



COSH ACTION MAGAZINE

TOGETHER EVERYONE ACHIEVES MORE

Official newsletter of Church of Scotland Hospital, P.O. Box 502 Tugela Ferry 3010

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PIC CREDIT: LUNGILE LANDELA

Editor's Note



Lungile Landela—Acting PRO

It's the beginning of another new year and I know that everyone has objectives and goals to achieve this year. I think that is a very positive way of starting the year and I commend those that were able to achieve their goals last year and hopefully this year, new and better goals will be attained.

This year our goal as the CAM editorial team will be to give you informative articles on what has been happening at COSH and of course entertain you in the course of things.

We have our regular features Batho Pele at a glance, letters to the editor and other informative features.

This year I plan on making sure that I make a positive impact in other people's lives, that my life is a good example to others not to say that I am perfect but I am trying to do good in my life for my own sake and not for other people.

I intend to be of service to the community that I serve, to make a valuable contribution and a positive difference by being here and that I believe is the best one can do making sure that everyone I meet is treated with dignity and respect and when they leave my office they leave with a smile. Remember this quote:

"To learn and not to do is really not to learn, to know and not to do is really not to know."

Stephen Covey

Lungile Landela

Letters to the Editor

I am Nkanyiso Mkhize from Keates Drift I would like to comment about the service I received from COSH. I was admitted on the 7/12/07 after a car accident, to be honest I was surprised by the tender care from all

who attended to me. I was treated with care and urgency. All I have to is simply " Thank you to everyone what you did to me do it to others, God will reward you for your dedication to help. Big thanks I love you all.

Igama lami ngingu Jabu Sithole bengilele e—Surgical Ward C ngiphatheke ngendlela enhle ngoba nokugula ebengihamba nako kulaphekile. Nonesi ebebekhona bazimisele kakhulu ngomsebenzi wabo nangendlela abanozwela ngayo. Ngiyabonga.

Kuhle kabi ukuthola izincomo hhayi njalo kuhlale kunezikhalazo lokhu kukhombisa isithombe esihle.

Kulamawodi sithi abaqhubeke njalo nomsebenzi omuhle.

Lungile Landela—Acting PRO

Batho Pele at a glance

This month we tackle ACCESS as the poster says "All citizens should have equal access to the services to which they are entitled". We should obviously look at our institutions and try to enforce this principle of providing access to services to all, e.g. are the disabled people able to access the service we provide, are we conversant

in sign language, do we keep the parking bays of the disabled occupied when we are able? Do we have ramps that makes it easy for people who are on wheel chairs to move about to where they want to? All these questions we should ask ourselves and try to implement strategies to put them in place in our own institutions.

SINCERE APOLOGIES TO THOBELANI KHANYILE

In our last 2 issues we have made the mistake of calling him a Sokhela when in fact he is a Khanyile. We truly apologise for the mistake and will make the mental note never to repeat the mistake again.



OUR SINCERE GOODBYES



Nokuthula Landela who was the Secretary to the CEO has left us for greener pastures in Durban. We wish her all the best!



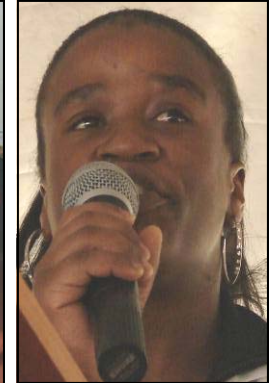
Andile Dladla who was the PR Intern has also left us for Durban I guess everyone wants to be nearer the sea. May all your wishes come true!



Sindi Shabalala people are still asking where she is. Mam PRO is in Pretoria now, hope they appreciate you in PTA because we sure miss you!!



Jabulani Gumede our Community Service Physiotherapist has also left us for greener pastures in DBN. We miss you at the parties and your fun loving nature.



Asanda Mtotywa our Comm Serv Pharmacist has also left us for better opportunities we miss seeing her at the Pharmacy. All the best girlie!

