



HEALTH
KwaZulu-Natal

Mahatma Gandhi Memorial Hospital

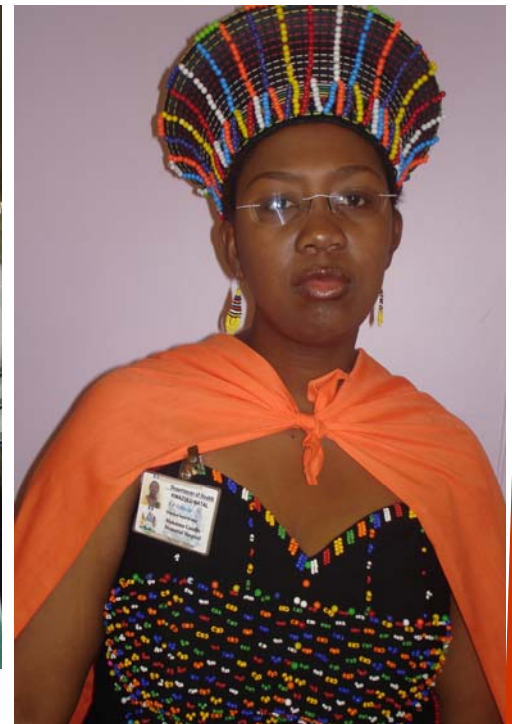
AUGUST-SEPTEMBER 2008

Umthombo wolwazi

HERITAGE DAY 2008



WARD 3A staff



On the 23rd of September 2008, MGMH celebrated Heritage Day in style. Participants gathered at the dining hall where a number of activities took place –with the aim of showcasing our diverse cultures.

Activities included talks from each cultural group—highlighting practices regarding their custom. Ama Xhosa gave a talk on circumcision, the Shembe's did a role play on UKWESHELA (proposing), Hindu and Tamil's gave a talk on pre-wedding activities and the Muslims spoke on Ramadaan and Code of Dress.

In her address Ms Thamela Ngcobo (CEO) stressed on cultural tolerance and respect of each others customs

Staff also got a chance of displaying their cultural dances and outfits. There was also a food display-of dishes that are significant to the various cultural groups.



RUBY & KAMLA—PRESENTING ITEMS FOR THE HINDI & TAMILS

GETTING TO KNOW THE CEO

IN 5 WORDS HOW WOULD YOU DESCRIBE THAMELA

Polite, respectful, professional and straight forward. Like to develop and mentor other people.

FOR SOMEONE WHO DOES NOT KNOW YOU TELL US HOW DID YOU GET TO WHERE YOU ARE?

I Completed basic training as a nurse at the University of Zululand in 1995. Progressed with studies to an Honours Degree in Nursing Science. Completed all coursework for a Masters Degree in Nursing Science through the University of KwaZulu Natal in 2001. Started working as a professional nurse in Stanger Hospital in 1996. Stanger is a 449 bedded District/Regional Hospital. Worked in different wards and departments such as casualty, medical and surgical wards, maternity, OPD etc.. Also worked as a co-ordinator for hospital inservice education in 1999. Appointed as an Assistant Director in charge of Patient Care Services in Stanger Hospital in 2000 and later appointed as a Nursing Services Manager in 2002. Appointed as a CHC Manager for Phoenix CHC in September 2004. Appointed as CEO for Mahatma Gandhi Memorial Hospital on the 1st of July 2008.

WHAT IS YOUR MOTTO IN LIFE?

Humble yourself, before the Lord; then; He will see you through.

WHAT IS THE GREATEST ADVICE YOU" VE RECEIVED.

When all is said and done, the Lord is the Almighty, He still reigns and He is above every situation.

YOU WOULD NEVER LEAVE HOME WITHOUT YOUR?

CDs and a handbag.

ARE YOU A RELIGIOUS PERSON?

Yes, very much so.

ARE YOU A PEOPLES PERSON AND A GOOD LISTNER?

