shepherd Catholic Hospital and College of Health Sciences is situated in the historic town of Siteki in the Lubombo Region of

Eswatini.

The institution is owned by the Catholic Diocese of Manzini under the leadership of His Excellency Monsignor (Bishop) Jose Luis Ponce de Leon. It is governed by a Governing Body.

The hospital, which has 225 beds, was established by the Catholic Church in Eswatini in 1949, with the College opening its doors in 1976.

The hospital started with three staff members; the Medical Officer and two Nursing Mantellata Sisters. Meanwhile, the College has an enrolment of approximately 400.

In June 1970, the hospital was handed over to the Medical Mission Sisters from Netherlands for Administration and in 1985 it was localised.

In 2009, the Hospital was transformed to a Government Parastatal under Category A of the Public Enterprises (PEU) Act of 1989. The Governing Body is now composed according to the PEU Act.

THE GOOD SHEPHERD (UMELUSI OMUHLE) NEWS

The Good Shepherd News is the official Newsletter publication of Good Shepherd Catholic Hospital and College of Health Sciences and has been designed to inform and educate our valued readers on the latest news, events and projects on-going at the institution.

Our Vision

To be Eswatini's leading hospital in patients' experience, clinical outcomes, research and education.

Our Mission

We compassionately improve the health of the people by providing comprehensive, quality, affordable health care services and continuously produce professional health care workers

through training within the context of Catholic Faith.

Aims & Objectives

- To promote the concept of healing and wholeness in a Christen spirit as a state of physical, mental and spiritual wellbeing as provided in the Constitution of the World Health Organisation.
- To cooperate with the Ministry of Health in providing medical, paramedical, education and related health services in the Lubombo Region.
- To emphasise the promotion of health and self-care in the region, relevant services in the clinics and hospitals.
- To integrate with other agencies that help to promote health, whether these are in the Government, in the private or the Catholic Church.
- To be consistent in service excellence by providing continuous training to our employees at their different levels.
- To collaborate with the Ministry of Health Stakeholders, Non-Profit making Organisations, Faith based organisations in health promotion of emaSwati (Swazi) Nation.



The CEO's Corner

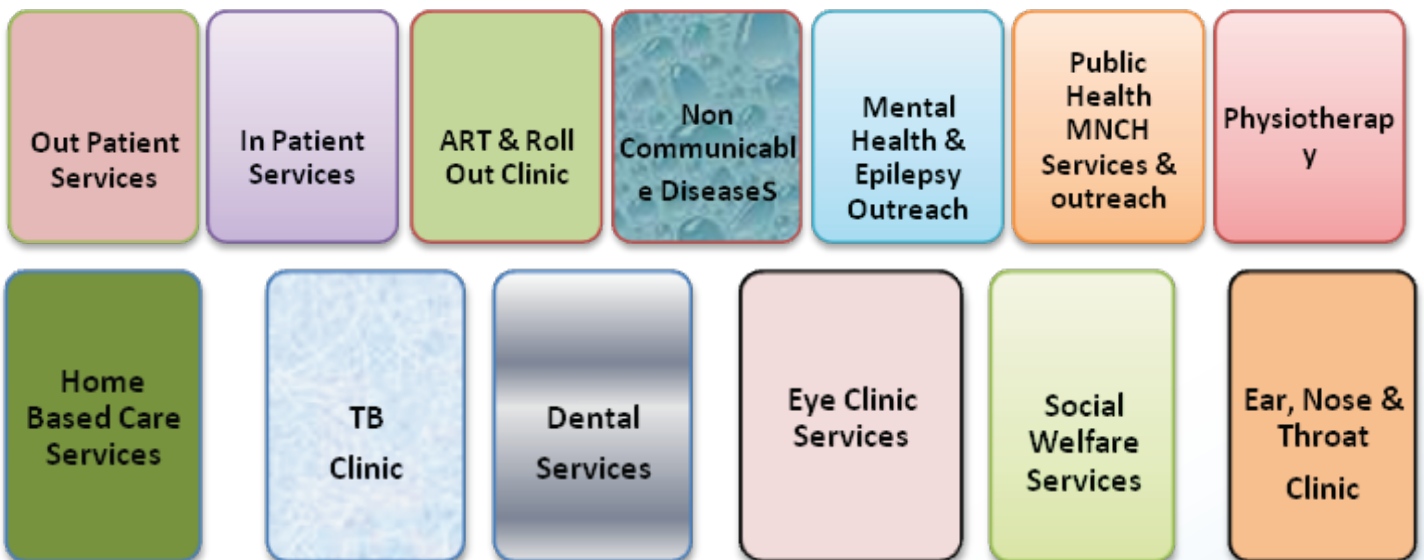
I am delighted to welcome you our esteemed reader into our new edition of **UMELUSI LOMUHLE (The Good Shepherd) newsletter**.

