



HEALTH
KwaZulu-Natal

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Issue No : 17

PORT SHEPSTONE REGIONAL HOSPITAL NEWSLETTER ISIBANI

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Hospital Hosted a Successful HCT Campaign

HIV knows no colour, creed or religion. This undifferentiating nature of HIV/Aids has claimed the lives of many. Breadwinners and orphans are too frequently the heart breaking result of this pandemic. Turning a blind eye to the plight of those afflicted by this pandemic is a selfish act and those afflicted should not be cast aside from our community. However, the current state of affairs is not all doom and gloom. Hope is certainly not lost. By means of proper education, understanding and advice, we all can broaden our knowledge and make wiser decisions. To educate people about HIV, Port Shepstone Hospital hosted a successful HCT campaign that took place on the 4th of June 2010 at the St Martin De Pores School. The theme of the event was to encourage people to test themselves for HIV and for them to identify their status. After all, it is -



(left) Sindy Mhlungu and (right) Lynnette Finn

only by knowing one's status that one can decide the way forward and make informed decisions. After testing, individual counseling took place at the venue to educate people about what steps to take after discovering their status. Nursing personnel were positioned at various strategic areas within the venue to facilitate the testing process. We thank Dr Chinasami, head of Family Medicine for a—

profound speech that helped open peoples minds as many people afterwards were willing and ready to test for TB, HIV/AIDS, Anaemia and Blood Sugar.

The hospital management would like to extend a word of gratitude to all employees and the community at large for responding positively to the call to fight against these dreadful diseases.

IZINDABA ZIXOXWA NGEZITHOMBE



U STHE MZINDLE EKHOMBISA UKUBA YINDODA
EMADODENI NGOKUHLOLELA IZIFO, ESIZWA NGU
NURSE CLARA MSOMI



ABASEBENZI BESIBHEDELELA BELUNGELE UKWENZIWA AMA -
TESTS ONKE



Nurse Cynthia Mzobe and Staff nurse Tammy
Michael



LO USIBONGILE EJABULELA UKWAZI NGEMPILO YAKHE,
ESIZWA NGU NURSE Z B NYAWOSE



LANA U MATRON NTSIMBI ESIZA ILUNGU
LOMPHAKATHI



STOP HIV AIDS

As an added bonus to those present, the following tests were also made available at the same venue. They were namely, blood pressure testing, sugar diabetes and diabetes testing, anaemia testing and TB testing. With all these tests performed, utilizing the latest equipment and technology, one would imagine that a fee was demanded. However, the wonderful aspect of this launch was that no fee was asked for any of these tests. So, whoever attended the launch benefited by having the convenience of having a substantial number of tests done together with professional advice all at the same venue with no fee levied.

A variety of entertainment in the form of song items were provided by a vibrant choir that was led by Matrons and counsellors.

We would like to take this opportunity to thank our sponsors—Cell C and Real People for generously sponsoring prizes for the competitions held. In order to provide an incentive for people who had courage to test for all conditions, the competition was only open to those who tested themselves. Cell C contributed by donating a cell phone and Real People donated a two plate stove, a tumbler set, plastic-ware and a tea set. Besides the competition, all those who tested themselves received a T Shirt as a reward for testing. The event would never have been a success were it not for the help of all those who assisted. The hospital management would like to thank all clinical and administration personnel from the hospital who helped administer the medical tests and all administration, St Martin De pores for the use of their venue and the sponsors for providing prizes. A big thanks goes to the event organizers for making sure that the event's set objectives were realized and the event became a resounding success.

2010 HOSPITAL EVENTS

DATE	NATURE OF EVENT
July 2010	Batho Pele Campaign
August 2010	Women's Day Celebration
September 2010	Stroke Awareness Campaign
September 2010	Deaf Awareness Campaign
September 2010	Pharmacy Awareness Week
October 2010	Batho Pele - Open Day
November 2010	Quality Day
December 2010	AIDS Day
December 2010	Year End Function

IMPORTANCE OF EARLY SUBMISSION OF EVENT PLANS

To enable proper planning and ensure readiness by all stakeholders, event plans should be submitted to the Public Relations Officer at the beginning of the financial year or at least in no less than 10 working days prior to the scheduled event date.

