



COSH ACTION MAGAZINE



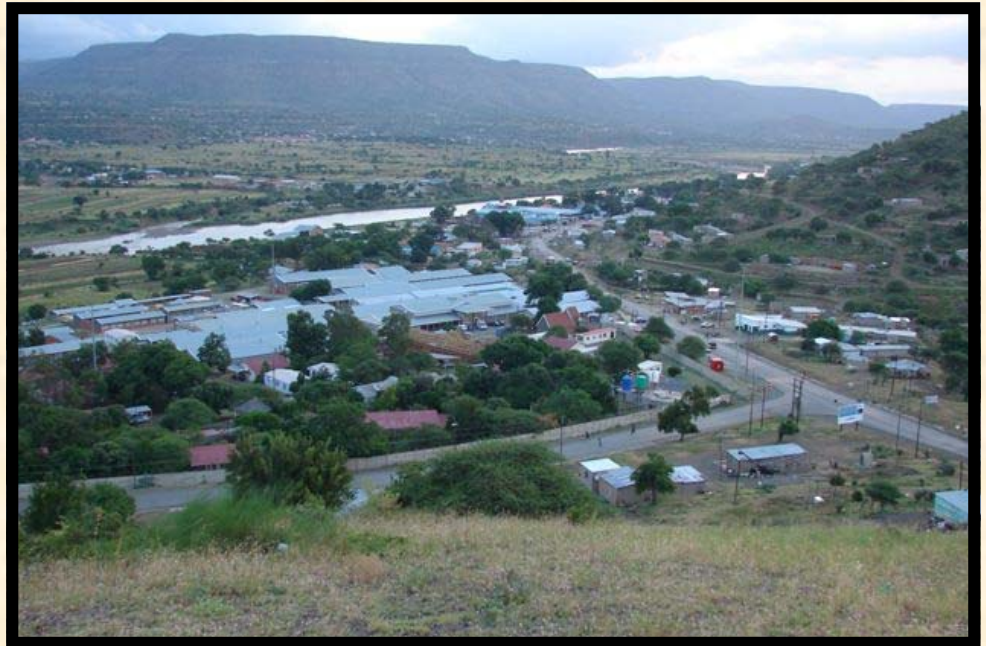
JULY-SEPTEMBER 2009

CHURCH OF SCOTLAND HOSPITAL

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I. From the desk of the CEO

I want to thank all staff for their commitment, dedication and hard work, especially operating in a resource constraint environment.

Despite all challenges COSH succeeded to get service excellent trophies at the annual award ceremony held at Dundee on 21 September 2009. A great achievement is that this sub district, despite the fact that it is situated in the most impoverished area in the country (Health Systems Trust, 2008), managed to achieve a TB cure rate of 89%, and a defaulter rate of 0.

I am also pleased to report that our new MEC for Health, the honorable, Dr S Dhlomo, indicated that he rate COSH to be second best hospital on his unannounced visits thus far.

It is only by teamwork and going the extra mile that we are able to improve the care that our health care users deserve.

Our efforts to build team spirit via our very active events committee go far to retain, award and create a feeling of togetherness and belonging.

I also want to thank all managers in constantly striving out vision of “rendering five star district hospital services”.



Mr. H.J. Human
Hospital CEO

2. Introduction

Government has renewed its pledge by way of a national partnership to build a better life for all.

It is my pleasure to introduce myself as new **Acting PRO**.

My message to you all, let us continue to strive in the interest of good patient care. Talking of Batho Pele as Public Servants we need to work as a team in order to improve service delivery.



Phili Majozi
PA to the CEO &
Acting PRO

I hope that during the time of my service we will work together and achieve a better *Quality Service for All* at COSH.

3. MEC Visit

Unannounced visit by the MEC for Health Dr S. Dhlomo and his team on the 17 July 2009 accompanied by the Umzinyathi District Manager and his deputy, Ms Ngema.

The MEC was impressed with lot of things in our hospital. He complimented with the cleanliness of the hospital, curing of different diseases i.e. TB, HIV/AIDS.