OUR SINCERE WELCOME



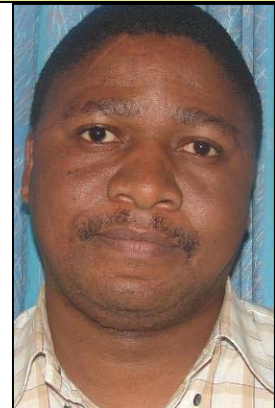
Welcome to COSH Dr Wong, she is originally a Malaysian but is a UK citizen. We wish her all the best in this hospital.



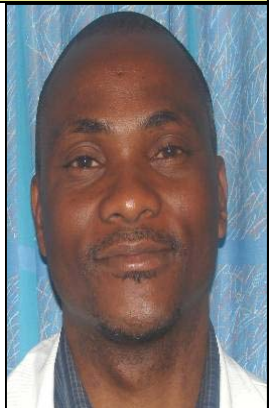
Welcome to COSH Dr Jessie Neffke, she is from Holland and we wish her all the fun at COSH. All the best girlie!!



Welcome to COSH Langa Nsindane (who is a Professional Nurse), He is from Pietermaritzburg and trained at Edendale.



Welcome to COSH Dr Siphwe Gcabashe, he is from Greytown and he is coming from Addington Hospital.



Welcome to COSH Dr Abiodun Aro he is originally from Nigeria and is our Senior Medical Officer all the best Dr Aro!!

“Destiny is not a matter of chance; it is a matter of choice. It is not something to be waited for; but, rather something to be achieved.” - William Jennings Bryan

COSH WELCOMES NEW DOCTORS



From left Dr Aro, Dr Ubabukoh, Dr Forsman, Dr Neffke, Dr Msomi, Dr Wong, Dr Baptista, Dr Zulu and Dr Nzimande and we wish them all the best and for them to stay long here at COSH.

HEALTHY LIVING LIFESTYLE

Last year there was a Fun Walk organised by the Rehab Department and this year it is hoped that this event will be bi—yearly in order to promote a healthy living lifestyle.

An aerobics club is to be started soon as there already is a Karate club that meets on Monday at Rehab. In the new financial year it is hoped that the medical department will procure a table tennis, pool table, table soccer as well as darts to be used by staff at the dining hall. At the rehab an exercise bike will be procured as well as bar bells for weight lifting. We will look at stress management as well as a good diet on the next issue .

Dr OJO SPEAKS ABOUT THE STAFF CLINIC



Dr Ojo—Medical Manager at COSH

**THE STAFF CLINIC IS
THERE FOR YOU SO GO
AND GET HELP!**

The Staff Clinic as the name suggests is a clinic for staff located within the hospital's premises at the Occupational Health & Crisis Centre Park Home behind the Doctor's Common Room.

It started in conjunction with Occupational Health and Mr Chris Dube was very instrumental in making the clinic possible.

The Medical department has tried by all means in publicizing the time frames in all wards and departments for the staff clinic.

Last year as there was a shortage things were extremely difficult and now there are more doctors and they work on a rotational basis.

Dr Ojo requests that staff do not call

asking which doctor is available at the Staff Clinic to rather come as the doctors are a speed dial away. Staff should be confident in knowing that their information will not be disclosed as is the norm.

And if there is no doctor available staff should contact Dr Ojo on 15005 which is his speed dial and if they are unable to find someone to take their files they can either contact Chris Dube or Sister Mhlophe.

For any emergency Dr Ojo requests that staff come to the OPD and let the nurses know how bad they are feeling in order to gain quicker access and it will be up to the Sister in Charge to alert the Doctor.

By Lungile Landela

IMPROVED TB CURE RATES



Sister Msomi from TB DOTS in one of the many Awareness Campaign on TB.



The Awareness Campaign Team after going out to the communities in Tugela Ferry.



Londiwe Nsele who is a Pharmacy Assistant at COSH also giving the community tips on how to live TB and HIV/AIDS free.

