



ESTCOURT DISTRICT HOSPITAL NEWSLETTER

EZASEMTSHEZI

DECEMBER '07/JANUARY '08



KNOW YOUR STATUS

The Princess Park Stadium was filled with the youth of Estcourt who came in numbers to attend HIV & AIDS Youth Awareness Campaign that was organized by the VCT team in collaboration with ARV Clinic on 30 November 2007.

This event was an initiative by Estcourt Hospital to encourage the youth to go for Voluntary Counseling and Testing so that they know their status, and whether positive or negative, they can start living more healthier lifestyles. Furthermore, it was also directed at di-stigmatizing HIV & Aids so that the youth is more accepting to people who are infected and thus encouraging disclosure without fear of discrimination.

Speaking at the event, our guest speaker Mrs Zodwa Dladla eluded that there was a need for the youth to assume a more active role in the fight against HIV and Aids and also encouraged them to learn more about the pandemic since information helps one to make informed decisions.

There was a mobile testing facility, a mobile clinic, and Ambulance services on sight. Also pamphlets were distributed.

Dignitaries from Umtshezi Municipality, officials from Education, Social Welfare, Home Affairs, SASSA, SAPS and Correctional Services and NGO's came to support the initiative.

Entertainment was provided by, among other artist, L'vovo and Beezory who further emphasized the need for the youth to go for testing so that they can lead more healthier lives.



CROWD PULLER: L'vovo (far right) with Zakes, his manager performing at Princess Park during the HIV & AIDS Youth awareness campaign.

KEEP THE PROMISE

1 December is pronounced by the World Health Organization as the International Aids Day. The provincial Health Department, led by MEC for Health, Ms N P Nkonyeni, in partnership with the Office of The Premier led by the Premier Sbu Ndebele, held a commemoration event at Osizweni in Newcastle.

In attendance, among others were the Premier Mr Sbu Ndebele, MEC For Agriculture and Environmental Affairs Mr M E Mthimkulu and MEC for Social Welfare and Population Development Dr M Radebe.

Echoing earlier sentiments by the Premier, MEC for Health Ms N P Nkonyeni acknowledged the presence of youth ambassadors and eluded that they were a key player in the fight against diseases, poverty and that they were a new hope.

There was a candle-lighting ceremony which was led by our MEC in remembrance of those that are infected and affected by this pandemic. The theme for the day was 'KEEP THE PROMISE, IT STARTS WITH ME'.

The community that came out in large numbers throughout the province were entertained among others by Hlengiwe Mhlaba, Ingane Zoma, T'zozo and Professor.



THE LIGHT OF HOPE: MEC for Health Ms N P Nkonyeni with mayors from different municipalities is seen here lighting a candle during the World Aids Day commemoration event which was held in Osizweni, Newcastle on 1 December.

IMBIZO/ OPEN DAY

Mhla zingu 20 November 2007, Isibhedlela sase Mtshezi (Estcourt Hospital) sivule amasango aso samema umphakathi wase Mtshezi, Mbabazane namaphethelo ukuthi uzothamela imbizo.

Lomcimbi obuhanjelwe nayizicukuthwane eziphuma kweminye iminyango kahulumeni kanye nabaholi bomphakathi emikhakheni eyahlukahlukene, ububanjelwe ukuthi sazise umphakathi ngazo zonke izinsizampilo ezitholakala esibhedlela, siphinde futhi sinikeze umphakathi ithuba lokubuza imibuzo mayelana nesibhedlela.

Kuphinde futhi kwaziswa umphakathi ngezinsalelo esibhekene nazo njengesibhedlela nokuthi amaphi amaqhinga esiqhamuke nawo ukuze sibhekane nalezi zinsalelo ukuze sikwazi ukugcina isethembiso sethu sokunikeza izinga lempilo eliphezulu.

Umbukiso oqoshiwe ngazo zonke izinhlaka zesibhedlela ukhonjiswe umphakathi kanti futhi bekukhona umdlalo weshashalazi nenkondlo esikunikwe yi Celukuphiwa Secondary School kanye nomculo esiwunikwe ikwaya lethu.



