

# Monty News



## Let your voice be heard

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|  |    |
|--|----|
| WELCOMING OUR NEW MEDICAL MANAGER            | 1  |
| WORDS OF WISDOM FROM OUR CEO FOR 2010        | 2  |
| HEALTH EDUCATION ON TB                       | 3  |
| MANCO WORKSHOP                               | 4  |
| MAKE ME LOOK LIKE A HOSPITAL: STAFF ATTITUDE | 5  |
| ABET: REWARDING EXCELLENCE                   | 6  |
| RELIGIOUS PAGE                               | 7  |
| FAREWELL & NEW APPOINTMENTS                  | 8  |
| 2010 WORLD CUP LAUNCH                        | 9  |
| EDITORIAL PAGE                               | 10 |

## Welcoming Our New Medical Manager

I was Born in Pietermaritzburg, Edendale. Studied at Medunsa from 1985 to 1991 – ‘MBCHB”, I worked at Garankuwa Hospital (presently known as George Mukhari Hospital) as an intern (Medical Officer) from December 1991 to November 1992. I practiced as a private doctor from December 1992 to November 1999. I rejoined public sector in 2000 at George Mukhari Hospital as Medical Officer in O & G department and as Registrar in 2002 to 2004 August. I was appointed as Medical Manager at Tayler Bequest at Matatiele, from September 2004 to June 2006.



**Medical Manager: Dr. JP Zimu**

Transferred to Northdale Hospital from July 2006 to December 2009. In January 2010 I was appointed as Medical Manager at Montebello Hospital.

My passion lies with maternal and child health. Because of my experience in managing obstetric emergencies and administration of anesthesia both regional and general, I decided to plough back my experience to rural communities, hence I joined Montebello.

My mission in life is to always achieve and do better by aiming high in life and persevere.

**“We have not lost faith, but we have transferred it from God to the medical profession.” -  
George Bernard Shaw**

I am a father of four kids, two girls and two boys. The two elder girls are already at tertiary institutions and the boys are at Maritzburg boys college, and St Nicholas in Grade R, respectively. Their loving mother is Fundisiwe ( u MaGumede)

# Monty News

## Words Of Wisdom From Our CEO:



As we are beginning the New Year, I would like to welcome our new medical manager in our family of Montebello hospital, we are looking forward to his contribution towards improvement of delivery of quality service to our clients.

Due to the financial constrains I would like to encourage the staff to be financially disciplined. We must learn to use resources wisely and think outside the box. We must also come up with innovative ways of delivering cost-effective and quality service. To improve in delivering customer-centric service we will beef-up our staff by filling the post of PRO and CEO's secretary.

Ilembe District hosted the people's parliament at Maphumulo area and there were no complaints about Montebello Hospital which means that the service has improved. Due to service improvement, we are making sure that doctors from the hospital are visiting the clinics more often than before.

In order to feel the spirit of the *2010 Soccer World Cup*, we have to continue to be proud of the proudly South Africans and wear the Bafana-Bafana jersey every Fridays.



Montebello's CEO: Mr. SGG Khawula

Management identified demonstration room as a viewing area for 2010 soccer world cup. Purpose of this is to able staff to watch soccer and not to absent themselves from work due to world cup fever.

I would like to encourage staff to practice a healthy life-style as that will impact much on their attitude towards their work. Aerobics classes are available for all staff members every Tuesdays and Thursdays afternoons.

*"If we listened to our intellect, we'd never have a love affair. We'd never have a friendship. We'd never go into business, because we'd be too cynical. Well, that's nonsense. You've got to jump off cliffs all the time and build your wings on the way down."* By:  
**Ray Bradbury**

## HEALTH EDUCATION ON TUBERCULOSIS (TB)

### What is Tuberculosis

Tuberculosis, also known as TB, is a disease spread through the air by a person with tuberculosis of the lung. Small droplets of infected sputum are coughed into the air and breathed in by other people. The symptoms of TB may include a persistent cough of more than 3 weeks feeling weak or sick, weight loss, night sweats, chest pain or coughing up blood.

Scientists estimate that one new TB patient infects about three others before they start their treatment and that those who drop out before they are cured infect ten others before dying or presenting themselves for treatment again (source: TB Annual Report 1997-1998:1).

### How to get help if you think you have TB

If you think that you have TB you should contact your nearest clinic or local doctor. At the clinic you will be asked to give a sputum sample to determine if you have TB and may be sent for a chest x-ray. If the results of these tests are positive you will be given medication to take and asked to attend the clinic on a regular basis until you are well.



