

COSH ACTION MAGAZINE

PAGE 1

CAM

JUNE 2005

BEZENZEKA EMASHUNKA



BEKUPHUME nesinedolo emphakathini waseMashunka endaweni yaseMsinga ukuzothola usizo lwezempilo.

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SILETHA IMPILO KUBANTU" was the theme of the day where more than 4000 community members gathered at Amashunka playgrounds. This event happened on the 1st of July 2005 at 10h00.

Health professionals including doctors, pharmacists, therapists, dentists you name it invaded Amashunka to assist the community in their sicknesses. Bekungathi isibhedlela abantu bebekwazi nokubona udokotela, bajove babuye bathole nemithi.

Amongst health professionals were Dr Theo van der Merwe and Dr Ojo Gideon were there to examine patients. More than 100 patients were examined for high blood

pressure and sugar levels. Abangaphezu kwamashumi amathathu (30) bakhwehleliswa ukuhloliswa iTB. Children were immunised and 30 of them are due for vitamin A.

**Abantu abangaphezu
kwenkulungwane bathola
usizo lwezempilo
oluphelele ngosuku
olulodwa nje vo!!!!**

This is one of those campaigns that are planned by Umzinyathi District team for the communities to have access in health care. Due to high unemployment rate, people don't afford to go to health centres. Umzin-

yathi has defined the need to that provide better health services to people who can't reach hospitals and clinics. Amongst our guests were Inkosi uMvelase nezinduna zayo yeNkosi. Department of Home Affairs, Social Welfare etc were there. The community got a chance to apply for new identity

documents and birth certificates and also to enquire about social grants.

"We thank the department of health for this day and this people should use this opportunities" said Mr Mvelase, who is one of the chiefs councilors the Induna yenkosi. Local isicathamiya and other local groups entertained the crowds.

If people can't come to the hospital, the hospital must go to people, Bekunjalo eMashunka.

SIXOXA NGEZITHOMBE EKHASINI 5

WHAT TO EXPECT ON OUR NEXT ISSUE

- **MEET OUR SWITCHBOARD OPERATORS**
- **MORE ON EMPLOYEE WELLNESS PROGRAMME**
- **AND MORE**

APPOINTMENTS

OJ is our newly appointed Senior Medical Officer. He started working at Church of Scotland Hospital on the 1st of July 2005.

"I watch TV and I am also active in sports".

Tell us about your family.

"I have a lovely wife, two daughters aged 6 years and 17 months. I love my family very much".

What would you not leave without?

"My Bible".

What makes you happy?

"Is to meet people and be assistance to them".



**Dr Ojo Oladayo Gideon—
Senior Medical Officer**

Tell us who are you?

"My name is Ojo Oladayo Gideon".

Do you have a nickname?

"Yes, they call me OJ".

When were you born?

"I was born nearly forty years ago".

What kind of a person are you?

"I am friendly and outgoing".

Can you tell briefly about your profession,

"I graduated from College of Medicine Lagos, Nigeria in 1991. I worked in Nigeria until 2002. From 2002 to 2005 I was working in Lesotho".

How do you spend your spare time?

What makes you upset?

"Not much".

How do you feel about working here?

"Very interesting".

Siyabonga

Ngithanda ukudlulisela ukubonga kwami kuCOSH uMoja Club ngokuba nami mhlaka

25 June

ngishadelwa uSindile Mchunu - Sokhela

Siswele amagama

SIYABONGA

Ivela kuMakhiseni Sokhela (Stores)

GONGRATS.....

ULULAMA SITHOLE, SMOTHOZA KHOZA, KHOLEKA MBOLEKWA, MONICA MEJENI, HANS HUMAN, HLENGIWE BUTHELEZI AND ZANELE GAMA BOUGHT CARS.

WAIT FOR THEIR PHOTOS ON OUR

"Konke nje kusha. Udokotela omusha, abafundi abasha, izimoto ezintsha, Nami ngizoke ngizothele intombi entsha wadla Camza's".

JULY ISSUE, UZOBHEMA UKHOLWE!!!!



SIYANEMUKELA



This is 2005 Nursing students. The Acting Principal, the Tutors, Students and the Hospital staff would like to welcome all new students. Zizweleni namukelekile eCOSH.

