



**HEALTH**

KwaZulu-Natal

# NIEMAIL

# NEWSLETTER

*Issue no 1 of 2009*

**In this issue:**

MEC VISIT

DISASTER MANAGEMENT DRILL

HIV IN SOUTH AFRICA

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# Hi,



I'm Swazi Shabalala; a.k.a "Swazy Wazzy" intern P.R.O. at Niemyer Memorial Hospital. I studied Public Relations Management at the Durban University of Technology and I completed my studies in 2007. I'm a hard worker, focused, people orientated, friendly and very much approachable. I'm an open- minded person and I'm always willing to learn something new.

When I first started working here, one of the things I was first made aware of was that the hospital did not have a newsletter. Infact the hospital website was last updated on the 27<sup>th</sup> of October 2007. So I therefore decided to take this head-on as a challenge and prove to myself whether or not I can pull it off. And well here you are today reading the very first issue of Niemail Newsletter.

Other than the fact that this is the very first newsletter for Niemyer Memorial Hospital, it is also the very first time that I've ever created a newsletter for any institution. This just goes to show that you can do whatever you put your mind on.

There are so many things that I wanted to include in this issue, to such an extent that I had such difficulty deciding what to leave out. Believe me when I say that a lot has happened in this institution since the website was last updated. There has been new appointments, farewell parties, Christmas parties, the development of new departments and soon we are going to have our very own Child Day Care center which will be dedicated to taking care of tiny tots.

As I write this, the FIFA Confederations Cup has come and gone and I would like to take this opportunity to congratulate Brazil for winning. I would also like to thank Bafana Bafana for representing us and in making it as far as the semi- finals. That is an achievement itself!

As I stated before that this is the very first issue of Niemail Newsletter, there are so many people I would like to thank. First and

foremost I'd like to thank God for lifting me up and giving me the courage to pull the bull by its horn and develop this newsletter. I'd also like to thank Mrs. Khanyi- Hospital Manager- for embracing and supporting me by always wise and uplifting ideas. Thank you to my editorial team- Phindile Langa and Dumisani Sikhosana- for helping me when I got stuck and giving me a push in the right direction. Thank you to everyone who contributed their time, energy and listening to me when I asked for your opinions.

Last but not least I'd like to thank you for taking the time to read this newsletter. Know that this edition is not just from me, but it's from each and every person who works here at Niemeyer Memorial Hospital.

**Thank You.**

See you next time.....



### **MEC Visit**

**O**n the 21<sup>st</sup> of May 2009, Dr Sibongiseni Dlomo-MEC for health at KZN- visited Niemeyer Memorial Hospital. It was the very first time that this hospital had seen the likes of such an esteemed person. The purpose of this visit was to assess the hospital, to see whether or not there's any room for

improvement when it comes to service delivery and to see the immediate needs of the hospital.

The MEC was accompanied by Dr Sewlal who is the Area Two General Manager. At first there was a presentation that was held in the boardroom that showcased the success of Niemeyer Memorial Hospital thus far. After this

the MEC went on a hospital tour where he was showed the different sections of the hospital.

On departure, the hospital choir bid him farewell by song and dance. The MEC couldn't hold himself back and joined in. "Thank you, I really appreciate it and I feel so welcome here." Those were the exact words of the MEC himself.

# Disaster Management Drill

**O**n the 10<sup>th</sup> of June 2009, there was a collision between a taxi carrying 13 passengers and a small vehicle carrying 2 passengers. The taxi was carrying health workers who were on their way to Newcastle. Eight passengers were seriously injured, including a pregnant woman. One passed away and three got away with minor injuries.

But luckily for those passengers this was not a real scenario. On the 10<sup>th</sup> of June 2009, Niemeyer Memorial Hospital held its very first Disaster Management Drill. The purpose of this drill is to assess ourselves and see if we are ready, should reality strike. The scene of the accident was at the crossroads between R 34 coming from Vryheid, and Voor Street in Utrecht. A bystander called the traffic department, EMRS and the SAPS to the scene.

This drill was the first of many to come for this Utrecht based hospital. And we are proud to say that it was a great success. Both internal and external stakeholders worked hand in hand in executing this project.

After the drill had taken place, a meeting was held both stakeholders. This meeting gives both stakeholders the opportunity to reflect on the strengths and the weaknesses of the drill, and the opportunity to point out where there should be an improvement.