UTOLIKA: Mr M M Shabangu (Programme Director) with Mrs L E Mbhele (Nursing Manager) addressing the community during the Open Day / Imbizo at the south wing.



THE PEOPLE: Community members from Umtshezi and Imbabazane Municipality areas came to attend our Open Day / Imbizo.



QUALITY: Sister N O Sithole (Programmes Co-Ordinator) seen here addressing the masses during the Open Day. Thanks to her hands on involvement in organising the event, it was a success.



FOOT SOLDIERS: Seen here is Sister N N Mbatha (in a yellow t-shirt) with Community Health Workers and a family in a TB door-to-door campaign which lasted the entire week. This campaign was a pro-active measure by Ntabamhlophe clinic to distribute sputum bottles and collect data from community members of Ntabamhlophe area. Upon the return of these bottles from community members, they will be taken to the Estcourt Hospital Laboratory in order to check if they have TB or not, and also statistic collected will help both the clinic and The Hospital in terms of determining the spread of TB in that area. Efforts like these need to be applauded so as to encourage every government department to leave the comfort of their offices and deliver service to the people

FROM THE DESK OF THE CHIEF EXECUTIVE OFFICER

This is that time of the year where one needs to reflect on the happenings of the previous and plan for the coming.

It is common practice for individuals to make resolution, have dreams, wishes and aspirations of what they would want to achieve. It is common knowledge that not all we aspire to, becomes reality. We will however not stop dreaming as dreams are the wings through the realization of our goals. The end of the year brings mixed feelings for different individuals. Most families rejoice due to family reunion. Others are leaking wounds and scratching scars because they have lost their loved ones.

It becomes extremely painful when you do not know where your next meal is going to come from. Let us all in the comfort of our homes or in our misery pray for orphans and neglected families.

As health workers we do not have miracles but our hands are endowed with hope and empathy. The most important therapy one can give a patient is a smile and reassurance that one will get better soon. The community look at health workers as angels with big hearts who never tire nor get angry even at extreme provocation. They strongly believe that once their loved ones are in your hands even when terminally ill you will turn on your magic and they will be healed. It is a perceived image that we must strive to uphold.

One must hasten to point out that we had a bad patch this year. On sport, more especially soccer and music, it never rained this year but it poured. Thanks to netball ladies who kept our flag at full mast. Keep it up ladies, you overshadowed other departments as well. Ngithemba ukuhlehla kwengqama akusho ukubaleka, I hope the football team is strategising as to how you will conquer the world of sport.

Guys I know that we all want to improve ourselves educationally but that cannot be done simultaneously. We can use our off-duties but the problem comes when its examination time. If we could be considerate and afford one another an opportunity we will eventually all get a chance.

Isisho sesi Zulu sithi 'akulahlwa mbeleko ngakufelwa'. To those who sat for examinations and did not pass, I say your time will come. Never give up. It is not that you are failures but there was a misalignment of facts in your responses.

• **People on the move**

Grass is always greener on the other side. Like all institutions we are somehow effected by migration of skilled labour, a new trend has developed, people are no more migrating abroad but

'The most important gift is sharing. Please share your time with your families this season'. The boss advises.



THE C.E.O, MR B J VILAKAZI

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To their households. This is against a general perception that skilled personnel migrate abroad and to the private sector. A third development is that highly skilled personnel are becoming self-employed and pursue government tenders. Public sector must compete with these trends, you then be the judge.

• **Recruitment**

In 2007 we were able to recruit 97 new employees, the bulk of which were Lay Counsellors.

• **Called to the Lord**

Seven of our employees were called to rest. Condolences to the families, next of kin and friends. He had clothed them with garments of salvation and he hath covered them with the robe of righteousness—Isaiah 61:10

• **Turnover rate**

We suffered a mild blow when 10 employees resigned. We wish them well in their new endeavour. Our overall turnover rate is 3,4%.