He was also very impressed with ART Roll out and highlighted that he will visit other institutions and stress out that they need to do the same as we are doing here at COSH with ART.

Dr Dhlomo also talks about TB ward not to be rebuild. It must be kept as a legacy for the people of uMsinga to remind them about those who passed away with MDR/XDR TB.



MEC for Health Dr. Dhlomo and his Team, Umzinyathi Health District Management



Dr. Dhlomo greeting our patients



Sr. Qali HIV/AIDS Coordinator and Dr. Dhlomo



Dr. Dhlomo get interviewed by Journalist from SABC 3 at COSH

Nursing College

4. Welcoming ceremony

The Welcoming Ceremony for group 6/2009 & group 7/2009 and Button Ceremony for group 4/2009 & 6/2008 held on the 02 July 2009.



Group 4/2009



Group 6/2008



Group 7/2009

You are not alone

Life comes with many obstacles, and we have to be fit enough to fight them. When problems come your way know you are not alone somebody is watching over you.



Sometimes you meet odds in life that are so hard, that they make you feel so alone and empty inside but still, keep in mind that you are not alone.

Sometimes you find it difficult to face the life circumstances

Sometimes you even wish that you were never born and wish you could vanish at the same time

Remember you are not alone

Sometimes you feel hurt inside and have no one to talk to

You therefore start thinking you have to quit, but do not quit it is wrong option to take.

Just stop and think for a moment

by: Mrs Z. Mabaso

Welcome!

5. ARV Clinic

Currently we have 5115 clients registered on ARV's and starting of least \pm 135 new patients per month. 1330 clients has been down referred to our 14 local clinics.

Two clinics were targeted i.e. Ethembeni and Mhlangana because they are serving large population. Initiation of Ethembeni clinic continues but at the moment we are experiencing some problems of getting the doctor to go with the team to initiate, so the patients are coming back to be initiated hoping that next month we will have the doctor to help us.



Sister T.C. Qali
HIV/AIDS CO-ORDINATOR

Again the outreach programme is continuing and we work with the local municipality when they have their Imbizo's. We provide VCT serving, providing CD4 testing, TB screening and taking cervical cancer smears. One of our staff, Sr. K.E. Khoza, is involved in the flagship programme and 2 of our staff, BB Nyembe and S.T. Radebe, have joined the Vit A Campaign team since last week.

ICAP is supporting the DOH to improve service delivery in terms of training, human and material resources, etc. We experiencing a great improvement in our service delivery and we are saving more lives and making our health facility servicing the people in a more sustainable manner.

6. Newly appointed staff

- ◇ Dr Tuur—SMO
- ◇ Dr Gheysen—SMO
- ◇ Dr Janssens—SMO
- ◇ Dr D. Awolesi— PMO
- ◇ Dr Apelehin—PMO
- ◇ Ms Makhosi Zwane—Chief Physiotherapy
- ◇ Nonhlanhla Mlangeni—Dietician
- ◇ Sr. G.N. Ngubane—Comm. Serve Professional Nurse
- ◇ Sr. B. Sokhela— Comm. Serve Professional Nurse
- ◇ Sr. Mntambo—Comm. Serve Professional Nurse



7. Stroke Awareness Week

Physiotherapy department had a Stroke Awareness on the 15 September 2009.

Patients were taught on prevention and managing stroke.

Other questions were as follows:

- ◇ What is stroke?
- ◇ What are possible causes of stroke / risk factors
- ◇ How to prevent and manage stroke (involve demonstration)

PAMPHLETS WERE DISTRIBUTED...



Andile (Physiotherapy) educating patients



Sne (Physio) stretching out the patient

7.1 Back Awareness Week

- ◇ The Back Awareness was held on the 4-11 September 2009.
- ◇ Targeted group were nurses at COSH.
- ◇ Presentations were done on the 09&10 September 2009.
- ◇ They focused on back pain, causes of back pain, prevention, risk factors as well as management.
- ◇ Practical work was included to make the staff aware of those pains e.g. lifting technique.

