



“Phansi nge TB Phansi!”

**WORLD
TB DAY
12 & 24 April**



'TB IS CURABLE'

If you have TB, the green Carrier Card is important, and may be presented to any health facility where TB treatment is available.

TB is a curable disease, even if you are HIV positive!

Medication must be taken daily for 5 days a week for 6 months. After 1 month you will feel better, but **DO NOT STOP** taking your medicine because TB will not be cured yet!!



TB can attack any part of the body, but the lungs are the most common target.

DOTS is a Directly Observed Treatment System. For more advice contact SANTA– 031 2088474 or Durban Chest Clinic may be contacted on 031-3053347.

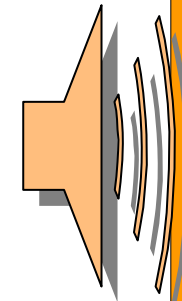
WORLD T.B. DAY AT ADDINGTON HOSPITAL

Addington Hospital hosted World TB Day on 12th and 24th of March 2009. The Event was well organized by the Infection Prevention and Control Team assisted by GI unit, Ward 12A, Informatics, Clinical Department, Laboratory 14A, 14B, Med Reg amongst others.

The target audience for this event was staff, patients and visitors. Posters, pamphlets, DVD and PowerPoint presentations were all set up. 40 sputum specimens were taken and sent to Laboratory—all specimens tested were negative. 67 questionnaires were completed by visitors and on 24 March 2009, 23 specimens sent to the Laboratory and 56 questionnaire completed by visitors. The main theme for the event was **“ See TB, Talk TB, Test for TB, TB is Curable”!**



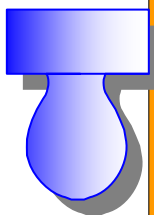
Staff, Visitors and Patients came visited the stand, and many completed the questionnaires. Several sputum specimens were also sent off to the Lab for testing. It was educational all-round!



Learn more about TB

When you move from one place to another, there is no break in taking your medicine .

Types of TB: TB of lungs/ pulmonary TB. TB of Spine, Heart TB, TB of kidney, etc. Only those with TB of lungs can spread the disease to others.



Letters To the editorial team

For attention : Sister Daglish > Public Relations Department

On behalf of my husband and myself I wish to thank you for your assistance and courteous co-operation when we went to the Pharmacy at Addington on Tuesday 21st April, 2009.

Congratulations on your patience and TACT in coping with some very trying and difficult situations. WELL DONE Sister Daglish!

Best wishes to you and the Public Relations Department staff, who have been unfailingly helpful on our many visits.

Yours sincerely Winifred Tate
(Mrs) number 637 in the queue.

Dear All,

To : Ward 3A Staff

"It takes thousands of workers to build a castle, a million soldiers to protect the country but it only takes one woman to build a happy home.

Thank you very much Ouma Mandleni and staff for being there for me. God bless you

From : Hlengiwe

Quick Quote

"What we need is more people who specialize in the impossible ."

-Theodore Roosevelt-

Dear all

"I, Mrs S Grobler, of Ward 3A would like to comment on the good treatment, I have received during my stay at Addington Hospital, and I complement the staff.

I appreciate all the nurses—Night and Day shift for being so good and kind to everyone; there was nothing that we wanted and did not get. They were extremely good indeed. Thank you for super clean wards, toilets and bathrooms.

Thank you once again, keep up the good work Ward 3A".

Yours faithfully S. Grobler.

Farewell to Mrs. B. Morris



Mrs. V.E. Robinson, Ms. T. Luthuli, Ms. P. Ngema, Mr. A. Biyela, Mr. C. Handle, Ms. S. Mpumulwane, Mrs. D. Quenant and Mrs. Ester Nel.

Staff members working at Doctors quarters bid farewell to Mrs B Morris who has worked in Doctors Quarters for 22 years. She will be leaving South Africa to go to England.

Staff members wished her well on her departure—especially with the move overseas. She will be missed her staff, Mrs. V.E. Robinson, Ms. T. Luthuli, Ms. P. Ngema, Mr. A. Biyela, Mr. C. Handle, Ms. S. Mpumulwane, Mrs. D. Quenant and Mrs. Ester Nel.



Building the Nation

Students pictures were taken while relaxing during their lunch break after they have done their revision for their Mid Year Examination. These students are amongst other students who are studying their Four Year Comprehensive Nursing Training at Addington Hospital Campus.

These Courses are offered by the KwaZulu-Natal Department of Health. Addington Hospital Campus is one of 24 Campus in KwaZulu-Natal. They produce a number of graduates—Professional Nurses and are currently working in a number of Hospitals in KwaZulu-Natal.

This programme was introduced to try and solve the challenges that the Department is facing with regard to the shortage of professionally trained Nurses, some of whom emigrate overseas for greener pastures. We hope that with the high quality of training and comprehensive practicals— they will serve our clients with dignity and respect by adhering to the Nurse's pledge taken on graduation.