This helps in maximizing promotional impact of the event, planning and ensuring that

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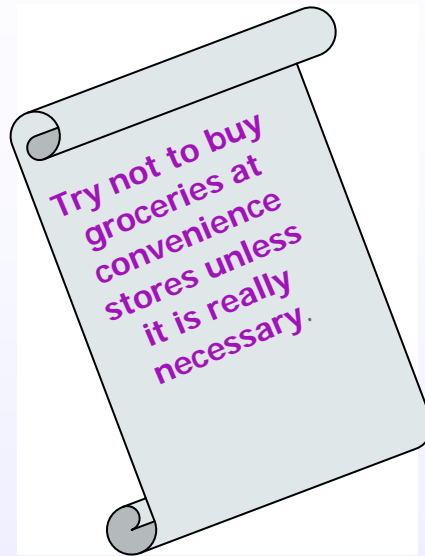


TALKING MONEY—HOW'S YOUR BUDGET ?

AVOID CONVENIENCE STORES

AVOID COMPULSIVE PURCHASES

Don't buy things you really don't need. When shopping, only purchase what you planned on buying. If you find something else you want, hold off on the purchase until the next time. That way, you can have some time to think if the item is really something you need. Also, you can check if it is within your budget.



PREPARE MEALS AT HOME

Instead of buying breakfast at work, try having breakfast at home instead. Also, make your own lunch at home for work. It is amazing how much money you will save by preparing your own meals.

Also, instead of drinking fizzy beverages, drink water instead -- it will also help you watch your weight. Choose healthy snacks such as fruit and vegetables, this will stop you from buying food at work.

YOU CAN ONLY BUY WHEN THERE IS FUNDRAISING !

PAY OFF CREDIT CARD DEBT

Credit card debt has one of the highest rates of interest you can pay. Don't just pay the minimum monthly charge, but try to pay your credit card in full.

The sooner you start, the better !

KEEP A BUDGET

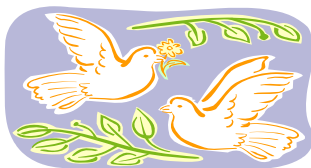
A great way to help save money is to create a budget, and then stick to it. Even by just tracking where the money is going, you will be more aware of your spending habits, and eliminate unnecessary spending.

SWAP TOYS

If you have kids, instead of buying lots of expensive toys, consider buying less toys, and then swapping toys with friends and family. Kids often lose interest with their toys, but have a greater interest in new toys. By swapping, you can increase the frequency of new toys without spending any additional money.

MOTIVATION FROM THE BIBLE : ROMANS 8:1-2

*If this symbolizes Peace,
then let it be !*



“There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the spirit. For the Law of the Spirit of life in Christ Jesus has made me free from the law of sin”.

“I will have mercy on whom I have mercy, and I will have compassion on whom I have compassion. It does not, therefore, depend on man's desire or effort, but on God's mercy” Romans 9: 13-16

“For he himself is our peace, who has made the two one and has destroyed the barrier, the dividing wall of hostility, by abolishing in his flesh the law with its commandments and regulations. His purpose was to create in himself one new man out of the two, thus making peace and in this one body to reconcile both of them to God through the cross, by which he put to death their hostility. He came and preached peace to you who were far way”. Ephesians 2:14-17

About Your Health

LET'S EXPLORE FACTORS THAT ENHANCE YOUR HEALTH !

Your good or poor health is affected by a wide range of factors. Take note of the environment you live in and situations you are exposed to. What is happening and what has happened to you is another

TAKE CARE OF YOUR PHYSICAL ENVIRONMENT !

If your water is clean and safe, the air you breathe is pure, your work place is healthy, your house is comfortable and safe, you are more likely to enjoy good health compared to somebody whose water supply is not clean, the air he/she breathes is contaminated, the work place is unhealthy etc.

Healthy body—
Your
Number
One
Priority!

VERY IMPORTANT : SUPPORT FROM PEOPLE AROUND YOU

If you have family support as well as support from your friends and your community, your chances of enjoying good health are far greater than somebody who has none of these things.

JOB PROSPECTS & ENVIRONMENT

If you have a job, statistics show that you are more likely to enjoy better health than people who are unemployed. If you have some control over your working conditions, your health will benefit too.

ACCESS & USE OF HEALTH SERVICES

A society that has access and uses good quality health services is more likely to enjoy better health than one that doesn't.

GENETIC INHERITNCE

People's longevity, general health and resistance to diseases are partly determined by their genetic make up.

WHAT WE DO & HOW WE MANAGE -

What we eat, our physical activity, whether we drink or smoke or take drugs and how we cope with stress play an important role on our physical and mental wellbeing .

Do you have any health advice for our next issue that you would like to share? Contact the Public Relations Officer on ext. 6276 or phumza.morai@kznhealth.gov.za

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During the launch, people who tested themselves for HIV were entered into a competition whereby they could win a prize. These prizes were generously sponsored by Cell C of Shelly Beach and Real People of Port Shepstone.

AND THE
WINNERS
ARE

.....