*tuberculosis. (Image by ErikH, GFDL)*

### Why it is important that you take your medication

It is very important that you take the medication until the treatment is complete. Normally people are given medicines for 6-9 months. After the first 48 hours of taking the medicine people feel well, this is because 90% of the TB bacteria are killed by the medicine. It is important that you continue to take the remaining medicine so that last 10% of the TB bacteria are killed. Scientists are aware that the last 10% of the TB bacteria are the most difficult to destroy and this is why the treatment program lasts for such a long time. If you stop taking the medication after the first month or so you will still have a TB infection even if you feel well. If untreated, after a long period of suffering, people with TB usually die.

### Types of TB

TB of the lungs, or pulmonary TB, is the most common form of the disease, but people also get TB of the spine, heart, kidneys, and other parts of the body. Only those with TB of the lungs can spread the disease to others (Source: National TB Control Programme 1997-1998:3).

### Multidrug-resistant TB

Multidrug resistant TB (MDR-TB) can develop when patients do not finish their full course of medication. If people stop taking their treatment too soon they will most likely get sick with TB again. Since the TB bacteria in this person's body have already been exposed to TB drugs, the bacteria may well have developed resistance. This means that repeat treatment with the same drugs will not be effective. Often it will be impossible to save this person's life and they will die from multidrug resistant TB.

# Monty News

## MANCO WORKSHOP: RATIONALISATION OF SERVICES



*Mrs. DT Memela, Dr. Williams, Dr. Zungu, Mrs. Mkhonza, and Dr. Sime-lane during group discussions*

On 8th March 2010 Montebello Hospital management and staff were honored to host MANCO to have their workshop on rationalisation of services. According to Dr. SM Zungu (Health HOD), its imperative for Health senior management to have first hand exposure to rural Health facilities. We were equal to the task, hence their workshop was a success.

After the workshop, which ended at 18h30, Dr. Zungu managed to take rounds with Ms. Dube (Ilembe district manager) and Montebello management. They were impressed with the hospital cleanliness, which is one of critical point on “make me look like a hospital” project.



*Dr. Zungu doing rounds at female ward*



*Ms. Mchunu (Nursing manager), Ms. Dube (Ilembe district manager), Mr. Khawula (CEO), Dr. Zungu (HOD), Dr. Zimu (Medical manager), Mr. Selepe (HR Manager), and Mr. Nombela ( Finance & Systems manager)*

*( Montebello management)*



*Dr. Mhlongo is facilitating the discussions and Miss. Shezi, Mrs. Pad-diyachee, Ms. Dube, Mr. V Chetty and Dr. Broekmann are listening attentively*

# Monty News

## MAKE ME LOOK LIKE A HOSPITAL: STAFF ATTITUDE



Ms. Mjiyako undergoing fitness test

### PHENDUKA UBE-MUSHA



give our staff a new lease on life. It included the following:

- Initial assessment ;
- Health screening (BP, Blood sugar, weight and pulse)
- Full nutritional assessment; and
- Simple fitness test

Aerobics & tybo classes are conducted from Monday to Thursday afternoons. There are also soccer and netball practices in the afternoons. We are also trying to revive hospital choir.

Make me look like a hospital project is based on six(6) pillars namely: *staff attitude towards clients; patients safety; waiting time for accessing service; infection prevention and control; access to medication; and cleanliness.*

On 24 February 2010 we launched a staff wellness programme as a quality improvement project to address negative attitude displayed by employees towards clients. The project was dubbed “New you Initiative” and we are hoping that participating will

### NEW YOU

*Drop a dress size! Wake up with a bounce in your step! Become an overall healthier you!*



Students taking BP and testing sugar levels

Research has shown that when a wellness program is available to staff:

- staff morale is higher
- health care costs are reduced
- lower employee absenteeism rates
- higher productivity

staff who are healthy and fit make better role models for students and families.



Staff in attendance performing ice-breaking exercise

*“If one is too lazy to think, too vain to do a thing badly, too cowardly to admit it, one will never attain wisdom”*

*Cyril Connolly*



# Monty News

## REWARDING EXCELLENCE

In line with batho pele, ABET learners were rewarded for the hard work they performed through their studies.

Mrs Chauque was the only learner to receive such certificate at Ilembe Health District ABET.

The certificate were awarded by Dr R Cassius Lubisi ( Supt. General: DoE: KZN).

Mrs. N Cebekhulu passed her level 1, while Mrs S Shandu passed his level 2 and Mrs. D Nzama passed her level 3.

