

The official publication of Osindisweni Hospital 1st Quarter 2014



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MESSAGE FROM THE CHIEF EXECUTIVE OFFICER

The Chief Executive Officer, Mrs N.P Ngcobo is not only known for encouraging staff to strive for excellent performance in the workplace but also as a good leader and motivator. These are her responses to the questions asked about her everyday life at the Hospital environment.



Mrs N. P. Ngcobo
Chief Executive Officer

When you're getting ready to go to work every morning and you feel "I sure am excited about going to work today," undoubtedly you're involved in a great workplace.

When you know that the values of the hospital are ones you share and that your work is contributing to a long-term vision that's uplifting and meaningful, then you're part of a great workplace.

When you believe in your managers and see them doing what they say they will do, when you feel challenged to search for innovative ways to do things, and when you feel like you're constantly growing and developing, then you're part of a great workplace.

When you trust your colleagues and when you feel recognized for your contributions and involved in a spirited community, then you're part of a great workplace.

At its core a great workplace engages one's mind, emotions, and spirit in doing work that matters.

Managers directly affect the extent to which people feel connected to their workplace, and the work that they do. The staff satisfaction survey can reveal quite conclusively how positive they feel about what they are doing and the difference they are making (or not!).

We serve a large community and it is imperative that we continuously evaluate our impact. To measure the engagement of staff we use the Staff Satisfaction Survey, because we believe in a conducive environment for our staff members.

At the end of the day, we want people to feel positive and enthusiastic about their workplace and about the work that they perform.

Included in our survey are questions about feeling part of a team, taking pride in being part of an organization, commitment to the institution, clarity about expectations, feeling valued, belonging to a team, being productive, and having an impact in ones' environment.

THUMBS UP FOR OSINDISWENI!!!



Delegates observing Clinical Associates

On the 1st of April 2014 Osindisweni Hospital was visited by the high delegation from the United States of America who came to observe the progress of the Clinical Associates programme.

Clinical Associates training programme and the development of the new profession in South Africa is supported by an American International Health Alliance (AIHA) through the Twinning Center programme.

Osindisweni Hospital is one of the training sites for Clinical Associates and has produced three graduate Clinical Associates and mentors five students through a Clinical Manager, supported by other doctors in the institution.

The program was launched by the National Department of Health in South Africa in 2008 to increase the number of mid-level medical professionals in the workforce.



Hospital Choir entertained visitors

The Clinical Associates programme entails empowering students on how to perform clinical procedures, to assess and manage important emergency medical conditions and casualties. During their training, the students spend most of their time in district hospitals and are being placed under supervision of medical practitioners.

After completion they register with Medical and Dental Board of the Health and Professions Council of South Africa (HPCSA). The Clinical Associate's scope of practice is defined by the context and requirements of district hospital with particular focus on emergency care, skilled procedures and in-patient care.

The visit included the HOD and the delegation from the department of health, delegation from the Center for Disease Control and Prevention (CDC): SA, University of Pretoria, Walter Sisulu University and delegation from Professional Association of Clinical Associates in South Africa (PACASA).



American International Health Alliance
*Strengthening Health System Capacity through Volunteer-driven
Twining Partnerships and Initiatives since 1992*

PARTNERSHIP AGAINST DIABETES

If 2013 was a turning point for diabetes then 2014 is the year that Osindisweni Hospital in conjunction with partners PHISA and SASSA will continue to maintain momentum driving the Department of Health Diabetes Awareness Campaign. The awareness aims to curb the rise of diabetes in communities. 350 people attended the event and 60 of them were diagnosed with diabetes.

A number of activities conducted on the day were centred on the theme: "demanding immediate action around the diabetes epidemic"



A number of activities including Motivational talks by Igagasi FM celebrity DJ, Mr. Kini Shandu, who is also a Diabetes Activist, were part of the vibrant programme. This is now an annual campaign in Osindisweni Hospital aiming to ensure that the needs of all people affected by diabetes are met holistically.



DIABETES IS A COMMUNITY PROBLEM. LET US GET TESTED. GET TREATED.



Mr. Kini Shandu of Igagasi FM on his testimony had this say "It's common to feel overwhelmed, sad, or angry when you are living with a chronic disease such as diabetes.