As Niemeyer Memorial Hospital we would like to pass our thanks and our appreciation to the EMRS, SAPS and the Traffic department. Without your participation and support this drill wouldn't have been possible. We would also like to thank the hospital staff members for their participation. We hope that when we have the next drill in 6 months time, everybody will join hands and work together again.

The message that we would like to pass to the public is that don't drink and drive or else you will pay the price. Rather arrive late, than to not arrive at all!!



**Meet Sindy a.k.a  
“Cindero” Ndlela,  
our Social  
Worker.**

**Please tell us about  
yourself:**

**M**y name is Sindisiwe Ndlela, I was born on the 26<sup>th</sup> of November 1980 at CJM hospital. I am the second child at home. I have two sisters and I am mother two a beautiful baby girl. I have a BA Degree in Social Work.

**What exactly does  
your job entail?**

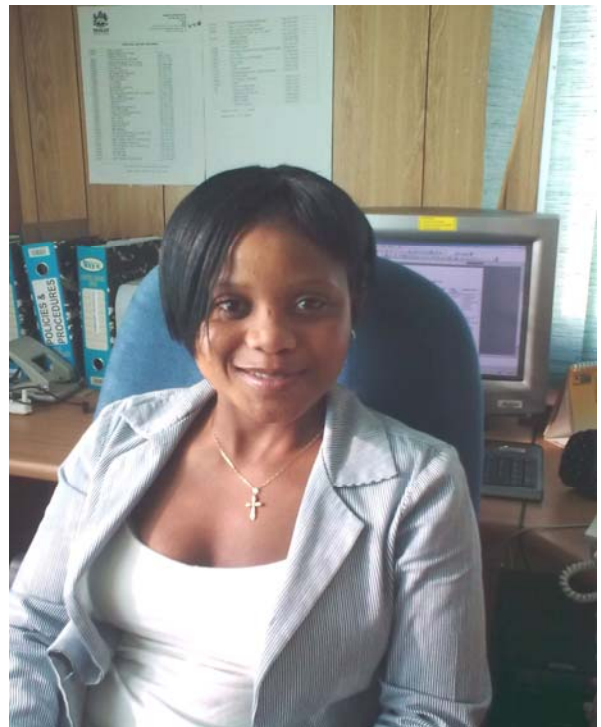
Basically I deal with people who find themselves in

difficult

circumstances due to the social conditions they have been exposed to. Due to the growing number of HIV/AIDS, a need for more intervention with relation to social assistance is very crucial.

**What is the best  
thing about your  
job?**

It's when I see the results of my intervention. When people or a person gets help and there's positive change after that.



**How long have you  
been a social  
worker?**

I've been a social worker for the past six years. I started in 2003 working at Msinga under SAVF, in January 2006 I worked at Appelsbosch Hospital and then in August 2006 I started working in Niemeyer Memorial Hospital.

**Where did you  
study?**

I studied at the University of Zululand.

**What attracted you to become a Social Worker?**

The growing number of street kids and abandoned children. I've always imagined how it feels like to grow up without a loving family to support and to teach you the basics on life. Being a social worker has given me the opportunity to help children have a better future.

**How do you face the everyday**

**challenges of being a social worker?**

To tell you the truth, it has never been easy being a social worker; somehow it ends up interfering with your personal life because I work with real people and real problems.

**Growing up as a little girl, who was your role model?**

My mother has always been my role model. She was a hard worker and a very strong person.

**What do you like to do during your free time?**

I am a very friendly and outgoing person, so I like to spend most of my free time with my friends. I also love to spend time at home with my daughter.

**What advice would you like to give to young South Africans who would like to be like you someday?**

Dream and follow your dream, you can be whatever you want to just put your mind and your heart into it.



## Let the games begin

**O**n the 15<sup>th</sup> of May 2009 Niemeyer sport players embarked on a journey to Ulundi to compete against Nkonjeni Hospital and Benedictine Hospital.

It was a long way there but as we travelled towards Ulundi, the players kept on repeating how they are going to show them what they are really made of. And as we arrived at Ulundi they were also greeted by the same attitude. The first was against Niemeyer netball team and the Nkonjeni netball team. It was a tough game as both teams wanted to win this first round. In the end, Nkonjeni Hospital took the winning title, scoring 18 goals.

