



HEALTH
KwaZulu-Natal

UZASOMTSHEZI

ESTCOURT DISTRICT HOSPITAL NEWSLETTER

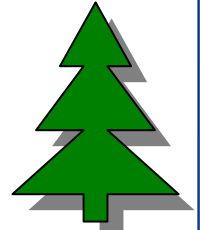
CHRISTMAS EDITION 2008



THE SPIRIT OF GIVING



Members of the N3TC, RTI, EMRS, and Umtshezi Municipality Fire Department pose with children after handing out toys.



On the 18th of December 2008, Estcourt Hospital was overjoyed to be visited by N3 Toll Concession (N3TC) who came to donate soft toys to the children at both Ward 1 and Ward 7.

N3 Toll Concession (N3TC) has launched the N3TC Duduza "We Care" initiative, which aims to provide comfort to children who have been admitted to state hospitals as a result of road accidents in the vicinity of the N3 Toll Route (between Heidelberg and Cedara) during peak traveling hours.

Duduza meaning "Comfort" in Zulu is exactly what the N3TC hopes to bring to these children when they hold their soft and cuddly toys that N3TC distribute throughout December and January holiday season.

N3TC will be joined by the relevant Emergency Services, SAPS and RTI Road Safety, who embraced the programme and will be accompanying them to various state hospitals in the vicinity of N3. they plan to give every child a soft toy and to offer some sort of reassurance to these accident victims. Because it's a giving season, they also give toys to any child that is hospitalized during their visits. Furthermore, they will be joined by the SADD as well as a number of church groups who have expressed keen interest in supporting the initiative and providing some form of counseling to the children.

Often victims of motor vehicle continue to live with the haunting memories long after their physical scars have been healed. .

For children, as with adults, a distressing or frightening experience such as this can challenge their sense of security and comfort well into adulthood. Many experience feelings of fear, depression and isolation and the N3TC Duduza Initiative is an attempt to give these children some sense of comfort and security until their physical wounds are healed.

This project was started by a dedicated and passionate individual at N3TC, Praveen Sunderlall. Since then, his idea has captured the hearts and minds of his colleagues, friends and fellow road safety advocates, which demonstrate that South Africans are concerned about road safety and the young people of our country, and they want to make a difference.

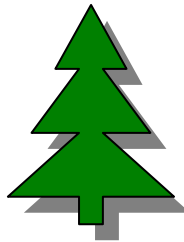
As many South African families prepare for their holiday destinations this festive season, the last thing one should anticipate is to be involved in a car accident of serious proportions. Sadly, year after year, statistics show an increase in motor vehicle accident-related injuries and fatalities during peak traveling periods such as this. N3TC appeals to all motorists to be considerate and obey the rules of the road and travel safely. Remember, you are driving three cars, the one before you, yours and the one that's following you. Buckle UP!!!!!!



IN HIS OWN WORDS



Mr. B J Vilakazi
Estcourt Hospital
Chief Executive Officer



2008 has been the most turbulent year for us. In my 28 years of dedicated service, it is the first time that we experience such bad financial scarcity. It is really difficult to precisely pinpoint the real cause of our predicament. As it that was not enough, our problems were compounded by the trusted officials who decided to enrich themselves at the expense of service delivery. Our hearts though bleeding, but we pray for them to repent and start a new life on a clean slate. It is heartening to see people you have learnt to trust taking a wrong detour to the detriment of their careers.

My heartfelt condolences goes to the soldiers who fell in the course of their duties. They might be gone but their memories will always linger with us. We value the short time that God and their families landed to us.

I salute all of you, past and present that ensured that quality service delivery was sustained despite turbulent waters we had to whether. It is warming to note that we were again short listed for the service excellence awards. I hope that this is our time. It is also comforting to observe that as opposed to other years, we have been able to recruit more medical officers

One can without doubt we attribute this to the hard working young Medical Manager who happens to be a female. To all the new guys that have joined us this year I take this opportunity to welcome you to our happy family. I think by now you must have noticed that we are unique in whatever we do. I hope you will enjoy your stay with us and you contribute immensely to the already in motion service delivery train.

May I take this opportunity during this time of giving to offer you peace, prosperity and compassion. Please remember those unfortunate members of your close families acquaintances and friends who have got nothing to put on the table, do share with them the little that you have. An empty stomach appreciates everything that is given with love and thoughtfulness.

I plead wit you to please spend your valuable time with your families this festive season. Hoping to see you well recharged and raring to go in 2009.

May god bless us all.



N O Sithole (Programmes co-ordinator), Mr B J Vilakazi (C.E.O) and Msawenkosi Mncwabe (PRO) receiving a certificate from Mrs Khathi (Quality Assurance Manager)

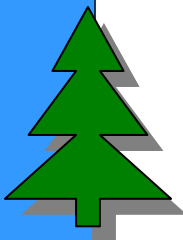


The assessment team that visited the hospital to come and witness for themselves Batho Pele in action, led by Mrs Khathi

ANOTHER YEAR GONE PAST



Dr. Velile Ngidi
Medical Manager



I am not too sure whether to celebrate or start weeping in misery. Those are the feelings that are aroused when I reflect on the year 2008. This year has seen untold amounts of suffering within our borders and beyond. We have seen the injustices of capitalism at play in the cruelest way. As the saying goes “when the United States catches a cold the world catches pneumonia”. The global down turn of the economy precipitated by greed in the first world countries has in turn seen the price being paid by the poor and the innocent, as usual. The numerous job losses, the ridiculous rise in fuel prices that led to our consumer price index sharply rising, the rand weakened to its worst in a long time. Looking at the department specifically, the biggest challenge has been the burden of disease which is still a very concerning stress on our limited resources. This has been further compounded by the multi-billion rand over expenditure in the previous financial year that has also been exacerbated further by the rise in inflation related to the status of the economy at large, which made efforts at trying to curb expenditure even more difficult as prices rose uncontrollably all round.