8 3 % of patients have been cured of pulmonary (lung) Tuberculosis in Msinga sub-district according to statistics released by Church of Scotland Hospital of the third quarter. This is an improvement of 12% when compared to the first quarter. 0% of patients defaulted on treatment in the third quarter.

Multi Drug Resistant TB (MDR) and Extreme Drug Resistant TB (XDR) cases have dropped dramatically with patients being transferred to other hospitals for treatment.

Two wards have been fitted with extractor fans which help in pulling out

the old air in the wards and put new air in. 195 MDR/XDR cases have been traced as compared to only 23 in the 2004/5 period.

Other achievements in curbing this disease include 13 teams dedicated to tracing new cases of TB when in 2004/5 there was only one. There are even 11 vehicles committed to be utilized in the fight against TB, a step up in the right direction from just one vehicle. There are also two XDR/ MDR isolation wards as well as an XDR/MDR Specialist Unit completely dedicated to the eradication of these forms of TB.

Management would like to extend their congratulations to TB/DOTS for a job well done and it is their sincere hope that this team continues with their great job.

CONGRATULATIONS!!!!

Notice

We would like to extend an invitation to staff if there are any articles that they will like published to please send them to the Public Relations

Office and we would gladly put them on the newsletter but they have to be written in a professional manner and be something worthwhile to read.

Community Awareness on eye problems achieves results

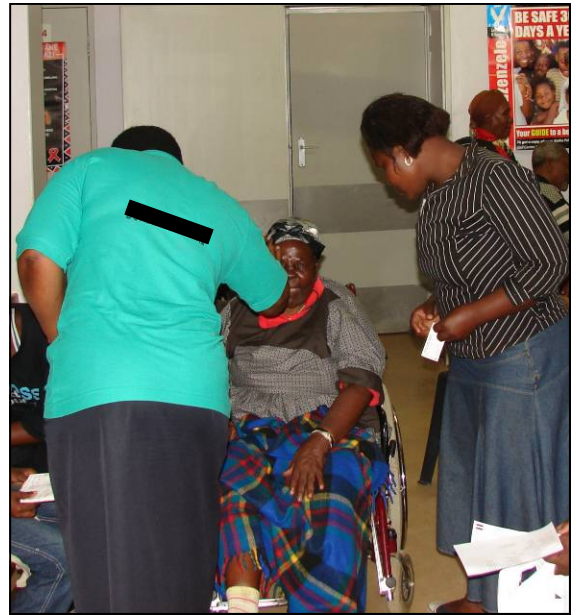


Lots and lots of people received help at the hospital who had come to have their eyes checked.

Pic credit: Lungile Landela



Out of the people who came to have their eyes checked most of them were the elderly.



One member of the community being helped by a nurse.

EAP CORNER WITH THOBELANI



Thobelani Khanyile our
EAP Practitioner

kanye nasekwehleni kwezinga lokusebenza elilindelekile kubasebenzi. Uma sikhuluma ngomsebenzi onenkinga kushiwo lowomsebenzi osephazamisekile ngenxa yezinkinga anazo noma eziqondene nomsebenzi kuze kuphazamiseke isimo sezimali kanye nokuphila kwalowomsebenzi.

Ukwehla kwezinga lokusebenza elilindelekile kusho ukungasebenzi ngendlela egculisayo esingabala kukho ukuphutha emsebenzini, ukufika emva kwesikhathi, izingozi, ukuxhashazwa kwezinsuku zokugula (sick leave) kanye nokwehla kwezinga lokusebenza ngendlela, okuqhubeka njalo esikhathi eside ngaphandle kwesizathu. Lokhu kungaba kwenzeka njalo noma ngezikhathi ezithile.

