



**HEALTH**  
KwaZulu-Natal



# Ezakwa-Dukuza

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## Renovations / New Offices



Security Building is being renovated to new offices

The Security Building is getting a whole new look. The new building will have various offices, among them will be the Public Relations Department. A three months contract was handed over to Hope Enterprise in June and we hoping to have new offices before the new year.



Other renovations in progress is that of the old female wards. Renovations includes having facilities for disabled e.g. toilets. Part of these wards will be Antenatal Clinic.

No system can long command the loyalties of men and women which does not expect of them certain measures of discipline, and particularly self-discipline. The cost in comfort may be great. The substance of which comes character and strength and nobility. Permissiveness never produced greatness. Integrity, loyalty, and strength are virtues whose sinews are developed through the struggles that go on within as we practice self-discipline under the demands of divinely spoken truth.

*Gordon B. Hinckley*





# Editorial Comment

**K**uyintokozo enkulu kimina ukunethulela leliphephandaba eliqukethe ulwazi mayelana nesibhedlela sase Stanger. Ngiyethemba ukuthi nizolithokozela, kanti futhi kungangijabulisa ukuzwa uvo lwenu mayelana naneliphephandaba. I am also very happy to become a part of this friendly and welcoming family. I would like to share this quote with you:

“At first, as a student, I wanted freedom only for myself, the transitory freedoms of being able to stay out at night, read what I pleased, and go where I chose. Later as a young man in Johannesburg, I yearned for the basic and honorable freedoms of having family—the freedom not to be obstructed in a lawful life. But then slowly saw that not only was I not free, but my brothers and sisters were not free...that is when the hunger for my own freedom became the greater hunger for the freedom of my people.

It was this desire for the freedom of my people to

live their lives with dignity and self-respect that animated my life, that transformed a frightened young man into a bold one, that law-abiding attorney to become a criminal, that turned a family-loving husband into a man without home...I am no more virtuous or self-sacrificing than the next man, but found that I could not even enjoy the poor and limited freedoms I was allowed when I knew my people were not free”. (**Nelson Mandela**).

I think it’s only fair that we be reminded about our history so that we will make sure that we do our best to help those who are in need, especially since we are in the public sector, where most of the time we have to go an extra mile to make sure that service delivery reaches everyone.



**Miss Nontobeko Ndlela: P.R.O**

## Know your Audiology and Speech Therapists

**T**he Department of Speech Therapy and Audiology was established in 1998, having just one therapist. In 2004 three Community Service Officers were allocated to the department. During 2004 the full spectrum of speech, language and feeding disorders were assessed and treated whilst only hearing screening equipment was available.

The department has grown and is now well established and servicing an ever growing and expanding population of Stanger and the greater District.

During 2005 the department received Diagnostic Audiology set-up and Speech Therapy resources and equipment. This includes diagnostic Audiometer, Tympanometry and acoustic reflex equipment, VRA, free field Audiology, HI-Pro and a full hearing set-up. These allows for immediate and efficient assessment and fitting of patients and an increase patient satisfaction of service delivery. The department is continuously developing and improving service delivery as it has recently ordered ABR equipment.

The clinicians see both in-patients and outpatients. The commonly treated conditions include: hearing problems, developmental language delay, cerebral palsy, stuttering, speech disorders/delays and stroke. A cerebral palsy clinic and developmental delay clinic occur monthly and have become quite successful over the years. The Community Service Officers service the Sundumbili clinic once a week, and new projects are being looked at to further reach other areas of the community.

New projects for 2007 include:

- Paediatrics stimulation group (we welcome any old toys, books, confectionary for the kids)
- Stroke support group



**L-R: Joanne Anquetil, Perusha Naicker, Prathisha Balbadhur & Yasmin Mehtar**

- Improving out-reach services
- In-service for hospital staff
- Deaf Awareness Week (August)

**Should your department require any in-service or have any suggestions, please contact us @ 6224**



## What is Dietetics all about?



**V**ision: To provide high quality, customized nutritional care to the best of our ability, within a scope of practice, using readily available resources and taking holistic approach when identifying a patient's requirements.

