



HEALTH
KwaZulu-Natal

PORT SHEPSTONE REGIONAL HOSPITAL
SHEPPIE HOSPITAL

ISIBANI

POP IDOL STAR VISITS THE HOSPITAL & DISCLOSES HER HIV STATUS



BBC World Journalists, Mark, Nicky Lank ester from London posing with

Tender Mavundla at Port Shepstone Hospital

T

ender

Mavundla is a local girl originally from Gamalakhe Township in Port Shepstone. Her fame started last year, where because of her great talent in music, entered Pop Idols competition. She executed it perfectly as she impressed judges up until she was voted out of the Top 4 in the countdown to the finals on December 9, 2007. During her idol experience, she revealed her HIV status, hence she visited the hospital with Rockhopper TV crew for BBC World. The purpose of their visit was to make a film, showing Tender's day in the hospital and compile a documentary that will help raise awareness of HIV/AIDS and its impact. This girl is vocal and outspoken about her condition. After a chat with her, we discovered that, there is a lot that we can learn from her. "In 2001, I had a very tight chest—I thought I was asthmatic - so when I went to the doctor, he told me I had TB and when I was treated for it he said, "look it's only safe to do the test". I didn't care what the test was - I didn't know what he was talking about, so I was like Go ahead, take the blood", and when it came, it really hit me hard! I thought HIV was far away from us, I mean, I heard about it on the news and didn't know anything about it", said Tender.

During the filming, she indicated that she is aware that she is in the last regiments of the HIV pills and should something happen right now and react to the pills that she is on, there would be nothing else for her because there is nothing else in South Africa. Tender revealed her status because she wants those who don't understand to understand what she has gone through so they don't make mistakes she has made. Besides this, she still loves music and has mentioned that she is still pursuing the career. We'd like to thank Dr Luke,

PSH WOMEN'S DAY CELEBRATION, AUGUST, 27TH 2008



Ms Nosipho Cwele—EAP Practitioner

“August is women’s month and as Port Shepstone hospital female employees, we successfully commemorated woman’s day on the 27th of August. The Guest speaker was the Mayor of Hibiscus Coast Municipality, HON. Nolwazi Shusha and we were also honored by the presence of Mrs Sheryl Cwele, the Director of Health Services of The Hibiscus Coast Municipality and Mr V. Chetty, UGU District Health Manager. Ms Nosipho Cwele, as programme director for the day, welcomed all female employees and few gentlemen who took their time to support women on this special day. The event started with a choir singing “How Bless thou Art” and an opening prayer made by Mrs Heather Frost, who thanked God for blessing us women and for giving us the opportunity to come together and celebrate womanhood.



Ms Chengadu Jenny - Assistant Pharmacist



Mrs Heather Frost - Assistant Manager-HR Practices

Mrs. B. Ngesi-Nursing Manager,



Mrs Sheryl Cwele– Director of Health Services (Hibiscus Municipality)

welcomed everyone and outlined the purpose of the day. “we as women play a very important role not only at the hospital but in society as a whole and we are capable of being the best in everything that we do, we are the backbones of our families



and society and we need to honor this day,” encouraged Mrs Ngesi. Ms Jenny Chengadu, hospital Assistant Pharmacist shared a word of God, motivating women to be strong in prayer. “As women, we need not limit ourselves because we are woman of destiny, strength, uniqueness and beauty” said

Ms Chengadu. Mrs Cwele reminded women about their weaknesses too, the PHDS(pull her down syndrome) noting that this is one qualification women mustn't go for. Because, if we unite , we will be in a position to love, protect, guide and teach each other. She further encouraged that women should stop putting each other down but to join hands in response to the call of the women UNITY, PEACE and DEVELOPMENT.

Women's celebration continues



Mrs Ngesi singing "Lelilizwe elamakhosikazi" with Madam Mayor, Mrs N. Shusha



Mrs SS Zuma expressing her sincere gratitude

"When you help a woman you help the entire nation"

The Hibiscus Mayor HON. Nolwazi Shusha thanked the hospital management team for organizing this event, mentioning that as women, we need to play an ever increasing role in matters of our communities. We need to attend meetings at which decisions are taken and to be part of the leadership that is tasked with key responsibilities and that will help us grow. "we are here today because of the women who protested in 1956 to express a united voice in their rejection of one of the cornerstones of apartheid – the pass laws" said Cllr Shusha.

