



UMTHOMBO WOLWAZI
CHRISTMAS EDITION-2006

Wishing all staff a Merry Christmas and a prosperous new year . Let us look forward and take up the challenge which lie ahead for 2007. God Bless.

From: Matron G Naidoo
Nursing Department

CHRISTMAS MESSAGE



It's been a long and fruitful year and I would like to take this opportunity to thank all staff and departments for their commitment, loyalty and dedication throughout 2006. Although we have had our challenges and low points Team Work has seen us through.

To all staff who will be working over the festive period on behalf of myself and my Management Team we thank you for your support in working for this special period.

The festive period being a very busy period a high volume of casualties

should be expected on that note remember you are the driving force for this hospital.

2006 has been a good year and great achievements have been made like the move of Philkhale Clinic. DOT Clinic and the completion of the new and improved Labour Ward.

Let us not forget the significance of Christmas being a time for giving, sharing and spending time with families and friends. I'm saying this in view of recent trends with people using this as a "HOLIDAY" and not a "HOLY DAY". As we take a recess I would like to wish all staff and patients a safe Christmas and a prosperous New Year.

Remember always keep your wildest dreams alive.





Sr T L BIYELA

TB testing and treatment is FREE.

All patient coming for TB treatment should not follow the queue because whilst seated the possibilities of spreading MDR and XDR and high.

Through recent Media headlines the public is now scared of MDR and XDR.

What is this MDR/XDR

-Both MDR and XDR are the complications of straightforward TB, meaning if we all can form a strong team and fight against TB there will be no MDR and XDR.

DOTS- DIRECTLY OBSERVED TRETMENT SHORT COURSE

How do we do this?

- By early detection and diagnosis of TB
- Early implementation of TB treatment
- By being DOT supporters –i.e emphasise the importance of adherence and compliance to TB treatment.
- Practice good TB Management to our patients, friends, relatives and community at large.
- Proper referral of patients to DOTS Clinic
- Make sure that patients on TB treatment understand that treatment is taken for 6 months-and failure to do that they will develop MDR/XDR
- Explain to patients that once they default they will be given strptomyan injection

Staff members are advised to use DOTS Clinic as a 'gate clinic' for patients on TB treatment record purposes and to decrease the number of default cases.

staff members-remember you are also welcomed to use the DOTS clinic as TB is infectious and mode of transmission is –inhalation.

I am proud to say that our statistics at DOTS are increasing which means more people are accessing our clinic, also the number of default cases have decreased.

Soon we will be initiating a Vegetable garden. We would like to invite all staff members who are interested in gardening to submit their name to Mpume Mokoena (PRO)

Together we will conquer TB.

HOLA 6!!! HOLA

NUTRITION WEEK

Some people think that if they have something in their stomach its fine but Food experts don't think so. Dieticians discovered that during the nutrition function held in October at MHMG.

Dieticians had to account for healthy eating plan to patients about eating variety of foods which provide energy, keep the body strong and help the body to work

properly . They told patients to eat plenty of vegetables and fruits every day preferably with their skin on. "Too many high fat food can result in weight gain and can also increase the risk of chronic diseases of life style such as heart disease", they said.

High fibre starchy food that are rich in carbohydrates such as potatoes , phuthu to name the few are most important meal of the day

. they said adding that they should drink as much clean water as they can through the day (6-8 glasses).





Caption describing picture or graphic.

TEAMWORK AT ITS BEST

She admits that she does not do it alone-she proudly talks about her team of staff who she describes as efficient and co-operative.

Her priorities include making sure that all patients and the community enjoy a clean odourless environment wards, passages, clean toilets for both staff and patients etc.

I take great pride in my work and I'm fortunate enough to have people around me who are supportive-from Management, contractors, staff and colleagues.

“ Angesabi ngomsebenzi wami ngoba ngiyazi ukuthi isibhedlela sihlala sihlanzekile ubusuku nemini kusukela esangweni kuya emawadini nasezindlini zangasese.

Ngimbuzo ngendondo eyatholwa yi department yakhe ngesikhathi isibhedlela senza ama Service Excellence Awards-intokozo nokuziqhenya bekub-

halwe emehlweni-esho nokuthi ukuthola kwakhe lendondo kuseyisiqalo njengalokhu uhlelele ukuqhubekela phambili nokwenza umsebenzi oncomekayo.

“Ngingumuntu osebenza ngokuzikhandla-ongadingi ukulandelwa ngemuva nokutshelwa ngomsebenzi”.

Ube esengibekela ezinye zezingqinamba ahlangebezana nazo emsebenzini wakhe nathe wukulova kwabasebenzi. Uphethe ngokuncoma abasebenzi abangaphansi kweso lakhe ngomsebenzi omuhle-wabe esephonsa inselelo kuma General Ordely's no house keeper ukuba bakhuphule amasokisi-bazimisele emsebenzini, bahloniphe isiskhathi somsebenzi baphinde bathembeke.