Nompucuko Xolo won a porcelain dinner set sponsored by Real People



Brian Cebekhulu won a cell phone sponsored by Cell C Shelly Beach



Rodney Krishna won a two plate stove sponsored by Real People



Lungile Dlezi won a tumbler set sponsored by Real People



Gabisile Mbhele won a 40 piece storage set sponsored by Real People

FAREWELL PARTY FOR THE HOSPITAL NURSING MANAGER



On behalf of management and staff, (R)Mrs Melinda Cranzi ensured that (L)Mrs Ngesi does not leave the hospital empty handed!

Mrs Ngesi has served the hospital in her capacity as Nursing Manager for a number of years. It is with a great sense of sadness that we bid farewell to Mrs Ngesi. While working as a nursing manager, Mrs Ngesi displayed sheer tenacity and exemplary leadership qualities. Most certainly, Mrs Ngesi has left behind a high standard and benchmark of performance which many people aspire to emulate.

Whoever knocked on her door was welcomed by someone who was genuinely interested in assisting. Even though we are

forced to accept this reality, we are at the same overjoyed that Mrs Ngesi has been promoted to the position of being CEO at the Murchison Hospital. Mrs Ngesi will be sorely missed by all of us here at Port Shepstone Hospital. We will always reflect and cherish the fond memories which she has left behind. During the farewell ceremony, many members of staff made it a point of expressing their gratitude to Mrs Ngesi for all the assistance she has rendered. The large turn out, personal messages and contributions from staff indeed displayed a great sense of compassion for this remarkable lady.

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At the table is (L)Mrs Jenny Smith with (Centre)Mrs Buyisile Ngesi and (R)Mr



It is without a shadow of doubt that Mrs Ngesi will leave a void upon her departure. We would like to express our sincere gratitude to her for working tirelessly and for her invaluable contributions to the Port Shepstone Hospital. In closing, management and staff of Port Shepstone Hospital congratulate Mrs Ngesi on being appointed CEO of the Murchison Hospital



THE PUBLIC RELATIONS OFFICE WELCOMES THE NEW INTERN



MR ABED ABDUL CARIM

After completing a diploma in public relations management, gaining public relations experience sometimes became a difficult task. The Department of Health offered individuals with qualifications from various fields an opportunity to gain experience by being employed in their respective fields for a year. Fortunately, after being shortlisted by Ugu Health District, I was placed at Port Shepstone hospital which was very convenient as I reside in Port Shepstone. This opportunity allowed me to be employed as a public relations intern as of 1 April 2010. With 5 months being completed, I have learnt about public relations in a hospital and had the pleasure of interacting with many staff. This internship has thus far been a pleasant and fruitful learning curve. I would like to take this opportunity to thank the Port Shepstone Hospital staff for their cooperation when working with them.

I am confident that the experience gained at this institution will equip me with vital skills. I hope to learn as much as possible during this internship. I am certain that me as well as interns from other fields will realize this objective.

Surprise Farewell Party For Mrs Manipersad

Mrs Manipersad was pleasantly surprised on the 21 April 2010. She had applied for a managerial position and was successful in being selected for it.

In bidding farewell to her, the nursing management and her colleagues led her to believe that a meeting had been convened at the Indaba room. Upon arrival to the Indaba Room, Mrs Manipersad was greeted by her colleagues who chorused "surprise" and entered a room full of cheerfulness and dazzling décor.

This occasion was a farewell party and an expression of gratitude to Mrs Manipersad for all the years she has dedicated to providing health care. Remarkable characteristics of Mrs Manipersad



highlighted in their speeches were that Mrs Manipersad was always well organized, kind-hearted, willing to assist and committed to her profession. All present affirmed that it was a pleasure to work with her and are grateful to her for imparting knowledge to them.

During the function, her OPD staff sang hymns and recited passages from religious scripts. Mrs Manipersad thanked all persons who coordinated this function.

It definitely was a pleasant afternoon comprised of speeches from her colleagues highlighting noble qualities and her outstanding contributions to service delivery.

As a token of appreciation a gift was handed to Mrs Manipersad. The afternoon's proceedings ended in a delicious spread of cuisine, a variety of beverages and a decadent piece of cake for dessert.

As one of the staff stated to Mrs Manipersad "You will be sorely missed," a sentiment shared by all her colleagues she departs from. The hospital management would like to take this opportunity to congratulate Mrs Manipersad and wish her well in her new position .