• **People on the rise**

Hard work and dedication pays dividends in ones life. Nine employees were given a talent each, and all nine of them double that. The master was so pleased that he gave them a hike. Guys remember, its lonely up there. Start working on strategies to stay afloat.

Time of sharing has come, this is the time of giving. God gave us a walking gift. Shall we at least do the same to our neighbours and fellow colleagues, the most important gift is sharing, please share your time with your families in this era.

Lastly, may I take this opportunity to wish you and your families a safe Festive Season and Prosperous New Year, may all your good wishes become reality.

Do not forget to pray for your country, its citizens and the needy. May god be with each one of us, until we meet again.



EDITORS NOTE

Well well well, the long awaited newsletter finally arrives. I must say its been an exciting experience to put it together. I have published many newsletters, but I must say, this one has been the most exciting to date. For a number of reasons, the fact that its my first at Escourt Hospital. Hopefully you will find it as equally exciting.

In my short period that I have been here, we have organized a couple of events (The Open Day, HIV & AIDS Youth awareness campaign, TB campaign) to name but the few, and some of these have been a success and some, well lets just say we do need to go back to the drawing board and change our strategies.

Since I'm responsible for communication both internal and external, I deem its necessary to express my views. I'm happy with some communication mechanisms that are in place internally (e.g Extended Management Meetings) but what I'm not happy about is how some of these are utilized. I think there is a need for government to speak as one voice both internally and

externally and that is why PRO's were employed to co-ordinate those processes. We need to familiarize ourselves with communication policies and understand its imperatives.

Although I become a 3rd PRO for this institution, I do feel that a huge chunk of the staff is still not clear of the role of Public Relations. For instance, I find it disturbing that some sections will only tell me a day before that they are running an awareness campaign and 'can you please come and take photos' as if that's the only role I should be playing. I will take it upon myself to educate people in one of Extended Management Meetings.

In closing, I want to wish all the staff a joyous festive season and prosperous new year. May we all come back safe and sound next year and ready to honor our commitment to serve our people the best way we can. Until I write again, bye for now.

The editor, they call me Nkosi.



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or enquiries**

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SO MANY QUESTIONS.....



**The outgoing Medical
Manager, Dr J Mthethwa**

I sit at the Medical Managers office, I notice that its bigger than mine, more fancier and has air conditioner, then it hits me: Medical Manager vs PRO? No contest!! He sits just few feet's away from me wearing that thing doctors wear (see picture) in his neck. Then I ask....

PRO: Doc, I'm told you leaving?
MM: That is correct..
PRO: Where to?
MM: Dustan Furrell Hospital in Hibberdene, South Coast, Portshepstone.
PRO: Why the move?
MM:sometimes one needs new challenges and a change of scenery...
PRO: Explain 'new challenges'?
MM: Among other things, I will initiate an ARV programme, the hospital specialises in TB.
PRO: Now what challenges do we face at Estcourt Hospital from a medical point of view?
MM: Shortage of doctors, which makes it hard to cover all our satellite clinics....also, the increasing number of patients that are initiated

For ARV treatment. We have +3000 patients on ARV and only 1 doctor. According to ARV norms, there must be 1 doctor for every 500 patients meaning we need at least 6 doctors for ARV only.

PRO: How many do we have currently and how many should we have according to our staff establishment?
MM: We have 11 and that includes 3 community service but excludes sessional doctors, we suppose to have 23 doctors.
PRO: What would you say you achieved during your reign as Medical Manager?
MM:...When I came here, all wards we run by sessional doctors, doctors, especially sessional did not sign attendance registers and they had no contracts, that has changed.

Editor: in the interactions that I have had with Dr Mthethwa, he has come across as a progressive thinker, I have no doubt that he will be greatly missed by all our staff. Doc, thanks for the experiences and GOOD LUCK!!!!

**'Sometimes one needs
new challenges and a
change of scenery'. The
Doc points out.**



FROM THE DESK OF THE NURSING MANAGER

Words of encouragement

Nursing profession is unique compared to others because it is dealing with human beings who are sick. These people need love, care, understanding and acceptance.

