



HEALTH
KwaZulu-Natal

2010 THE YEAR OF OPPORTUNITIES

NIEMAIL

Niemeyer Memorial Hospital



April-June 2010
Edition 2 of 2010

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28 Kantoor Street, Utrecht, 2980

Tel: 034 331 3011

VISITING HOURS

Ekuseni Morning – 10h30-11h30

Emini Afternoon – 15h00- 16h00

Ebusuku Evening – 18h00-19h00.



Bravo! Bravo!

2010 THE YEAR OF OPPORTUNITIES

1

June 24, 2010

Niemeyer Memorial Hospital celebrates excellence and long service awards

On the 24th of June 2010 Niemeyer Memorial Hospital took the time and effort to show appreciation to the employees who contribute a great deal of dedication and provide excellent service delivery within the department.



Mrs VT Zulu



Motivational speaker: Mr Mlotshwa Mrs H Khanyi and Mr N Jiyane(programme director)



Ms. M Sithole



Mr N Msthal



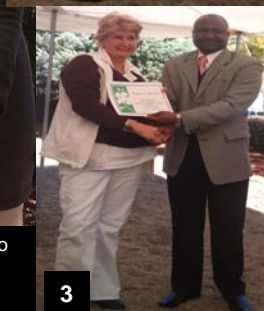
Ms S Mngadi says goodbye her staff who both served 30 years:



1



2



3

1. Mr D Sikhosana

2. Mr B Khulu

3. Mrs H Fourie

In addition to giving thanks and showing appreciation, this function was a joint venture to say farewell to Buthelezi AM and Kubheka BW who both served 30 years in the public service. On behalf of Management and employees of Niemeyer Memorial Hospital we wish you a happy and peaceful retirement. May the Lord



Bravo! Bravo!

2010 THE YEAR OF OPPORTUNITIES **2**

June 24, 2010

Niemeyer Memorial Hospital celebrates excellence and long service awards

Congratulations to all our winners

- Best Professional Nurse : SC Jiyane
- Best Enrolled Nurse : VD Ntuli
- Best Enrolled Nursing Assistant : BS Khumalo
- Best Clinical Orderly : HM Fourie
- Best Doctor in the medical Category : Dr Nkosi
- Best Employee in the admin category : D Sikhosana
- Best Employee in Finance and Systems : N Mtshali
- Best employee in support Services : B Khulu
- Best Employee in the PMTCT department : N Nkosi

Long Service Awards

20 years:

- Bester R
- De wet T
- Hlatshwayo TP
- Hlatshwayo NA
- Mvulane GJ
- Mbatha J
- Mabuza ME
- Mthembu SR
- Mbatha PN
- Nzuzi PN
- Ngema NH
- Sithole RM
- Zigode MB
- Zulu VT

30 Years

- Buthelezi AM
- Kubheka BW
- Rikhotso SE

40 Years

- Madonsela SC

EAP

PROGRAMMES

- Family Problems
- Marital Problems
- Financial Problems
- Alcohol and drug problems
- Legal issues
- Job stress/burnout
- Work related conflict

1..Mrs Bester received the floating management trophy. On behalf of the Finance Department

2. Mrs Nkosi received two trophy on behalf of the PHC Department for best department and best measles and polio campaign in the district presented by The Amajuba district.





Pink Drive Efforts

2010 THE YEAR OF OPPORTUNITIES

3

May 20, 2010

Beating Breast Cancer

Pink drives offers a helping : Education, Prevention and Early Detection



The Famous pink drive truck



The symbolic ribbon which can be worn in support of breast cancer

The Pink Drive which is a breast cancer awareness campaign had its national launch at Madadeni Provincial Hospital.

Niemeyer Memorial was amongst other hospitals taking part in this touching campaign which served as a purpose to increase breast cancer awareness and provide free screening to the community and participants,

The pink drive is a campaign behind cancer awareness, which is operated within two twin pink trucks, which assist in providing screening services and increasing the awareness of breast cancer in different locations and communities around the country, targeting rural areas.

The screening services for breast cancer are insufficient and the distant at which the client has to travel to access the service are intolerable, this is as a result to the limit of technology access as there are only 8 mammography units within KwaZulu Natal.

Therefore these trucks are meant to provide screening services to individuals such as free mammograms, education, awareness and testimony sessions from survivors of this heartbreaking disease, the above provides hope and strength to individuals who need support, in all areas including those areas less fortunate areas.

Men and ladies in pink T-Shirts cheering, show casing posters and sounding vuvuzelalalas. The event was attended and had the support of not the only the community but some very important people , MEC of health for Kwazulu Natal Dr. S M Dhlomo and the mayor Mr. A Rhexman, Mrs. Naidoo from Head office corporate communications officer, CMF and Journey of hope all came from far and wide to witness this day ,you took the time off their busy schedules to showcase their support and concerns of breast cancer.

Breast cancer is a leading cancer faced by South African women one in 29 women are diagnosed yearly.

It start with a lump of tissue in the breast which can be detected through self physical examination.

Other ways in which breast cancer can be detected is through the change of breast size, skin dimpling and sometimes nipple discharge.