8. Tips on preventing H1N1



HEALTH
KwaZulu-Natal

Prevention IS BETTER THAN Cure

WHAT CAN I DO TO PROTECT MYSELF FROM CATCHING INFLUENZA A (H1N1)?

The main route of transmission of the new influenza A (H1N1) virus seems to be similar to seasonal influenza, via droplets that are expelled by speaking, sneezing or coughing. You can prevent getting infected by avoiding close contact with people who show influenza-like symptoms (trying to maintain a distance of about 1 meter if possible) and taking the following measures:

- avoid touching your mouth and nose;
- clean hands thoroughly with soap and water, or cleanse them with an alcohol-based hand rub on a regular basis (especially if touching the mouth and nose, or surfaces that are potentially contaminated);
- avoid close contact with people who might be ill;
- reduce the time spent in crowded settings if possible;
- improve airflow in your living space by opening windows;
- Practice good health habits including adequate sleep, eating nutritious food, and keeping physically active.

HOW DO I KNOW IF I HAVE INFLUENZA A (H1N1)?

You will not be able to tell the difference between seasonal flu and influenza A (H1N1) without medical help. Typical symptoms to watch for are similar to seasonal viruses and include fever, cough, headache, body aches, sore throat and runny nose. Only your doctor (or nurse) and local health facility can confirm a case of influenza A (H1N1).

WHAT SHOULD I DO IF I THINK I HAVE THE ILLNESS?

- If you feel unwell, have high fever, cough or sore throat: stay at home and keep away from work, school or crowds;
- rest and take plenty of fluids;
- cover your nose and mouth when coughing and sneezing and, if using tissues, make sure you dispose of them carefully. Clean your hands immediately after with soap and water or cleanse them with an alcohol-based hand rub;
- if you do not have a tissue close by when you cough or sneeze, cover your mouth as much as possible with the crook of your elbow;
- use a mask to help you contain the spread of droplets when you are around others, but be sure to do so correctly;
- inform family and friends about your illness and try to avoid contact with other people;
- if possible, contact a health professional before travelling to a health facility to discuss whether a medical examination is necessary.

SHOULD I TAKE AN ANTIVIRAL NOW JUST IN CASE I CATCH THE NEW VIRUS?

No. You should only take an antiviral, such as oseltamivir or zanamivir, if your health care provider advises you to do so. Individuals should not buy medicines to prevent or fight this new influenza without a prescription, and they should exercise caution in buying antiviral over the Internet.

WHAT ABOUT BREASTFEEDING? SHOULD I STOP IF I AM ILL?

No, not unless your health care provider advises it. Studies on other influenza infections show that breastfeeding is most likely protective for babies - it passes on helpful maternal immunities and lowers the risk of respiratory disease. Breastfeeding provides the best overall nutrition for babies and increases their defense factors to fight illness.

WHEN SHOULD SOMEONE SEEK MEDICAL CARE?

A person should seek medical care if they experience shortness of breath or difficulty breathing, or if a fever continues more than three days. For parents with a young child who is ill, seek medical care if a child has fast or labored breathing, continuing fever or convulsions (seizures).

Supportive care at home - resting, drinking plenty of fluids and using a pain reliever for aches - is adequate for recovery in most cases. (A non-aspirin pain reliever should be used by children and young adults because of the risk of Reye's syndrome.)

SHOULD I GO TO WORK IF I HAVE THE FLU BUT AM FEELING OK?

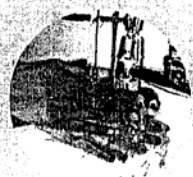
No. Whether you have influenza A (H1N1) or a seasonal influenza, you should stay home and away from work through the duration of your symptoms. This is a precaution that can protect your work colleagues and others.

CAN I TRAVEL?

If you are feeling unwell or have symptoms of influenza, you should not travel. If you have any doubts about your health, you should check with your health care provider.

Protect yourself!

- Clean your hands regularly.
- Wash your hands with soap and water, and dry them thoroughly.
- Use alcohol-based hand-rub if you don't have immediate access to soap and water.



