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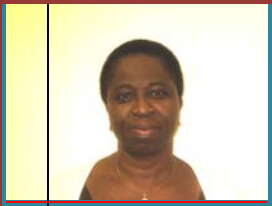
Department:  
Health  
PROVINCE OF KWAZULU-NATAL

## USINDISO NEWS

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Volume 8

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Mrs. NP Ngcobo  
Chief Executive Officer

An eventful year has passed and a new one has come. Welcoming the New Year, I wish that all managers and staff be blessed with good health and happiness. We have the experience to overcome any future difficulties with confidence. I am sure that we have the qualifications and capability to make successful and positive decisions. I take pride in what we have achieved together through the year 2013 and as much as in what each and every one of you have demonstrated and become. On behalf of management I would sincerely extend my gratitude. I acknowledge your tireless efforts and contribution, and give you deepest my appreciation.

Confronted with challenges at the start of our journey, we must never withdraw but display wisdom and courage. Forging ahead, along this winding path, you always exemplify persistence and perseverance through actions. 2013 was a challenging year, thank you for your effort, energy, resilience and commitment.

As we start 2014 with greater clarity, a greater determination to succeed and a renewed commitment to provide exceptional customer service, I ask just one thing from each of you-be better in your work, think creatively, efficiently and get the details right. Be better with our customers in how you prepare, how you communicate and how you add value in their care. Be better with your teammates in how your support each other, how you communicate and how you care about them as people and be better to yourself in yourself talk, in your personal expectations and your commitment to being all that you can be. You control how you approach your days in and out of the office. Commit to being better every day. Learn more. Be more responsive and resilient. Embrace change. True success can be defined by your ability to adapt to changing circumstances.

**K**ids Feeding Club [KFC] Was Established in May 2013 by employees from different departments at Osindisweni Hospital who were previously involved in charitable events.



Kids feeding club team making a difference.

The newly formed committee's main focus is to cater for the basic needs of all children within the Hospital.

The Committee is self-funded by its members and their families and will look for Greater Sponsorships as the needs of the organisation increase.

**The following are future activities of Kids Feeding Club [KFC]: Distribution of the following:**

**Kids Pack** - Consist of a Meal, Juice and a Fruit.

- This will be given after every alternate month [June, August, October and December] to All Children from the Outpatients Departments at the hospital.
- Children in the Ward Will Be Given Meals on a Daily Basis.
- Our future goal is to provide meals every month for all children at our hospital provided we have sufficient funds.

**Clothing Pack**-Consist of clothes that have been donated to KFC by Muhammad Hoosen Lockhart, Raveshnee Naidu and Sr DB Khuzwayo ( Osindisweni Hospital.)

- All clothes received are washed, ironed, packed and given to children on the event day according to their age.

**The New born Pack** - Consist of Five Pampers Diaper, One pack of Wet Wipes, One Blanket, and Two Bennett's

Bum Cream, Aqueous Cream, Three Sets of Clothes and a Toy.

- The First 5 Packs Has Been Sponsored By Sister Govender [Chairperson KFC] and Muhammad Hoosen Lockhart.
- This pack will only be issued to the severely under privileged infants.
- To qualify for this pack an assessment by a social worker is necessary.
- Only Five Packs will be made and issued per month.

**Special Events** -KFC will also provide meals and entertainment to all children at the hospital during special days.

Easter, Children's Day, Cerebral Palsy Week, Christmas etc

Christmas for our children at Osindisweni Hospital (Ixxowa ngezithombe)



All Children Were provided with Meal, Party Packs and Balloons.

## Circumcision a right way to go

Osindisweni Hospital in conjunction with the Nazareth Baptist Church conducted a successful Circumcision Campaign. The camp was well attended and the institution was assisted by the District Office Team and the NGO (MATCH). 59 people were circumcised. The circumcision was performed in a surgically clean setting by trained doctors and nurses. About 60 males were circumcised on that day. Campaigns are continuing every Thursdays in the institution and we are proud to announce that a Clinical Associate (Mr. Maphumulo) is a champion for our MMC.

