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Welcome note by Dr Ndlovu



“Well serviced aircrafts driven by properly trained pilots withstand all kinds of weather.” Without your efforts as managers and supervisors in different sections where you are placed, the Klebsiella outbreak would have left the hospital completely

paralyzed. You have driven this airbus against all odds, and for that your efforts will never go unnoticed. Through your efforts as staff of this hospital, we are today able to still laugh, smile and be proud that we work for Mahatma Gandhi Memorial Hospital. As we approach 2006/2007 let us reflect on the lessons we have learnt from the ordeal, implement the corrective measures and get ready to contribute into our strategic plan work shop that is likely to take place

soon after the MEC’s budget speech. Health is human right. Let us uphold this slogan in all our endeavors to better the lives of our people.



QUALITY ASSURED!!

The vision of the Quality Assurance Department at MGMH strives to ensure high quality and standard of patient care. The Department is run by Sister IW Pillay and four dedicated Batho Pele Officers. The officers ensure that inpatients are receiving quality patient care and that the rights of the

patients are not infringed in any way. If cases of abuse or assault are detected when relating with the patient the Batho Pele officers often refers the matter to our Crisis Centre, Social Worker or the Police. Since the Implementation of these officers the complaints have minimized at the hospital. Nursing

Management conducts monthly grand rounds to ensure that all our patients are receiving quality care. If there are any deficiencies discovered a quick improvement project is done. After 4 months a trophy is awarded to the ward with the best marks over the 4 month period.

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## NEW AND IMPROVED NICU AT MGMH

The new neonatal ward for newborns at Mahatma Gandhi Memorial Hospital is up and running.

Navcon Constructions officially handed over the keys to Management in December last year. The new Nursery –which was built shortly after the klebsiella outbreak – is not only spacious, it boasts of new and improved features that the hospital did not have before.

The nursery was built as means of ensuring that infection outbreaks are a thing of the past.

The Nursery has been named ‘Baby’s Haven’ under the theme ‘Baphephile Abantwana’ (Our children are safe).

Nursing Manager Ms Mthimkhulu says

the new nursery is going to ensure once and for all

that infection control protocols are never broken.

**“The nursery in not only spacious, it boasts of new and improved features that were not there before”.**

According to Mthimkhulu all that is left is the beefing up of more staff.

The nursery boasts of features like the sleuce room,

equipment room, linen room, stock room -which the previous nursery did not have.

The counselling room, which is run by a professional nurse will be used to counsel mothers –most suffering from post maternal stress-who have at the same time worry about their baby’s health.

It also has more hand washing facilities

available –which means improved hygiene.

One of the matrons has been quick to point out that even after the outbreak- the number of patients did not decrease.

Hospital Manager Dr Ndlovu, is very excited about this new development, According to Ndlovu her hopes are that this new nursery brings a sense of hope and safety to expecting mothers.

According to Ndlovu even though we cannot bring back the lives of the 40 kids who passed on—we can however ensure that it never happens again.

## TIPS FOR HEALTHY COOKING

- Choose methods of cooking like baking, steaming, microwaving, grilling, stewing, braaiing or boiling instead of frying food.
- Use less oil for cooking by measuring out the oil needed for a stew or curry. Use 1 teaspoon of oil per person in the family, for example curry or stew for 6 people will need 6 tsps of oil.
- Use tub margarine instead of brick margarine. spread less margarine on your bread (you should still be able to se bread.
- When making sandwiches try using a low fat mayonnaise or salad dressing instead of margarine.



### MISSION STATEMENT



Mahatma Gandhi Memorial Hospital as a District/Regional Hospital is committed to providing a comprehensive health care to the community and surrounding Hospitals and Clinics to achieve optimal Health care.

SHARAN THOMAS

INFO TAKEN FROM HEALTHY EATING BY THE DEPT OF HEALTH.

## MGMH maintains its baby friendly status

Two years after receiving the Baby Friendly Hospital Initiative (BFHI) award Mahatma Gandhi Hospital has lived up to the challenge. On the 26<sup>th</sup> of January the hospital was awarded for maintaining its Baby Friendly status at an awards function held at Emmaus sports ground.

MGMH was among 8 out of 63 hospitals in the province to receive the International recognized award.

The BFHI is not only supported by the National Health department but organizations like UNICEF and the World Health Organization (WHO).