**M**ission: The Dietetics staff of Stanger Hospital are committed to improving the nutritional status of all patients seen, by providing nutrition education and counseling as well as food supplementation, based on a complete nutritional assessment.

The Dietetics Department at Stanger Hospital has been open since 2003. It comprises of two permanently employed dietitians: Varsha Soni– Principal Dietician and HOD and Nelile Nxumalo– Principal Dietician. We consult with both in and out patients on daily basis to work towards improving

the nutritional status of patients through nutrition education and nutrition supplementation.

Conditions consulted with include: HIV/AIDS, TB, cancer, gastroenteritis, CVA's, surgical, orthopaedics, burns, chronic conditions, MVA's and PEM among others. We also deal with breastfeeding, low birth weight/premature infants as well as underweight patients.

We are still a relatively small department and are constantly busy. In the future we hope to extend the number of staff members as well as improve or re-structure current protocols to make for a more efficient and time saving department rendering dietetic care more effective and patient driven.



**Nelile Nxumalo & Varsha Soni: Principal Dieticians**

## The Paradoxical Commandments: Kent M. Keith

- People are illogical, unreasonable, and self-centered. Love them anyway.
- If you do good, people will accuse you of selfish ulterior motives. Do good anyway.
- If you are successful, you will win false friends and true enemies. Succeed anyway.
- The good you do today will be forgotten tomorrow. Do good anyway.
- Honesty and frankness make you vulnerable. Be honest and frank anyway.

- The biggest men and women with the biggest ideas can be shot down by the smallest men and women with the smallest minds. Think big anyway.
- People favour underdogs but follow only top dogs. Fight for a few underdogs anyway.
- What you spend years building may be destroyed overnight. Build anyway.
- People really need help but may attack you if you do help them. Help anyway.
- Give the world the best you have and you'll get kicked in the teeth. Give the best anyway.

### Letter of Appreciation

I would like to take this opportunity to thank Stanger Hospital for what it did to me. I came to this hospital very sick, but the treatment I received from Stanger Hospital was totally different, the way they gave a good support they healed me. I was like a dead man but I was told that I am not going to die..

I would like to thank Mr T. Nene who introduced me to Mayvis Zondo at Ekuphileni, she gave me hope and told me that as long as I

take my medication I will be fine.

Stanger Hospital is so fortunate to have people like Mayvis who can tell you straight if you are not taking your medication properly and congratulate you if you are doing well.

Thank You  
Iziona Cebekhulu  
Stanger





# Welcome to Outpatients Department

This department is in the process of down referring patients to their respective clinics. Ballito, Shakaskraal, Darnall and Mpumelelo clinics have doctors on daily basis, which means there is nothing preventing Chronic patients from being seen in these clinics. So OPD is referring all stable patients to these clinics and they will be reviewed “we are taking the service to the people”



Sr. Mbatha – In charge: MOPD (Left) and Sr. Busie Motha—In charge : Diabetic Clinic (Right)

### Diabetic

Stanger Hospital has well trained

Diabetic Health Educators that are operating at MOPD Diabetic clinic.

- If your sugar is always high or low and you don't know what to do, don't hesitate to come to diabetic clinic.
- HBA1c after every 3months or 6 months depending on the % of the HBA1c. Patients on statin fasting lipogram to be done every 6mnts, nor-

mal lipogram must be done once yearly.

### MOPD

This is the face of the hospital whereby the patients coming through the gate will meet and be addressed by staff with courtesy. We have a sorting station with a trained nurse and clients are properly directed with the assistance of a security. We are urging patients with minor ailments to make use of their nearby clinics because they have trained sisters and doctors that are rostered by the hospital. The hospital refers

to relevant special clinics.

### PHC

A warm welcome to PHC department by Sr Mbatha and Mr Nkosi. Since August is Women month, this department invites ladies from 30yrs and above to do pap-smear; not only in August but all year long. The main aim is to detect early cancer and other complications.

## Employee Assistance Programme

This programme deals with personal problems of employees, supervisors, management irrespective of rank, culture, gender sexual orientation or race.

