



HEALTH
KwaZulu-Natal

MAY 2008
VOLUME 1 ISSUE 1

SPECIAL POINTS OF INTEREST:

- Healthy lifestyles : 11 Tips to a healthy lifestyle
- Reducing hospital waiting times
- Improving the quality of health care

INSIDE THIS ISSUE:

FROM THE DESK OF THE PRO	2
VITAMIN A	2
UKUQWASHISA NGESIFO SOFUBA	3
TEENAGE PREG-	3
EYE TOUR	3
WELLNESS CLINIC	4
MEDICAL DEPART-	5
EZEMIDLADLO	6



SIYACOBELELANA

Eshowe District Hospital

MESSAGE FROM THE CEO

Greetings and welcome to 2008, this is the year of new beginnings and not forgetting the importance of service delivery. To all my colleagues I hope you enjoyed spending time with your families and loved ones and now it's time to continue saving lives of our community and citizens. We need to take everyday so serious and make sure that we achieve our purpose of being at Eshowe District Hospital.

The New Year has brought about new challenges which are both exciting and taxing. Towards the end of last year a transformation committee was established which marked the beginning of our journey to change for better service delivery.

Subsequent to the introduction of the committee the following changes were realized.

- The long standing issue of overcrowding in female ward (Ward 8) was addressed effectively.
- The Sinethemba (ART) and TB clinics were moved to the building previously occupied by EMRS.
- The use of some of the wards

which were previously earmarked for private patients.

- The conversion of house No 29 to a Gateway clinic which started to operate on the 1st of April 2008.

It is worth to mention that the above changes were quite challenging but with collective efforts and participation of most stakeholders the tasks were well managed. A credit goes to the transformation committee.

The hospital also took part in the Premier's Service Excellent Awards. The process started in September 2007. The hospital was short listed in January 2008 and finally obtained 3rd position within the department. Credit goes to our PRO Mrs ZE Jaffe and her team.

Looking to the future there are critical issues that would require serious attention. One of the priority issues is the opening of the Eye Clinic which will include cataract surgery. To date the space



Hospital CEO—Dr Mokoena

has been created to accommodate this service. If everything remains the same the service will be launched around June 2008.

The second priority issue is around the phase lifting of our Casualty. We hope this will start to materialize around June-July 2008.

Through those efforts and many others we the employees of Eshowe District Hospital are determined to continuously put our outmost efforts to uphold the spirit of Batho Pele and improve service delivery.

IMPROVING SERVICE AT SINETHEMBA CLINIC

Since the beginning of 2008, the Sinethemba Clinic at the Hospital has a full time doctor, Dr Paula Diab. The problem of a long waiting list exists but some other great changes are happening in 2008. Decanting of patients to local clinics is going very well and all clinics are now visited by the doctor, which has greatly improved the service being offered to patients at these clinics. Good relationships are being developed with other local hospitals so as to facilitate the continuity

of care for patients in the district. We have also started to administrate disability grants for the Sinethemba patients all on-site.

Thanks to a partnership between the department of Social Welfare and in particular to Miss Nokuthula Gina and Mr. Nene, patients can now apply for and have their disability grants initiated or renewed on a single day at the hospital. Their grants will then take effect within the following month which is a welcome improvement from the old

system, where fraud extended waiting periods and multiple visits were the norm.

Our goal for the year is to improve the PMTCT program along with new Government Legislation expected in the next few months as well as to do whatever we can to start ARV's and improve the quality of care of patients within the clinic.

FROM THE DESK OF THE PRO



We have just started 2008 and we are faced with many challenges in service delivery with limited resources. In

Eshowe District Hospital we strive to

produce health care services to all citizens of this area by understanding and implementing the 11 Principles of Batho Pele.

This is the first Newsletter for 2008. We all need to contribute in its contents by forwarding news from all wards/departments to the Public Relations Officer.

At last we have a PR Intern at Eshowe Hospital, who is Miss Phumzile Feziwe Gumede. She makes a difference in the workload in this office. Tell us what you want to see in our in-house magazine. Your suggestions will make a difference



I am P.Feziwe Gumede and have joined this boat as a PRO Intern with Mrs ZE Jaffe (PRO) as my mentor and I actually loving it here. I have learnt so much within this short space of time that I have spent here. At tertiary University of Zululand) much was theory but being practical changes everything, I have adapted and improved more in the Public Relations field, how to handle complaints, doing paperwork, taking and editing photos, and being hands on. I'm saying it without a doubt there is still more to learn here. All this thanks to my **Mentor Mrs Z.E Jaffe**, for her warm and welcoming heart,



her intelligence, creative mind and guidance, each day comes with a new chapter in relation to PR, Thank you so much for showing me the right path. We hope u will enjoy this issue as we loved and enjoyed putting it together. Thanks to all the Departments who contributed stories from their locations. This office is still open for more stories from other departments.