WHO and UNICEF recommends exclusive breastfeeding for 6 months as around this time several milestones in baby development come together producing readiness to eat soft and semi-solid foods. Breastfeeding provides emotional nurturing for mothers and babies that is valuable and enjoyable well beyond six months

In order to receive the BHFH award hospitals had to get a 100% pass, nothing less.

Awarded hospitals are assessed biannually to check whether they still maintain their status.

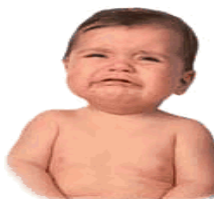
It was a moment of joy when hardworking Dr Ndlovu (hospital Manager) took to the stage together with Sister Gnanavathee Naidoo, project co-coordinator, to receive the hard earned award.

Both doctors and nurses at maternity and pediatric wards were excited about the achievement.

They were all trained on 'lactation Management' so as to implement the 10 steps to successful breastfeeding, according to WHO standards.

MGMH believes breastfeeding is important for the infant's nutrition, development and care.

We value breastfeeding because breast milk provides protective factors and anti-infective factors that provide protection against illnesses eg. diarrhea,



I Need my Breast milk

vomiting, pneumonia and ear infections.

Dr Ndlovu has thanked all staff and management for their dedication and also for putting in extra hours into the initiative.

According to Dr Ndlovu MGMH plans to maintain its valuable and hard earned 'Baby Friendly' status.



## PREVENTING MOTHER TO CHILD TRANSMISSION (PMTCT)

It's a program that is encouraging to all pregnant women to go for HIV testing. The importance of the test is to get easy access to latest methods of preventing HIV to pregnant women.

### Benefits

If pregnant women test HIV positive immediately they must do a cd4 cell count. This tells them how many t-cells, a special kind of white blood

they have. When pregnant women are 7 months pregnant, they get nevirapin (NVP) tablets.

This magic tablet prevents the virus within the mother to infect the baby during pregnancy and delivery.

If the cd4 cell count is less than 200, mothers attend educational sessions and then commence ARV treatment.



## RECEIPE

### METHOD

IN A LARGE BOWL, TOSS TOGETHER ALL THE SALAD INGREDIENTS. SEASON TO TASTE. SPOON INTO SALAD BOWL AND GARNISH WITH CHOPPED PARSLEY.

### WHITE BEAN & TUNA SALAD

- 1 TIN WHITE KIDNEY BEANS, DRAINED
- 2 TINS (185 G) TUNA IN BRINE, DRAINED
- 1 MEDIUM ONION CHOPPED
- 60ML LIGHT MAYONNAISE
- 15ML LEMON JUICE
- CHOPPED PARSLEY



## WHAT U CAN DO WITH GARLIC/ WHAT GARLIC CAN DO FOR YOU

### Properties of garlic

- ◆ Helps to bring down fever
- ◆ Antiseptic
- ◆ Antibiotic
- ◆ Antifungal
- ◆ Tones the heart and circulatory system
- ◆ Boosts the immune system
- ◆ May prevent some cancers, in particular stomach cancer
- ◆ Treats infection of the stomach and respiratory System
- ◆ Helps prevent heart disease and reduces the risk of atherosclerosis
- ◆ Antioxidants
- ◆ Decongestant

### Uses of Garlic

- ◆ Fresh garlic, eaten daily can reduce chronic acidity of the stomach .
- ◆ Eat crushed garlic for sexual debility
- ◆ May help reduce attacks of allergy asthma and hay fever
- ◆ Fresh garlic eaten regularly will reduce the need for antibiotics
- ◆ Fresh garlic juice is antifungal, and can be applied neat to infections such as athlete feet
- ◆ Chew garlic cloves whole to improve circulations
- ◆ The intestinal tract can be cleansed by adding several

mashed, raw garlic cloves to salads. Excellent combination with red onion.

" SUCCESS IS FAILING 19 TIMES  
AND SUCCEEDING THE 20th "

## Birth and Death Registration Project proved a success at MGMH

New mothers at MGMH still cannot believe how easy it has become to obtain a birth certificate for their newborns.

In less than 10 minutes Thembi Majola had her baby Amahle registered and issued with a birth certificate.

The two went home smiling.

The pilot project between the department of health and home affairs has changed people's lives for the better.

