



health

Department:  
Health  
PROVINCE OF KWAZULU-NATA

# USINDISO NEWS

*An Official Newsletter of Osindisweni Hospital*

**FROM THE DESK OF THE PHC/HAST MANAGER**

**4thQuarter**

Greetings to all Senior Managers and Colleagues of Osindisweni Hospital. I thank you for this golden opportunity awarded to me and I believe that through working as a team can make a winning team in taking our hospital to new higher heights.

On the 1st of January 2015 I started working as PHC/HAST and MOPD Manager.

Our departmental main objective is to make our PHC services to the community as accessible as possible through the formation of Philamntwana Centers, Mobile Health Services, Family Health Teams, involvement of NGO's, Traditional Leadership, Ward Councilors and other Governmental Departments e.g. Operational Sukuma Sakhe.

Our long term goal is to achieve a health promoting schools making Oakford Clinic an ideal clinic.

To increase headcount through community mobilization in making our community self-reliant with their health care needs and sustaining the existing PHC services at above 85% package.

This will help, to use various alternatives to prevent diseases and promote a healthy lifestyle through progressive health education for locally prevalent disease prevention. EPI programs, maternal and child health services, and essential drugs.

Promotion of healthy nutrition and treatment is required for various disease prevention including communicable diseases and malnutrition in children.

Amongst many others not forgetting Male Medical Circumcision which is done every Wednesday in our hospital.

In conclusion, prevention of diseases and health promotion is the key to successful PHC services, and all achieved through dedication and focus to goal achievement.

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**N. O. Masondo  
ASSISTANT NURSING**

# THE 2014 AWARDS CEREMONY



Osindisweni hospital celebrate awards annually; these awards represent a symbol of appreciation of staff dedication to Osindisweni hospital and serve a continual reminder of their achievement.

We also congratulate those with 20, 30 and 40 years of service, who have reached a mile stone in the Department of Health.

The trophies were awarded under the categories of National Core Standards, BathoPele Principles, Millennium Development Goals (MDGS), Innovation/ Best Practice / project, Infection Prevention and Control (IPC), Human Resources (HR) and CEO Special Awards .





# WORLD AIDS DAY



LEFT SIDE: The honorable Mayor Cllr James Nxumalo of EThekweni Metro gave health education to Osindisweni Community. RIGHT SIDE: Dr. Ndlovu, Mayor J. Nxumalo, MEC Nomusa Dube - Ncube, Cllr N. Ndlovu & Dr. Ndlovu.

Approximately 2000 people who attended the event, the audience was thoroughly educated and entertained.



LEFT SIDE: Lighting of the candle  
RIGHT SIDE: MEC Nomusa Dube- Ncube gave a presentation emphasizing the fact that people should be tested for HIV and to embark on living a healthy life



LEFT SIDE: Taking of vitals.  
RIGHT SIDE: MEC Nomusa Dube -Ncube, Honorable Mayor Cllr James Nxumalo and Osindisweni Ward Cllr, Miss N. Ndlovu.

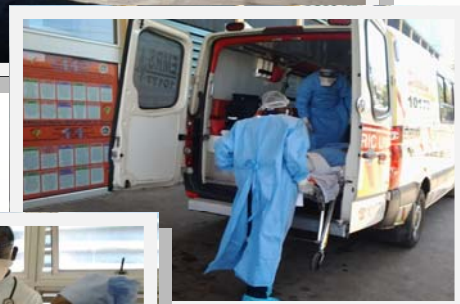


December

December

On the 23rd of October 2014 Osindisweni Hospital conducted an Ebola Mock Drill. Ebola Viral Disease (EVD) is a severe acute viral illness characterized by sudden onset of fever, malaise, myalgia and severe headache, followed by pharyngitis, vomiting, diarrhea and in some cases, maculopapular rash. Hemorrhagic symptoms occur in about 50-60% of cases, often in the later stages of disease. The incubation period of EVD varies from 2 to 21 days.

The main objective for this drill was to assess and prepare readiness if there should be a patient with sign and symptoms of Ebola virus. It was also aimed at educating the public and patients on Ebola. Also to look at how they would react in a real life situation.



## Message from Acting IPC Coordinator.

Infections are not fussy about who spreads them, so we all need to be careful. Amongst the simple things we can all do to help prevent the spread of infection, **HAND WASHING** is of paramount importance! Most of the germs that causes sickness are spread via our hands. Hospital acquired infections affect us all, whether we are patients, visitors or staff members. We all have a responsibility or a part to play in reducing the spread of infection. It is important to remember that we need to work together to make a difference.







# WHAT A FESTIVE SEASON WE HAD IN 2014!!!



Osindisweni Allied Health Professionals, Shoprite Verulam, East Coast Radio, Elim Temple, Rev. George Janer, KFC, Spunpriet, Ntuzuma NPA, Bethnay Church Baptist distributed gifts to children.



Dennis Bollard gave gifts to those kids born on Christmas day and on the new year 2015.





## PREGNANCY AWARENESS MONTH



Osindisweni Hospital celebrated Pregnancy Awareness Day on the 19th of February 2015. This was to encourage pregnant women to exercise more often and to eat healthy food that contains good nutrition and not too much salt, this will not only benefit their physical and emotional wellbeing but it will also increase their energy that will often make them feel more inclined to resume some physical activity. They must not smoke during pregnancy and avoid too much caffeine.

They were advised on not drinking traditional medicine (isihlambezo) during pregnancy and they were also taught on how to manage pains during labour as well as symptoms of labour. Emphasis was made on the importance of having birth certificate for a child within 7 days .

Teenagers were advised to envision a positive future for themselves, the importance of education, empowering of youth, supporting pregnant teenagers and programs that can assist young people to make choices that can protect them from unintended pregnancy.

Mothers were advised on three stages where the child can get infected by HIV/AIDS.

- i) Child can be infected during pregnancy if a mother has not tested HIV during 3 months of pregnancy.
- ii) A child can be infected during breast-feeding if a mother is HIV positive and has not taken FDC.
- iii) When giving birth, a child can be infected if a mother is a carrier as child's skin is soft and sensitive.



## THE MESSAGE FROM THE PUBLIC RELATIONS OFFICER



Let me share this with you -We are all here on earth to help others, what on earth others are here for I don't know.

The will to win, the desire to succeed, the age to reach your full potential, are all the keys that will unlock the door to personal excellence.

The Public Relations Office request staff members to provide this office with any newsworthy or stories of interests and they should own and participate in USindiso News making it more interesting to read. Opinion pages / departmental news from staff members are welcomed.

"Quality" Health  
Care is a Right!



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