In conclusion, Her worship the Mayor, wished everyone a wonderful day and ended her talk by a women's slogan

Phambili nabantu besifazane !

Phambili Nomzabalazo wabantu besifazane !

Malibongwe!!! Igama lamakhosikazi !!! Malibongwe!!!

Mrs.S.S Zuma gave a vote of thanks to all our guests, the sponsors, female employees, male employees who volunteered to help at the event and the media for being with us.

MEET THE NEW MEDICAL MANAGER DR BABUSISIWE PATIENCE DLAMINI



We are pleased to welcome Ms Babusisiwe Patience Dlamini as New Medical Manager at Port Shepstone Hospital. She was born and started her primary

school in kwa-Mashu in Durban. During the uprising period in the 1980's she moved to the High Flats (Nhlanguwini) but came back to Durban to finish her Matric. After finishing her grade 12, she registered with the Medical University of South Africa doing Bachelor of Oral hygiene and after completing this, she worked at MEDUNSA in the department of Community Dentistry as a Lecturer. She furthered her studies doing a Post Graduate Diploma in Education with UNISA in 1994. In 1997, she registered MBCHB and completed in 2001. Dr Dlamini worked at Addington hospital as an Intern, Community Service

Officer and as Medical officer. She will work in collaboration with the multidisciplinary teams of Physicians and health care Professionals in this hospital to improve health and wellness of all patients attending to PSH. She has a strong foundation and belief in the advancement of performance improvement activities to improve health and wellness of patients, through evidence based-practice. Her most recent position was as Medical Manager at Tayler Bequest Hospital in Matatiele " I'm looking forward to working with Management, Medical teams and all employees at Port Shepstone Hospital," said Dr Dlamini.

BACK AWARENESS AT PSH

Back ache is a fairly common problem in most people and most adults will suffer back pain at some point during their adult life. Most people manage to continue working, or return to work within a few days or weeks, despite their pain. Fortunately for employees in PSH, the Physiotherapy Team was caring enough to dedicate a special day to offer tips that can help reduce this problem.

On 11 September 2008, Amy Bennett, Desrie Ellis and Suzan Pehhlukwayo prepared a table, displaying brochures on physical fitness and huge Physiotherapy balls. A table displays of displays was at the hospital Foyer so that they could be visible to everyone going in and out of the hospital. Employees were advised of good techniques on back management.

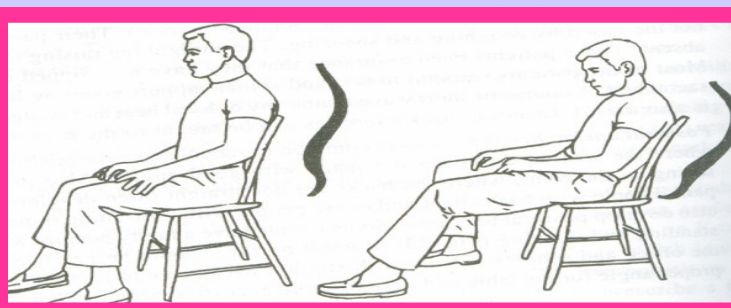
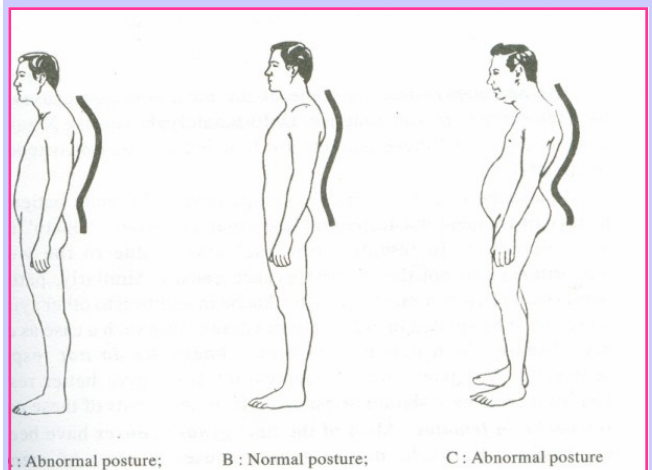
What increases the risk of back pain?