But fortunately the Niemeyer netball team had a huge when they beat the Benedictine netball team by 14 goals, whilst the opposite side scored 7 goals.

When it came to the soccer matches, the Niemeyer soccer team won both matches against Nkonjeni and Benedictine Hospital. The goals were as follows:



### Niemeyer Soccer Team.

**First Match: Niemeyer 3- 0 Nkonjeni**

**Second Match: Niemeyer 1- 0 Benedictine**

The goal scorers of the day were Sphiwe Zulu, Thabo Zulu, Lindani Tsotetsi, Thobile Nkabinde and Mpume Ngidi.

Even a blind man can see that “siyayithela induku” when it comes to sports at Niemeyer Memorial Hospital, think twice before you mess with us.



Niemeyer Netball Team.

## Meet the new interns

Hi,



I'm Zanele Vilakazi. I'm one of the new interns at Niemeyer Memorial Hospital and I work under the finance department. I have a national Diploma in Financial Accounting and I obtained it at the Tshwane University of Technology. What attracted me to a career in finance, was the fact that I love dealing with money and handling it. I'm a very talkative person and I believe that people should always be allowed to express their views. I love reading, listening to music and shopping.

Hi,



I'm Senzo Hlengwa and I work at the TB clinic as a data-capturer. I started working here at the beginning of April 2009 and so far my stay here has been an enjoyable one. I've learnt a lot about TB as I came here not knowing one thing about tuberculosis, but today I can write a whole book about it. During my free time like to play soccer and cricket, but I specialize in rugby as I also play for one of the local rugby teams.

Hi,



I'm Nhlakanipho Mtshali, HR intern at Niemeyer Memorial Hospital. I believe that Human Resource is a cornerstone to success. In pursuing this success I live by the words of Sir Winston Churchill, I quote "success is a process to go from failure to failure without losing your enthusiasm". I believe that failure means another chance to start intelligently. Dealing with people's demands everyday gives me daily exposure that requires critical thinking, adherence to policy and involvement in problem solving and decision making. I am an organic, intellectual and self-motivated young man. My motto is "a problem is a price to settle for success."

# **7 Reasons why you need a good friend**

“A friend is someone who believes in you when you have stopped believing in yourself.” This quote describes the critical role that your friend plays in your life. Friends are the ones who are always there for you, in good or bad times. They never leave your side, even when things seem really tough.

Studies show that a well balanced social life develops a healthy attitude towards life, says Dr John Dermatini, international life skills coach and motivational speaker. Yet in order to have great friends though, you also need to be one.

What a good friend can do for you:

## **1. Help you feel happy.**

Friends are an important part of most people’s life. Research shows that you are most likely to be happy and feel upbeat if you have at least one quality friendship. A good friend might be someone who’s there to provide support when times are tough, or someone or someone on whom you can rely to celebrate a special moment or event with. The knowledge that you have a friend like this causes you to view life a little more optimistically because you are not alone in the world.

## **2. Build your self- esteem**

Friends might come and go in your life, they might make you laugh and cry, but most importantly they love you for who you are. It doesn’t matter what a person looks like, or what kind of clothes they wear, it’s what on the inside that counts. It’s the actions they take, no matter how big or small, to show you how much of a good friend they are and being there for you no matter what.

### **3. Keep you healthy**

Friends boost your immune system. Good friends help you relax and remember what really matters and why. If you are depressed, recuperating from an illness, or stressed you'll heal faster with the support of your friends. The connection and relationship you feel when you're with your friends boosts your feelings of hope, faith and belief that things will be fine. Friends provide comfort and companionship, laughter and honesty. Surprisingly, research has shown that even spending time with an intimate partner doesn't provide the same health benefits as friendship. Good friends offer a different kind of support from lovers, siblings, parents or children. They provide a different level of understanding and communication- and this positively affects your health, wellness and attitude.

### **4. Help you belong**

Even if you are lucky enough to be raised in loving family, it is inevitable you will someday leave home. But friends- old friends whom you have cultivated over the years and newer ones with whom you develop relationships in your new communities- will always be available to you for companionship. In an ever- changing world where nothing remains the same for long, you can always count on a good friend to keep you focused.

### **5. Provide moral support**

A strong support network isn't just about emotions and feelings. A huge benefit of friendship is moral support. Without social ties or friends to keep you going, you're more likely to experience negative emotions, more illnesses and feelings of loneliness. A strong support network will keep you alive and well. It can keep you motivated and energised. Remember moral support is what gets us through tough times and helps us really enjoy the good times.