The EAP is governed by the principle of” Confidentiality “which means that the information shared between the practitioner and the employee will not be divulged outside the office. The main intent of the EAP is to assist employees with their personal problems, so that they can be able to perform their duties to their maximum potential, free of work related and other external stressors.

### EAP Objectives

To retain valued staff and employees with skills

and experience through early identification of problems. Increase productivity and service delivery heighten morale and strengthens the bond between management and staff. Provide a constructive and confidential counseling service which will assist all employees and their dependents in preventing overwhelming problems, be it psychological, physical or emotional. To do a needs assessment and work according to the needs.



Mr Brilliant Mazwi Mdunge: EAP Practitioner

# New Appointments

Dr Bernade H Gosnell	PMO
Perusha Naicker	Speech Therapist
Sr SM Mbatha	PHC (MOPD)
T.P. Mathenjwa	Ward Clerk
P.M. Nkosi	PHC (MOPD)
Z.S. Soni	Chief Social Worker
B.M. Mdunge	EAP Practitioner
N. Ndlela	Public Relations Officer
N. P. Dube	Lay Counsellor
S.S. B Sikakane	Linen Department
Kumeresan Rungasamy	Linen Department
S.H. Mthiyane	Linen Department
M. Msomi	Linen Department
R. Pillay	Linen Department
P.T. Madida	Linen Department
Dr L. Naicker	Dentist
N.L. Ntuli	S.E.N

Dr P. Pillay	CSO
Dr. N. Naidoo	CSO
N.B. Bhengu	Records Officer
V.N. Shangase	Clinic Support
L.M.V. Ndumndum	Senior General Orderly
K.N.P. Mncwabe	Clinic Support
P.L. Dube	Clinic Support
M.C. Ngidi	S.P.N
Nonkie Pama	General Orderly
Khanyi Mahunu	C.P.N
N. Dlamini	C.M.O
N.O. Gumede	E.N
S.P. Dlamini	Intern
L.N. Ntenga	Intern
S.C.S. Shandu	Clinic Support
Ishandree Pillay	Physio Therapist
Prenisho Naidoo	Chief Physio Therapist
Portia Hlengisa	Chief Occupational Health

## Occupational Health Department



assisted by Sr Khuzwayo or Sr Mdletshe and Dr V Muddlely. The E.A.P Practitioner (Mr Mdunge) is always there to assist employees on their personal problems. Then we have Ms Nolitha Skhosana who is there to see to it that employees are working in a healthy and safety environment.

All these services are there for Stanger Hospital employees and therefore they should make use of it.

**From this corner**



**To this park-home**

Waiting in psychiatric department waiting area is a thing of the past, since the new sick parade is big enough for employees to have a comfortable waiting lounge. This is the panel beating centre for employees because you cannot perform if you are experiencing problems health-wise or personal. Pre-placement medical check-ups and exit medical check-ups are done here.

This Wellness Centre is made up of two Occupational Health Nurses, Occupational Health & Safety Officer, E.A.P. and the doctor.

When staff members need medical attention they will be



**L-R: Sr Khuzwaayo, Sr Molly Mdletshe, Mr Mazwi Mdunge (EAP-Practitioner) and Dr V Mudly**



## Isiteleka Sabasebenzi Bakahulumeni

- Isiteleka sabasebenzi bakahulumeni saqala kuzwelonke zingu-01 June 2007. Salandelwa ukubhuntshe kwez-ingxoxo, mayelana namaholo abasebenzi, emuva kokuba abamele izinhlangano zabasebenzi nohulumeni bafika kwangqingetshe.

- Sizokhumbula ukuthi abasebenzi nezinyunyana zazi-funa ngodli ukukhushulelwa amaholo ngo 9%; kodwa umqashi emi ngaphansi kwalokho, okuthe ngokuhamba kwesikhathi, washaya phansi ngonyawo wabeka u 7% phambi kwabasebenzi bakhe nabamele izinyunyana.