Addington Campus Management, Lecturers, as well as Addington Hospital Management would like to wish all students all the best for their Mid-Year Examinations.



Mical Rafik, Kumeshri Naidu, Benita Adell Rose, and Alicia Rene Whitley, looking prepared for their examination.



We believe that you guys have prepared yourself adequately for your exams. You must have enough rest. We are trusting you good gentleman to do your best; this is an advice from Mduduzi Ntombela, and Vukile Gogo



Zandile Kunene, Nokuzola Nkala, Noluthando Shande, Khumbulani Mbhatha, Mduduzi Ntombela and Othello Radebe, Sicabanga ukuthi bazilungiselele ngokwanele ukubhekana nezivivinyo zabo zaphakathi nonyaka.



Dr. Asmal and Dr. Bhagwan from medical Ward, Picture was taken while they were relaxing during their Lunch Break.

International Hand Washing Day Awareness



“Infection Control is now in your hands” was the theme of the day. Information on Hand wash was displayed in both languages.

The Department of Infection Prevention and Control hosted an Awareness Campaign on International Hand Washing Day on the 5th May 2009. The campaign was informative and well structured. Hand washing is the most effective way to stop the spread of infections. It is hard to believe that a minor thing like washing hands can have a big impact in stopping the spreading of viruses.

Flu viruses are microscopic particles that can easily spread through mucous droplets from your nose and mouth when you sneeze or cough—especially without covering your nose and your mouth with a tissue. It is even worse when you cough into your hand these infected droplets easily spread from your hand to surfaces that you touch. Viruses survive for lengthy periods on these surfaces ...so always wash your hands!

Example of everyday items such as door handles, escalators hand rails, computer keyboards and all common surfaces—flu viruses can be found. So remember to wash your hands as we all know now that swine flu can be spread easily in this manner.



Hospital Staff were also reminded about the importance of washing hands during the Hand Washing Campaign.



Be Responsible

They say sex is great,
Because it can let you create.

But you can celebrate,

If you are an idiot .

It's got bad results,

You can get S.T.I's.

It only last for a few minutes,

But create problems that are for eternity.

Please don't hesitate,

Sex is not that great.

It only create hate,

With no one to consult,

Only you and your private part.

He! Mfwethu awuyeke ukushaya amafleit,

Uma unemoto uloke ushaya amahoot,

Uloke umkhohlisa uthi “you are a black beauty”.

Uloke umkhohlisa uloke umbiza ngosweety.

Ngoba ufuna ahlale next to your seat.

Mese umbambela eduze,

Uthi “baby can you feel the heat”,

Mese umlalisa ama-out,

Uthi “baby ungayikhothlwa nenighty”,

Mese umenza all night.

E'kseni uyamlaxhaza,

Like throwing a tissue sitting on a toilet sit.

Ja! He serves you right,

That's what you get uma uphisana to everyone on the street,

Buka manje usumithi.

Uloke uhlupha oma bethu,

Uthi, “Ma I'm pregnant sengathi wenze into enhle sengathi uphase u-8”.

Uthi, “Ma ngithandiswe imeat, except for i-chicken feet, I'm allergic.

Nani bosisi bethu niyangidina,

Nididwa yileGrant,

You don't have dignity!

Do you feel guilty?

You can say that I'm not cute,

But It's not a matter of beauty.

Kuphela nginikhipha kuleli hlathi.

By Student nurse Nduduzo Mbele

Group 7/2007



Incredible gifts for the children this Easter

Children in Addington Hospital Children’s Ward were spoilt this Easter, as organizations and individuals flocked in to spend time with the children and to distribute Easter Eggs and balloons.

The Hospital would like to thank the organizations who have contributed in bringing joy to these sick children. Stacey, Trish and Yvonne from Starlite, Westville Girls’ High School and Annie Munsamy and team from African Bank.



Easter Eggs were given to the Children’s Ward by Stacy, Trish and Yvonne from Starlite Company and African Bank.

Wonderful Staff at Addington Hospital.

There is a fear of how the world works and all it entails when you have just finished tertiary education, and start working in the real world!

When I had to report on duty for the first time, I was so worried how my first day was going to be. I was thinking along the lines of different people’s behavior. When it actually happened I was so amazed at the welcome that I received at Addington Hospital.

Public Relations staff really made it easy for me. I am getting the proper experience and I am getting to know the PR industry very well. My stay at Addington has been fruitful so far. I am very pleased with the co-operation I always gets from various departments—who are always willing to help in sorting out patients complaints.

By Mazzy Mbali Phungula
Public Relations Officer (Intern)



Visit by Japanese Embassy

In preparation for the biggest sporting event on Earth in South Africa that will involved 207 Nations from 6 continents, Dr. Imada Hideho and Mandi visited Addington Hospital on 3 April 2009 to see the Hospital readiness for 2010 Soccer World Cup; in terms of infrastructure development and equipment with specific regard to the availability of comprehensive Medical Services, including 24 hours Emergency Medical Treatment.