The aim of this newsletter is to inform, educate and update our stakeholders and service users about our operations. I hope you will find it to be an interesting and informative read. For more information please make use of our social media platforms and you can also contact our Communications Officer on **78089620** or our Customer Care on **76513380**.

In our endeavour to deliver quality and patient-centred health care services, we need your input and participation in our customer care services program.

Enjoy!!

Services Provided By GSCH



PROGRAMS OFFERED AT GSCCHS



The Editor's Pen

It gives me a great pleasure to present to you, our valued clients, the first edition of Good Shepherd Catholic Hospital and College of Health Sciences' official newsletter - Umelusi Omuhle.

In this first publication, we will be looking at various blessings, achievements and developments that have occurred across the institution. Among these blessings - it's the launch of our Strategic Plan; the construction of a E15m Outpatient three-storey building, which we hope will start operating next year. During the course of the year one of our esteemed partner, the FNB Foundation officially handed over the mortuary.

In the past two years, Good Shepherd Catholic Hospital and College of Health Sciences signed MoUs with various stakeholders such as the Eswatini Motor Vehicle Accident Fund,

the Hartman Family and Boitekanelo College. Going forward, we are hoping to engage more partners.

We will remember that in 2019, the world was hard hit by the COVID-19 pandemic - the institution was not spared. However, our friends and stakeholders assisted us with many things such as equipment, saniters and drugs.

Also, we will look at how the hospital and college interacted with various communities. This was done through sports and career expos around the country. Through this essence, this newsletter aims to spread the good news of the "Good Shepherd" family whilst providing valuable and educational information. We hope you will enjoy the read.

Partners and Projects



The CEO Mr Muzi Dlamini reacts during the official handover of the mortuary facility from FNB FOUNDATION

As a non-profit organisation, Good Shepherd Catholic Hospital has a number of local and international strategic partners that assist with the development of the institution. Some of these include Boitekanelo College, RES, FNB Foundation, the Hartman family, Mercy-Air, George Town University, India Government, Eswatini Government, USA Government and many others.

Recently, the FNB Foundation handed over the renovated mortuary. The Foundation donated approximately E500 000 towards this project.

Currently, the hospital has embarked in constructing a new Out-patient Department (OPD). With the assistance of the Church and Government of Eswatini, this project is expected to be completed around May 2024. The institution, through the recently appointed Resource Mobilisation Committee, will be approaching some of our partners for assistance in securing funds for equipment and furniture.

Home based and palliative care is in their hearts. This is the Hartman family.

The family which originates from the United States of America played a huge role in the establishment of the Home Based and Palliative Care Unit.

Recently, the Hartman family donated a brand new van worth approximately E6320 000.00 that will be used by the Unit. Worth noting that this was not their first donation.

Previously, they contributed towards the medical supplies, training of staff, the renovation of an old structure which now house the Unit.



Good Shepherd the 'eye' specialist



Good Shepherd Catholic Hospital, is known locally and regionally as the eye specialist.

To prove this, our Eye Clinic welcomes close to 1000 patients per month from neighbouring countries such as Mozambique and South Africa. Locally, some people travel from as far as Nhlanguano, Pigg's Peak, Mankayane, Lavumisa for the touch of the Good Shepherd.

In most instances, these come for surgery, especially the removal of cataract (inkungu).

What is cataract?

It is defined as the clouding of the normally clear lens of the eye which causes visual incapacity or blindness. It is the number one cause of blindness globally.

It must be noted that there are different types of cataracts; namely the age-related cataract; traumatic cataract; drug induced cataract; metabolic cataract and secondary cataract.

With age-related cataract - as the name suggests, it is common with the elderly people.

Most cataracts develop slowly and do not disturb eyesight during the early stages. But with time, cataracts will eventually interfere with your vision.

Some people are born with cataracts or develop them during childhood. These cataracts may be genetic, or associated with an intrauterine infection or trauma.

