

**PORT SHEPSTONE REGIONAL HOSPITAL**

# NEWSLETTER

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**HEALTH**

KwaZulu-Natal

# ISIBANI



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**FIGHTING POVERTY**  
**FIGHTING DISEASE**  
**GIVING HOPE**

## A WARM WELCOME TO THE NEW BOARD OF DIRECTORS

First, let's provide some background information about the hospital board. As a non-profit hospital we are required to have a Board of directors to provide governance and leadership to all of the activities of the hospital. These responsibilities include such things as oversight of the financial health and stability of the organization and most importantly providing for the needed professional and administrative personnel, equipment and facilities required for the delivery of safe and high quality care to the patients served by the hospital. Hospital Board members are responsible for performing these activities within all applicable standards, relevant law and governmental regulations.

On the 3rd of March 2010, it was the first meeting of the new board and Mr Zikalala was appointed the Chairperson of the board. He is an Attorney by profession, working in the litigation, legal support and labour executive departments of eThekweni Municipality.

He acknowledges that the Chairman of the Board is charged with the ultimate and serious responsibility of coordinating the community's health care needs with the capabilities of the hospital. However, he promises to act in the interest of the hospital, management and the public at large and urged the public to inform the board about any concerns they might have about the hospital. He believes that the management of the hospital and other board members are unified by a single intention of making sure that, the hospital provides health care services that are efficient, professional and visible.

Addition of these new board members ensures the Hospital will continue to benefit from a diversity of knowledge, experience and opinions. We believe, each individual was invited to join our board because of their strong leadership skills, extensive management experience and proven track records.



**MR MPUMELELO ZIKALALA—NEWLY APPOINTED CHAIRPERSON OF PORT SHEPSTONE HOSPITAL BOARD**



**Hospital Management handing over to the new Chairperson**



Front row L-R : Mr Mpumelelo Zikalala,, Shange Lungi, Lungi Shange, Nonkululeko Nzimande, Mr Thokozani Zulu  
Back row L-R : Mr Bethel Chamane, Mbili Thandazile and Mfikise Ncama



**Chief Executive Officer, Mr Bigboy Khawula showing the Board members around**

# HOSPITAL USES BEST EQUIPMENT

A hospital is not really a place that many people would like to spend time in. Ideally, we would all prefer staying a safe distance from it. People's reasons vary from one person to another. For most of us, a hospital may represent a place of ill-health, injury, painful bodily disorders needing attention or even an intermediary to death. The picture of the patient depicted is more than enough reason for many to distance themselves from the hospital as the picture evokes unpleasant emotions. Unfortunately for this patient, an affliction resulting from a certain illness had placed him in this position.

Regardless of how we may view and feel about a hospital, we may all need medical attention at some point in our lives. That said, one of the core values of the Port Shepstone Regional Hospital is to serve our patients to the best of our ability. In striving to meet this objective, the hospital has advanced equipment to serve its clients. Equipment used at the hospital is sourced from the most reputable enterprises in the field. There are many patients who require meticulous attention to detail in the ICU. Furthermore, the intensity of the care provided in ICU requires many monitoring devices. Patients in the ICU generally have many wires attached to them for various types of monitoring. This means that the most accurate readings are required by medical personnel to treat the patient accordingly. Relatives and friends of patients can be comforted by the fact that the best equipment is used to provide efficient health care to the patients. We pride ourselves in having gone through great lengths to ensure that patients in need of intensive care are well taken care of. A proper diagnosis is always ideal, especially in the ICU where time is a crucial factor and definitely of essence. A delay in correct diagnoses will inevitably lead to a delay in the patient's healing as this will render any treatment ineffective. Clinical personnel who work in ICU, CCU, Theatre and many other clinical departments in our hospital work tirelessly to ensure that patient care is of the highest standard. It is without doubt that no stone is left unturned by our dedicated staff in health care delivery in seeing to patients needs. Hopefully, the acquisition of advanced equipment will compliment medical personnel's endeavours and will make all patients path to recovery a speedy one. So, even though the patient appears to be in a great deal of discomfort, staff are performing at their level best and are simultaneously using advanced equipment to make this patient's stay a pleasant one.