### **6. Be trusted**

All of us have stages of our life when we really need a good friend. You may be in trouble or you may have done something which weighs heavily on your conscience. What you need in this situation is

somebody to support you, listen to your problems, offer advice, possibly a room to spend the night but most importantly not to judge you.

## 7. A good friend = fun

We all need to have the odd night out perhaps to the movies, maybe go out for a drink or even dress up to go to the theatre. A best friend will be the person to call because she will seldom, if ever refuse to accompany you somewhere. Friendship is something many people take for granted. They are unaware how powerful and positive friendship can be or they would take it more seriously. The right friends can help you feel worthwhile. School, work, parenting and even old age are better and more fun when shared with friends.



*A GOOD FRIEND  
IS FOR KEEPS!!*





## **HIV in South Africa**

**S**outh Africa is one of the countries that has the most highest number of people who are living with HIV. There's close to six million people who are infected with the HIV virus and the majority of that six million don't know their status.

Four out of ten people tested for HIV and two out of ten people tested for the HIV virus during the previous year. One out of every four men and one out of every three women has more than one sexual partner.

### **What you can do to protect yourself.**

- It is important for you and your partner to understand each other and talk about your sexuality as a couple.
- It's of great importance that you know your HIV status. You have to go once every three months to check your status.
- It's a common situation that once two people have been involved in a relationship for a few weeks, they stop using condoms. This is very dangerous, especially if you don't know your partner's status as it could lead to you being infected with the virus. You have to know about your partner's status before you can make the decision of not using a condom and you also have to be sure that he/ she doesn't have any other sexual partners.
- Give yourself time. After ending a relationship give yourself at least six weeks or more before engaging yourself in a new relationship.

Always remember that it is very dangerous to have more than one partner, even if you are not engaging in any sexual activities with all of them.

Stay safe, use a condom and remember that your partner must love you enough to protect you.

## TB DOOR TO DOOR CAMPAIGN

**O**n the 25<sup>th</sup> of May 2009, the TB clinic embarked on a door to door campaign in the Enkululwekeni and Odoland area. The purpose of this campaign was to educate people about tuberculosis, the dangers of TB, and to check if there are any people who are infected with the disease.

The campaign kicked off at a neighbouring school where both the scholars and the teachers were attended to. After this the community of Enkululwekeni / Odoland was individually assessed as the TB team entered into each and every home in that area. The community was taught about what tuberculosis is, how it is treated, they explained the different symptoms of tuberculosis; they explained how adults can pass it on no matter how old the children are. And they insisted that once you are diagnosed with TB, you have to take your medication of a period of 6or more months without defaulting.

The members of the community thanked the health workers for dedicating their time and patience in educating them as some wee not even aware about this disease.



**Mr Sphiwe Zulu explaining to the residents of Emxhakeni the dangers of TB**



## **School health team does it again.**

**O**n the 2<sup>nd</sup> of June 2009, the school health team embarked on a school health campaign in Utrecht and the surrounding areas. The aim of this visit was to educate scholars to practice personal hygiene.

One of the many schools that were visited was Emxhakeni Primary School, which is located in Osizweni. On arrival at the school, we were greeted by warm and loving smiles. Both the children and the teacher

were excited by our visit. The first group of children that was attended to was Grade one this class was taught by Sr. Dumakude and Mr Thwala who are both health workers.

The lesson began by Sr. Dumakude teaching the little ones on washing their hands after using their little boys or little girl's room. They were also taught how to make washing basins using empty two litre plastic bottles.

After this the health workers taught the children about healthy eating. They were taught not to eat sweets, chips and biscuits excessively as this could lead to them not leading healthy lifestyles. Eating fruits and veggies is the way to go, and the children were more than happy

to name the different fruits and vegetables one by one.

The lesson didn't end of there. They were also taught on HIV/ AIDS. They explained to the children the dangers of being infected with this disease and how it could possibly lead to death. Sr Dumakude demonstrated to the how they should help someone who is bleeding. She explained to the children how they should wear protective gloves or if they don't have gloves they should use an empty plastic bag or an empty plastic that is used for carrying bread. The teachers were also reminded on the great importance of having a first aid box in each and every classroom.

