

Usindiso

An official newsletter of Osindisweni Hospital

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Silwa Nezifo, Silwa Nobubha, Sinika Ithemba

"Go and complain to the Public Relations Officer, I'm not afraid and I don't care", says the particular staff. This kind of attitude is not acceptable more especially when courtesy and pledging for Ubuntu is emphasized in the implementation of the Batho Principle. In spite of my presentations conducted, pamphlets and posters displayed in all departments regarding how to handle the complaints people choose not to follow the proper mechanisms in handling and addressing the complaints. First a complaint should be addressed by the in-charge of that particular department/section /ward and if failing to resolve then it can be referred to the PRO.

Given the essence of the discipline, it is somewhat ironic that people count the public relations officer's duties among the most misunderstood and undervalued functions, this is unfortunate, we should work together for the benefits of our patients or strive to have an altruistic personality.

Why people stop caring, what about this attitude problem? A particular staff, transferred from a certain institution once told me that she want to be part of the institution that encourages and motivate staff to bring their gift to work and be fully alive, I asked her to expatiate on this and she told me that for people to develop a good attitude, care more about the patient and each other, they want to be appreciated, engaged, motivated and feel proud of their contributions as each of us ache to know the work we do. It is important that supervisors, managers let the people around them realize that they are important by setting them free; people should be free to use their own creativity to get the results desired. Free to do splendid work and get splendid solutions, free to fail, because making mistakes is part of getting to success.

Whisper in the deep



Public Relations Officer

I was so touched by what this staff member told me and decided to share it with you and also wish for your views not only about this but anything that you want to share with your colleagues. Your written views or stories that you want to be published in this Newsletter can be forwarded/ e-mailed to the Public Relations Officer.

Make Osindisweni Hospital to continue to lets its staff to bring their gifts to work and be fully alive, a hospital that heals both physically and spiritually, by striving to maintain human dignity amongst staff and patients alike

Time passed too just
Time passed too fast. Time is lot like an air plane, flying by too fast. Don't blink. Before you know it you'll be gone, passed away, off living all earthly things. Time's like that, slip through our fingers like grains of sand. Give your best at work. Go the extra mile in all you do. Speak truthfully. Have Ubuntu, live with honor and have some fun; because one day, your time will run out.

FIGHTING THE HIV/AIDS SCOURGE

HIV Counseling and TESTING (HCT) concept is RSA President Mr. J.G Zuma's brain child that has gained enormous support from our National MEC for health along with many none governmental/ organisations and public in general. The motor is to motivate and encourage as many South Africans as possible to consider HIV testing as the most critical issue in their lives. Projected Nation target is 15 million people to get tested through HCT Campaign. The earlier one knows about his or her HIV status the better irrespective of the test results thereof. Early diagnosis will translate to prompt medical care i.e. ARVs if tested positive. Prevention remains the key element for better health i.e. if positive prevent others from acquiring new and sometimes complicated virus, if negative you prevent yourself from getting HIV cross all modes of transmission.

It is now an open secrete that HIV prevalence is high amongst youthful South African and most of them are still at school. Most reported STI and pregnancy cases also falls within this particular group.

The team visited school within the borders of Osindisweni Hospital catchments area. We gave learners basic information on HIV and AIDS and afforded them an opportunity to ask questions relevant to the subject. The moral was to educate, motivate and diffuse or allay fears about HIV. The emphasis was on the benefits of knowing your HIV status early. Consent forms were given to learners for them their parents to grant permission for their children to participate in the campaign.

_The campaign started from July 2010 with full roll out.

The actual testing was conducted for each school.

The HCT team comprised of two Professional Nurses; two Lay Counselors two District Site Mentor and one Public Relations Officer

THE HCT CAMPAIGN IN PICTURES



"You can live long by taking care of yourself"



"Protect yourself from HIV"



"Stay negative"



"Your BP is normal "



"Continue with the good work (ntomazana) "



"you have done the right thing"



"You are negative, have positive attitude."



"Sizothatha igazi manje"



PRO INTERNS IN PRACTICE



I am Miss Nomathemba (Noma) Matanda I come from Thekwini FET College Springfield Campus. I finished my studies in November 2009;

I am currently doing my in-service training in the Public Relations Department for 18 months.

I am proud for being part of Public Relations Department. I'm gaining a lot of experience through Mr. E. M Mthimkhulu my mentor and Miss Biyela's (intern) helpful hands. They treat me like their sister and they are providing me with the assistance. Each and every day I learn something new related to public Relations.