## INTENSIVE CARE UNIT



## THEATRE



## GOOD-BYE CELEBRATIONS—HR MANAGER APPOINTED AT ILLOVO



A HEARTFELT HUG BY MR KHAWULA TO HR MANAGER MRS SIZAKELE ZUMA

From the way people clapped hands, hugged and exchanged handshakes it was obvious that members of the executive management of Port Shepstone hospital have been working very well with Mrs Sizakele Zuma who is now leaving to a similar position—Human Resource Manager in the private sector—Illovo company in Port Shepstone.

Mrs Zuma started working as Human Resources Manager of Port Shepstone Hospital in 2003.



MRS SIZAKELE ZUMA  
Ex—Human Resource Manager

During her time as HR Manager of Port Shepstone Hospital, she headed the following components- Staff Relations unit, HR Practices unit, and HR Development unit.

There is no doubt that a farewell is in order. As a matter of fact, everyone who worked with full dedication for the hospital, deserves a farewell party. As far as losing a good employee is concerned, work is greatly affected, however, it's part of life. We all want to progress and we all have to accept this. At least she felt good when we arranged a party for her as it showed our concern and affection towards her.

To Mrs Melinda Cranzi, members who assisted with the decoration and all party arrangements and general staff for their contributions, your actions never went unnoticed and thanks for everything you did.

Mrs Zuma will definitely be remembered by all !

## MS GLADYS MSOMI SCOOPS ABET CERTIFICATE



(L-R) Mrs Mthembu, from the Office of the Premier, Mrs Gladys Msomi and Mr Veeran Chetty

Ms Gladys Mantombi Msomi comes from the Oshabeni location. She works in the Laundry department where she spends most of her time sorting out patients linen.

“I heard the hospital offers Abet classes and knowing that I have little formal education, I joined Abet classes in 2002”, said Ms Msomi. She passed her first year level examinations and proceeded to level 2. She continued up to level 4 where she was required to cover eight Learning Areas. These were rather fundamental in her training. She worked very hard and passed all of them in 2008. She recalls that she could not have achieved all this by herself. Through her teacher’s motivation and encouragement she registered for grade 12 privately.

She registered for 6 subjects

which she passed in June last year. She now has a Matriculation certificate which can be used to knock on any door. “I won’t forget to thank the government of the day for giving this opportunity to companies and organizations like our hospital to have a programme that empower employees and caters for illiterate people to become literate.

“A special thanks goes to all my teachers for their support and to my colleagues for all the time spent together studying.” said Mrs Msomi.

**Forward with ABET !**

FROM THE  
PUBLIC RELATIONS  
FROM THE  
PUBLIC RELATIONS  
DESK



Greetings to all our readers! With the world cup just around the corner, I believe this gives us the best opportunity to strike while the iron is hot and show the whole world how good we are in the provision of quality health care services. If this goes well, as we usually provide best services to thousands of patients we see every day, our hospital will surely have a good image marked by people from the international community. Wow, what could be more important to us than to save lives and give hope to the desperate and the needy. This I say believing that about 80,000 people from other countries are expected to visit South Africa during the World Cup period. Most of them are people from various countries hoping to enjoy the festival atmosphere. Having said this, I acknowledge that we have some challenges such as staff shortage in various departments. I hope that this is slowly going to change when the moratorium gets uplifted and hopefully, we will get there. My compliments and respect to the staff for working under trying conditions. It is important though to note that as our country is anticipating to receive visitors from all over the world, our hospital has been marked to receive mass casualties. We therefore need to plan ahead for this prestigious and busy period. Also, being in an attractive town as Port Shepstone, with sandy beaches and warm waters and many activities taking place, we anticipate to receive quite a number of people coming to the South Coast.