MULTI DRUG RESISTANCE OUTBREAK.

Multi Drug Resistance (MDR) is increasing rapidly in our sub-district. Twenty nine patients have been identified with extreme MDR which means that they are resistant to the first and second line drugs. This means there is basically no treatment for these patients. A meeting was held with Dr Strum, the head of Microbiology at the University of KwaZulu Natal and doctors from the MDR management, King George Hospital and the district CDC coordinators to discuss about strategies to manage this epidemic.



This is a team of health professionals who attended MULTI DRUG RESISTANT meeting held at COSH

VANNESSA'S KITCHEN

BOBOTIE

2 Slices white bread - soaked in
½ cup milk
1 tablespoon oil
1 onion finely chopped
2 teaspoons curry powder
500g minced beef
1 egg - lightly beaten
1 tablespoon lemon juice / vinegar
2 tablespoons apricot jam
3 Bay leaves or lemon leaves -
optional
½ teaspoon salt or aromat
¼ teaspoon pepper
Topping:
½ cup milk
2 eggs

Put mince into large mixing bowl.
Add onions. Rinse pan that you
fried onions in with lemon juice /
vinegar and add to mince. Add
bread in milk, egg, apricot jam,
salt / aromat and pepper. Mix.
Spoon mixture into well greased
oven-proof dish, and bake at
160°C for 40 - 60 minutes. Re-
move from oven. Put bay or lemon
leaves on top if using. Beat egg
and milk and pour over top. Bake a
further 10 minutes at 180°C.
Serve with raisin studded yellow
rice. (Add 2 tablespoons raisins
and 1 teaspoon turmeric to rice
and cook in normal way).

NEXT MONTH

BISCUITS RECIPES

METHOD

Fry onion in oil until light brown.
Add curry powder and remove
from heat.

Nizwile yini?



....ukuthi uBavumile Ndlovu
(osesithombeni) obesebenza
eMaternity ward, uzobe ebo-
pha ifindo lomshado no
Sbongiseni Dlamini osebenza
e-Emmaus mhlaka 21 August
2005 ngo 09h00 e-Jolviet
Hall khona eBergville.
Bavums istaff saseCOSH si-
kufisela konke okuhle engathi
ibhanoyi lentokozo
nokuphathana kahle lin-
gawela emzini wenu.

From Zamisile's Desk

In our May issue we were talking about denial. We learned that denial can be dangerous and it can cause other aspects of life to be neglected. In this issue we will talk about excellent needs

WHAT ARE THE EXCELLENT NEEDS?

Those are the needs that one seeks to face the challenge at a particular moment. When we look at the word NEED, it is a deprivation that energises drive to eliminate deprivation (Santrock et al, 1999:332). These needs will be said to be excellent when all aspects of life are seen in accordance to Maslow's Hierarchy needs i.e. Safety needs, Physiological, social need and esteem needs. Each will be discussed separately.



Zamisile' Mabaso—Tutor Nursing College

PHYSIOLOGICAL NEEDS

Needs in this aspects ensures that one take a well balances diet to boost the immunity in as much as a person can. It also includes healthy food that people take such as fruits, boiled meat, vegetables other healthy food

that contain vitamins.

SOCIAL NEEDS

These needs include the sense of belonging whereby an individual will expect him or herself to belong to a certain peer group. This helps an individual to accept rather than living in the state of denial. When these needs are satisfied, they become the major motivation of man's be-

havior.

ESTEEM NEEDS

When a person is infected by HIV/AIDS, his or her humanity is not erased by the condition. The most important strategy here is to have self confidence that one is going to live with HIV/AIDS for life. Appreciation for being one self is very important. Progress and achievements in life will boost the ego of an individual.

SAFETY NEEDS

These needs are satisfied by protection of oneself against re-infection. That could be achieved through sexual abstinence or wearing a condom before sexual contact.

In life one needs to consider all the said needs to win the battle of being infected with HIV/AIDS.

My dear colleagues lets guard against denial which makes us to be though we are ignorant and undiplomatic.

THANK YOU

WHAT IS OCCUPATIONAL HEALTH AND SAFETY (OHS)?