The climax of the event was when Mrs. M Chauque received her level 4 certificate. She was also awarded a certificate of distinction at Ilembe District Department of Educational Coastal Cluster function held on 29 January 2010.



Mrs. M Chauque received level 4 certificate from Mr X Selepe ( HR Manager) & Mrs. Mbambo ( ABET Teacher)



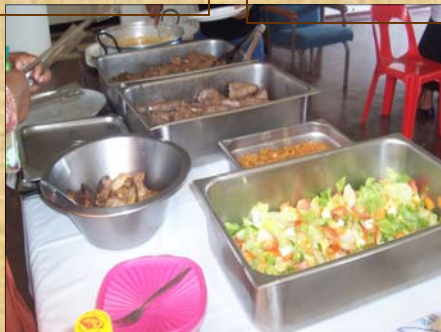
Mr. Ngwenya Received level 2 certificate on behalf of Mrs. S Shandu



Mrs. Nzama received her level 3 certificate from Mr. X Selepe ( HR Manager) & Mrs Mbambo (ABET Teacher)



Mrs. Cebekhulu received level 1 certificate



*Lidekiwe itafula linje!*



Dr. JP Zimu ( Medical Manager) rendered a motivating speech

# Monty News

## RELIGIOUS NEWS



### Getting To Know Our Chaplain



*Pastor NV Ngema*

**The Healthcare Chaplain**, is an integral member of the health-care team, makes daily rounds and is available 24-hours a day to provide pastoral care for patients/residents, family and staff. The Chaplain is available to provide objective crisis intervention and competent spiritual support.

#### Religious

I had a Christian upbringing which exposed me to Christianity at a young age. At the age of eleven I became a Christian under the Independent Baptist Church (IBC). I started to preach while I was at school, and I was also involved in the church activities before going to Bible school.

I matriculated in 2002. In 2003 I was involved in church ministry as part of training before going to Bible School. In 2004-2006 I was at the Union Bible Institute where I did my Diploma in Theology. In 2007 I became the church pastor of the branches of Ekusizakaleni (Ndwedwe area) and Ekujabuleni (Maphumulo area) under Ekuthandaneni circuit of IBC.

### *Visit by the Gideons international*

Montebello hospital was blessed by visitors from The Gideons International. They distributed 350 Bibles to patients and staff. They also rendered some inspirational music for the patients and Staff. They also conducted prayers for patients



One of the patients receiving the Bible from Mark



Staff enjoying inspirational music from the Gideons International members

**“Deal with the present - never step into tomorrow, for God asks us just to trust him and to never borrow sorrow, for the future is not to know, and it may never be, so let us live and give our best and give it lavishly”. By Helen Steiner Rice**



# Monty News



Mrs. S Miya (HRD) bidding farewell to 2009/2010 interns at a Farewell party

## Welcome to Montebello (2010 Community Services)



AGP Jali: Medical Officer



NE Manci: Medical Officer



ESC Aucamp: Dentist



KS Roberts: Dietician



S Naidoo: Radiographer



LA Dookran: Physiothera-



T Mkhize: Prof. Nurse



AN Shange: Prof. Nurse



I L Chili: Prof Nurse



# Monty News

## Sport: 2010 World Cup Launch



Mr. Khawula ( CEO) caught the world cup fever



Marching towards a successful 2010 world cup



Ms Moses ( Radiographer) in a disk mood



Mr. Ncobela ( SSMO) displaying his soccer skills



Staff relaxing after a hectic day

# Monty News

## Editorial Page



**Mzi Shuba Quality Assurance Manager and Acting PRO**

We entered Year 2010 with great anticipation and expectations. We hope to deliver and improve service through implementation of “make me look like a hospital” project. We also intend to integrate batho pele principle in our day to day work experience.

Presence of Dr. JP Zimu (Medical Manager) will have a positive impact towards improvement of service and waiting time at our Facility.

Staff will be motivated by engaging them on various activities, as these was the mandate given to Events organizing committee by our CEO, Mr. Khawula. Hence, we Saw the launch of “New you Initiatives” project.



**Miss T Vilakazi ( Data Capturer) who is studying towards PRO Diploma**

We will also grow spiritually as we were joined by Pastor NV Ngema as a chaplain.

I would like to thank Thobile Vilakazi for helping me in putting together these article, and Thuli Manzi ( PRO Intern) for editing.

Look forward to an exciting issue of Monty News as our PR Department will be beefed-up with new blood.

Adios

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