One does not need to travel to the city / town anymore.

According to a home affairs official the pilot project was initially introduced to help eradicate late registrations.

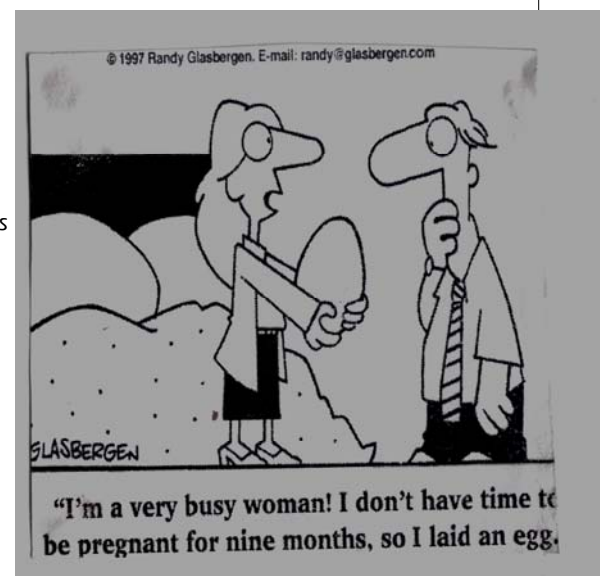
The department used to experience late registration problems which used to also stall grant registrations.

The project was introduced with an objective to eventually freeze all late registrations.

Plans to expand the project are currently on the pipeline –as the project will require more staff.

The aim is to have home affairs offices in all regional hospitals in Kwa-Zulu Natal.

The offices currently issue death and birth certificates at hospitals, which are issued immediately if all documents are in order and available.



**PRODUCTIVITY IS...****1. Leadership**

A good leader inspires his followers.

**2. Teamwork**

Team performance enhances progress

**3. Management**

Action not position

**4. Knowledge**

To know is to conquer

**5. Responsibility**

Have you done your fair share of work today?

**6. Wisdom**

Knowledge is power

**7. Achievement**

A job well done is everlasting

**8. Respect**

Mutual respect is the key to effective cooperation

**9. Vision**

Broaden your horizons by expanding your vision

**10. Market strategy**

Customer satisfaction the key to wealth creation

**SPECIAL WELCOME GOES TO !!!!**

**Mr T W Shelembe** –Occupational Health and Safety Officer

**Mr L M Shabane** - Senior Security Officer

**Mr S R Ngubane and Mr D R Ramlakhan**-Telecom Operators

# Promotions and appointments

**Human Resource**

Miss A Mkhize -Assistant Manager: Staff Relations From 01/11/2005

Mr Y Moodley- Assistant Manager: Planning and Development-01/11/2005

Mr M R Dlamini- Assistant Manager: HR Practices-16/01/2006

**Finance**

Mr P Arumugan- Assistant Manager: Finance-12/12/2005

Miss B M Ntshingila- Senior Finance Manager Officer-19/12/2005

**Security**

Mr M J Mthembu- Chief Security Officer-9/12/2005

**Nursing**

Mrs T M Mjadu-Assistant Nursing Manager-15/01/2006

**Pharmacy**

Ms S Narainsamy- Chief Pharmacist-01/12/2005

Mr S Persad - Chief Pharmacist-01/01/2006

Mr K Moodley- Chief Pharmacist -01/12/2005

**Medical****Paediatrics**

Dr B L Dhada promoted-Senior Specialist-01/01/2006

**Obstetrics & Gynaecology**

Dr S Naicker, promoted to Senior Specialist-01/01/2006

**General Medical**

Dr B Ramkylas promoted to Principal Medical Officer-01/01/2006

Dr SV Ramdial -Principal Medical Officer-01/01/2006

**Amaoti Clinic**

Mrs SPL Makhanya Promoted- Matron

(CPN)-01/01/2006

**APPOINTMENTS****Medicine**

Dr M C Bagwandeem- Principal Specialist-

01/02/2006



# Mahatma Gandhi Hospital holds its Open Day/ TB Awareness for

It was a hopeful moment for the community of INK, Phoenix and surrounding areas when they were assured that TB is curable –and that support measures are available to ensure that they beat TB.

MGMH held its Open Day/ TB Awareness event last week- an event which was aimed at strengthening the platform of communication between management and the community and also to raise TB Awareness.