The children queuing up for a check up ended of the day. They were checked whether or not they had clean hands, short nails, strong teeth

that are brushed twice on a daily basis. Their ears were checked if they were clean and whether or not they had any sores on their heads. On

departure the health workers were thanked by the teachers, as they felt they also learnt something new on that day.



# Candle light Memorial Day

**O**n the 15<sup>th</sup> of May 2009, the Sinikithemba VCT clinic held a candle light prayer day. On this particular day they lit a candle for people who are infected and affected by HIV/AIDS.

This event was held at the Sinikithemba VCT clinic and the guest speaker of the day was Pastor Langa. The event was kicked off by the hospital choir and they dedicated each song they sung to everyone who has lost a loved one through HIV/AIDS. Pastor Langa prayed that the lord may give us everlasting strength and the courage to be able to face the difficulties that are imposed on us by HIV/AIDS.

“Just because you are HIV positive doesn’t mean it is the end of you.” Those were the words of Mrs P.P. Phungula who was diagnosed with HIV in 2004. She explained how she was overwhelmed with fear after she found out about her status. But today she is living a healthy life and has learnt to face her fears.



**W**inter Wellness: When it comes to strong immunity, old wisdom coupled with new scientific research has the answers

Prevention is better than cure.

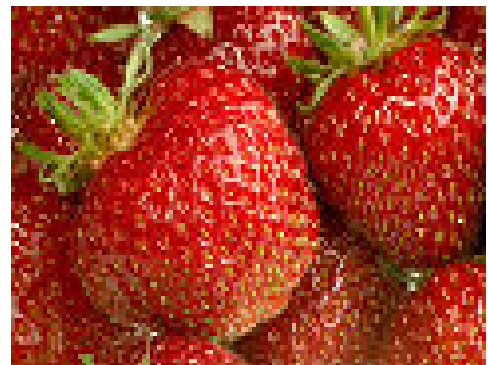
Beefing up your immune system is a must for winter wellness. Strong immunity is the first line of defence against colds, flu and countless other viral or bacterial gremlins. Experts agree that stocking up on pricy supplements is not the best way to build immunity. Instead, concentrate on providing your body and mind with a clean, non-toxic environment.

- Bask in non-midday sun for a minimum of 20 minutes daily. Sunlight converts cholesterol to vitamin D and this helps our bodies to utilize calcium and promotes optimal functioning of our hormonal systems.
- Clean, fresh air and sunlight are luxuries in our modern lifestyles, as we spend far too much time in polluted traffic jams and offices with stale air. Spend time in natural environments, away from air conditioners and filthy exhausts.
- Avoid tobacco smoke.
- Choose chemical, hormone and pesticide free foods and products as much as possible.
- Drink good- quality water- use a filter if you can.
- Recycle and cut down on plastic.
- Breastfeed for as long as possible.

### Food Fighters

British doctors Wendy Denning and Vicki Edgson offer a list of super foods to build your immune system during winter.

- **Avocados.** Packed with vitamin C and E; antioxidants and essential fatty acids.
- **Beetroot.** Full of vitamin C and high in beta-carotene.
- **Blackberries.** Contain virus-fighting bioflavonoid and can easily be frozen without losing valuable vitamin C content.



- **Carrots.** Huge percentage (one of the highest in any fruit or vegetable) of beta-carotene and a source of vitamin C. Eat them raw.
- **Chicken soup.** Home made this is a great source of zinc, which supports the immune system. Make it with onions, garlic and herbs.
- **Garlic.** Antibacterial and antiviral, as well as being a fabulous mucous fighter.
- **Pears.** Containing pectin, these juicy fruits help to remove toxins from your digestive system and contain valuable minerals such as calcium, magnesium and potassium, as well as folic acid.
- **Sweet potatoes.** Far from fattening, this vegetable has healthy doses of beta-carotene and vitamin C (more than the humble potato) and a lower GI as well.
- **Tomatoes.** Contain lycopene, a valuable antioxidant that helps to prevent prostate cancer and strengthens the immune system. Avoid tomato sauce made with sugar.
- **Turmeric powder.** Stock up on those home-cooked curries. The curcumins in this spice contain antioxidant and anti-inflammatory properties.