'IMFIHLO'

I-EAP iwuHlelo oluyiMfihlo lapho umsebenzi ethola usizo lokululekwa ngeMvume yakhe futhi angadluliselwa kolunye usizo ngeMvume yakhe. Ukugcina iziMfihlo kuwumgomo obaluleke kakhulu kwa-EAP, kodwa ukuze loluHlelo lokuSiza abasebenzi lusebenze ngendlela eMnyangweni wezempilo uMeluleki we-EAP kufanele azame ukusebenza ebe ecabanga ngelungelo lomsebenzi lokugcina udaba lwakhe **luyimfihlo** kanye **nesidingo** sokuthi abaPhathi kumele bazi ngokwenzekayo.

'UMSEBENZI ONENKINGA'

I-EAP igxile kumsebenzi onenkinga

UMeluleki we-EAP kufanele aham-

bise umbiko kuMphathi womsebenzi, echaza ukuthi kuqhubekani kodwa kufanele lowombiko ugcine ezintweni ezithinta umsebenzi kuphela, **ungafaki imininingwane** ngohlobo lwenkinga yomsebenzi. Ezikhathini ezingeni abasebenzi bacelwa ukuba banikeze imvume yokuthi imininingwane yabo ingadalulwa kubani nobani, ikakhulu uma ngabe umsebenzi ezilethe yena (self referral) noma elethwe omunye asondelene naye (informal referral).

'IMPILO YABASEBENZI'

I-EAP ithatha impilo yabasebenzi boMnyango wezempilo njengesemqoka kakhulu, lokhu kusho ukuba babe ngabaphile kahle ngokomzimba, ngokomqondo nangokomphefumulo ukuze basebenze ngokusezingeni elilindelekile. Kodwa ke abasebenzi kumele baqaphele ukuthi i-EAP ayithathi indawo yokujeziswa komuntu owonile emsebenzini (Disciplinary Action).

Kushicilelo olulandelayo sizogxila ezihlokweni ezithile esingabala kuzo ezempilo, ezomshado, ezomndeni, ezezimali, uphuzo nezidakamizwa, ezomthetho, izinkinga zomphefumulo kanye nezinye ezizoshiwo ngabasebenzi.

Uma ufuna ulwazi oluthe xaxa nge-EAP, funda lengosi!

“Discoveries are often made by not following instructions, by going off the main road, by trying the untried.”- Frank Tyger

CREATING AWARENESS IN COMMUNITIES ON HIV & AIDS AS WELL AS TB



Nurses as well as counselors and social workers with their Section Head Sister Qali outside the hospital on Friday before going out to make the community aware of HIV as well as ARV's.
Pic credit: Lungile Landela



Keep yourself safe and use a CONDOM!!!

Pic credit: Lungile Landela

On Friday the 29th nurses as well as counselors headed up their sister's in charge Sister Qali as well Sister Msomi from TB/ DOTS went out on a campaign to sensitize communities in Umsinga specifically at Esikebheni on the need for testing for HIV, access to ARV's as well as TB.

We went along with them clapping and singing and a lot of people heard the message on the need for voluntary testing and knowing one's status in order to live a healthy lifestyle.



Esikebheni Mall singing songs alerting people on the need for testing and knowing one's status.



Lungi Dumakude and Sphelele Shange making it clear that people should use condoms.



The whole team from ARV took part in making this Awareness a success. FROM LEFT:Nhlakanipho Mthembu Lulama Sithole, Ndumiso Malinga and Bonginkosi Nyembe



Kusukwa esibhedlela kwehliwa kuyiwa Esikebheni Mall sithi "Phansi ngocansi olungaphephile phansi!"

Recipe for Macaroni and cheese

Boil your macaroni in boiled water with salt and margarine

Oil pan and put to stove

Chop onions

Put onions in the hot oil and brown it

Put in a tsp of curry powder

Add mince until golden brown

Add your herbs and spices

Add mixed vegetables

Add green pepper

Mix with spoon and add stock cube

Add minestrone soup once everything is well cooked

Mix both macaroni and mince

Grate cheese on top and it melts & you enjoy yourself