Many people know **WHAT** to do to improve their health; it's figuring out **HOW** to do it and fit it into their daily routine that's challenging. For example, people know that being physically active can help them lose weight. But do they know how to take the necessary steps to become more physically active and keep it up over time?"





Managing Diabetes

“A persons’ blood always has some glucose in it because the body needs it for energy, but too much glucose in your blood is not good for your health.

- ✓ Eat a healthy well balanced diet.
- ✓ Get 30 to 60 minutes of physical activity.
- ✓ Stay at a healthy weight.
- ✓ Adhere to your treatment.
- ✓ Check your blood glucose as advised by your doctor.



To manage diabetes you need to make healthy food choices, this was what the Dietician told people





Other self-care actions:

Stop smoking. Ask for help to quit.

Seek Counselling if facing trouble or stressed

A mental health counsellor, support group, member of the clergy, friend or family member who will listen to your concerns may help you feel better.

Check your feet every day for cuts, blisters, red spots, and swelling. Call your health care team right away about any sores that do not go away.

Brush your teeth and floss every day to avoid problems with your mouth, teeth, or gums.

Report any changes in your eyesight to your doctor.

Get regular eye, kidneys, and nerves check-ups.

If you manage your diabetes you may have more energy.



THE PREGNANCY AWARENESS ON THE 4TH OF MARCH 2014 IN PICS





THE MAESTRO

Nicknamed Bentsotsi, Benson Mphi Masuku his full name, a middle fielder, jersey number 15, wearing Puma Jomo King & Adidas, his favourite PSL team is Orlando Pirates, his best player in the Pirates team is Oupa Manyisa and obviously his favourite TV programme is Super Sport.

Annually Osindisweni participates in Soccer and Netball tournament at EtheKwini District , last year 2013 this hospital was brilliant on the field of play and won a trophy . The best player in the tournament was selected and went to play in the Districts Tournament and that is where this player Masuku excelled and won the trophy as the best player in the Districts combined and we are proud of him as Osindisweni Hospital. The PRO had one on one with this lad ,the player of the season and this is what he had to say :

PRO :Congratulations,you won yourself a silver stunning Trophy for the best player of the year,tell us what this trophy means to you?

MM:I think it is for what I have done since i was a part of EtheKwini District team and performed very well.

PRO:How are things going so far, for you after being part of the District team?

MM: Not good enough because I am only training and not playing competitive games, due to time and the tightness of things .

PRO:How did you manage to remain focussed through the tournament?

MM:Discipline, taking motivation from the coach and respecting other players are

primarily important, and these three things helped me a lot throughout the tournament.

PRO:What inspires you to be the best soccer player?

MM : People around me such as team mates and the coaches, they believe that I have the talent and always encourage me to use it.

PRO:What challenges do you encounter as both the employee and as a player?

MM:Sometimes I do not get enough time for training as I have to put my work first.

PRO:Lastly,how can you inspire other employees to participate in soccer?

MM:They should participate in sports not just soccer,so as to leave healthy.

Pharmacist Assistant Training – SUCCESS STORY

Osindisweni Hospital Pharmacy & KZN PPHC

In 2012, the non-government organization KZN Progressive Primary Health Care approached Osindisweni Hospital Pharmacy to enter into an agreement to train pharmacy assistant learners.

Three learners arrived at the facility, with very little work experience, but the will to learn and to gain a better education.

Despite the increasing service demands and limited resources, the pharmacy manager Robyn King, and supervisors Raveshnee Naidoo and Krishel Naicker, committed themselves to tutoring and mentoring the aspiring Pharmacists.

All three successfully completed their study within the 12 month period and the facility has taken on another 5 learners.

This month the pharmacy is celebrating the success of Celiwe Mngoma, now a learner post basic pharmacist assistant, who has gained employment with a private pharmacy group.

Celiwe, at age 22, is the head of her household, with 6 people to support. Her successful employment will sustain this family, and provides us all with proof that anything is possible with hard work and determination.



