



HEALTH
KwaZulu-Natal



NIEMEYER MEMORIAL HOSPITAL

NieMail

JULY—SEPTEMBER 2010

Issue 3

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*Beating the drum towards excellent
service delivery*





REMEMBER YOUR ROOTS

Niemeyer
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September 24, 2010

A Heritage Day Celebration

On the 24th September, Heritage day is celebrated through out South Africa, highlighting diversity and tradition. This day is held in memory of traditional cultures and origins in South Africa.

On the 23rd September 2010 Niemeyer Memorial Hospital took the opportunity to showcase what it means to be proudly South African. The staff celebrated in style. This sort of event was held for the first time at the hospital. It was a different day indeed as staff entered the premises dressed to impress in full traditional gear ranging from Bheshus, isidwaba, isishweshwe and saries. The nurses residence being the venue was transformed into a beautiful decorated hall resembling, culture, elegance and roots in a traditional sense.

The event planned by the P.R.O intern and events planning committee was intended to acknowledge the workers and the highlight the different cultures in the institutions.

Chief Human Resource Officer Mrs. V.T Zulu opened in prayer and Mr N Jiyane addressed the audience about the purpose of the day. Mr B Khulu was the programme director.

The new Niemeyer Memorial Hospital choir braced the audience with cheerful and rhythmic songs.

The feast consisted of traditional mouth watering menu, including Ulimi, usu, dumplings, ujeqe, meats, inhloko and much more.

The day could not be possible without the support from the dedicated events planning team and the staff of NMH.

The day could not be a success without the events planning committee.

A special thanks to the support of the events planning committee

NS NGCOBO, Z DUBE, P SIMELANI, V ABRAHAMS, S MNGADI, Z NGOZO, Sr. MASANE

As well as the Support group who helped with the cooking of the delicious cuisines.

Continued on pg2...



REMEMBER YOUR ROOTS

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September 24, 2010

REMEMER YOUR ROOTS...A STORY WITH





REMEMBER YOUR ROOTS

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September 24, 2010

REMEMBER YOUR ROOTS...A STORY WITH





SCHOOLS GET SPECIAL VISITS

Niemeyer
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August 2010

Compassion By Mobile Clinics

August 2010 IS recognised as national school month. Schools from all over Utrecht were given a visit by Niemeyer memorial mobile clinics. These schools were given vital health awareness about hygiene and hand washing. Based on individual assessments, pupils were given free professional advice. Vaccines were also given, as well as food parcels.

The police department was there to assist learners about their job descriptions, Rape, crime in South Africa, and important help line numbers if ever learners needed help.

This day could not be possible without the dedicated mobile clinic staff, who are always willing to beat the drum for excellent service delivery.



SR. Dumakude assessing pupils



Policemen at work...



SR. Khubeka and Nidema





Breast Feeding Benefits

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August 2010

Breast Feeding Week



Training in Practice

Niemeyer Memorial Hospital is proud to be associated as a Baby Friendly Hospital, and will keep providing the support of breast feeding babies.



Dietician: Z. Dube, SR.S. Mayise

The 1st –7th of August 2010 is known to be breast feeding week. Niemeyer Memorial Hospital hosted a 20 hour educational training intended for all staff members to increase the awareness of BREAST FEEDING. The training was initiated by the hospital's Dietician Zinhle Dube, Sister Mkhize the operational manager of maternity and Sister GN Nkosi Operational manager of PHC.

The training was complex and informative exploring various topics from communication, advantages of different methods of feeding, nutrition aspects, recommendations for HIV positive mothers during breast feeding, crucial 10 steps to exclusive breast feeding and requirements from the department of health..

Students were not only exposed to theoretical knowledge but practical training was provided. A pre and post test was developed to analyse the effectiveness of the campaign. Before the end to the campaign students got the chance to disseminate acquired knowledge in the maternity wards for lactating mothers about the correct ways of breast feeding. The mothers were eager to learn and practice the knowledge they received.

Methods of Breast Feeding





Back Week 2010

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September 2010

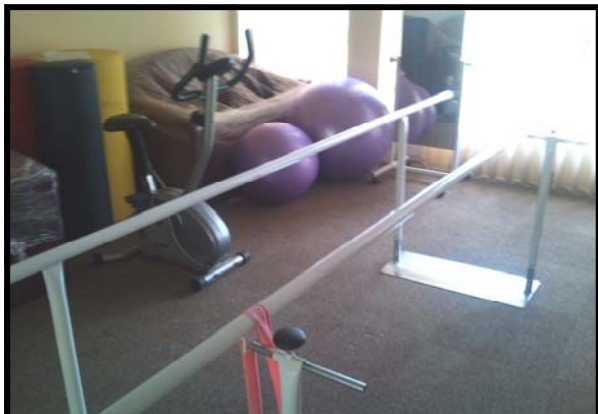
Keep your back strong and in tact

Back week commenced from the 6th to the 12th of September. This gave the staff of NMH a chance to see the new physiotherapy department and learn some much needed awareness of the importance of a healthy back.