Her work speaks for itself. Her name is Ms B Dlamini (MGMH's Senior General Ordely) and cleanliness is her game.

Her responsibilities include ensuring that the hospital is spotless in line with the Health and Safety Act and the Infection Control Policy .

She is in charge of the cleaning services, porters who transport patients to wards and departments, messengers , housekeepers/general orderly's



LOOK NO FURTHER

For staff convenience the Hospital Management together with ABSA Bank have decided to bring you an ABSA ATM at your door step.

Staff and patients are welcome to utilise the ATM at their convenience.

All queries regarding the functioning and problems related to the ABSA ATM should be referred to ABSA bank (Toll free no

0800 41 41 41)

The hospital will not be held responsible for theft relating to any person/persons whilst utilizing the machine on the hospital premises.

Any staff/patient or community member found vandalizing the ATM machine will be arrested immediately by the SAPS.



ADOPT A SPOT

One of the goals the MGMH set out for itself for 2006 during their strategic planning was to improve the image of the hospital. It was decided that one way of doing that was to plant colourful flowers and do gardening within the hospital.

A few department have started by adopting spots within the hospital premises and maintaining them by putting up flowers and plants .

Hospital CEO was the first person to adopt a spot (talk about leading by example), she was followed by Bree Naidoo –Maintenance Manager and Mrs P R Bekwa (Finance and Systems Manager).

From the PR Department I'd like to congratulate the above three for their hard work and dedication. To the other departments I have not seen anything (I stand to be corrected).

Over and above that– the hospital is looking beautiful thanks to the professional landscaper who did the front and certain other spots which include Pharmacy.

Mr Bree Naidoo's spot is still under construction!!!



Talk about leading by example-Dr Ndlovu's 1st spot outside Philakahle Clinic



Mrs Bekwa's spot- she calls it her other baby



DR NDLOVU's 2nd spot



PROFESSIONAL LANDSCAPING



WORLD AIDS DAY-2006



To commemorate World Aids Day the Public Relations Department together with Philakahle Clinic put together a Message of Hope Box as one of our ways to say that we care and remember all those infected and affected by HIV/AIDS. There was a great response from staff and patients. Messages were read out over the PA System to encourage and motivate staff and patients.

The following was a message received from the Spinal Rehabilitation staff and patients



On the 7th of December a 2nd celebration took place for our patients who attend Philakahle Clinic (ARV Clinic). The aim behind the event was to encourage and motivate all those infected and affected by HIV/AIDS. Sr Nzuzo our ARV co-ordinator gave words of hope and encouragement to all the patients adding that the event was one of the ways of showing that we care as a hospital – beyond just giving treatment. She spoke to them about how to care for themselves, how to live positively and how to love themselves and those around them.



We were blessed by the support of the Berea Community Church and Woolworths stores (Musgrave) who donated food and presents to our patients.

The staff at Philakahle also gave a stunning sketch (drama) –about how to care for an HIV infected person. One of the patients within the audients voluntarily gave a

testimony about how she has been living with the disease. According to Dudu (not her real name) she has been living with the disease for years now and she is on ARV's. She says when she first came to the hospital she was crawling , but now she has gained her strength –and the treatment is really working for her.



POLIO CAMPAIGN-2006

As a safety measure the Provincial Department of Health has embarked on a polio campaign following an outbreak in Namibia (in June and July this year) which resulted in at least 96 people being paralyzed.

The department has encouraged parents of children under the age of five to ensure that their children get an extra dose of the polio vaccine as soon as possible.

In response to the call MGMH and its feeder clinics embarked on a week long Polio campaign during the month of October to prevent an outbreak of the diseases in the

province as well as the country.

“It is important that parents understand that what we are giving is an extra dose, therefore normal immunization must continue” says Matron Hlongwane.

According to Hlongwane polio is a highly infectious disease, which causes paralysis in some individuals while others infected will have nothing more than flu-like symptoms, which enables the disease to communities silently and thus go undetected.

This year’s target was 95% in the populous Phoenix area.

The public is urged to report cases

of sudden onset flaccid paralysis to the attention of the local or provincial health Dept so that the investigation for suspected polio could be done.

The extra dose is in addition to the National Health schedules 5 doses of polio vaccines that babies by the age of 18 months are required to have.

She concluded that in spite of their efforts to reach the target, the World Health Organization recommends providing extra doses every three years to children under the age of five.

LETS BE SAFE FOR 2007

Think safety!! Good safety stems from a state of mind, which requires incorporating fundamental safety principles into everything you do. It must become second nature rather than a stimulated act – just as nurses and doctors wash their hands before handling a patient- its second nature to them

ON THE ROAD

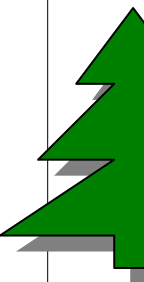
1. Leaving home when reversing a car be absolutely certain that children and pets are not behind you.
2. Be calm considerate and polite to other drivers
3. Watch following distance
4. Keep vehicles in good order, especially the dynamics elements such as brakes, steering suspension.