Facts taken from CANSA

Continued on pg4...



Pink Drive Efforts

2010 THE YEAR OF OPPORTUNITIES

4

May 20, 2010

Beating Breast Cancer

Pink drives offers a helping : Education, Prevention and

The day was also a flagship event including other departments such as agriculture and education. Individuals also had the chance to be educated on HIV/AIDS, STIs, and the importance of hand washing which was sponsored by Dettol. Journey of hope which is an organisation who supports breast cancer with a different approach they ride motor cycles sponsored by Harley Davids, they ride across the country with a message of support to individuals suffering form breast cancer, the message is clear **25 survivors, 1 journey, 1 goal, bringing hope**. The ladies whom attended this day are breast cancer survivor themselves all the from Johannesburg, and chat with these ladies, one can immediately sense their passion and dedication with charismatic personalities it ensures hope and faith for those directly and in directly affected.



Awaiting screening

Participants



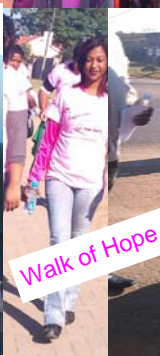
Journey of Hope & K.Naidoo



Niemeyer staff show their support



Hand washing



Walk of Hope



Guests of Honour
MEC: Dr S. Dhlomo & Mayor A Reheman



Journey of hope



Supporters

Breast Cancer Facts

Breast cancer is screened using high tech equipment called a mammogram which takes a x-ray of the breast tissue. This detects early detection and diagnosis breast cancer.

Unfortunately there are only 8 mammograms which are available within Kwa-Zulu Natal, making screening procedures difficult and scares. Which assists to detect breast cancer at an early stage.

Breast cancer is curable, if detected early and through chemotherapy treatment. Breast Cancer awareness month is coming up in August so please ensure you play your part as a South African, show your support, care and love to all those affected by breast cancer. They need our support because all together we can provide them with support and help to over come this disease.



Vitamin A campaign

2010 THE YEAR OF OPPORTUNITIES

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May 14, 2010

The KwaZulu-Natal Department of health required all hospitals to participate in a campaign held in June 2010. The purpose of the campaign was to provide vitamin A drops to all kids in the province. As the dedicated and eager staff of the mobile clinic set out to various schools and stop points, wearing bright yellow vests with one bold message visible to the communities and public. This campaign was combined with free an accessible education about the purpose of the campaign as well as free HIV counselling and testing for community members.

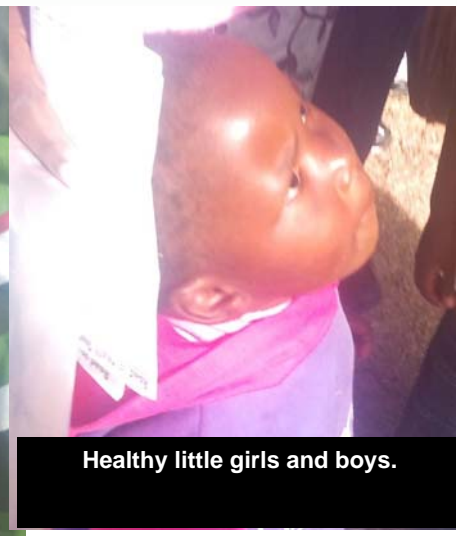
Little children were accompanied by their grandparents, parents and guardians came in by



Kids awaiting in line to



Open wide! What a good boy!



Healthy little girls and boys.

NIEMEYER HIV/AIDS Update

VCT (voluntary counseling and testing) has now been changed to HCT (HIV counseling and testing) which is a departmental approach. A campaign was recently held to launch the HCT campaign at Emadlangeni Sub District., which included schools and communities within the district.

The campaign was also held to increase the awareness of male medical circumcision and to encourage individuals to assess the personal risk of HIV infection. The HCT programme includes HIV/AIDS testing, issues such as domestic violence and sexual assault, to facilitate PEP (post exposure prophylaxis) screening purposes, individuals who are apart of PMTCT (Mentor Mothers) and those who are pregnant.



Youth Day 16 June

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OPPORTUNITIES

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June 16, 2010



They died in the struggle and paved the way for the youth of South Africa. We are able to have a right to education, the right to choose what interests us at schools for example the choices of schools and subjects. We now can attend tertiary education and better our selves with equal access, equal opportunities and equal rights. Our future is in our hands, our choices affect our futures therefore the right choices and education as well as opportunities are up to us and how we excel.

Youth day is one of the most important public holidays in the republic of South Africa. Its held in memory and commemoration of the day that young black students took a stand in the apartheid years. Students from all over Soweto in Gauteng assembled at various points where approximately 20 000 scholars marched. to pledge their solidarity, A moment of an epiphany soon became a violent outbreak. Between police and scholars, indulging in bullets, tear gas, stones, fire and bottles.

But soon it would be over and a new generation was born, a generation with rights, freedom of speech, education and a sense of self. This day will never be forgotten as students paved the way and gave strength to themselves, their parents and all South Africans living under the harsh times of apartheid,.