Staff and patients were given an in depth analysis of the spine elements and advise on how to maintain a healthy back, during exercise, when at work, or cleaning the house.



Physiotherapist: Mr K Qwabe



Look after your busy body

- ◆ Stay active for 30 minutes of daily exercise
- ◆ Choose a exercise program suitable for you
- ◆ Do not over train-monitor intensity, frequency and duration of exercise.
- ◆ Warm up, cool down and allow adequate recovery.
- ◆ Stretch correctly and regularly
- ◆ Train and maintain your core and postural muscles
- ◆ Use the correct shoes and sporting equipment
- ◆ See your physiotherapist if you experience any discomfort what so ever.
- ◆ Set attainable goals in your program
- ◆ Enjoy your exercise, it's the pathway to good health

*Consult your physiotherapist
for advice and assistance.*

Pictures: Our **New** Physiotherapy department



Pharmacy Week

Niemeyer
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September 2010

Ask your Pharmacy

BUZA USOKHEMISI WAKHO

VRA JOU APTEEK

ASK YOUR PHARMACIST

Your pharmacist cares for health. Together we can beat the drum for service delivery and improve the quality throughout the country.

Theme: Your Pharmacy holds the key to your health. Pharmacy week was held between the 6th-12th of September 2010.

When one feels sick medication assist us with the recovering process and plays an important role in maintaining a healthy lifestyle.

Pharmacy week is held, to express and inform the public about the importance of medication and pharmacists. Additional information such as correct storage, dosages, disposal and the responsibility that is required when taking medication

Pharmacists play an important role in our lives as well as contribute a great deal of value to the Department of Health, as they advise individuals on healthy choices and how to use medication appropriately.

Meet our Pharmacy team



Mr. N. Nkomentaba : Assistant Manager



Mr. A Ndlovu : Senior Pharmacist



Mr. M. Jadwat : Comm serv. Pharmacist



1. Z. Cebekhulu
2. S. Mhlongo
Pharmacist Assistants





Staff Relations

Niemeyer
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August 2010

Keeping you up to date

Recently Niemeyer Memorial Hospital bid farewell to the mentor mothers in PMTCT

We would like to you the best of luck with future endeavours.



Transferred in:

MP Gebashe (OM VCT)
C Bowler (Comm serv nurse)
AN Mbatha(Comm serv nurse)
AZ Ndlovu (Pharmacist)
B Makhize (LAB)
S Gumede(Datat capturing)
L. Dlamini(Mentor Mother)
B. NsibandeMentor Mother)
N.Bophela(Mentor Mother)
N. Sibiya(Mentor Mother)
B.Mkhize (Lab Assistant)



Transferred out

ZM NGEMA
Z Khan
C Z Mthembu
PWT Nkosi



Deaths:

In loving memory

Mrs HC Fourie
NMH offers our condolences
and support to the Fourie fam-
ily.



Staff Relations

Niemeyer memorial hospital 8

September 2010

Keeping you up to date

NMH Soccer team recently visited RAND WATER in Johannesburg to play a friendly match and showcase their talent.



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Niemeyer Memorial Hospital Recently opened their own Labourity facilities in collaboration with National Health Labourities services.

We would like to welcome Ms. B Mkhize who will be working in the new LAB



1. The arrival
2. Players in uniform, looking professional
3. Practicing hard
- 4&5 . Team building



Editors note

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September 2010

Keeping you up to date

*I*ts spring time again, all new life

starts, a fresh breath of air and season begins. Its time to take charge of you life.

Its time to kick back the blankets, swap your snug boots for sandals and soups for ice cream.

Lets give each other the strength by inspiring each other with a smile and politeness.

Ways to lift your spirit:

Drink lots of water(6-8 glasses)

Get those fitness levels up, exercise is important and it increases the feel good factor, if exercise is not your thing take a long brisk walk and enjoy the fresh air.

Change of style: Do something different with your hair, reach a goal that could not reach before, buy your self something nice after all you work hard for your money, therefore treat yourself, have a revitalising candlelight bath , read and don't forget no matter the adversities we face in every day life try and find the lesson life is trying to show you. Enjoy life, you only live once, make the most of it.

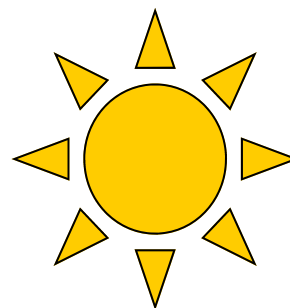


*F*ully

*R*ely

*O*n

*G*od



Commit to the Lord

whatever you do and your

plans will succeed

Prov. 16:3

Your comments and suggestions are welcome, your feedback is important to us. Please contact the PRO Intern Miss V Abrahams if you have any queries or in puts for our newsletter.

034 331 3011