I can get along well with everybody, though I am not very good with starting a conversation especially in unfamiliar places. I used to be very shy, but not proud and my work has thought me that I have to outgrow my shyness. It is not a good trait for a manager, I think. Yes, I am a good listener and sensitive to another persons needs.

WHAT IS YOUR ADVICE TO PEOPLE WHO ARE NEGATIVE?

No one is in control. God is.

WHAT ARE YOU PASSIONATE ABOUT?

Treating people with dignity, respect and courtesy.

WHAT DO YOU THINK ABOUT MGMH SINCE YOU'VE BEEN APPOINTED?

MGMH is a very good and beautiful hospital. Has lots of good people. Though having challenges MGMH Is capable of becoming the best hospital in the Province and also in the country.

WHAT ARE YOUR FUTURE PLANS FOR MGMH?

To carry out the mandate of the Department of Health. MGMH is designed to be a regional hospital. Therefore it needs to be developed to provide such services. Quality of services to be characterized by passion, courtesy and respect.



Ms T R Ngcobo

Medium Term Expenditure Framework

what is MTEF? It is a Medium Term Expenditure framework Where institutions do their expenditure plan for a 3 year period.

What is new or different this year with regards to MTEF?

Previously institutions used to present figures to Treasury and then wait for responses, inputs or objections.

Now Treasury has referred back to the expenditure for the past three years(2005/2006, 2006/2007, 2007/2009) and wants institutions to be accountable and explain the expenditure trends. Over and above the previous projections they are requiring information on services provided by the institution, statistics including projections for the next years i.e.2009/2010,2010/2011, 2011/2012

In 2008 treasury decided on a figure-hence Institutions had to plan around the figures which we found to be insufficient.

For an example for the next 3 years we are R99 million short on salaries (Compensation of Employees. There is also a drastic shortage in other sphere but not as severe as in salaries.

In conclusion, due to the over expenditure last year the institution will have to implement drastic cost saving measures which will include prioritizing and re-prioritizing. For example there will be no filling of vacant posts, no purchasing of furniture ect.



Breast milk is Best....

On the 7th Of August 2008 MGMH celebrates Breast Feeding Awareness Day. Being a Baby Friendly hospital it is of vital importance that all health days pertaining to Breast Feeding and pregnancy are done on a regular basis.

The PR department together with Matron Roopchand and Sr G Naidoo (breast Feeding co-ordinator) planned a fun filled educational day for both mothers and staff.

The morning started with a plaque card demonstration around the hospital highlighting our passion and dedication on the importance of breastfeeding.

This followed by education, healthy eating and sketches done by the staff on the effectiveness that breastfeeding has on an infant.

There were gifts sponsored by **Berea Community Church** and **Johnson & Johnson** for all mothers present at the function. The day ended with a scrumptious lunch being sponsored by Berea Church.

Staff with posters and placards walked around the hospital chanting the slogan 'Breast milk is healthiest, cheapest and best for the baby'



WOMEN'S DAY 2008

BY: Nelly Msimang (PR Intern)



DRESS UP RACE

Koze kulunge!!!!
Nami ngifuna
ukufana no Mbali



Participants of THE AMAZING RACE



AMAZING RACE-WINNERS

Nationally women are considered to be less important and superior through the years, however things have changed. MGMH opted to use the month of August which is women's month as an opportunity to show and inform women that they are worthy and important. MGMH staff used a whole week with different activities in celebration of women's month. The female staff went on an outreach to the Berea Chapel in an old age home where exercise classes were given to women by the Physio department, inter departmental sports took place where MGMH staff got a chance to

interact with each other. Pap smears were done for women provided by the ANC so health needs were met. Virgin Active provided the staff with a steamy aerobics class. The staff were given an opportunity of joining a good gym at a reasonable price. The final day of the women's day programme allowed for MGMH women to dress up in traditional clothing a meal was provided by Raj Mohammed Caterers thereafter.

One Day in the life of.....