• Back pain doesn't just occur in the Rock and Roll business, it can arise in many work situations. The exact cause is often unclear, but back pain is more common in tasks that are :-

- manual labour and handling tasks
 - Manual handling in awkward places, like delivery work
 - Repetitive tasks, such as manual packing of goods
 - Sitting in front of a computer for a long period of time especially if your workstation is not correctly arranged or adjusted to suit your needs
- Driving long distances or driving over rough ground, particularly if your seat is not, or cannot be, properly adjusted

Some of the activities that can harm your back include:

- Repetitive or heavy lifting
- Excessive Bending & twisting
- Exerting too much force
- Poor working conditions
- Not recognising or reporting symptoms and not doing anything about it.



There's load of useful information to help you manage back pain :-

visit our Physiotherapy section !

PROGRESS ON THE NEW BUILDING

The 94 million building in Port Shepstone hospital is in progress. At the beginning of its construction, most of us were not quite positive with the pace the constructors were going. It looked far and away from being finished.

Looking at the period it was started i.e. in April 2007, where they were dealing with the excavation/ grounds work and compare it with how it currently looks, you can notice that much has been done to date.

Mr Martin Buys, the construction agent, said "the building is 70% complete and we are hoping to finish building the structure in February next year". There are two more floors to be built on the South side of the building. On the North side, the building will have three floors. There was a lot of grounds work to be done that included the building of the service tunnel.

This new block will house Casualty, OPD, Pharmacy, 4 Theatres, and a 14 bed Intensive Care Unit (ICU)

Presently the construction team is busy using huge concrete blocks required for the building. In the new facility, patients will be cared for in spacious rooms that offer ample space. Also, instead of transporting patients to different treatment areas, this facility will allow multidisciplinary teams to work in the same building

Port Shepstone hospital was last remodeled in 1980's and was not built to accommodate a huge number of patients. As the population is ever increasing this has plagued patients and staff with cramped living space and limited privacy for years.

The hospital also needed to address a critical space problem in the records department where a number of records are being stored in two insufficient storing areas i.e. filling room and the archive. An addition of records every year and a daily intake of additional files added continually on the space problem. This seriously means that a new structure for proper records management was needed so that the hospital can start making accurate storage facility to make it easy to access patient files.

The Pictures on the right side, show progress of the work till date.





PSH Employees : claim their heritage!

Heritage Month is about taking the best in our past - and projecting it into a future that's Alive with Possibilities. Port Shepstone Hospital employees have shown different ways in which *you* can bring your heritage to life this September. Open your eyes to the amazing diversity of Port Shepstone Hospital's people. Learn one of the 11 South African languages other than yours and explore the culture attached to it

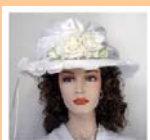
Generally employees at Port Shepstone Hospital were very excited with the idea of celebrating Heritage Day. On 23 September 2008, employees were wearing their traditional outfit as a symbol of their heritage and most employee's happiness was more pronounced than ever. By 12:30 midday, the atmosphere was excitingly hot, everyone was assembling at the hospital's Indaba Room, to listen to the speeches of the day and there's no doubt that this day was special. The hospital CEO, Mr GBC Khawula and the rest of the management team were in their different traditional outfits. Mr Khawula welcomed everyone and explained heritage as a vehicle that describes who we are, encompassing what we have and enables us to look back to our history and that diversity can be unified.

We should say this categorically that, Port Shepstone Hospital has never had an event of this nature before. This therefore, shows an element of growth and a degree of tolerance among the different race groups working at this hospital. Mrs Zuma, hospital's HR Manager outlined the purpose of the day as a gesture to embrace the different cultural groups working in this hospital. The point is, P.S.H employees are diverse but to this juncture we still stand together to serve and commit to deliver compassionate services to suite the needs of our clients. She emphasized that we should use our diversity to our advantage because we need each other . On this special occasion we felt the rhythm through music, dance and

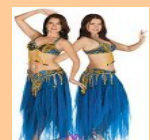


"traditional dishes" served. Our guest speaker Mrs Mnguni from the Hibiscus Coast Municipality alluded that we have a responsibility to sustain the things that we have to celebrate our heritage and we should learn to celebrate one another's culture, heritage and embrace the uniqueness of one another's culture. We should always love and appreciate ourselves and Stand up, Team up and Reach out as individuals.