These cataracts may also be due to certain conditions, such as myotonic dystrophy, galactosemia, neurofibromatosis type 2 or rubella. Congenital cataracts don't always affect vision, but if they do, they're usually removed soon after detection.

Causes

Most cataracts develop when aging or injury changes the tissue

that makes up the eye's lens. Proteins and fibers in the lens begin to break down, causing vision to become hazy or cloudy.

Some inherited genetic disorders that cause other health problems can increase your risk of cataracts. Cataracts can also be caused by other eye conditions, past eye surgery or medical conditions such as diabetes. Long-term use of steroid medications, too, can cause cataracts to develop.

How a cataract forms

A cataract is a cloudy lens. The lens is positioned behind the colored part of your eye (iris). The lens focuses light that passes into your eye, producing clear, sharp images on the retina – the light-sensitive membrane in the eye that functions like the film in a camera.

As you age, the lenses in your eyes become less flexible, less transparent and thicker. Age-related and other medical conditions cause proteins and fibers within the lenses to break down and clump together, clouding the lenses.

As the cataract continues to develop, the clouding becomes denser. A cataract scatters and blocks the light as it passes through the lens, preventing a sharply defined image from reaching your retina. As a result, your vision becomes blurred.

Cataracts generally develop in both eyes, but not always at the same rate. The cataract in one eye may be more advanced than the other, causing a difference in vision between eyes.

Types of cataracts

Cataract types include:

- Cataracts affecting the center of the lens (nuclear cataracts). A nuclear cataract may at first cause more nearsightedness or even a temporary improvement in your reading vision. But with time, the lens gradually turns more densely yellow and further clouds your vision.

As the cataract slowly progresses, the lens may even turn brown. Advanced yellowing or browning of the lens can lead to difficulty distinguishing between shades of color.

- Cataracts that affect the edges of the lens (cortical cataracts). A cortical cataract begins as whitish, wedge-shaped opacities or streaks on the outer edge of the lens cortex. As it slowly progresses, the streaks extend to the center and interfere with light passing through the center of the lens.

- Cataracts that affect the back of the lens (posterior subcapsular cataracts). A posterior subcapsular cataract starts as a small, opaque area that usually forms near the back of the lens, right in the path of light. A posterior subcapsular cataract often interferes with your reading vision, reduces your vision in bright light, and causes glare or halos around lights at night. These types of cataracts tend to progress faster than other types do.

Our Dreams

It is not a sin to dream big. Our future plans include privatising some of our services. These services include ultra-sound scan, especially for people who want to know the gender of their unknown babies.

Also, there is an intention to construct a multi-purpose hall at the College. This hall is expected to house an equipped gym, basketball and netball courts. Besides sports activities, this hall will be used for writing examinations.

It is expected to generate income for the institution. This can be

achieved by leasing it out for weddings, concerts, church services and indoor sports events.

Currently, the Hospital, assisted by government, is constructing a three-story building. This structure will house the Out-patient Department (OPD), the laboratory, x-ray and administration.

Most recently, we opened doors to a High Dependency Unit (HDU), which is a mini Intensive Care Unit (ICU). We received fund from the United States of America government through an organisation known as Right to Care.

Cervical Cancer Awareness



Cervical cancer is the leading cause of cancer related deaths. This cancer is highly treated if caught in the early stages, and the treatment should start as soon as possible for best results.

Symptoms include: abnormal bleeding between periods, heavy and longer menstrual periods, vaginal discharge, vaginal bleeding or pain during intercourse or after menopause.

Good Shepherd Catholic Hospital through the department of Obstetric and Gynaecology offers the following:

- Cervical Cancer screening through VIA and pap-smear free of charge.
- Colposcopy
- Cryotherapy
- LEEP
- Hysterectomy for early stages of cancer.

The Hospital will host an awareness campaign during the first

week of July, 2023.

The Good Shepherd Catholic Hospital Cervical Cancer Screening and Treatment Unit has been working over a number of years to meet the hospital's objective and mission to reduce cervical cancer related deaths.

In the past year, we have screened 403 patients, treated 130 patients, and linked 10 patients to oncology department for further treatment.

Despite this success, we seek new ways to increase awareness and detection rate on cervical cancer and treatment among high risk population.

We also need to reach clients who may not know our services including the target populations as per the ministry of health.