Areas that were visited included Accident & Emergency Department, Clinics, Theatre, Wards & Resuscitation areas, Radiology Department. The team was led by Mr Sibongiseni Ngema (2010 FIFA World Cup Co-ordinator) , Ms Nancy Jenkins (Hospital Services) Mrs D. Hadebe, Matron Chinniah (Nursing Manager), Dr Rangiah (Accident and Emergency Unit), Mr Sthabiso Ngwenya and Sr Daghish from Public Relations Department and Matron Dobie (Nursing)



Sr Daghish, Dr Imada Hideho (Embassy of Japan) Dr. Rangiah, Mrs, D. Hadebe Mr Sibongiseni Ngema, Ms Mandi, Ms N Jenkins , Matron Chinniah and Matron Dobie

NEW APPOINTMENTS : January 2009

Sadeck N	Senior Radiographer
Naidoo S	Senior Radiographer
Mlotshwa T.G	Senior Radiographer
Msomi S.P	Senior Radiographer
Khumalo W.E	Senior Radiographer
Desmond A.L	Speech & Audiology
Salimane P.M	Physiotherapist
Naidoo G.	Physiotherapy Assistant
Takurpersad A	Occupational Therapist
Amod F	Senior Pharmacist
Mc Namara C.G	Professional Nurse
Bhagwan Y.B.N	Principal Medical officer
Maharaj A	Medical officer
Jafter R.M	Senior Medical Officer
Somaroo H	Senior Medical Officer
Ndlazi N	Senior Medical Officer
Shweni J.K	Principal Medical Officer
Naby F	Principal Medical officer
Nandlall J	Principal Medical Officer
Vatharajh Y	Senior Medical Officer
Govender P	Senior Medical Officer
Singh S	Senior Medical Officer
Haibes S	Senior Medical Officer
Phillips D.C	Senior Medical Officer
Zulu T.P	Senior Medical Officer
Moyce Z.N	Senior Medical Officer
Manukuza T.N	Professional Nurse
Mngomezulu T.J	Professional Nurse
Mhlongo S.P	Professional Nurse
Nzimande Z.M	Professional Nurse
Mpiti P.E	Professional Nurse
Kweyama B.C	Professional Nurse
Persad S	Pharmacy Manager
Mtshali P.J	Pharmacy Assistant
Dubazane N.F	Lay Counsellor
Bechen D	Chief Radiographer

NEW APPOINTMENT : February 2009

Mkhize G.R	Professional Nurse
Carrol B	Senior Medical Officer
Mdluli T.P	Senior Dietician

NEW APPOINTMENT : March 2009

Gafoor Z	Dietician
Mlangeni NMS	Dietician
Naicker S	Principal Medical Officer
Kader A	Medical Officer

NEW APPOINTMENT : April 2009

Arjoon .F	Professional Nurse
Asmal Y	Principal Medical
Delais N	Optometrist
Pillay P	Snr. Physiotherapist
Govender K	Snr. Medical Officer



The hospital management would like to welcome all the newly appointment staff of Addington hospital and wish those who left the hospital all the best on their new jobs.

Addies Sports News



Back Row: Mr. P. Maphumulo (Assistant Coach), Sthabiso, Philane Ngcece, Thulani Ndlela, Micheal Mnxadi, Mkhuseeni, Mr. Msimango (Team Coach).

Front Row: Philane, Khumbulani Ndlela, Khumbulani Mhlongo (Team Captain), Sibusiso Nasha, Vukile Gogo and Jabulani Mkhize.



The spirit of togetherness! Its exciting to see a player like uNgcece having some talks with our Supporters u Thando, Philile no Nomhle Zaca who are always present wherever the Team is going. Please keep it up the good work Girls, we love you all.!!!

Addington Hospital Soccer Team is still maintaining their good performance for years this comes after the matches that they have played, on 14 March 2009 in Verulam Sports Grounds where they have lied on a second position following Prince Mshiyeni Hospital.



Addington Hospital in action against Wentworth Hospital, Addington was beaten 1-0

Despite being beaten by Wentworth Hospital on the 14th of April 2009; the soccer team succeeded in beating Clairwood Hospital.

The Top Four games were held at Clairwood Hospital. Even though the performance was not that good - there are quality players and it shows in the obstacles that they have overcome. A trip on the 18th of April 2009 to Pongola to play against Itshelejuba Hospital and SAPS team from Swaziland Boarder Gates will never be forgotten—it was particularly memorable...as the Addington players initially met at the Nurses Home and then left Addington at 03h00am—en route to conquer Pongola.

The performance was great and both teams played entertaining football. The first game Addington won 3-0 against Itshelejuba Hospital; and in the second game they were beaten 1-0—in the last minutes of the game by SAPS. Addington were decidedly unlucky as a number of their shots struck the goal posts! But well done to SAPS for a great performance. We look forward to the return match!!

Send us your stories!! Tell us what's happening!!

Public Relations & Informatics Department

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