The occasion uncovered the brightness of our diverse cultures as employees were dancing, modeling and showing off their beautiful traditional attires. The hospital Sports & Wellness as organising committees for this event, really went overboard with the traditional decorations, food and the proceedings of the day.



Indeed Port Shepstone Hospital is becoming a place of great Opportunities!





ZIXOXWA NGEZITHOMBE

Here we show our true colours!



Sign of respect to the CEO



A gesture of generosity to Mrs Mnguni



Zulu ladies and Gents



Hospital employees posing outside after the function



Ms Nokukhanya Shange



Ladies showing Indian dresses



Zulu women showing off



Mrs SS Zuma doing vote of thanks



Employees listening to the speakers



Nazo ke mama !



ABET LITERACY DAY CELEBRATION—11 SEPTEMBER

11 September 2008 was a day to remember for us and our ABET students. All learners from different government departments and municipalities came together at the Esayidi FET College in Gamalakhe to motivate each other, share experiences and showcase their best practice. It is always a pleasure to share thoughts on various issues related to ABET and Literacy with other colleagues.

The international literacy week was launched by UNESCO (United Nations and Educational Scientific Organisation) and every year they have a celebration to raise awareness and the importance of being able to read and write.

The KZN Premier Mr J S Ndebele has called for the eradication of illiteracy in the province so that millions of people can join together and take serious steps in eradicating illiteracy by 2009. In line with the Premier's call the ABET Component in the Chief Directorate, Human Resource Department in the Office of the Premier and in partnership with the Department of Education has invited all HR Managers and HR Development Managers, ABET learners to the literacy celebrations at the venue closest to them. On this day, Cllr, His Worship the Mayor of Ugu District Municipality Mr Sthembiso Cele, and Ms Angel Sibongile Mthembu from the Office of the Premier (KZN) were present as guest speakers.

Various Departments came in numbers to be a part of this event, with every department sharing stories of encouragement and success. To end the day, refreshments were served to all Health attendees were issued with T shirts. At Port Shepstone Hospital, we support all our learners and encourage them to attend events like these because we say "Imfundo Ayikhulelwa" (you can't be too old to get education)

BATHO PELE IN ACTION

The journey of implementing the Batho Pele principles in our hospital is not over yet. You'll remember that we took 8 principles for this year. The last assessment will be done at the end of November. For the past months, I must admit, there has been a positive shift with regards to the implementation of the set principles by many departments. Unlike when we started in April where only OPD won. As usual, departments were visited and assessed by the Batho Pele Committee to check compliance. The Batho Pele & Complaints committee is composed of the following employees :-

Mrs Carol Coetzee,

Mrs PP Morai

Mrs B Msane

Mr R Govender

Ms B Khawula

Mrs J Tanjuveli

Ms H Makhanya

Congratulations to all Winners

MAY	JUNE	JULY	AUGUST
<p>Principle : Consultation</p> <ul style="list-style-type: none"> ◆ Physiotherapy ◆ Speech & Audio ◆ Theatre ◆ Ward 3 ◆ OPD ◆ Ward C ◆ Ethembeni clinic ◆ Drop-In Centre ◆ Crises Centre 	<p>Principle : Value for money</p> <ul style="list-style-type: none"> ◆ Quality Manager ◆ Informatics ◆ Ward 5 ◆ CSSD ◆ Supply Chain ◆ Finance 	<p>Principle : Redress</p> <ul style="list-style-type: none"> ◆ Switchboard ◆ Physiotherapy ◆ Speech & Audio ◆ Pharmacy ◆ Theatre ◆ HRD ◆ Registry ◆ Ward 5 ◆ Ward 4 ◆ ICU & CCU ◆ Ward 3 ◆ Ward 2 ◆ O Ward ◆ Ward G ◆ Radiology ◆ Patient Administration ◆ Revenue ◆ Ward C ◆ Transport ◆ Supply Chain ◆ Ward A ◆ Ethembeni Clinic ◆ Finance ◆ Drop-In-Centre ◆ Crises Centre ◆ Staff Relations and ◆ Quality 	<p>Principle : Information</p> <ul style="list-style-type: none"> ◆ Theatre ◆ Ward 5 ◆ Physiotherapy ◆ Speech & Audio ◆ ICU & CCU ◆ Ward 2 ◆ Ward G ◆ Ward C ◆ Casualty
			