Our neighbor Zimbabwe has been in political and economic crisis made worse by the recent cholera out-break that has crossed over to our country and claimed lives, the discovery of a possible hemorrhagic fever casualty within our borders. This makes one realize the privileges that we as South Africans have to be thankful for, to be citizens of a country that has repeatedly thrived for the best for its citizens. Our country is not perfect but we live in a democratic society where basic human rights are still respected e.g. the right to access healthcare, and the right to access clean running water and that daily we all thrive to improve our lives through tirelessly working for our families, sending our children to school, educating our communities about disease and having the majorities in our society still condemning crime. In the last year one has seen so much suffering but the human spirit lives on and for this reason I would like to celebrate this year with all those who will keep the fires burning no matter what life throws at us. That as this year comes to an end we all breathe a big sigh of relief and take another big breath and dive into the New Year with enthusiasm and optimism.

I would like to wish all my colleagues, our staff, the community of Estcourt and all fellow South African a holiday season filled with lots of love, joy and laughter. Please remember the spirit of the season in all that you do. Give, give and give.

Please don't drink and drive. Drive a responsibly.

Goodbye 2008



Mrs L. E Mbele
Estcourt Hospital
Nursing Manager



It is a pleasure to write this important message to Estcourt Hospital staff, PHC services, Community of Imbabazane & Umshezi Municipalities including surrounding areas.

2008 is drawing to the end. We are grateful as health workers for the sub district that we were able to survive and focus on our vision irrespective of challenges encountered.

Contribution of staff to health services is greatly appreciated. Over and above the projects that were initiated, we were able to enter & were shortlist for service excellence award which is a drive to deliver quality service to our internal & external customers.

Staff shortage has been the core challenge. I would like to salute our staff that managed the team spirit and worked like eagles to make service accessible to all our customers and to keep up with on quality theme “reaching new heights in the millennium.”

The community has been supportive both in prayers and suggestions. I would like to take this opportunity to wish all staff a merry Christmas and prosperous new year!

Matron Mbele
Nursing Manager



IN PICTURES



If the beach is too far, we will bring the beach to you. Estcourt Hospital held a "Beach party" to welcome the summer season on the first of September. Seen here is staff from VCT and ARV Clinic just chilling and having a sun-bath.



Putting yourself in a woman's shoes. On August 9, men in Estcourt hospital gave up their comfortable shoes for high heels, wigs, mascaras, dresses and make-up to commemorate the Women's Day and modeled in front of a stunned female dominated audience.



Ms Alice Chisamba (com-serv) handing over a gift to an elderly during the pharmacy week from 1-7 September. Estcourt Hospital pharmacy department visited the Estcourt Old Age Home to educate the senior citizens about safe ways of disposing unused or expired medicine. A series of questions were asked about the presentation where correct answers were rewarded with gift



Msawenkosi Mncwabe—Public Relations Officer



Let me take this opportunity and wish all of our staff and readers a merry Christmas and a happy new year!!!

May god bless all of us well into the new year!!



THE BACK PAGE



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A DISABILITY MAY BE FOR LIFE, BUT OUR SUPPORT IS TOO.

For many people in the Estcourt community, using a wheelchair is a way of life- a daily necessity, which enables them to function as independently as possible.

So when a problem occurs with the function of their wheelchair they are at a loss, and are limited in what they are able to do.

The Department of Health in conjunction with the Disabled People South Africa (DPSA) are trying to prevent such limitations on wheelchair users by providing a free wheelchair repair service.

The Estcourt Wheelchair Repair Site is run by two wheelchair repair technicians- people with disabilities, who have been trained in the repair and maintenance of wheelchairs.

The site is based in the Rehabilitation Department of Estcourt District Hospital, and runs on a Tuesday and Thursday morning from 8h00 to 11h00. It services Estcourt and the surrounding communities- such as Loskop and Ntabamhlope etc. The spares that may be needed as replacement parts are provided by the Department of Health and are available free of charge to the clients.

In most occasions, the faulty wheelchair can be repaired on the day that it is brought in. However, there are occasions when the spares are not available or there is a delay in the repair that would mean the client would have to be without their wheelchair for a few days. Where possible they could be loaned a wheelchair from the hospital while waiting for theirs to be fixed

We would encourage the wheelchair users in the community and their caregivers to maintain their wheelchairs as best as possible, and should the need arise, bring them in to the Wheelchair repair

site – when a problem first starts so that it can be repaired as soon as possible and not leave the client without a wheelchair.

Should you have any queries please contact the Rehabilitation department at Estcourt Hospital on 036 342 7065 /6 /7.

wheelchair is of a different make attempts can be made to assess and repair it- but the spares may not be available.



THE REHAB TEAM WITH TWO WHEELCHAIR REPARERS, BACK ROW: ROSWYN KOHLRENKEN, SULOCHNA NAIDOO AND CATHERINE KIRK, FRONT ROW: STEVEN HLONGWANE AND SIBUSISO GUMBI.