Kwakucima izibani kuMapholoba.
"Ucabanga ukuthi kuyadlala ukuse-



TEAM BUILDING

BY: Nelly Msimang (PR Intern)

The Public Relations Department embarked on a program called One Day In The Life Of. The program entailed staff from other departments taking on the roles of their colleagues. This team building effort assisted staff by providing them with an in depth view on how other departments are run and gave the feel of knowing the hardships and talents that other staff have in their jobs. Here are some staff members who participated in the program.

Thokozile Mdletshe a Social Work Manager decided to work as a Administration Clerk in the card office. Mrs Mdletshe say's working in Administration Department was very difficult for her. She describes the filing system as one of the most difficult part of the job. The speed required in the department was very challenging however having to deal with patients who were rude was sad.

However she feels their filing system is very good especially if you know your way around the field. Her highlight was working at the emergency window where she say's speed is essential in order to sort out patients problems .She included that climbing up a ladder to pull out patients charts was a health risk for staff .

She concluded by saying that the challenge of working in this department was quite an exciting experience.

My next conquest was Ian Ngcobo who opted to work at Switchboard because he has always wondered why there was always a delay in the answering of calls. However he said he learnt that the cause of the delay is because incoming calls are demanding it also gave him insight ,understanding and knowledge of the pressure his colleagues are under. He informed me that it is not that the staff who are slow but it is the demand of the job. He also found out that the majority of incoming calls are from staff requesting other Institutions and department extensions and emphasized that staff need to make use of their telephone list as this would make the switchboard operators answers calls more efficiently. He then included that if a system is implemented where one can dial direct . The following people also participated in the above team Building Excerise.

Nicole Govender, Thigs Chetty, Zanele Mkhize,Ahmed,Mzwake,Muzi,Makhosi, Balungile, Thabi, Darren,Michael

BACKWEEK 2008

SLOUCH = OUCH!

That was the theme for the Physiotherapy back week that the Physiotherapy Department at Mahatma Gandhi Memorial Hospital adopted, in keeping with the theme of the South African Physiotherapy Society.

An exciting programme was run by the Physiotherapy Department from the 01 September 2008 to 05 September 2008. The emphasis of the backcare awareness campaign this year focused on the scholars at school, at home and at leisure.

On 01 September 2008 an assembly presentation was conducted at Thandukwazi Senior Primary School in KwaMashu where 875 learners were addressed. Such a programme was a first for Thandukwazi Primary and it was greatly appreciated by both staff and learners.

On 04 September 2008 five primary schools from around the hospital were invited to the hospital for a PowerPoint presentation and a back exercise class was conducted. Both these were interactive presentations where learners answered questions, conducted demonstrations participated in exercise programmes and discussed back problems that people present with. In addition they were educated about the Physiotherapy profession. The learners were presented with gifts in appreciation of their participation and furthermore hampers were presented to the entire population of the school at Thandukwazi and to those who attended at the hospital. On 02 September 2008 and 05 September 2008 information stands were held at the entrance to the hospital. Here patients were educated about the care of their backs and they also discussed problems that they experienced with the Physiotherapists. In addition there were information pamphlets that they could take along with them.

On the 03 September 2008 the Physiotherapy Department presented a programme outside the Pharmacy Department to the patients awaiting their medications. This programme was incorporated in the Pharmacy Awareness programme that the Pharmacy department was conducting. An exercise programme was conducted whilst patients were seated to show them that they can still conduct exercises for their backs and necks whilst seated.



On 22nd August 2008 Philakahle clinic was visited by Community Health Media Trust Partnership with Si-yayinqoba Build it to assist with training. The aim for the training was to teach staff and, patients about how to stay positive and to discuss HIV related issues. The training focused on healthy eating, importance of regular exercise and on giving hope. The training and support group will be visiting four times only.

POPD KIDDIES PARTY

On the 01/10/2008 the doctors at POPD threw a surprise party for the children. The children were given snacks and gift packs. They sang and danced to music and danced the morning away with Rajan the clown. On behalf of the Management and the Public Relations Department we would like to thank the Doctors and staff at POPD for their kindness.

Well done !!!!!!!!!!!!!!!!!!!!!!!



VITAMIN A CAMPAIGN

MGMH embarked on a vitamin A Campaign from the 08/09/2008 to the 21/09/2008.