VITAMIN A— UHLENGA IMPILO

UVitamin A usemqoka njengoba usiza ekutheni umzimba ukhule njengendlela efanele futhi esimeme

ivikele ingane ekungenweni yizifo kanye nokugula. Uyasiza ekunciphiseni amathuba okuhlaselwa ukugula okungabawane.

Yini Okumele Uyenze?

Uletha ikhadi lengane yakho eya ngalo njalo emtholampilo ukuze ingane ithole amaconsi ka Vit A. Uma ungalilethanga ikhadi lengane lasemtholampilo, ingane yakho angeke iwathole amacosi ka Vit A. Asiqale ukuhlela impilo yezingane zethu ngokubambisana!

Loluhlelo lwalenziwa mhlaka 3-14

March 2008

Bebenikezwa kanjena abantwana amaconsi ka Vit A, nakhu kubonakala uMaMthabela ephuzisa omunye umntwana, kusho khona ukuthi ziziphila izingane.



UKUQWASHISA NGESIFO SOFUBA 26-28 NOVEMBER 2007

Isiqubulo-“TB crisis-Hlola manje campaign”

Lezizinsuku zazihlelwe ukuhlola umphakathi waseMlalazi nezinye izindawo ezingomakhelwane mayelana nesifo sofuba. Sibonga umphakathi waseMlalazi ngokuzinikela ukuzohlola, uhlolole isifo sofuba I TB. Baphuma izulu lina kakhulu izinsuku ezimbili. Nahlangikazi baze baphuma nomahamba nendlwana, beyohambela abasemakhaya beyohlola izikhwehla. Loluhlelo lokufundisa

umphakathi lwaluhlelwa ukugcizelela ukuthi singasinqoba kanjani isifo sofuba uma sisiza umphakathi ekuqondeni ngalesi sifo, ekwazini izimpawu futhi bathole nosizo kanti okunye okusemqoka kunakho konke wukuphuza ngendlela eyiyo amaphilisi osuke uwanikiwe.



Umhlengikazi wemukela isikhwehla ukuba siyohlolwa

TEENAGE PREGNANCY WEEK— 11-15 FEBRUARY 2008

Makuphele ukukhulelwa kwamantombazanyana esesikoleni, nampa nabasebenzi bakahulumeni bebambe iqhaza ekuvimbeleni lokhu. Kuphume wonke umuntu osebenzela ezempilo Eshowe District Hospital ngisho nomphathi imbala.



EYE TOUR BY NATIONAL BLIND ASSOCIATION - 4-10 MARCH 2008

Umphakathi ububuthene lapha ukuzothola usizo ngamehlo, bonke abantu bahamba besizakele. Lo-msebenzi wahamba kahle waba yimpumelelo, siyabonga kumphakathi ngokusebenzisana nathi.



SOCIAL WORK DEPARTMENT

At the Eshowe Hospital we are blessed to have people like uMrs Nokuthula Ndlela who is the Head of Social work Department. This department helps walking in patients and patients that are being referred from Casualty, Gate-

way Clinic, TB Clinic and the surrounding clinics.

They also do outreach Programme especially for youth by visiting schools. We now have a baby uM-sawenkosi who was found at Sunny-

dale dumping site , the boy is under social workers care, he is alive and well at the Eshowe hospital.



WELLNESS CLINIC - HEALTH MONTH

Reproductive health Month is celebrated in February and STI/Condom week is from 10-16 February, the Wellness Team conducted a Reproductive Health Awareness Day on the 13th February 2008.

The theme was STI/CONDOM Awareness. The Programme started with the welcoming and purpose by Mrs R Chetty. Mrs PL Bhengu spoke on STI and Mr Meluleki



discussed the use of the condom with a demonstration. Ms J Ndaba enlightened us about family planning.

Sr J Marais spoke about the life stories of people living with HIV.

Since Valentines Day was celebrated the following day, 14th February, staff members were given Valentines Tokens.

HEALTHY LIFESTYLE - 11 GUIDELINES TO A HEALTHY

SESSION ONE

As we all know that April is Health Awareness Month, Eshowe Hospital also celebrated the month with its employees. On the 23rd of April 2008 and the ladies had a gathering that took place at Phakama Room inside the hospital, at 11h00. Mrs J Marais spoke about healthy eating and healthy lifestyles.

Healthy eating and exercise are both important parts of maintaining a healthy lifestyle.