God has called us to this profession because he knew we were the right people and we can do it, he will never fail us. Sometimes we come across situations that we think its too much to bare, I want to confirm that god will never give you a burden you cannot carry. So let us be patient and understanding so as to move on. The journey is long and winding but remember there is a reward in store for us.

A lot of good work has been done this year. Most people were observed working as a team. There are so many projects that have been formulated in all departments. Staff is being congratulated on these efforts because that's where excellent service is acquired. Keep up the good work.

SERVICE DELIVERY ACTIVITIES FOR 2007

Skills Development

- Bridging nurses from Enrolled Nurse to Prof Nurse=12
- Bridging Courses from ENA to EN =13
- Midwifery training = 4
- Private students doing practical in this institution: (from KZN Ladysmith School = 3 pupil nurses) (Ekukhanyeni School = 9 pupil nurses)
- Different categories attended different workshops, seminars and congresses on given dates.

Filling of critical budgeted posts

- Phlebotomist
- TB Tracer teams
- 1 Professional Nurse for CTOP
- Assistant Nursing Manager Night Duty
- Health & Safety Manager
- Assistant Nursing Manager, Obstets, Gynea & Peads

Initiatives

- installation of V.V. Lights to minimize infection in medical wards.
- Reinforcement of Batho Pele Committee.
- Formulation of SDIP document.
- Rehydration clinic
- Formulation of policies & procedures intensified.
- ongoing training on lactation management.
- installation of O2 & suction points in wards to enhance re-suscitation.

Programmes

- Strengthening of cervical screening
- Integration of PMTCT to PHC
- Decanting of ARV to clinics
- Employment of mother to mother personnel to support

' A lot of good work has been done this year. Most people have been observed working as a team, there are many projects that have been formulated in all departments'. Umama wethu eludes.



**MRS L E MBHELE
NURSING MANAGER**

PMTCT project.

- Door to door campaign to support TB case finding, treatment and support community members.
- Orientation and induction for newly employed personnel done on regular basis.

Challenges

- Seclusion for mentally challenged patients
- Unavailability of TB ward
- Scarcity of staff accommodation
- Unavailability of mobile clinic to serve Mtshezi area though in pipeline.

Events

- World TB Day 27 March 2007
- Chronic Fatigue 29 April 2007
- Candle Lighting Ceremony 16 May 2007
- National Women's Day 23 August 2007
- Breastfeeding 08 August 2007
- Pharmacy Week 2-8 September 2007
- Cervical screening 19 September 2007
- National oral & Eye clinic 16 October 2007
- Open Day / Imbizo 20 November 2007
- Home Accident awareness at Loskop 17.10.2007
- Stop child & Women abuse at Mhubheni 23.11.2007
- 16 Days of Acticism on NO Women and Children abuse at Zwelisha 29 November 2007
- HIV & Aids Youth Awareness Campaign 30 November 2007.

In conclusion

I wish you and your families a blessed Christmas and New year that will bring you joy and happiness. don't get too excited and mismanage your money. Remember, January is at the door.

THE PRESIDENTIAL IMBIZO AT UTHUKELA DISTRICT

DAY 1, October 6

Residents of Uthukela District Municipality exploited an exceptional opportunity to fire questions at President Thabo Mbeki, his ministers and their provincial counterparts, led by Premier Mr Sbu Ndebele. This rare moment presented itself during the presidential imbizo during the weekend of 6-7 October.

Impoverished communities came out in numbers to plea for service delivery during the two day imbizo at Uitvaal Stadium (Indaka) in Ladysmith.

When the public was granted an opportunity to ask the president some questions and raise their concerns, communities complained about lack of access to basic needs such as water, housing, education and job opportunities. The impact of HIV and Aids, now a major cause of deaths in the Uthukela District, featured as one of the crucial concerns.

Meanwhile, President Mbeki shared the Premier Sbu Ndebele's earlier sentiments in which he noted the presence of white people in the audience. 'We should learn to live and work together to build our new South Africa' President Mbeki said while addressing the masses.

President Mbeki said they noted peoples concerns over service delivery and these will be addressed.