The staff at POPD ensured that all children who needed the vitamin A Supplements received their dosage. Here are some tips to ensure your child does not have Vitamin A Deficiency

Preventing Vitamin A Deficiency

2.1 How can Vitamin A deficiency (VAD) be prevented?

VAD results from a depletion of body stores because either too little vitamin A is

present in foods or too little vitamin A is being absorbed from foods. Vitamin A **VITA**

deficiency can also result from rapid utilization of stores. Vitamin A Stores are used

up during illness, in pregnancy and lactation, by growth in young children. Those

between the ages of 6 and 59 months experience more serious effects of VAD than other age groups.



A good vitamin A status can be maintained by:

- Eating enough vitamin A rich foods
- Eating foods fortified with vitamin A. Synthetic vitamin is added to staple foods this is called food fortification.
- Vitamin A deficiency can also be prevented by consuming fortified foods. In

South Africa it is law to fortify maize meal and wheat flour with

vitamin A, B complex vitamins and zinc and iron.

Another way of ensuring that children and women get enough vitamin A is to give them vitamin A drops by mouth. This is called vitamin A supplementation. In South Africa children 6-69 months and new mothers are routinely supplemented with high dose vitamin A capsules in public health facilities. However, few children aged 12-59 months are reached through routine supplementation hence the vitamin A campaign targeting this age group to ensure that many children in this age group are reached



HERITAGE





DAY 2008



SPORTS FOCUS

MGMH's soccer team is stronger than ever this year'. This is according to their captain Mr Innocent Khuzwayo who says the players are in high spirits having won most of their friendly games so far.

Khuzwayo has also commended the boys 'best know as **THE FAST ELEVEN**' for their dedication and commitment shown especially in their past games.

Amongst their victories is their game against OSindisweni Hospital in March where they scooped a 3-2 win at Tongaat Sports Ground. Amaoti Clinic proved to be a walk in the park as the boys effortlessly beat them 5-2.

On the 16th April 2008 Tongaat Clinic tried their luck again against **THE FAST ELEVEN** –but they were beaten to death in front of about 150 spectators with the final score being 3-1 thanks to Reggie and Snothi .

Baphinda benza abadume ngakho, when they beat Clairwood Hospital 5-4 in a very tough match regarded as match of the month. **THE FAST ELEVEN** also drew with Inanda Police Station 1-1 won against Mt Edgecombe Hospital by 3-1 the following month.

The team's main mission is to get back at Addington Hospital.

Asked about future plans Khuzwayo says they are currently training for a tournament in September whereby four hospital are going to meet at loggerheads i.e MGMH, OSINDISWENI HOSPITAL, ADDINGTON HOSPITAL, King George Hospital at MGMH sponsored by Old Mutual



CAPTION: SOCCER TEAM HANDING OVER THEIR TROPHY TOP MANAGEMENT AFTER A LONG AND EXHAUSTING PARADE THROUGH THE HOSPITAL CORRIDORS.



The Fast Eleven TEAM once gain made their mark during a mini tournament-by claiming victory . The tournament between MGMH, OSindisweni Hospital, Addington Hospital and King George Hospital was played in our home ground on Saturday the 6th of September 2008. Addington Hospital played OSindisweni and qualified to play in the final with our Super Team. MGMH played King George –MGMH played King Edward beating them 3-1 and therefore qualifying to play the final with Addington Hospital with a full time score of 2-2 and had to go on to the penalty kicks with 8-7. According to the captain the tournament was indeed a tough one for them for it really needed hardwork and for the team to work hand in hand. Innocent says playing against Addington was like 'Chiefs V Pirates' because Addington always gives them a rough time on the field. Without the teamwork and determination the Fast Eleven feel they would have lost because the game was more about setting a skeam. He however included that the player of the match in the finals was Phumlani Gumede who was the goalkeeper and player of the tournament was Tsepo Polata. He concluded by thanking the players for their determination, spectators and supporters who really encouraged them through the game but mostly thanks to Petros Zulu the coach for all his hardwork.