OHS is a bodily mental and social well-being of workers as well as adaptation to he community where one works and lives. This also applies to contracted employees. This programme is aimed at facilitating the wellness of workers in the institution and to ensure that institutions complies with OHS Act of 1993.

What is COSH's mission ?

COSH's mission is to strive for excellence by eliminating hazards and reducing accidents in the hospital that could result in ill health and injuries in the workplace. If any of the above occur, corrective measures and rehabilitation should commence immediately.

HOW TO ELIMINATE HAZARDS?

Elimination of hazards is the responsibility of the employer and the employee. This can be done by

- Provision and proper use of personal protective equipment for example gloves, facial masks s boots.
- Environmental inspection / monitoring
- Medical surveillance that is pre-placement (on employment) periodic (every six months) on transfer

and exit (when leaving service or occupation).

CLASSIFICATION OF HAZARDS

- Physical for example extreme tem-

OCCUPATIONAL HEALTH AND SAFETY NEWS—BY K MBOLEKWA



Mrs Kholeka Mbolekwa Occupational Health & Safety Nurse

perature, electricity and needle stick injury

- Ergonomic that occur due to working environment and may cause injury, strain or discomfort when encountered
- Biological for example bacteria, viruses, fungi and parasites
- Psychological for example labour conflicts, long working hours, social problems and poor interpersonal problems
- Chemical for example various chemicals that are used in the work place which are dangerous. Some chemicals affects skin by causing burns and some causes respiratory problems like asthma.

There are other programs involved like HIV / AIDS in the workplace, Employee Wellness Programs

In our next issue we will talk about Employee Wellness Programme.

SASIKHONA EMASHUNKA



UMR Thela no Mr Mndebele baseMzinyathi District



Abafana Bokuthula singing Isicathamiya



Ikhono into yangakithi eMsinga



USISTA Mhlophe uhlola ushukela



KWESOKUNXELE : Bekukhona ngisho ikloniki yamehlo

KWESOKUDLA : uStagothi ulekelela umkhulu ukuze ayot-hola usizo etherapy



SIHLEKA NO'CAMZA'S



UTHI uMdumiseni akathandi nina, uthand'umoya wenu....Hhayi lapho



We ZAGILA!!!!!! Amabars ayasetshenzelwa

HOW TO DRIVE THEM INSANE?

- 1) Sit in your parked car and point a hairdryer at passing cars to see if they slow down.
- 2) Page yourself over the intercom (don't disguise your voice)
- 3) Everytime someone asks you to do something ask if they want chips with their order.
- 4) Instead of saying thank you rather say "I will teach you a lesson"
- 5) Put a garbage can on your desk and label it "IN"
- 6) Develop an unnatural fear of staplers.
- 7) Reply to everything someone says with "that's what you think"
- 8) Start all your sentences with "in accordance with the prophecy...."
- 9) Don't use punctuations when you are writing rather use them when you are talking.
- 10) Skip rather than walking as often as possible.
- 11) Sing along at the opera.
- 12) Find out where your boss shops and buy exactly the same outfit. Wear them the day after your boss does.
- 13) Put mosquito netting around your cubicle.

Submitted by Sindi Sibiya (PRO)

A new reporter at a small-town newspaper was sent out on his first assignment. He submitted the following report: "Mrs Smith was injured in a car accident today. She is recovering in hospital from cuts on her breasts". "This is a family newspaper" the editor raged. "We don't use words like breasts. Now go back and write something more appropriate". The reporter thought long and hard. Finally he handed in the following: "Mrs Smith was injured in a car accident today. She is recovering in hospital from cuts on her (o) (o)."

Submitted: By Nonhlanhla Sokhela (Gateway)



"I am happy to be at COSH" uSindi MchunueRegistry

KWI DRUG AWARENESS DAY—DUNDEE SHOW GROUNDS (26 JUNE)



UDR SSS Buthelezi ethula inkulumbo yosuku ezithamelini



ILTM ikhombisa ngomdlalo wayo oqwashisa ngezidakamazwa nokuthi ziyabulala



Ungakhona nje wena ukudansa kanje



Yizo lezi izicukuthwane ezazikhona



Kwavele kwaphel 'indawo etendeni, sekugcwele!!!!



lqembu lendlamu laligida kuqothuke utshani