



health

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

*An Official Newsletter of Osindisweni Hospital*

## USINDISO NEWS

2<sup>nd</sup> Quarter 2014



Osindisweni celebrated National Breastfeeding Awareness Day. This breastfeeding Awareness was to empower women to commit to breastfeeding by highlighting the benefits of exclusively breastfeeding a child. Health talks, presentations on various relevant topics were conducted.

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## FROM THE ACTING NURSE MANAGER'S DESK



**Mr. F.S Matibela**

I would like to take this opportunity to greet all members of staff in the Mighty name of Lord Jesus Christ. It is with pleasure for me to be part of Osindisweni family. I would like to pass this message to all the nurses of the hospital. **“Do not wait for good things about you to be exclaimed at your funeral service”**. Positive attitude towards your clients is the best treatment that you can give them. It does not matter whether you are short, staffed, stressed or overwhelmed with work.

Put your smile and will always be the best nurse, show a gentle attitude towards everyone, remember that in the eyes of the Lord, we are all the same, rich or poor, sick or well. In whatever you do, don't let selfishness or pride to be your guide, be humble and honor other more than yourself.

I would like to extend my sincere gratitude and congratulations to the high achievers from the nursing departments on National core standards peer review which was conducted by our Peers – St Marys Hospital: Paediatric ward obtained 95.22%, Operating theatre obtained 91.57% and Outpatient department obtained 88.13%. the sky is the limit colleagues.

To the departments that did not do so well, **“to fall does not mean that you are finished, to be down does not mean that you are dead, RISE UP AND SHINE “**

In conclusion, I urge all staff members at all levels to provide quality services. It is true and correct that our client deserve an excellent service, we are not doing them any favor, but executing our obligation.

## MANDELA DAY WORKING TOGETHER FOR A CLEANER SOUTH AFRICA

On the 18<sup>th</sup> of July 2014 Osindisweni Hospital Pharmacy together with the Physiotherapy department visited one of the Daycare Centres in our community, Verulam Day & Frail Care Centre . The objective of the day was to spend 67 minutes with the senior citizens educating them on the safe disposal of medication, in line with the national theme of “Working together for a cleaner South Africa”.

The Pharmacy Manager Ms. Roby Latt, gave a presentation on keeping South Africa clean and safe, putting on the safe disposal of needles (used for insulin) since most of the patients at the center are diabetic.

The patients were asked questions, and offered gifts for a correct answer, so as to encourage participation and gain their understanding of the presentation.

The Physiotherapy department focused on patient care and encouraging exercising.

Emphasis was made on how to prevent back-pain since this is a condition most geriatric patients complain of .

Waste disposal buckets for the safe disposal of medication (green) and needles (yellow) were supplied to be placed at convenient points of the Care Center, to enable patients to safely dispose of expired medications, and used needles.

The day was an overall success . At the end of the presentations and talks, the staff had a chance to interact with most of the patients, this gave patients time to ask questions on any topic that was of concern to them and were assisted .



# BREASTFEEDING AWARENESS TALKS (IN PICS)



**Mr. Matibela (Acting Nurse Manager) giving a warm welcome to Mothers**



**Mrs. Van Wyk (Dietician) giving a Presentation on Nutrition**



**Mrs. Ramjiwan (Physiotherapist) giving a Presentation on Baby**



**Sr. Ngcobo (Prof Nurse) giving a Presentation on Family**



**Mrs. Gumede (Lay Councilor) giving Presentation on Benefits of**



**Sr. Shange giving a Presentation on the Importance of Immunisation**



**Sr. Mavundla & Mrs Van Wyk awarding Ms Khumalo (mother) for best attendance in ANC**



**Sr. Ndlovu (Student Nurse) giving a presentation on Malnutrition**



**A Winner of the a day in Breastfeeding Competition**

## HOW WE CELEBRATED PHARMACY WEEK



Pharmacy week is a collaborative activity between the National Department of Health, systems for improved access to Pharmaceutical and services, South Africa Pharmacy Council (SAPC) and Pharmaceutical society of South Africa. It is a week where Pharmacy professionals strengthen health education to the public on the theme chosen by the SAPC.



Pharmacist interns did a presentation on the safe usage of antibiotics to patients; these presentations were aimed at informing the public on:

**What antibiotics are? When can they be used? How can they be safely used? How they work and how resistance develop? The importance of compliance: and lastly on the correct hygiene practices to prevent infection and spreading infections to the other patients.**

The response was very good and the input they had was highly commended by the management.

To further drive the message home, in-service dates have been scheduled with the nursing staff as well in the different wards and departments.

Increasing the knowledge on antibiotics and rational use of medicines, will improve service delivery.



# SAFETY REPS FIGHTING FIRE



## Health & Safety Officer Miss. P.Cele

As a person responsible for empowering staff on health & safety measures Miss Cele organised a Fire Drill and Fire Fighting training.

EThekwini Fire Department was also invited in this activity. Mr. Abdul Jadwat assisted the team with training on how to extinguish a fire.

He mentioned different classes of fire and fire equipment e.g. Fire Hose Reels & Fire Extinguishers.

Acronym PASS

PULL

AIM

SQUEEZE

SWEEP

# MAZIBUYELE EMASISWENI

On the 24<sup>th</sup> of September 2014 Osindisweni Hospital celebrated heritage day with the community.

This is a day of reflection on who we are, where we come from and where we are heading to as a country.

We showcase the diversity of culture and encourage people to take pride in who they are and their backgrounds.

Since this day was celebrated with the community, we did not miss the opportunity of providing health services to our people.

Organizations like Brothers for Life, Siyayinqoba beat it, were there to give health education on HIV related issues.

Yabhiklwa ingoma kwachazeka izibukeli, wezwa kusiphuzela izinwele, omama bakikizela njengesikhukhukazi sibiza amachwane aso. Kwacaca ukuthi asisoze saya ndawo ngokuthanda amasiko ethu.



*Pho kunani Mangizisine la kuze kudabuke imbadada*



*Bekusindwe ngobethole*



HIV Counselling



*Qhude manikiniki zindala zombili*



## FAREWELL DR. MUKONI



Osindisweni Management considered themselves fortunate to have met such a special person, Dr. Mukoni who we care so much about. This is what made saying goodbye to him hard.

Management thanked him for his dedication and commitment in serving the institution for 6 years.

Although Dr. Mukoni and us are separated by time and distance, nothing will diminish the important role that he had in the institution.



Osindisweni Management and staff wish him a happy journey of his lifetime and pleasant stay in his new endeavours.

**Richard Bach says, "Can miles truly separate you from friends? If you want to be with someone you love... aren't you already there?"**



# OSINDISWENI WIN THE YEARLY DISTRICT SOCCER TOURNAMENT



The best player of the Tournament



Osindisweni Hospital won a silver stunning trophy playing in Wentworth High Berry Grounds against Hillcrest Hospital. The best player of the year was Mphi Masuku from Osindisweni Hospital. He won himself Sunbeam 3 PIECE KICTHEN PACK. "Work and Play" was introduced as Wellness activity to distress workers.



Mrs. NP Ngcobo (CEO) congratulating the players on bringing the Trophy back home



Happy People 😊