5. Make sure you are visible- check lights and indicators daily.
6. Check tyres- there is no such thing as saving on tyres – always buy the best you can afford, make sure they are approved for South African conditions and always make sure they are in good conditions.
7. Front or back- always wear a seat belt.
8. Never allow children to travel on the front seat or, worse still, on an adult’s lap. In a bakkie make them use the centre belt. For babies, fit a child seat.
9. Speed kills – never drive faster than your capabilities and don’t overestimate those
10. Never drink and drive even one

is one too many.

11. Plan trips and routes in advance

tell people of proposed travels and routes so they can check on you if you don’t arrive



PREVENT HIJACKING

Keep alert, drive with locked doors and window.

At make sure you can see the tyres of the car in the front as this will give you room to manoeuvre.

Get to know high risk areas and if you travel there often change your route and routine as much as possible

When getting into your car always make sure you have the keys ready ready and get moving

quickly

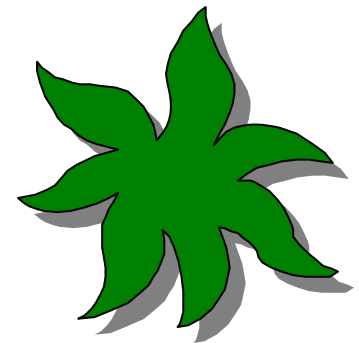
Be extra careful when going into or coming out of your driveway.

use a trolley to get shopping to you car in a parking lot, don't load yourself with packages and battle to get into your car.

Don't be fooled by what might look like an accident situation- if there are no police or traffic officials around, drive on to the next Police station and

report it.

if you are hijacked always keep your hand in view and don't resist- give the car – keep your life



RELOCATION



Please note that the Assets Control Department , Finance Information Officer and Expenditure and Budget Control Department have moved to a parkhome next to Crisis Centre.

Eventhough you will be solely missed-we hope you enjoy your new home.

Also the DOTS Clinic has moved to a park

home next Philakahle Clinic. Congratulations Sr Biyela-we know how long you've been waiting for this.

When people go to a hospital they will not remember the medication they received but they will remember whether they were treated well .

They will remember the smile of the nurse or the comforting hand of the doctor....

On a lighter side

Sign spotted on a company bulletin board

This firm requires no physical fitness program. Everyone gets enough exercise jumping to conclusions, flying off the handle, running down the boss, flogging dead horses, knifing friends in the back, dodging responsibilities and pushing their luck.

STAFF FAREWELLS



Staff at MGMH bid farewell to Mr Judgement Gumede on 30/11/2006 Mr Gumede is going on to greener pastures in Gauteng. We wish him well. Also Thabisile has left us for a higher calling at Kwa-Mashu Poly Clinic. Vukani Ndaba is now at Grace Hospital. Barbra Khanyi (social butterfly) is now at Amajuba District. Nozipho Masikane has moved to R K Khan

Hospital. Not forgetting Monica Dayanand who is now in Vryheid. Jane Reddy is also leaving us To all of the above colleagues I'll like to wish them well in their endeavours. Your hard work has paid off. Go out there and make us proud!!



PUBLIC RELATIONS RAP

On behalf of the Public Relations Department we would like to thank those staff who contributed to the success of the information brochure. We however would like to encourage staff to take a keen interest in future publication for 2007 as most of the stories for 2006 were done by the PR Department.

The staff are urged to be more patient friendly in 2007 as there had been numerous complaints regarding department and staff In 2006. Let's continue to practice our Bathopele and make our work more enjoyable.

We wish all staff well for the festive season and continue to perform your duties as best as you can.

The Public Relations Department would like to thank Mr Bongani

His dedication and hard work for the past six (6) months that he has been here.



To the rest of you –enjoy the festive season and don't forget to play it safe as you are soldiers in the fight to save lives.

VICTORY SPELLS FERVENT HOPE

The last victory of the friendly game by MGMH held on the 2nd of September in MGMH sport ground spelt fervent hope for the next year's sport involvement. MGMH showed brilliant performance by beating Wentworth Hospital with two goals to nil (2-0). MGMH sport coordinator Raymond Zondi says "I'm proud to finish the year on a winning note at our home ground". Osindisweni and Hillcrest were also participated on the tournament.

On the district tournament game held on the 6th of July at Cator Manor Sport ground, MGMH lost to St. Margaret Hospital by one goal to nil (1-0). Ray said they could have done better.

"We need to build a team spirit within our players despite that we are having a shortage of players," he said adding that they are not PSL teams like Chiefs or sundowns that have development structures or buy players if they need them.