OCCUPATIONAL HEALTH & SAFETY COMPONENT

As part of Health & Safety management programme, fire drills are required to prepare staff to handle a fire emergency. On the 17th of September 2008, Port Shepstone hospital Health & Safety component conducted an internal fire drill in the Laundry area. The purpose of this drill was to test staff's knowledge on the ff.

- Use and purpose of the fire alarm system
- Assignments of specific duties and responsibilities
- Preparation for building evacuation action
- Transfer to areas of refuge
- Fire extinguishing

DEPARTMENTS INVOLVED

- * Management
- * Laundry
- * Drop-In –Centre
- * Dental clinic
- * Ethembeni clinic
- * Crises Centre
- * Systems
- * Occupational Health Clinic
- * Security
- * Switchboard
- * Security
- * Fire brigade - external



OCCURANCE

A washing machine erupted into flames due to an electrical fire in laundry

Fire Drill stages followed

STAGE	PERSON RESPONSIBLE	DESCRIPTION
1	Switchboard personnel	- Make the appropriate drill announcement over - Activate fire alarm at the specified time
2	Involved departments	- Make appropriate response to the alarm - Supervisors gather all available staff to ocentral location
3.	Health & Safety Officer and Heads of departments involved and management and fire fighters	- Each of them observe their assigned duties - Attendance Register checks - Fire fighting
4	Public Relations	After given authorization, announced the “all clear message” so that people could return to their departments .



PUBLIC RELATION'S CORNER

Regardless of the financial constraints, Port Shepstone Hospital continues to provide health services and hosted a range of health awareness campaigns and education programmes to assist and enhance the lives of all its clients. As the South African slogan states: South Africa, Alive with possibilities, we believe that at PSH, anything positive is possible. This is not attained easily though, but through hard work, commitment and determination in rendering quality health services by management and employees of this hospital who sit in many meetings, to plan, organize and make things possible.

The financial status of our hospital is not positive at all and this is a testing period for all of us. I think we should take this challenge this way: There's time of leaving in plenty and there's time of living in need. Right now, we are in dire need of many things we used to have and it's not easy to get them. All I suggest we do is, hang in there, do the best we can, be creative and at the same time be compassionate and considerate towards the sick patients and never give up. You'll never know, a good Samaritan can come to our rescue.

Some of us may think of leaving to greener pastures, My take on that is: if your calling is in the health service, don't leave! be strong and face problems as they come, because in future you could be supported by the skills you acquire during these difficult times.

By PP Morai— Public Relations Officer

EZEMIDLALO

MEET THE NEW PR TRAINEE

Mbali Mzobe, Public Relations Trainee



My name is Mbali Mzobe. I am an intern currently studying Public Relations through Unisa. My home is in Gamalakhe where some of you probably know me from. I started my in-service training in August 2008, hoping to finish in January 2009. You may say I'm quite new but the experience and exposure I have received so far is overwhelming.

Using the Batho Pele slogan: People First, I would like to thank management and all the staff members for the support and guidance that I receive on a daily basis, and knowing that I am being treated with the same respect and care as everyone else truly means a lot.

On behalf of all the interns I would like to pass our sincere gratitude and appreciation for the time and effort that you take in ensuring that we learn as much as we could. May all the future interns receive the same care. See you around!

AMANQAMPU— NQAMPU

**Leli yiqembu lebhola lesibhedlela I
Port Shepstone lisemidlalweni e
Marburg Sports Ground Ngomhla ka 5
September 2008
Kwakuzoqiniswa ubudlelwane pha-
kathi kweminyango kaHulumeni yase
Port Shepstone**