I am learning to do things on my own such as handling complaints, updating files, updating notice board, organizing and many more. I hope I am going to have a wonderful and fruitful stay as well as obtaining valuable experience that I deserve as a PRO.

Thank you very much for giving me this opportunity to broaden my mind and doing practice at Osindisweni Hospital I really enjoy to be here. May God bless you for your kindness.



Introducing, the young dashing intern, in our Usindiso newsletter has to be one of the most unique. Meet Zamabiyela Prosperity Biyela, the Public Relations Officer intern. She hails from Appelsboch Hospital where she completed experiential training. Zama is very versatile, motivated and very eager to add on her experience already gained from the

health sector. She believes in the application of responsibility, she is the breadwinner in her family and she at first like her friends encountered difficulty in finding a job "High unemployment is a reality in South Africa today. But every unemployed person has a responsibility to do everything possible to get a job: To keep looking, develop skills, get qualifications etc" says Zama. According to her everyone has a responsibility to work hard and, wherever possible, take responsibility for those in our care. "I, as young as I am, had many challenges and temptations but overcome them in order to become a responsible person, say Zama. She is happy here at Osindisweni as she is given an opportunity to learn, apply her knowledge and also make mistakes to better her in the Public Relations field.

UTHANDO HOME CARE- GIVERS OF OSINDISWENI

Singamavolontiya e-Non Profit Organisation (NPO) Registration No. 060-121, sisebenzisana kakhulu nesibhedlela sasoSindisweni.

Sisiza abagulalela emakhaya ngezinhlobo zonke zezifo ikakhulukazi lezi ezingalapheki kalula njenge HIV/ AIDS, TB, Cancer nestroke naso sesande kakhulu. Uma sifica ogulayo ebambeke kakhulu siyamgeza simhambise esibhedlela. Sifundise nomndeni ukumnakekela noma esebuyile siyalandela nokuthi amaphilisi uwadla ngendlela efanele. Siphinde sibheke nokuthi ukudla unako yini ngoba abaningi sithola bengenakho ngenxa yokuthakasa umsebenzi. Siyahamba siyobika kuma social worker nodokotela sibacelela nezimpesheni zesikhashana. Uma sebengcono siyabakhuthaza ngokutshala izingadi zamaveji, nokufundisa imisebenzi yezandla ukuze badayise bakwazi ukuzondla.

Sibuye sisize amaclient ethu ngecounselling ngoba nanosizi oluningi abanye bayashona bashiye izingane

nogogo, siwenza wonke umsebenzi othinta iwelfare ne Home Affairs mayelana nabanganama ID nezitifiketi. Asigcini lapho sibuye sizithathe lezingane ezikhulile sizifundise Imidlalo enhlobonhlobo. Ezinye sesizitholele ijezi lebhola ngoba ngalokho sizinika umfutho zithande ukudlala njalo nomculo ukhona ziyadansa.

Sibonge kakhulu isibhedlela sendawo Osindisweni, saxoxisana nomxhumanisi womphakathi, PRO Mr. Mthimkhulu wasifunela ihhovisi ngaphakathi esibhedlela. Umsebenzi wethu usulula kakhulu manje, lesi sibhedlela sisixhasa ngesinto eziningi ngingabala izimpahla zokugqoka esizinika abaswele.

IDistrict Office isisiza kakhulu ngokusinika izinsiza kusebenza njenge kit enamanappies namacondoms and gloves nokunye kweziguli zethu.

Sicela usizo noma ikuphi nakuhulumeni, singakwenza konke uma sibambisene. Mrs. R F Mathunjwa
UMphathi wama care givers
084851353



**SIYABONGA KUMAVOLONTIYA OTHANDO HOME- CARES GIVERS NGOMSEBENZI
OMUHLE OKUWASHA AMAWINDI ESIBHEDLELA SETHU, AMAWINDI
ETHU AYABENYEZELA MANJE!**

Osindisweni Nutrition Service



Osindisweni General Hospital offers a nutrition service to the patients in the form of the Dietetics Department which currently consists of one permanent dietitian. Patients are referred by doctors and nurses from the various out-patient departments and wards of the hospital. Once they are referred, patients are assessed, treated accordingly and given follow-up appointments if necessary.