Osindisweni Hospital Strategic Planning workshop

Osindisweni Hospitals' vision is to provide and promote optimal health care at primary and district levels to the population it serves which means it needs an impeccable strategic plan. Ebandla Hotel in Ballito is where it all happened. Osindisweni Hospital unit heads met to strategise and come up with a plan on how they will deliver services to the community. The workshop was graced by the presence of our partner MaTCh and the motivational speaker Mr Shabalala who energised the group to start with vigor and plan extensively.

On the first day the group started with presentations on the current situational analysis followed by the group discussions that led to the draft strategic plan as well as the operational plan.



The team that sat and strategized the plan that will be the drive of service delivery at Osindisweni Hospital.

PIC MIX



Strategic planning in progress





ABOVE: The group performing a team building activity.

BELOW: Mr. Shabalala motivating staff



The group discussions sessions



The groups equally glued to discussions







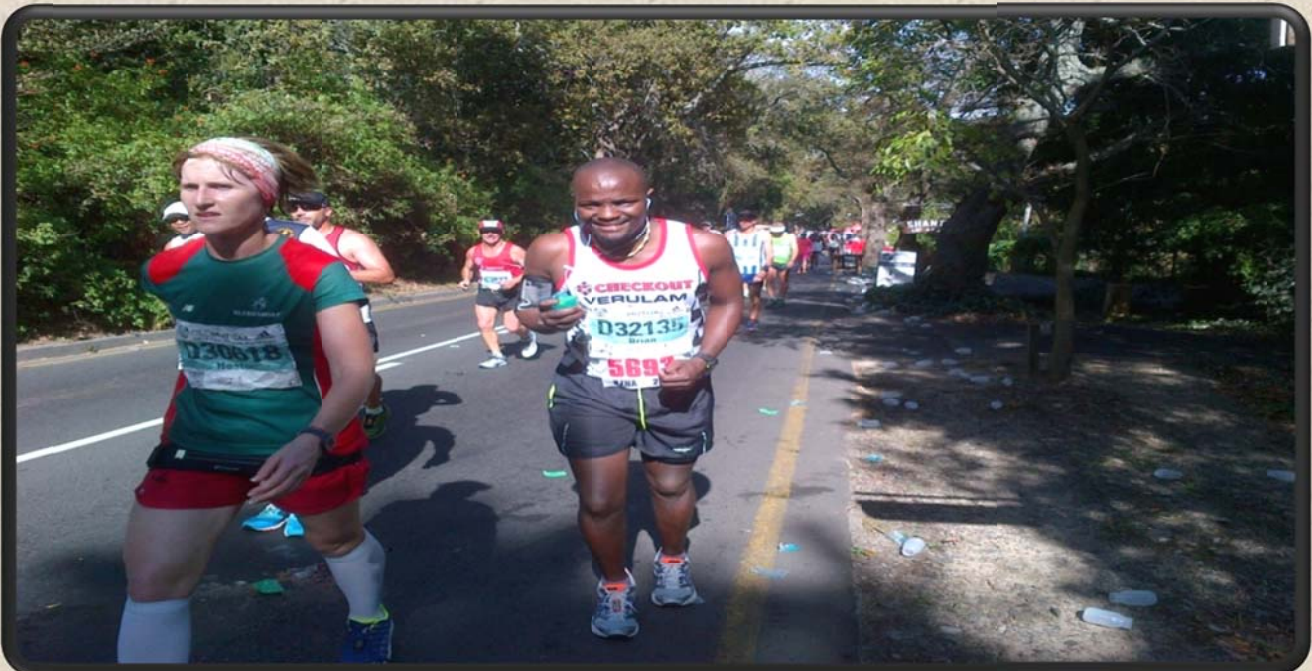
Finally the strategic plan for Osindisweni has been completed





MDUDUZI BRIAN NGCOBO

Grew up playing soccer like other boys in the hood and later started to have an interest in running after being encouraged by one of his colleagues Deren Govender, seeing that he can do better in running long distances. In 2013 he started to set targets for himself and in this year, he trained and pushed himself very hard everyday which earned him an opportunity to participate in PMB 42 km Marathon, two oceans marathon and East Coast Big Walk where he got position eight (8). He is looking forward to running his first Comrades marathon.



Compiled by: Mr E.M Mthimkhulu – Public Relations Officer