Let's get ready !

Send your letters to:

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Port Shepstone

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Email:

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## Dear PR Officer

*With all the horror stories about public hospital services, I felt compelled to write this letter to express my sincerest thanks to the medical staff of Port Shepstone Hospital's O-Ward where I recently received medical treatment. The staff which included the doctors, nurses and cleaners always had a friendly word and a smile ready. They were very helpful and professional.*

*When one is so vulnerable and depending on another human, it is nice to know that one is considered as a human being and not just a patient.*

*Many thanks again to all doctors, nurses and cleaning staff of Port Shepstone Hospital.*

Mrs AC Naude from Margate

## HOSPITAL RENDERED

### EXCELLENT CARE MATERNITY CARE

*Last month, while on my way to Durban, I made an emergency stop at Murchison District Hospital. The doctor on call immediately stabilized my condition and transferred me to Port Shepstone Regional Hospital. The Maternity and Nursery teams at Port Shepstone Hospital took excellent care of me during my three week stay. The quality of service was excellent and we were kept fully updated on all treatment.*

Zahaira Amod from Harding

# VALENTINES DAY AND STI CONDOM WEEK



It is often said that knowledge is power. This is undoubtedly true when it comes to STI's. Knowing how to prevent STI's including HIV can undoubtedly save your life. If you build your future on knowledge, I believe there is hope for the future generation. The main focus of Valentine's Day is relationships and intimacy. As this day falls within STI/Condom week, we need to increase awareness and understanding of what sexually transmitted infections (STI's) are and what are their symptoms. We would like to encourage people to notify their partners if they have these infections. Health advice and treatment is available at all government clinics and hospitals.

Although trying to reach everyone with messages and interventions such as treatment of STI's is an ongoing challenge, we hope this communication medium will assist to close the gap. Most clinicians have to deal with many factors that put people at risk of contracting STI's including HIV, hence we are emphasizing that people, especially young people, should delay their sexual activities and abstain from sex for as long as possible. If and when you decide to get involved in a sexual relationship, be faithful to your partner. This is very critical because it reinforces efforts with regards to a moral lifestyle. We need to discourage multiple sexual relationships that often push women further into disadvantaged situations.

## HOSPITAL FELLOWSHIP PRAYERS REVIVED

Port Shepstone Hospital Christian fellowship  
is up and running again  
this year. If you have a passion  
for prayers,  
join us every Friday afternoon  
from 12- 14H00 pm, at PS Clinical Teaching room,



## WHAT AND HOW TO TREAT ?

**Remember : Your first line treatment is at your local clinic !**

**Gonorrhoea** is caused by the bacteria *Neisseria gonorrhoeae*. It is treated by antibiotics, with either a single injection or antibiotics for 7 to 10 days. !

**Syphilis** is caused by an organism called "spirochete," which is considered a bacteria but also has characteristics of a parasite. Syphilis is easily treated with a penicillin injection.

**Pelvic Inflammatory Disease (PID)** this is found only in females and is caused by multiple types of bacteria in the genital tract and bowel. PID is a severe infection of the uterus, and sometimes ovaries, in which the bacteria invade deep into the tissue. It can cause abscesses in the ovaries. Treatment often includes draining any abscesses and a lengthy course of antibiotics. Severe PID can cause scarring of the uterus and fallopian tubes and can sometimes lead to infertility.

## EASTER MESSAGE TO ALL

As we are approaching Easter, the hospital management wishes all employees a Happy Easter Holiday and safe journey to all holiday destinations !