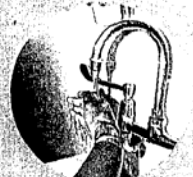
Wet hands



Apply soap to hands



Wash all surfaces of hands



Rinse hands



Dry well with paper towel

INFLUENZA A (H1N1) SWINE FLU

Fighting Disease, Fighting Poverty, Giving Hope
Silwa Nezlfo, Silwa Nobubha, Sinika Ithemba

9. Service Excellent Awards

The Annual District Award Ceremony were held on the 21 September 2009 at Dundee. Everything went well. What taken me aback is our motivational speaker for the day “Sbu Buthelezi” his messages were empowering—that you would not let it go.

Service Excellent Awards went to the following people:

1. Best General Orderly—Ms P. Magubane
2. Best OPD Clerk—Mr. B. Gule
3. Best Ward Nurse—Ms LSV Sokhanyile
4. Best Doctor— Dr C.L. Chellan
5. Best Clinical Orderly—Ms TP Mthethwa
6. Best Enrolled Student Nurse—Ms P. Zimba
7. Best TB All Rounder
8. DC24 Best in TB Management (89% TB cure rate)
9. DC24 Best Well Run Mental Health Outreach Programme
10. Best Tracer & Injection Team
11. Best IMCI Practice
12. Best PHC Nurse
13. Best Mobile Nurse
14. Best Clinic in the Umvoti & Umsinga Sub District
15. Best Clinic in HIV/AIDS Management
16. Best HIV/AIDS All Rounder
17. Best Community Health Worker
18. Best Lay Counsellor



(left) Zonke Mahaye—EAP, Sbu Buthelezi (Ukhozi FM), Themba Njilo (Nduduzo Funeral Parlor), Dr TIM Vilakazi (Motivational Speaker), Bishop. Xaba, Mrs D. Govender (M&E—Mzinyathi Health District)



Mrs Simang from Head Office & Umzinyathi Health District Management



COSH Staff celebrating the awards

9.1 Service excellent continues...



PHC staff celebrating their awards



Sr. Msomi TB Coordinator and tracer team



Mental Health Team also celebrating their awards



We don't leave them behind—Intando yoMsinga

**Thina lapha
eCOSH senze nje!**

10. Sports

Here at COSH we are doing it for ourselves!

We participated for Umzinytahi Sport & Recreation KZN Tournament held on the 16 September 2009 at Dundee (Mpumelelo Stadium) and guess what? WE WON ALL THE PRIZES: - Soccer, Netball & Volley ball(2nd), Man of the Match & Best Goal keeper. It is not good but is EXCELLENT!



Management & the Teams



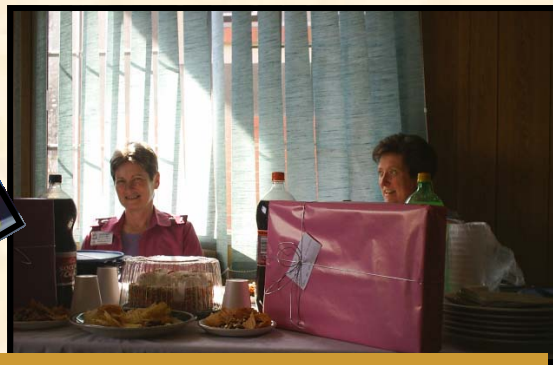
COSH net ball soccer & team



Msinga Top movers (Medical students) visited us and we had lot of fun...



II. Farewell...



Debbie (Clinical Instructor) and Kathy (Infection Control Manager) Farewell Party



"We will Miss You'll young old ladies! All the best in your future endeavors"



II a. Farewell to "Quality"



Ms P.T. Nzama
Quality Assurance Manager



All the best to you & your family!