**Source: Your feel good health guide.**



# Birthday wishes

**H**appy birthday to all those listed below and enjoy yourself on your special day!



## July

- 08 July- Thuli Zwane (Transport officer)
- 10 July- Dudu Mpanza (ENA)
- 12 July- Mrs VT Zulu (Chief Human Resource Officer)
- 13 July- Nicholas Zwane (Principal HR Officer)
- 17 July- Phumzile Ndimba (Staff nurse)
- 28 July- Dr Thabiso Yende (Doctor)
- 28 July- Nhlakanipho Mtshali (HR Intern)

## August

- 02 August- Xoli Khumalo (Professional nurse)
- 03 August- Sfiso Mthanti (Professional nurse)
- 10 August- Hilda Ngema (Senior laundry operator)
- 14 August- Mpume Ngema (Staff nurse)
- 14 August- Dr Thami Mayise (Medical Manager)
- 15 August- Swazi Shabalala (Intern PRO)
- 18 August- Francis Fourie (Finance Officer)
- 31 August- Zandile Kubheka (Staff nurse)

## September

- 05 September- Nonhlanhla Slepe (Student nurse)
- 08 September- Vanessa Joubert (Clinical Orderly)
- 11 September- Veli Ntuli (Staff nurse)
- 13 September- Mr Mbatha (Chief Admin clerk)
- 16 September- Elinda Mnyandu (Student nurse)
- 28 September- Dumisani Sikhosana (Secretary to the hospital manager)
- 28 September- Sister Dumakude (Professional Nurse)
- 28 September- Abigail Buthelezi (Food service aid)
- 30 September- Bongumusa Mkhize (Ward Clerk)



## Your health



- **Get a flat stomach.**

Do you want a flat stomach? Try this exercise. Get a belt and fasten it around your stomach. Go down on all fours with your hands beneath your shoulders and your knees beneath your hips. Relax your stomach muscles and keep your back straight. Now contract your tummy muscles so there's a gap between your stomach and the belt itself. Hold for 30 seconds, repeat for five times.

- **The odd sweet treat.**

If you are on a healthy eating plan because you want to loose weight, don't make the mistake of denying yourself a small indulgence now and then. If you do, your diet is 83 percent more likely to fail. Rather than avoiding treats completely, have one once a week, but choose it wisely. Have dark chocolate than milk chocolate or choose a mini doughnut instead of a regular size one.

- **Vitamin A for acne**

If you suffer from acne or regular breakouts, make sure you get enough vitamin A as it reduces the production of sebum- the white fatty substance found in your pores. Good food sources include red fruits and veggies such as carrots, melons and tomatoes.

- **Walk for exercise.**

It's inexpensive, easy and you can do it anywhere. Brisk walking burns 800 kilojoules in just 30 minutes. And if you include hills in your routine, you'll burn even more kilojoules.

- **Eggs are good for your bones.**

Eggs are one of the few natural food sources of vitamin D, which is essential for calcium absorption and for keeping your bones strong.

- **Mushrooms help beat flu.**

Mushrooms can help you fight the flu. American scientists say, because it combats infections and viruses & boosts your immune system it can help you fight the flu. Another previous Chinese

study also showed that women who ate mushrooms daily reduced their risk of breast cancer by two-thirds.

▪ **Sing away your stress.**

Are you having a hard time with stress? Then sing! It brings down your stress levels, which in turn boosts the immune system. And singing in a group is even more beneficial.

**Did you know?**

- 56% of South African women are either overweight or obese, according to the medical research council.
- 20% of the nursing posts in South Africa are empty.
- A simple cup of coffee could make all the difference between a painful and a pain free workout. US scientists say caffeine can take the anguish out of a gruelling session at the gym as it blocks the receptors that make your brain aware of muscle strain.
- Women who sleep for five or fewer hours per night are 15 per cent more likely to become obese than women who sleep for seven hours or more.
- 5 litre of blood- That's what your heart pumps every minute.
- Teenagers who follow a vegetarian diet are more likely than other teens to suffer from an eating disorder.





## A thousand words in a picture



1. FIO, Nathi Mbatha with gorgeous ladies ( UYABANGENA)!!
2. Igeza Lensizwa. Sphiwe Zulu
3. Sr. Dumakude at Emxhakeni Primary School.
4. One of the pregnant victims at the Disaster Management Drill.
5. Candle light Memorial Day.
6. Netball player- Mpume Ngidi
7. Disaster Management Drill.
8. TB door to door campaign.
9. Netball match at Ulundi.