# ISIBHEDLELA SIBONGA ABAKWA-BROADREACH



Ongqo-shishilili —ngasekunxele nguMnu Ernest Darkoh ophethe I (NGO)–Broadreach emi noMnumzana uGabriele Khawula umphathi wesibhedlela I Port Shepstone



## Leli ithimba labakwa-Broadreach abaphuma e Melika bezobheka imiphumela yosizo abulunika isibhedlela. Babehambisana nethimba eliphuma kwihovisi lezempilo oGwini kanye nabaphathi

Port Shepstone Hospital management and staff were thrilled to receive office equipments donated by Broadreach. The donated equipments include office cabinets, 5 computers, computer stands, book shelves and a DVD player. This donation was followed by a visit by a team from Broadreach with Head office officials and senior members of Ugu Health District Office. They came to see how the equipment is being used and whether it benefits the people it was intended for. The hospital management and staff gave the team a warm welcome and were happy to take them around to all departments that have items donated by Broadreach. I must say, the office furniture donated is beautiful and it helps us to ensure that medical

treatment is rendered in an environment that is pleasant and conducive. Staff, particularly from Ethembeni Clinic are very happy to receive these items and are now forwarding requests for additional staff. Before, they were working in a rather unimaginable small environment without proper equipment, but were working patiently with patients hoping their prayers would be answered one day. The good samaritans from Broadreach rescued them. On behalf of thousands of patients that are benefiting from these donations, we would like to thank Broadreach for being one of our incredible generous supporters.

BROADREACH IS ONE OF OUR INCREDIBLE GENEROUS SUPPORTERS

# HOSPITAL CONSTRUCTION NEWS & UPDATES

## “MAKE ME LOOK LIKE A HOSPITAL”

Before the MEC for KZN Health, Dr Sibongiseni Dlomo made a call for hospitals to embark on a project called “make me look like a hospital”, Port Shepstone Hospital was already on a strategy to improve the quality of health care by embarking on a number of construction projects to improve the image of the hospital. The MEC’s project focuses on the following areas Patient safety, Patient rights, clinical support, Cleanliness of the facility and infrastructure.

### THE HOSPITAL’S NEW CORE BLOCK TO BE COMPLETED IN NOVEMBER 2010

The new block construction which commenced in April 2007 will be a sort of a one-stop medical unit where our patients will be able to obtain their medical files, proceed to doctors rooms and collect their medication. The building work is the responsibility of the Department of Works and the hospital is only involved if work needs to be done on the existing building and when there is going to be disruptions in the existing services. In any project of this size there will be some hiccups and we are lucky that the ones we experienced were not major and could be rectified. For example there were certain variations that led to the completion date postponing from 16 April 2010 to 10 November 2010. At the beginning of its construction, it looked far from being finished, but today, we see exactly how it will look like when it’s completed. We are confident that services will run smoothly and this building will definitely address the critical space problem experienced by many departments.

The building will be 4 levels up and will house Patient Admin, OPD, Pharmacy, 4 Theatres, ICU & CCU and Casualty unit.

The main contractor is TBP Constructions and they have sub-contractors for electrical, plumbing and air conditioning.

It has recently been reported that a shift to the new building will be in phases. On the 01st July 2010, the Patient Administration is expected to start moving to the new building. Other departments will be advised in due course.

### UPGRADING OF THE LIFTS

Last year, we received a number of complaints from both staff and patients about lifts that were ceasing while transporting people. The hospital’s management acknowledged that one of the hospital’s highest priority is to ensure the safety of patients and staff. Thus, a lift company was hired to completely change the hospital lift elements. The revamped lifts now provide reliable, lasting service, something that is very important in an environment as fast-paced and important as a hospital. This project should be completed by June 2010.

### KUYINTOKOZO UKUTHOLA AMAGUMBI AMASHA

**Kunentselela enkulu malunga namahovisi kanye nezindawo zokusebenza kulesisibheldlela. Lokho kudalwa ukuthi isibhedlela lesi sakhiwa kudala izinhlaka eziningi zokusebenza zingakabikho. Kodwa, ngenxa yokuzama kwabaphathi ukugwema le-sisimo, sekunamagumbi amaningi abizwa ngokuthi phecelezi ama ( park homes) Awusizo kakhulu ngoba uningi lawo lusetshenziswa njengama hovisi amanye kusebenzela I Crisis Centre, Igumbi lengane, Ethembeni Clinic kanye namagumbi okulala omama bengane ezigula kakhulu.**

### SMILE A WHILE

#### Top Ten Tricks to Liven up a Meeting

Stand up and act indignant. Demand that the boss tells you the 'real' reason this meeting has been called.