12. Entertainment

*“It was over whelming”
Our Fashion Show - ladies
were dressed like males &
men like females! Uthanda
kanjani...*



COSH Fashion Show (left) Celimpilo Mdletshe 1st Princess, Lucky Kholwane “Queen” & Sandile khumalo 2nd Princess



(left) Nonjabulo Ngubane, (top right) Kusiphilele Nxumalo



Left Mandy Horley (2nd), Sane Radebe (Mr COSH) & Nonjabulo Ngubane (3rd)



*Aze aHOT lama-Jita
nithini ukusho~!*



13. Sport event



Winner—Blue Team (1st)



Green Team (2nd)



Red Team (3rd)



Yellow Team (4th)



Black Team (5th)

Our Sport event held on the 22 July 2009.

Blue team must watch out we will beat you next time.

14. Umgubho wosuku loMama



Besibungaze usuku loMama ngomhlaka 26 August 2009.

Inkulumo yosuku: "Woman the Brand"

Nursing Manager (Mrs T.N. Dube) emukela izihambeli zethu nabasebenzi nabo bonke ababebungaze usuku kunye nathi



Isikhulumi sosuku: Mrs khanyile (Acting CEO- CJM)



Okwakuwu-Quality Manager wethu amukela isikhulumi sethu sokusuku.



Kwakumnandi kudelisa lapho iDivas abasebenzi base ARV clinic benza nabo abadume ngakho—yehi! Likhona isasa la eCOSH



Intando yoMsinga benza nabo abadume ngakho, uyazibonela nje kwakukuhle.



Abafana bendlamu ababevela kwaNxamalala (Siyabonga High School) ababezonandisa ngengoma behamba negoso labo Melokuhle Mazeka ongomunye wabasebenzi basesbhedlela



Batho Pele class benza umdlalo wasesiteji (drama) nge Batho Pele

15. Heritage Day



*Umphathi wamanesi-COSH
Mrs Dube*

Heritage Day held at COSH
on the 24 September 2009



*UMeya wethu ohloniphekile waseM-
singa uBaba uSkhakhane ezogubha
usuku kanye nathi*



The best dressers on our Heritage Day



**The real
Insizwa**

Mzamiseni Dlamini—Admin Clerk



**The real
Intombi**

Nonkululeko Mazeka—Pupil Nurse



**The real
Umakoti**

Mrs. Velile Sithole—Ward Clerk



Winning Team - Table 02

LEARNING FOR POWER

I am a new comer in Nursing Profession with just two years working as an enrolled nurse but 2009 had been the busiest year of my life. I have seen bad things happening in front of me, people are dying, groaning with pains and relatives crying for their loved ones. A nurse becomes the centre of everything that happens in the health institutions.

My problems lies with nurses, there seems to be a few nurses who engage themselves in activities that would develop their knowledge. This results in them being passive but males are the most active gender in this profession even though there are minority compare to females. This comes as a surprise as nursing has the history of being led by the strong women like Jane Arminda Delano and Florence Nightingale (most famous).

Education is power whether formal or informal as it is stated in the holly book, the book of Proverbs 2 Verse 10 & 11.

“When wisdom enters into your heart and knowledge itself become pleasant to your soul, thinking ability itself will keep-guard over you, discernment itself will safeguard you”

William Nightingale, Florence Nightingale’s father, believed that women especially his children should get educated. Florence learned Italian, Latin, Greek, History and Mathematics. That is the reason why she successfully collected data and systematically kept records (*Association for Women in Mathematics: Lipsey Sally*)

The nursing profession of today faces many challenges like shortage of nurses, long hours, health care risk, emotional load and undervalue by the community—nurses can also add more to what I’ve mentioned but you find less nurses attending meetings, workshops and seminars . The question one may ask, is in the community where there is political, economical & social problems, are nurse immune to these problems? If not, why are nurses not empowering themselves with knowledge.

We are expected to be the patients advocate but how can you advocate somebody when you can’t even stand up for yourself.

When you got knowledge and wisdom you are confident and your actions speak for you and surely you will be respected by those around you.

My fellow brothers and sisters in the Caring Profession that we all love, let’s try to utilise our spare time positively. The best thing you can do is read, read & read. This is for our benefit, our patients & the community at large.

Thank you

Mr. Thabo Sithole (EN—Male Medical)