### WHAT IS TRUE ABOUT MEDICAL MALE CIRCUMCISION

- *Sex is just good: MMC has no effect on sexual desire, performance or satisfaction.*
- *A circumcised penis is easier to keep clean.*
- *Medical circumcision reduces the risk of becoming HIV infected.*
- *A woman is less likely to get the STI linked to cervical cancer if her partner is medically circumcised.*





**Problems after circumcision are uncommon. Contact the doctor if:**

- *Normal urination doesn't resume within 12 hours of the circumcision*
- *There's persistent bleeding or redness around the tip of the penis*
  - *There's foul-smelling drainage from the tip of the penis*

*The plastic ring remains in place two weeks after the circumcision*





Mr BP Shoba

Labour Relations Practitioner

**Mthimkhulu (PRO):** What type of a job are you doing?

**Mr. BD Shoba (LRP)** I am a Senior Labour Relations Practitioner.

**PRO:** Enlighten us about your career thus far.

**Mr. BD Shoba (LRP)** I obtained my National Diploma in HRM at Mangosuthu University of Technology & Professional Certificate in Disciplinary Procedures in BMT College in Pretoria.

I have been working in HR Section for the past number of years in Port Shepstone Regional Hospital.

I started to specialize in Labour Relations in 2011 at UMkhanyakude District: Mseleni Hospital.

**PRO:** What drives you to come to work every day?

**Mr. BD Shoba (LRP)** I like working with people especially at helping them when they need help in all Labour Related Matters.

**PRO:** What are some challenges being experienced in your department.

**Mr. BD Shoba:** Some of Employees are failing to understand our role in Dispute Resolutions or in the Disciplining of staff. In fact Discipline is a Management function.

The employee has to understand that we are not Disciplining but we advise Managers and Supervisors.

**Introducing New Staff Members who has joined Osindisweni Hospital in the year 2014**



**G Van Wyk – Comm Serv  
Dietitian**



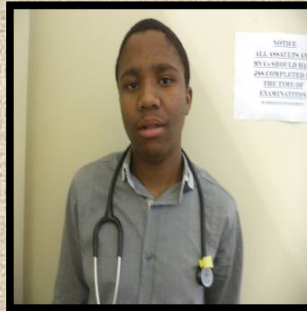
**G Phiri –  
Pharmacist Intern**



**SPS Ngobese- Comm Serv  
Professional Nurse**



**M Naidoo- Comm Serv-  
Radiographer**



**T Myeni  
Clinical Associate**



**V Mannilall  
Pharmacist**



**SG Gambushe  
Radiographer**



**ET Kruger –Comm Serv  
Medical Officer**



**NJ Ndlovu  
Pharmacist Intern**

## Community given Health Education on Diabetes

World diabetes awareness day is celebrated every year in November.

A group of health care professionals at Osindisweni District Hospital marked the day with a presentation to chronic patients. Miss C.Engelbrecht (dietician) Miss M. Hlongwane (Occ. Therapist), Mrs R. King (Pharmacist) and Miss T. Govender (Environmental Health Practitioner)

The presentation was done in both English and isiZulu.

The dietician explained what diabetes is and outlined dietary management of the disease.



The occupational therapist emphasized the importance of exercise and diabetic foot care in order to prevent wounds.

Educational pamphlets and diet plans were distributed.

About 50% of patients in MOPD on that day had diabetes. This reflects the prevalence of the disease in our community and the importance of continuing patient education.



The pharmacy manager outlined the drugs used for the treatment of diabetes, emphasizing the importance of compliance to treatment. Insulin therapy and administration techniques were explained.

The environmental health practitioner outlined waste management guidelines. Patients were taught to safely dispose of insulin syringes and lancets in plastic containers with sealable lids, such as empty cool drink bottles.

They were warned of the hazards of disposing syringes in normal waste and encouraged to bring the used syringes in sealable bottles back to the institution for safe disposal.







Miss B Nthole  
Quality Assurance Manager

**I am the Quality Assurance Manager appointed at this institution with effect from January 2014 from St Mary's Hospital. At the very outset I would like to let you in on what I am about: I am to ensure that Osindisweni Hospital services meets the clients expectations, ensure that the care rendered meets the expected standards. I co-ordinate the quality assurance programme and assists in formulating policies.**

**The experience that I bring to this institution is the ability to conduct NCS surveys, client satisfaction surveys and to assist units to develop quality improvement projects. I have to conduct Clinical and Nursing Audits, formulate reports and reporting on results. I have to assist on complaints management in the development of policies.**

## Wellness through sports

Sometimes, it's just a simple game. But often, a sport is much more than that. It's full of life lessons. It can teach you about failure, joy, and disappointment, at Osindisweni it is about maturity, teamwork, humility and selflessness. Osindisweni Hospital always participates in sports, internally and externally.