- Isiteleka saqala ngoJune 2007, okuthe ngokuhamba kwesikhathi saba namandla ngesikhathi kuvalwa ezinye izibhedlela nemitholampilo; emuva kokusatshiswa kwabanye abasebenzi ababeqhubeka nokuya emsebenzini.

- Kwadingeka ukuthi iziguli zingabe zisaya emitholampilo ukulanda imithi namaphilisi ngoba abasebenzi besatshiswa benqunyelwa ugwayi katiki. Isibhedlela kwadingeka ukuthi sidlulisele iziguli ezibhedlela ezizimele, lokhu kwadla uhulumeni enhle imali isiguli ngasinye ngosuku.

- Izinhlelo zasemitholampilo engaphansi kwelesisibhedlela zabhidlika zonke. Nezinhlelo zasekhemisi zonakala zonke kwadingeka ukuthi kuqalwe phansi ukubhekela zonke iziguli ezilanda amaphilisi emitholampilo ehlukehlukeni.

- Iziguli ezidla imishanguzo yokuthiba isandulela gciwane lengculaza zaba nenkulu inkinga ngoba umtholampilo okhipha lemishanguzo wawubuye uvalwe.

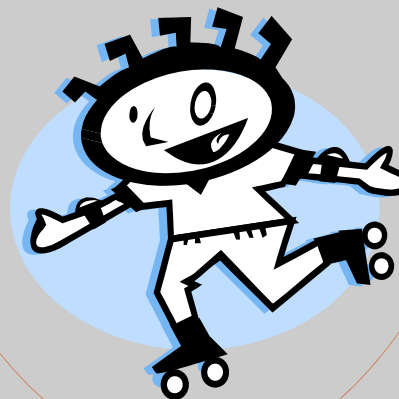
- Kwaze kwadingeka ukuthi kuqashwe abazimele ukuletha ukudla kwiziguli ezingenabani, isibhedlela esesiphenduke ikhaya kuzona.

- Imithi nokunye okwakuthengelwe isibhedlela kwadingeka kubuyele emuva ezinkampanini ngoba engekho ozokwamukela. Lokhu kwadala ukuthi kuthathe isithathi ukukhokhela lezizidingo. Kwadingeka ukuthi abanye abasebenzi basebenze kanzima ukulungisa nokubuyisela isimo kwesijwayelekile.

By: Mr T. Nene (Pharmacy)

**A**baphathi besibhedlela bathanda ukubonga bonke abasebenzi ngokuzikhandla kwabo ekuqinisekeni ukuthi iziguli ziyaluthola usizo ngesikhathi ebesinzima, sesiteleka sabasebenzi bakahulumeni. Sibonga futhi bonke abazinkampani ezizimele namabandla ahlukehlukeni abavolontiya ngalesikhathi. Kuyathokozisa ukwazi ukuthi kukhona abantu ongathembela kubo ngezikhathi ezinzima.

**U**mnyango wokuxhumanisa isibhedlela nomphakathi uthanda ukubonga futhi bonke abenze leliphephabhuku ukuthi libe yimpumelelo. Sitholakala ku- extension: 6100, ehhovisi elidala le Occupational Health.



**Courage is not the absence of fear, but rather the judgement that something else is more important than fear.**

**Ambrose Redmoon**



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**KZN HEALTH**

# Ezemidlalo



NgoLwesihlanu lwangomhlaka 27 July kwakunendumezulu yemidlalo eyayibanjelwe e Sundumbili Sport Grounds, lapho kwakuqhudelana khona izikhungo zezempilo ezingaphansi kweLembe District. Isibhedlela saseStanger sasiyingxenye yalomgidi. Nalapho saphuma phambili emidlalweni ye net-ball. Imidlalo yahamba kanje:

Stanger Hosp. VS Montobello Hosp.	4:1
Stanger VS Mphumulo Hosp.	15:2
Stanger VS EMRS	13:2

### Semi Finals

Stanger VS Sundumbili	15:2
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### Finals

Stanger VS Montobello	17:2
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Ngasohlangothini lwebhola lezinyawo abafana bethu baphumelele umdlalo owodwa owawuphakathi kwabo neMontobello ngo 2:1