Eleven guidelines to ensure your way to a healthy lifestyle

- ◇ Enjoy a variety of foods
- ◇ Be Active
- ◇ Make starchy food the basis of most meals
- ◇ Chicken, fish, meat, milk or eggs can be eaten daily
- ◇ Eat plenty of fruit & vegetables
- ◇ Eat dry beans, split peas, lentils and Soya regularly
- ◇ Use fats sparingly
- ◇ Use food and drink containing sugar sparingly and not between meals
- ◇ Use salt sparingly
- ◇ Drink lots of clean safe water
- ◇ If you drink alcohol, drink it sensibly

SESSION TWO

BEAUTY TALK

Ungafunga ukuthi le-event bekungeyaku-Sotores Department njengoba bezithathele izipho abaqhamuka kuyona le Department



Facial done by Michelle

A recipe for good looking skin:

Take a jug of boiled water, into a bowl, Take 2 green tea teabags, or Rooibos tea, Steam your face for 5 minute, breathing in your mouth and out your nose.

If this does not work, nothing else will

Winners for the day:



Sindi Nhleko won a healthy fruit basket



Noxolo won a voucher for neck/back stress release massage



Thembi won a voucher for a facial

MEDICAL DEPARTMENT

The Medical Department has gone under a number of changes in the last few months. I am sure most of you have noticed a number of new faces in the hospital.

We have in addition a number of new community service officers in the rehab department, two new radiographers as well as new doctors. Well most of the doctors are from abroad with the Congolese taking the lead but the British will be taking a close second soon.

With new faces comes changes, Dr Wesels from Empangeni is now our new specialist on the block; she has been providing a higher level of care to our patients. We hope to introduce a high care or ICU in the future to compliment the changes. Dr Kok our well loved



*Dr M Thandrayen
Medical Manager*

form Ekhombe and our two doctors from the DRC Dr Mampuya and Kasongo to compliment the team. Well the list is quite long but I am sure with time everyone will come to meet the new faces.

Pediatrician, Physician and Obstetrician is running waves in the Out Patients Department. Dr Kok seems to outwork the younger guys, you would not say he is day over twenty with the pace he sets.

And old face is back, whom I am sure all of you remember, Dr Diab, together with Sr Bhengu and their team, the ARV Programme is forced to contend with in the district as well as the province. The team is working so well that even the big regional hospital cannot compete.

Our surgical team after the departure of Dr Bergren is now transformed with Dr Gerke as the new head joined by Dr Tsotetsi

FAREWELL PARTY—MRS ETB MKIZE , DR ROBSON ,

A party to say goodbye to Mrs Mkize was held on the 27th September 2007 at Eshowe District Hospital. She has been the CEO for five years. She has to retire after working at Eshowe for 46 years. It was not easy for Eshowe Staff members to accept her departure because she is truly a mother, hardworking person and someone who is passionate about her work. Her dedication to customers is something we cannot forget.

“Happy retirement Mrs ETB Mkize, you deserve it”.



*Handing over of the gift by
Dr Mokoena*



*Speech by Miss DD Msomi
Uthungulu District Manager*



*Dr Robson receiving the gift at his
farewell party*



PHOTO GALLERY

Farewell for MI Zulu



Farewell for Mr M Mthimkhulu

PRIMARY HEALTH CARE

PHC will be conducting Measles Campaign at Gcinhliziyo on 06 June 2008

On the 09 June 2008 changing Diabetes bus will be visiting Umlalazi area at Amakhosi Hall to screen for diabetes and also to assess complications thereof, everybody interested is invited for screening.

Bilharzia Campaign was conducted at Ntsukazi School on the 18 April 2008, 68 learners were treated.

On the 9 May 2008 110 Mombeni Primary School learners were also treated for Bilharzia

TB & HIV/AIDS Awareness was conducted at Ncemaneni School on the 15 May 2008

Nkwalini clinic has achieved 100% TB cure rate and 0% interruption rate.

EZEMIDLALO



So it was the 10th of April and we had games eza lapha ekhaya, phakathi kwe Benedictine Hospital (uNongoma) and Eshowe Hospital. Bekuyi soccer and netball. Cha bandla akuhambanga kahle kodwa inetball idlalile njengoba ibhaxabule iCorrectional Services yaseEshowe. AmaTournament ayeza maduzane ngo June so please come and take part khona sizobuya nezindondo ekhaya futhi siziziqhenya ngesibhedlela sethu.

Eshowe Hospital encourages the employees to take part in sports categories that are found in the hospital. We believe that with a healthy body comes a healthy mind. So this year we already had games and we still going to have more. All of you who love to participate please, come to the

PRO's office, the door is still open



*GOD SENDS MIRACLE
EVERYDAY, WE JUST NEED
TO TRAIN OUR EYES TO BE
AWARE OF THEM*



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