Hospital Manager Dr Ndlovu did the honors of welcoming all community members and guest-giving a brief insight on the purpose of the day.

The community was given a hospital report by the vice chairperson of the hospital board, Mrs D Mhlongo-who first highlighted both the challenges and the achievements of the hospital from last year -onwards.

Mhlongo also advised the community to communicate with the hospital managers through set channels and when complaining –they must also add a few suggestions and compliments.

The key note address was delivered by Dr O C Harbor (Principal Specialist – Family Medicine at Ngwelezane Hospi-

tal) who emphasized that families and friends need to unite and support one another in beating TB.

Harbor also warned the community against contracting MDRTB which is very costly to treat.

His advice was followed by a testimony by popular gospel artist S'fiso Ncwane from Bula Music. Ncwane testified to the community that TB is curable and a person who has completed their TB treatment can lead a normal life.

He also testified on how he had contracted TB last year and lost two family members to the disease. The community seemed well informed about TB, as all of them had their hand up-to answer a few questions from S'fiso.

U Ncwane ube esenxusa ukuba bonke labo abaphila nesifo se TB ukuba bazi-nakekele baphinde banakakekele abantu abaseduze nabo-ngokuqiniseka ukuba ababatheleli.

One of our speakers was Mr Themba Mgwaba who spoke on Black Economic Empowerment (BEE).

According to Mgwaba poverty and diseases are linked, hence the BEE programme has been designed by govern-

ment to empower previously disadvantaged communities.

In his address he stressed that the procurement departments in all state hospitals have a duty of ensuring that they give priority or an advantage to co-operatives, SMME's and females -over big companies.

**“families and friends need to unite and support one another in beating TB.”**



Our DOTS supporters. Ngaphandle kweni asilutho.



**Sixoxa ngezithombelll Kwakukuhle kudelile-nani niyazibonela.**



**MEET YOUR PUBLIC RELATIONS DEPARTMENT!!!!**



Mpume Mokoena



Sharan Thomas

Firstly we would like to welcome you to our first edition of Umthombo Wolwazi. We hope you will enjoy it as much as we enjoyed compiling it for you. The aim behind creating this in-house newsletter was to inform staff of the happenings in the institution. But it does not end there, this newsletter is also educational and entertaining, hence your input is of vital importance. We therefore request that you continue to furnish us with information towards the success of the newsletter.

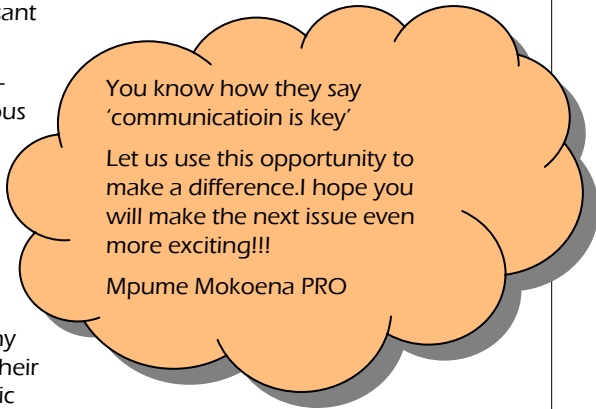
The public relations department is here to listen to your views, complaints, compliments and suggestions with regards

to making your stay/visit more pleasant at the hospital.

With this in mind, we advise that patients and staff make use of the various Heads of Department before referring queries to the public relations department.

We also plan on providing information on the Public Relations department on continuous basis.

If staff wishes to promote, or give any new / improved information about their department, please contact the public relations department.



You know how they say 'communication is key'

Let us use this opportunity to make a difference. I hope you will make the next issue even more exciting!!!

Mpume Mokoena PRO

Mahatma Gandhi Memorial Hospital



Notice for all patients and Members of the Public

**NOTICE**

Management at Mahatma Gandhi Memorial Hospital would like to inform you that the hospital will from now on accept referrals from local Clinics and Community Health Centers.

The work load and the waiting times have been unbearable lately—solely because the hospital is being crowded by patients who could be treated at a local level (Clinics & Community Health Centers).

Patients are therefore advised to go to their Local Clinics or Community Health Centers first, as MGMH will from now on only accept referrals from local clinics and emergencies.