DAY 2, October 7

Wembezi's E-Section in Estcourt came to a standstill when President Thabo Mbeki made a door-to-door visit in the township during his Presidential Imbizo.

President Thabo Mbeki conducted his walk-about visit in various homesteads in the township during the second day of his Presidential Imbizo in Uthukela District.

The communities followed Mbeki as he criss-crossed the township visiting homesteads. Themba Mhlungu, 57, said he only wanted to shake the presidents hand in order to have luck. 'We have never seen the president in our area and we are happy that he has taken time to visit our homes'. Mhlungu said.

After addressing the masses at Wembezi E-Section President Mbeki proceeded to Ladysmith Townhall to meet with leaders and prominent businesspeople to come up with strategies on how they will go about addressing the issues raised by the communities during the Imbizo at Indaka and also the door-to-door visit at Wembezi E-Section.

After what seemed like a lengthy discussion with leaders and business community, Mbeki later left Uthukela area.



KZN PREMIER MR S'BU NDEBELE WITH STATE PRESIDENT MR THABO MBEKI AT THE IMBIZO



MRS INA CRONJE (MEC FOR EDUCATION) WITH MS N P NKONYENI (MEC FOR HEALTH) AND MR A RAJBANSI (MEC FOR SPORTS AND RECREATION) AT THE IMBIZO



OUR PRESTIGIOUS PREMIERS EXCELLENCE AWARD TROPHY ON DISPLAY AT THE PRESIDENTIAL IMBIZO

'We should learn to live and work together to build our new South Africa' President Mbeki said when addressing the masses.

IXOXWA NGEZITHOMBE



WELL DONE! Nkosi Mncwabe (P.R.O) is seen here with the MEC for Health, Ms N P Nkonyeni at the briefing session in Ladysmith Hospital ahead of the World Diabetes Day held at St Chads in Ladysmith. The MEC proceeded to address the masses in St Chads. The theme for the day was ‘NO CHILD SHOULD DIE OF DIABETES’. In her address, it emerged that according to the World Health Organisation (WHO), diabetes is responsible for more deaths than TB, HIV and Aids put together. She also highlighted the fact that health institutions turn to focus on communicable diseases (e.g. HIV and Aids, TB) and thus neglecting non-communicable diseases thus urging the need to balance the campaigns.



MEETINGS! MEETINGS!MEETINGS!: L-R: Matron Hlophe, Matron Malahay, Ms P Mlotshwa (Food Services Manager) Matron Mabaso, Hillary McComb (Switchboard Operator)& Matron Nodada, during a Batho Pele and Human Rights Committee meeting held every second Tuesday of the month. These meetings help the institution to ensure that Batho Pele Principles become the priority when dealing with the clients and thus ensure quality care for our clients.



WATCHING: Our guests during the Open Day watching a video that was pre-recorded with all the services that are offered by the institution. Wearing a maroon shirt with white stripes is Mr S Khan, C.E.O Dundee Hospital.



TB TEAM: Sister Gumbi, Mrs L Mbongwa, Sister Sishi (Incharge 4B) and T Dlamini in an exhibition stand during the Open Day. Pamphlets were distributed with information on TB, HIV and Aids, VCT and Breastfeeding.

IXOXWA NGEZITHOMBE



ACTING IT OUT: Bongani Malevu from ARV clinic with Skhumbuzo Dlamini from VCT in a play about HIV & AIDS during the HIV & AIDS Youth Awareness Campaign held at Princess Park on 30 November 2007.



LISTENING WITH THE LAW: Simphiwe Nyoka (Transport Manager) with the police officers from Wembezi and a teacher during the '16 days of activism on NO women and children abuse' held at Zwelisha. This is a clear example of a good intergovernmental relationship Est-court Hospital has with other government departments.