Nurses Day 2010

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May 14, 2010

A celebration to remember,

in partnership with the department of health and Denosa

Nurses gathered proudly in full uniform as they blessed Madadeni Hospital with their presence to celebrate International Nurses Day 2010. As this is the day they are recognized as the VIPS (Very Important People) They are, they were also commemorated for their hard work and dedication.

“Delivering Quality, Serving Communities: Nurses leading chronic care” this was the motivation behind the day.

As music filled the air with joyful melodies Ms Vukile Mavundla (CEO of Newcastle Provincial Hospital) got the crowd eager as she opened the day with her charismatic personality as program director. Pastor S. Ntombela blessed the ceremony with an opening prayer.

Mrs Mamosa Tshabalala;(acting district manager of Amajuba Health District)welcomed and acknowledged guests with hearty words of wisdom and appreciation to nurses. As she referred to our Nurses as soldiers who care for the communities and the back bone of service delivery.

Guests included, Denosa officials, Ms K Ndlovu from head office, Dr L. Nkonzo-Mthembu, Pastor S. Ntombela, Amajuba district office team and of cause the nurses, sisters and matrons who made the day possible.

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The day was filled with entertainment by talented locals who came to show appreciation and gratitude. The Madadeni Hospital choir showcased their harmonized voices and rhythmic moves, blessed with strong yet harmonised tunes had nurses tapping their feet while others joined to the melodies and sung. Khanyisa and Mbongeni performed a traditional song and dance; two young, ambitious and gifted individuals who chose nursing as their careers to help communities and the sick. A beloved and motivational poem was also performed.



Khanyisa and Mbongeni



Niemeyer Staff:

Sr L. Lynch



Dr L. Nkonzo-Mthembu and K. Ndlovu

Aids Update

Prevent The Spread of HIV/AIDS

A- Absence

B- Be faithful

C-Condomise

Batho Pele





Nurses Day 2010

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May 14, 2010

Nurses day 2010 cont...

Nurses were thanked and counselled about services accessible within institutions to support nurses. Although it is a rewarding job it can be stressful and demanding, these services include EAP's (Employee Assistant Programmes). Counselling was identified as an essential component for support to ensure productivity. It was advised that nurses take care of themselves and patients, to empower what they do best. Awards such as Celia Makiwane are rewarded to ensure the above.

This memorial day ended off with a symbolic Candle Light Ceremony where nurses recited the nurses pledge which is taken when they graduated. The day ended up with a delicious lunch and gift giving for each nurse.



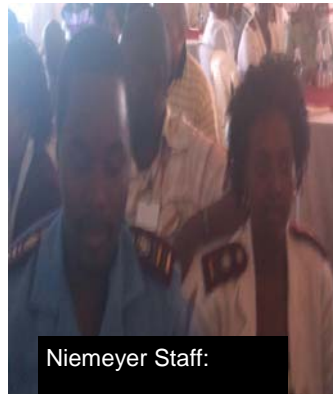
Madadeni Choir showcases their amazing talent



Ms K Ndlovo



Fellow Nurses giving praise.



Niemeyer Staff:

Sir M. Dlamini

Sr M. Dumakude



Ms Mavundla





Editors Corner

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May 14, 2010

Editors Note:



My name is Vericia Tamlynn Abrahams, I have joined Niemeyer Hospital as the newly appointed Public Relations Intern. It is a pleasure to bring you this news letter to update the hospital with news, trends, events and awareness on certain issues affecting the hospital, staff and the community.

As I am an intern I am here to learn as well as apply my knowledge to the institution if you have any requests, queries, suggestions and complaints all are welcome as this is your news letter and its here to ensure you are updated with regular activities in and around Niemeyer Memorial Hospital.

I sure hope you enjoy this edition as there is more to come...

VERICIA :)

Did you know?

Cherries can cure gout , they contain compounds that can reduce the chemicals that cause joint inflammation.

Sniffing a lemon could help you beat asthma, studies in rats found that by breathing in limonene which is the chemical that gives lemons there smell improved breathing patterns

Garlic can cure mouth ulcers an verrucas veins; use half a clove of garlic, squeeze and apply a drop of the juice to the growth.

31 sesame seeds can lower blood pressure and contain protein and iron, try sprinkle a few on a



Have I not commanded you? Be strong and courages. Do not be terrified, do not be discouged, for the lord your God will be with you wherever you go'

Joshua 1:9



Staff Relations

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Farewell to our CEO



We would like to say Farewell to our former Hospital Manager of Niemeyer Memorial Hospital Mrs HSL Khanyi. She is now the newly appointed Nursing Manger at CJM hospital. We would like to wish her Good luck in all her future endeavors. We would also like to thank her for all her hard work, dedication and support.

Dr T Mayise will be acting as Hospital Manager until further notice.

We would like to welcome the following newly appointed staff:

ZN Cebekhulu (Pharmacist Assistant)

Z Dube (Dietician)

We would also like to say farewell to the following staff members:

Dr Yende

SQ Khanyile

S. Buthelezi

H Kubheka

GSN Zwane