WELLNESS >> Improving the Quality of life through sports

The institution took a strong strategic direction in promoting wellness among staff, and thus encouraged them to take part in different activities such as playing soccer, netball and aerobics.

Besides the health aspect, the staff gets to mingle with the community it serves. In the process, the community get to know their health partners.

During these networking sessions, we are able to play a major role

team in promoting positive behaviour change. When visiting communities we provide some of our services such as TB screening.

Worth noting is that, the soccer and netball teams, respectively, participate in regional and national competition within the health sector.

The Wellness Clinic also encourage staff to take part in other activities such as hiking and marathons.



Action during the College's sports day



Good Shepherd Catholic Hospital & College of Health Sciences soccer team



Good Shepherd players in action during a social tournament



Waiting for a cross to be delivered

Mission

Provision of a comprehensive service that will attend to physical, psychological, social and emotional need of all employees of Good Shepherd catholic Hospital and College of Health Sciences.

Vision

To have a health and productive workforce.



Services Provided

Treatment | Refill of chronic medication | Screening | Pre Employment Medical Examination | Immunization | Post Exposure Prophylaxis (PEP) | HIV Testing & Counselling (HTC) | Anti-Retro Viral Treatment (ART) | Counselling Services | Home visits | Referrals | Sporting & Recreational Activities



GOOD SHEPHERD CATHOLIC HOSPITAL AND COLLEGE OF HEALTH SCIENCES

“The Lord is My Shepherd”

Our Philosophy: We believe that health is a precious gift from God, and in a team spirit we strive to strengthen and preserve it in the Kingdom of Eswatini.

Programs offered:

Post Diploma Certificate in Midwifery

Duration: 1 year

Entry Requirement:

Must have a Diploma in General Nursing

Diploma in Occupational safety & Health

Duration: 3 years

Entry Requirements: 5 credits

- English credit
- Maths credit
- Science credit
- Credits from any 2 subjects

Diploma in General Nursing

Duration: 3 years

Entry Requirements: 5 credits

- English credit
- Maths credit
- Science credit
- Credits from any 2 subjects

Certificate in Nursing Assistant

Duration: 2 years

Entry requirements: 3 credits

- Maths
- English
- Science
- And two passes



GOOD SHEPHERD CATHOLIC COLLEGE OF HEALTH SCIENCES

“The Lord is My Shepherd”

Facebook: Good Shepherd Catholic College of Health Sciences

Website: www.gscn.org.sz Email: info@gscn.org.sz

Tel: (+268) 23436556



The Roving Lens! *Graduation*



Some graduands came dressed in traditional regalia



Good Shepherd Catholic College of Health Science lecturers sharing a light moment.



Dignitaries from right to left His excellency Bishop Jose Luis Ponce de Leon, Minister of Justice Pholile Shakantu, Board Chairperson Dr Khosi Mthethwa and Minister of Education Lady Howard-Mabuza.



Proud parents, friends and relatives came in their numbers to celebrate the milestone.



Invited guests following the proceedings



New nurses...graduands looking good during their graduation



The graduands following the proceedings



Congratulations



His Excellency Bishop Jose Luis Ponce de Leon presenting a student with the Bishop's Award.



Guest speaker Minister of Justice Pholile Shakantu who was representing the Deputy Prime Minister receiving a token of appreciation from the Board Chairperson Dr Khosi Mthethwa

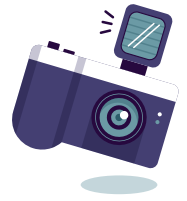


A student receiving the Bishop's Award from His Excellency Bishop Jose Luis Ponce de Leon



Congratulations to the graduates,,,halala!!!

Philani Maswati Biggest Braai



This charity event was held last year at the Mavuso Trade Centre, in Manzini.



Mahamba Gorge Hiking

This is an annual event held at the Mahamba which is situated in the Shiselweni Region.



Photo shoot before tackling the Mahamba Gorge



Taking a breather



Team members encouraging each other.



It always seems hard until its done.

Magadzavane Charity Hike

Staff members participated in the charity hike in the serene Magadzavane.





LIKE THE REST OF THE WORLD, ON DECEMBER 1, THE INSTITUTION COMMEMORATED THE WORLD AIDS DAY.



Lutsango

The institution participates in cultural events such as the annual Buganu Festival. The regiment, Lutsango delivers gifts (tetfulo) to Their Majesties on behalf of Good Shepherd Catholic Hospital and College of Health Sciences.





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