CONSULTATION: Mr B.J Vilakazi (CEO), Mr S.E Ndlela (HR Manager), Mrs L.E. Mbhele (Nursing Manager) along with myself (PRO) took time to attend a meeting called by the clinic committee at Injusuthi Clinic. Among other concerns they raised was the staff shortages at the clinic, waiting times, nurses accommodation, water and electricity problems, and also requested the management to provide a mobile VCT and also recognise traditional healers. This is another initiative by Estcourt Hospital Management team to be more visible, accessible, open and transparent to the communities we serve. The management team will visit other clinics to engage with clinic committee members and address their issues.



IMBOKODO: Miss T Vilakazi (EAP) with Dr G L Gumede-(Dentist) during the Open Day at the south wing.



VILAKAZI VILLAGE: Thanks to our CEO Mr B.J Vilakazi's negotiating skills, this residential area is utilised by our essential services staff as their accommodation and costs them next to nothing. Another staff retention initiative.

ISAXOWA NGEZITHOMBE



SMILES!!: This photo with Pharmacy staff was taken during the Pharmacy Week. With hectic week-long activities which included visiting local schools to educate the kids on, among other things, pharmacy as a career option, they still found time and energy to pose and smile for the camera.



THE BIG GUNS: L-R: Mr RT Shabalala (Senior Systems Management Officer), Mr T Dlamini (Senior Labour Relations Officer), Mr S E Ndlela (HR Manager), Mr S L Ntom-bela (Chief HR Officer) attending the Open Day.



PATNERSHIP: Eqhweni School was launched as a Health Promoting School, it becomes the 4th of 5 schools that have been launched as HPS in Uthukela District. Seen from the middle to right is Sister N N Mbatha (Estcourt Hospital), Gugu Mazibuko (Environmental Health, Uthukela District), Mkhonto Blose (Community Liason- Uthukela District), Mr Ndlela (Principal-Eqhweni School) with representatives from Social Welfare, Agriculture, Home Affairs and SANCA. For their efforts in complying with HPS standards, Eqhweni School were rewarded with a soccer kit by the MEC Ms N P Nkonyeni at the World Diabetes Day held at St Chads, Lady-smith on the 22-November-2007.



OBSERVING: Sister Mshengu and Sister Mbatha observe a teacher from Eqhweni showing them the nursery during the launch of Eqhweni as Health Promoting School.



MELODIC: Seen here is the fraction of Estcourt Hospital choir singing during the Open Day. They gave a stunning performance led by a vocally gifted Lungelo Mbhele



IMIZWILILI: Our Choir poses here during Area 2 competition at Madadeni FET, Newcastle. This year saw them loosing on the first round to St Appolinaris, Rietvlei, and Madadeni Hospital. To a choir that came 1st in area 2 and Second over-all provincially in 2006, this year has been disappointing. Good luck next time guys!!



THE CHAMPS: Sister Sibisi (Occupational) is seen here holding a trophy that our netball team won. They emerged victorious after beating Umtshezi Municipality and South African Police Services netball teams respectively. This tournament, held at Lambert Park sports grounds, was organised by Umtshezi Municipality and other participants were Correctional Services. Our football team also took part in this competition and since nobody remembers the losers, I also forgot to take their picture! Work hard next-time guys!!

NEED GYM!!: L'vovo Der-rango (as he is famously known by his fans country-wide) is seen here performing during the HIV & AIDS Youth Awareness Campaign. Clearly judging by this photo, the man does need some gym. Or is he too busy making hit songs? Maybe.



RECENT APPOINTMENTS

- R T Shabalala - Seniouir Systems Management Officer
- N K N Cebekhulu—Sessional Doctor
- T M Zwane—Lay Counsellor
- J R Dlamini—Lay Counsellor
- M L Kubheka—Lay Counsellor
- T W Hlongwane—Finance Clerk
- S P Kunene—Lay Counsellor
- M E Hlongwane— General Orderly
- B A Dlamini—General Orderly
- P N Hlongwane—Lay Counsellor
- T Dlamini— Lay Counsellor
- F W Mabizela—Ward Clerk
- S C O'Brien—Ward Clerk
- P M Makhathini—Staff Nurse
- P B Mpembe—Pharmacy Assistant
- P Ziqubu—Telecom Operator

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