A patient's nutritional status is very important in determining the overall outcome of treatment, as it can influence their ability to fight disease. Nutrition therapy plays a very significant role in improving one's nutritional status and hence, can contribute to the optimal management of patients. The illnesses or conditions seen by the dietetics department include, among others:

- HIV/AIDS (on and not on ARV's) and Tuberculosis
- Malnutrition and severe weight loss in both adults and paediatrics
- Premature infants and severe malnutrition in children
- Obesity and chronic diseases of lifestyle including diabetes mellitus, cardiovascular disease, stroke, hypertension and hypercholesterolemia
- Liver and renal disease
- Burns
- Patients requiring artificial feeding e.g. via a nasogastric tube
- Gastrointestinal disorders such as lactose intolerance, irritable

bowel syndrome and acute/chronic gastroenteritis
The dietetics department also aids other health professionals in:

- Promotion and protection of breastfeeding
- Growth monitoring and promotion of children <5years
- Monitoring of Vitamin A administration to vulnerable groups

Nutrition therapy, after assessment, includes disease specific nutrition support and counseling/education as well as provision of available supplements for a specific period of time. Patients' nutritional status can thereby be improved allowing them to manage and even prevent conditions/illnesses and hence enhance their overall quality of life.



Chantal David
Dietician2.Osindisweni@kznhealth.gov.za
032 – 541 9355

IN PARTENERSHIP: NATHI TOWNSHIP



Members of IC Care

Ukuqala kwethu: siqale ngokubuka isimo esiphila ngaphansi kwaso siyingxenywe yomphakathi ehaqwe yizifo nokunye okuhlukumeza umzimba negqondo. Sabona ukuthi kunesidingo sokuthi sakhe umfelandawonye wobunye lapho sizonakekelana khona siphinde sihlomisane nangolwazi lokuzigcina siphilile.

Sigqugquzelwe ukuthi siyazazi ngokusixakile, lokho nje kukodwa kwasinika isibindi sokuthi simele izimpilo zethu sizigcine siphila, noma zikhona izifo singaziyekeleli, nabanye sibanakekele abaphila nezifo.


Umbono esinawo ngenhlangano ukuyibona ikhula ifinyelela kubo bonke abantu, besizakala enyameni, nasemphefumulweni abancane, nabadala emazingeni onke.

Sihlose ukuzibona sikwazi ukuphillisana noma sibuthaka, sibe nesakhiwo lapho sizokwazi ukuqhuba khona imisebenzi yethu yansuku zonke, sinakekelane siphinde sicijisane nangama khono okuzimela empilweni yomuntu ngomuntu.

Inselelo esibhekana nayo usuku nosuku eyokuhambelana emakhaya sibheka ukuthi umuntu nomuntu ogulayo uwadla ngendlela yini amaphilisi akhe, nokudla okudlayo, kanye nenhlanzeko lapho ehlala khona nokuthi uxhaso uyaluthola yini ekhaya emndenini wakhe.

Ukuma kwenhlangano kulele kuthina ngoba sinamaphupho afanayo, sonke enhlanganweni, noma singakabi nalutho lokusimamisa inhlangano, kodwa ukuhlanganyela kwethu ndawonye nsuku zonke kwenza umehluko ezimpilweni zethu siphile nasemoyen.

Okunye okusinika umdlandla wokuma siqine. Sibone umnyango wezenhlala kahle Kwazulu Natal usondela kithi njengenhlangano nezifundo zoqeqesho lokuzithuthukisa njengenhlangano nokuzenzela inzuzo, sifunde ukuzenzela izinto. Konke lokho kwasondela kithi ngokusebenzisana nosonhlalakahle base Phoenix oMbuso Mhlongo, Thoko Msomi kanye nabanye ozakwabo ningaphezi ukwenza okuhle kwabadingayo. Njengenhlangano siyacela kulabo abangakwazi ukulula isandla kithi, bakwenze lokho. Ukuze kubuye ithemba lokuphila ezimpilweni zabaningi. Sibonga nokusebenzisana nodadewethu uLewazo Sentana oqhamuka (CrossRoads International). Ukuba khona kwakhe eduze kwethu kusenza sibuke ikusasa ngeso eliqhakazile ume njalo.

Uma udinga ukuxhumana nathi thintana noLinda Sibiya: Cell: 076 944 9813 zikhathi zonke wamukelekile. 