Patients without referral letters from their local clinics will not be accepted. This year, the Provincial Department of Health allocated more doctors at local levels i.e. Clinic, Poly Clinic, Community Health Centre (CHC) etc. to ensure that people are seen locally.

Mphakathi neziguli, niyaziswa ukuthi isibhedlela I Mahatma Gandhi Memorial Hospital sesizokwamukela abantu abadluliswe ngamaklinikhi/nemitholampilo eseduzenabo KUPHELA.

Lesinqumo kufinyelelwe kuso emva kokubonelela amazinga okugcwala esibhedlela kanye nokushoda kodokotela esinabo kulonyaka.

Kulonyaka umnyango wezempilo uthumele odokotela abathe xaxa emaklinikhi ukuze abantu bathole ukunakekeleka ezindaweni abahlala ngakuzo kuqala ngaphambi kokudluliselwa ezibhedlela uma isimo sabo sibucayi.

Ngakhokhe, amalunga omphakathi ayelulekwa ukuthi aqale emtholampilo oseduzane nawo kuqala –njengalokhu angeke bamukelwe esibhedlela uma bengayiphethe incwadi ekhombisa ukuba badluliselwe kulesibhedlela.

# GOOD SAMARITAN

## MAHATMA GANDHI MEMORIAL HOSPITAL

PUBLIC RELATIONS DEPARTMENT  
PRIVATE BAG X 13 MT EDGECOMBE  
4430

Phone: 031-5021719  
Fax: 031-5021869  
MISS M MOKOENA OR SHARAN THOMAS

*WE CARE ABOUT WHAT YOU THINK !!!!*



### SERVICES OFFERED AT MGMH

- occupational therapy.
- medical Outpatients department
- Casualty
- Medical Inpatients
- Dot Clinic
- Paediatric Outpatient Department
- Pharmacy
- X- ray department
- Pathology laboratory
- Dietetics
- Crisis centre
- Obstetric & Gynae
- Family Planning
- Philakahle clinic – Antirtroviral Treatment
- PMTCT
- VCT
- Operating theatre
- Psychologist
- Speech Therapist
- Telemedicine
- Cardio-echo

### PRAYER SERVICES AT MGMH

The Hospital Christian fellowship caters for your spiritual growth, and people who attend their weekly meetings go away feeling energised, blessed, anointed and motivated.

Prayer meetings are held every Tuesdays from 13h00 to 13h30 @ the In-service Training Dept.

Everyone is invited !!!

**Ababaningi abantu abafana neqembu lezinkolo** I Berea Community Church of Gradmore Crescent, elizanze e Stanmore lapha e Phoenix.

Omunye wabaholi baleliqembu u Pastor David Nadesan wathi uma ebonelela isimo esasikuso lesibhedlela emva kwezivunguvungu zokubheduka kwegciwane elaba ngundabizekwayo—wangagxila lapho –kepha wenza icebo lokubuyisa ithemba nesithunzi sesibhedlela.

Kumanje leliqembu lezenkolo liholwa ngu Brother Sathie Phillips linikezela iziguli zakulesibhedlela ngetiye nesinkwa –kanye nezinye izinhlobo zokudla –uma besalinde ukubona udokotela okanye imithi yabo.

The Berea Community Church of Gradmore Crescent, Stanmore Phoenix initiated the feeding scheme at the Mahatma Gandhi Memorial Hospital in June 2005 .After the outbreak of Klebsiella among babies, Pastor David Nadesan the Senior Pastor of Berea Community church decided to add value to the hospital

after all the negativity that was directed by the community and politicians . The church feeds 400-500 outpatients every thursday from 10am – 12noon with a team of volunteers from the church led by Brother Sathie Phillips.

The Berea Community Church motto is to add value to the people of Phoenix, surrounding areas and to the city.

Hot beverages, meat and vegetables dishes are served. We would like to thank the hospital Management, staff and Mrs S Thomas of Mahatma Gandhi Memorial Hospital for giving us the opportunity of feeding the needy and always being there when we needed them.

Thank you

MR S PHILLIPS



'Learners from Rockford Primary decided to leave all the festivities that were planned at their school to mark St Valentines Day -so they could visit the sickly to give out messages of love and hope.

The learners handed out roses, cards and chocolates to the patients –and also reminded them that they are loved.

Your source of information