OPD STAFF BIDDING FAREWELL TO THEIR SUPERVISOR



Mkhuzo, a former supervisor to Sr Manipersad

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Treat For C Ward Mothers and Their Babies

Very often when we are faced with an illness or are forced to be hospitalised we feel depressed and sometimes forgotten by the outside world. One can only imagine what children who are hospitalised feel as their friends enjoy playing outside and they can only peer through the window.

Even though the hospital is a place of caring and healing, children unfortunately are not able to view it in this manner. To them it's a place of needles, blood, bandages and detachment from their families. However, things were different and more exciting especially for our young patients at C Ward. The children of C Ward were

reminded that people from outside the hospital cared for them

They were also made aware that they are always considered to be part of the community as the ward was being transformed before their eyes into a party atmosphere. Mothers and their children of C Ward were treated to a party by the Coastal Accounting firm from Port Shepstone .

The day was filled with delicious snacks, drinks and entertainment. Having fun was the theme of the day. Magic acts grabbed the attention of our young patients as clowns amazed them with different performances. The fun did not end there. Face painting was also made available by our gracious sponsors

As you would imagine, many of the young patients wanted their faces to be decorated with attractive designs and colours. The day ended with a colorful faces , smiles, laughter and joy. The day was one that will be remembered by those as a pleasant one.

The hospital management is much grateful for the generous gifts given by Coastal Company. They donated 10 kids story DVD's, a TV set and a DVD player to the Children's Ward. This serves as an indication that even though people are busy with the daily activities, there are always people who care for those who are less fortunate. We should take lesson from our sponsors and always make time to help those who are sick or are in need





SOCCKER FEVER GETS PORT SHEPSTONE HOSPITAL



IN A PARTY MOOD

On the 11 June Port Shepstone Hospital planned an internal soccer world cup opening celebration. The staff were delighted as they were joined by the hospital CEO Mr Big-boy Khawula on the dance floor. Everyone was showing off their Diski Dancing skills. To open the celebration, all employees, wearing their football shirts for the last official Football Friday proudly sang the national Anthem.

Staff wore impressive football wear with some even painting their faces with the colours of the South African flag. The feeling of support for Bafana Bafana was electrifying and felt by whoever was present. This event took place in an elaborately decorated football themed venue and the popular diskidance was in session. For the seasoned dancers it was a chance to impress onlookers and for the beginners, it was an opportunity to learn the trendy moves.





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PORT SHEPSTONE HOSPITAL
WELCOMES NEWLY APPOINTED
EMPLOYEE ASSISTANCE
PRACTITIONER



SAMKE MBAMBO - EAP PRACTITIONER

We take this opportunity to welcome Ms Samkelisiwe Mbambo (generally known as Samke) to the Port Shepstone hospital as the newly appointed Employee Assistance Practitioner. Ms Samke Mbambo has a Bachelors Degree of Social Science (Social Worker Degree) from the University of Kwazulu Natal and is from Gamalakhe Township. Ms Mbambo has well developed people skills as she has worked as a social worker at many reputable organizations. She has been employed to provide professional advice to over a thousand staff who are currently working in our hospital.

Working in a fast-paced environment such as a hospital puts a great deal of pressure on employees which may impede on their ability to perform their best. All staff are working in synergy for the greater good of the public which is to provide excellent health care to all

However, there needs to be an on-going support system in place to assist staff whenever they are faced with difficulties in their lives or general well-being. Professionalism and good people skills are traits that are essential when helping staff to deal with social and emotional problems. We are therefore confident that Ms Mbambo's stay with us will be a fruitful one and that she will provide a sound support structure to all staff. The hospital's management and staff would like to congratulate Ms Samkelisiwe Mbambo on her appointment and take this opportunity to welcome her on board to

Port Shepstone Hospital's dynamic staff

NEW EMPLOYEE WELCOME

To all employees who have recently been employed, we welcome you to Port Shepstone hospital and we would like to let you know that we are looking forward to a fruitful relationship with you.

We hope that you have enjoyed the orientation programme and we would like to hear from you about your successful integration into our hospital.

Once again, welcome to the team, if you have questions, please call the Human Resource Office between 14H00—16H00.

TONGUE TWISTERS

How fast can you and your friends say these tricky

She sells seashells on the sea shore, she sells seashells no more. A good cook could cook as many cookies as a good cook who could cook cookies.

A sailor went to sea to see what he could see and all he could see was sea, sea, sea. How much wood would a woodchuck chuck if a woodchuck could chuck wood.

Betty bought butter but butter was bitter, so Betty bought better butter to make the bitter butter better. These thousand tricky tongue twisters trip thrillingly off the tongue.

Which watch did which witch wear and which witch wore which watch? I wish to wish the wish you wish to wish, but if you wish the wish the witch wishes, I won't wish the wish you wish to wish.