Give a broad wink to someone else at the table. In time, wink at everyone. Sometimes shake your head just a little, as if to indicate that the speaker is slightly crazy and everybody knows it.

Stay behind as everyone else, including the boss, leaves. Thank them for coming.

### CONSTRUCTION WORKS COMPLETED IN 2009

- Changing of ceiling panels in the passages of the old block. This started from Ward 5 down to the x-ray department. The old block ceilings were damaged, rusty and some panels were falling apart. This work was done by a private contractor named Walker. They started in June and finished in August .
- All lights in the Old Block passages were replaced
- Showers of all departments in the G-Ward wing were tiled

### These developments are definitely making life in the hospital easier for both patients and staff !

- New filing room was made for Patient Administration
- Nurses home and Dental Clinic windows were all replaced
- Ceiling and lights were replaced in the Matrons Office

### 2010 MAINTENANCE WORKS

- Nerve call system installation has been completed in G-Ward
- Showers and floors in the Nurses Home were beautifully tiled.



# PORT SHEPSTONE HOSPITAL STAFF GEAR UP FOR THE FIFA WORLD CUP

After decades of waiting, the world cup is finally on African soil. In a few weeks time, South Africa will host one of the greatest and most eagerly anticipated games in the world. In the spirit of the world cup and in ushering in this momentous event, people at work are encouraged to wear the Bafana Bafana soccer T-shirt. This is the nation wide theme of football Friday.

Staff at Port Shepstone Hospital have been wearing the t-shirt to create an atmosphere of the world cup. By proudly wearing our national team's colours, we hope to display our keenness to welcome guests from far and wide to our rainbow nation. In addition to this we would like to assure everyone that we support the national team.

We can't wait to be part of this historic event and concurrently build a bond of camaraderie amongst diverse nationalities by means of sportsmanship.



## IZINTOKAZI ZEQEMBU LEBHOLA LESIBHEDLELA



### BEAUTIFUL & VIBRANT GIRLS READY FOR THE GAME !

Iqembu lebhola labafana laphumelela labuya nendebengoba beshayewonke amaqembu ebebeqhudelana nawo . Kwakudlalelwa emabaleni ase Albersville e Port Shepstone, ngomhla ka 17 April kulonyaka.

Kwakumnandi kungamayeyeye Iqembu labafana liphumelela kwimidlalo yonke. Noma amantombazane engaphumelelanga kodwa bafinyelela kuwafa-wafa ( finals) Kuyintokozo ukuba nabasebenzi abanomdlandla kwezimidlalo ngoba kuhlala kumnandi abantu bejabulile.

Sithatha lelithuba sibonga kwizihambeli zethu zonke ngokuphumelela emidlalweni nokudlala ngesizotho! Siyobonani emva kwendebe yomhlaba.



Bahl' abantwana bagezile !

U Luyanda Sima no Ncamisile Myaka



Lo - uLuyanda Shabane uMgadli webhola—othi noma engekho mfuthweni awafake amagoli emnatheni eshovana

Lezi yizintokazi ezinhle ezidlalela iqembu lebhola yabesifazane lesibhedlela lilungele umdlalo ababewuhlele ukuthi ubephakathi kwabo nezibhedlela ezintathu i Reitfle, Umzimkhulu kanye ne sibhedlela I Christ the King . Lo- ibengumdlalo wokuphakamisa isasasa lo mdlalo wendebe yomhlaba ezoqala ngomhla ka 11 June kulonyaka.