“BE PROUD DON'T BE ASHAMED LIVE LONGER”

I'm Lewazo Santana; living with the virus for so many years has given me a chance to educate myself about the disease. I would like to encourage everybody who is living with the virus to be extra positive, in a way looking after yourself using condoms and make use of Health Care Centers near you. I have decided to help in starting support groups working with Social Development in Verulam. I work for Cross Roads International, and NGO that cares and shares love with people and children infected and affected with HIV/AIDS. God has done me a favor by working hand in hand with Oakford Clinic and Osindisweni Hospital. It make things easier do deliver fresh information about HIV/AIDS and Antiretroviral with the help of the two Health Care Centers. It's better to know your status in time than waiting till you attacked by opportunistic diseases.

Men and Women of Africa lets come together and speak out about our status, lets start support groups in Clinics, Churches, Hospitals and in our Communities by so doing we will help our beautiful continent to see the future of Free AIDS Generation.

*“Every knee shall bow and every tongue confesses that JESUS CHRIST IS LORD”.
Philippians 2:10, 11.*



Lewazo Santana



**If you need more information about counseling, sharing experience:
contact Lewazo: Cell: 079 727 0569
E-mail address:
lewazo@webmail.co.za.**



BATHO PELE IMPLEMENTATION: UKUPHATHWA KAHLE NANGENHLONIPHO



The doctors who work at Osindisweni Hospital have shown me unfailing love and care more than anyone I have known.

My battle with cancer and the pain that never goes anyway, I have been advised by these doctors not to give up the battle. In this painful life I thank God I have these doctors who help me. If it was not for the love that the doctors gave me I would not be able to live positively. God has chosen these doctors to be a blessing for helping those in need.

Shanitha Baldeo



Selokhu kwaba undab'zekwayo ezidlangalaleni zomphakathi ngezinsolo zokuthi isibhedlela sasoSindisweni kasikusingathi kahle ukuhlanzeka nokuhleleka kwezinto ezisetshenziswa esibhedlela. Kanjalo nokungabi seqophelweni elifanele lokulapha.

Zolo lokhu ngagula ngayolaliswa kulesisibhedlela ngibe ngazi kahle ngokuthunazeka kwalesisibhedlela kepha ngathi hhiha! Akunani ngoba ngangingenamali, ekuhlaleni kwami izinsuku ezine kulesisibhedlela engakubona nengakwenziwa, ngelashwa kwakwehlukile kakhulu kulokho engangide ngikuzwa ngalesisibhedlela. Igumbi lasesibhedlela engangilele kulo nezigulana ezinye ezimbili e-F.28 lalihlanzeke ngokugculisayo nezingubo esasilala ngazo ezazishintshwa emva kesikhathi esingakanani zazihlala zithaphuka iphunga lamakha okuhlanzeka. Abelaphi nabasizi babo babehlala bebeke imiqondo yabo ekwelapheni nokuhlenga. Bebewazi umsebenzi wabo ngaphandle kokuba belokhu belandelwa.

Kumanje ngiyathemba baningi abantu abangavumelana nami ngokuthi izinto ezimbi ezishiwo ngalesisibhedlela kazikho njenga namuhla. Kuyadumaza ukuthi ngokujwayelekile imvama yabantu inamiswa ububi kunobuhle.

Babiya Joseph Ntuli





IXOXWA NGEZITHOMBE



“We can play (no whisky drinking)”



“Wee sisi these children can play ”



“Sizodlala lapha”



“No LWOP ”



**“Stop TB” iyabulala kodwa iyalapheka
thatha Nursing Department**



“Say no to xenophobia”



**Woza uzodlala neSpain,
You will feel the pain**



Akukho propaganda lana“siyabangena”



“nizibambe ngakho bafana bami”



**Asigcini ngokuxilonga iziguli
“nebhola siyalixilonga”**

BENEFICIARY ELEMENT FOR GRATIS

Amavolontiya



“Siyabonga siyanconcoza ngosizo lwakho sisi”



“Nakhu esingakubonga ngakho”



“Sengathi kungaba isifundo nakwabanye lokhu”



“Ukunikela ngosizo okunganankokhelo kusho lukhulu ngawe”



**Toll Free Number
0800 005 133**

CONTACT NUMBERS

Osindisweni Hospital	: 032 541 9200
Oakford Clinic	: 032 541 0094
Public Relations Officer	: 032 541 9219
Impumelelo CCSDC	: 076 944 9813
Lewazo Santana	: 079 727 0569
Child line	: 0800 55 55
AIDS helpline	: 0800 012 322
Crime Stop	: 082 10111
Emergency	: 082 911

