



WOMEN'S DAY COMMEMORATION

MAXIMISING YOUR BEAUTY



Ms. S. Mbambo

Sr. K. Cochman

Sr. N. Msongelwa

To mark the celebration of Women's Day in the year 2010, a women's day celebration on "MAXIMISING YOUR BEAUTY" was organised by Port Shepstone Regional Hospital and it took place on 23 August 2010. The theme "maximise your beauty" was chosen to once again, encourage women to utilise their talents and beauty to its maximum. This visionary event was aimed at calling all women employees to come together to quell fears and get more insight on issues affecting

"MAXIMISING YOUR BEAUTY"

them as women. To make the event a memorable one from Ugu Fitness Centre and Ms. Kim were invited as guest speakers. Their vibrant speeches focused on women's inner and outer beauty, highlighting on healthy lifestyle, living with a positive outlook in life and creating a balance in one's life. All entertainment activities of this event would not have been possible without the role played by the sponsor. We will like to thank Checkers from S.C. Mall Place col from Shelly Beach, Port Shepstone Superbodies and last but not least, Clinique from Edgars in Shelly Beach.

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VISION

To achieve an efficient and compassionate regional health service in the Ugu District.

MISSION

To provide a sustainable co-ordinated and comprehensive high quality regional service through the District Health system, for the Ugu District, that meets National Standards through a proud and dedicated workforce.

CORE VALUES

Compassion, Dignity and Respect, Efficiency, Adherence to standards, Trust built on Truth, Integrity, Reliability, Confidentiality, Dedication, Commitment to performance, Transparency, and Consultation.



The Newly appointed Nursing Manager



We would like to take this opportunity to welcome Mrs. Bawinile C. Ndlovu to Port Shepstone Hospital as the newly appointed Nursing Manager.

After spending three (3) years as a matron in GJ Crookes Hospital, Mrs. Bawinile C. Ndlovu opted to work as a Nursing Manager. Beside working as a matron, she has experience working in many other institutions such as INkosi Albert Luthuli, Mcords Hospital to name but a few.

Mrs. Bawinile C. Ndlovu has a basic nursing diploma and an advanced University Nursing Diploma in Health Services Management and Health

Science. Her inspiration for her field of study is a passion for the well being of others.

The vision outlined by her while working as a nursing manager is to provide the best nursing care, management and support to staff. She would also like to ensure that channels of communication are always open amongst all departments.

In elaborating on her vision as a Nursing Manager, she emphasized that she would like to support all programs pertaining to good clinical governance, infection control and quality improvement and any other programs planned.

MANDELA DAY

67

minutes to make a Difference



PN SJ Mndunge gives 67 minutes of his time to make a difference

The celebration of Mandela Day aims to serve as a global call of action for people to.

" recognise their individual power to make an imprint and help change the world around them for the better"

The campaign calls on people across the world to dedicate 67 minutes of their time to help mankind in anyway possible. By giving 67 minutes of your time, it is symbolic of the 67 years which Mr.N. Mandela spent in prison.

PN Mndunge answered the call to engage in an activity which will make a difference. He dedicated 67 minutes of his time to washing dishes at a ward.

HERITAGE DAY

PROUDLY CELEBRATED



Staff came to work in their traditional attire as an expression of their cultural heritage. Heritage Day at Port Shepstone Hospital was a colourful display of attractive garments.

Staff eagerly showed off their traditional garments. Staff were willing to entertain questions about their heritage and beliefs. The aim of heritage day is to encourage all South Africans to celebrate their heritage and the diversity of their beliefs and traditions.



Port Shepstone Hospital was delighted to be informed that they will be receiving handbags. You are probably assuming that these handbags were intended for the female staff.

No, this is not its purpose. Its purpose is to serve as a form of kit with essential items for rape survivors. Inside each bag is items such as shampoo, lotion soap, perfume and various other cosmetics.

Receiving of these handbags are thanks to the efforts of the Jess Ford Foundation. The Jess Ford Foundation was established as a non-profit organisation to assist rape survivors.



WORLD AIDS DAY COMMEMORATION

Port Shepstone Hospital commemorate World Aids Day on the 1th December 2010. The event took place at the Indaba room with various speakers speaking about the pandemic.

A point to note from the speeches was that abstinence was emphasized. Also spoken about was that people should practice safe sex.

HIV is found in specific human body fluids. If any of those fluids enter your body, you can become infected with HIV.

Which Body fluids contain HIV?

HIV lives and reproduces in blood and other body fluids. We know that the following fluids can contain high levels of HIV.

- A) Blood Semen
- B) Pre-seminal fluids
- C) Breast milk
- D) Vaginal fluids Rectal (anal) mucous

How is HIV Transmitted through body Fluids?

HIV is transmitted through body fluids in very specific ways:

- A) During sexual contact
- B) During pregnancy
- C) Childbirth
- D) Breastfeeding
- E) As a result of injection drug use
- F) As a results of a blood tranfusion with infected blood
- G) An organ transplant from an infected donor.

www.iads.gov/hiv-aids-basic/hiv-aids101/overview/how-you-get-hiv-aids



Mr. Zikalala



Marion Ndlovu & Sr Mfenyana help in lighting candles for guests



Staff & guests listen attentively to the speakers



Port Shepstone choristers entertain the audience



OPEN DAY 2010

Port Shepstone Hospital hosted an Open Day on the 13 October 2010. Members of the community were invited to observe who runs the hospital and what transpires on a day to day basis at the hospital.

The event began with an opening prayer, following by a discussion of various topics dealing with the hospital. Topics covered included an introduction of the hospitals board, explanation of the referral, pattern, the hospitals financial highlights and an explanation of the complaints mechanism. People who attended had a chance to voice their concerns and ask questions to the hospital's management.

Questions posed were addressed by the management immediately. Witnessing this robust exchange of points of views, made us realise that the objectives of the open day had been achieved.

This was to provide a means of allowing people to address staff at managerial level and elicit a response immediately.

After the question and answer session, attendees were invited to partake in light refreshments. Thereafter, tours were organised for those who wished to visit departments within the hospital.

Who knows, maybe this encounter will encourage them to become upcoming professionals in the medical fraternity.

It's hoped that, first-hand will give people an idea of what happens at the hospital. We would like to thank all individuals who availed themselves to spend the day with us and look forward to hosting community events again next year.

The hospital management would like to express their gratitude to staff from various departments who assisted in making the open day and reality and a day to remember.





SUCCESSFUL BATHO PELE CAMPAIGN HELD

Batho Pele aims to enhance equality and accessibility of government services by improving efficiency to recipients of the service. This campaign was intended to create a sense of conscientiousness about the Batho Pele principles amongst staff. Batho Pele principles essentially aims to make employees put the needs of their clients before themselves or their own needs.

This can be done by implementing the eleven Batho Pele principles which are:

- A) Consultation
- B) Service standards
- C) Access
- D) Customer Impact
- E) Encouraging innovation
- F) Rewarding excellence
- G) Leadership & Strategic direction
- H) Information
- I) Value for money
- J) Openness & Strategic direction

Port Shepstone Hospital recently held a Batho Pele campaign. Staff of Port Shepstone hospital arrived at the information kiosk to gather more information about Batho Pele and convey the message to their respective departments.

Those who knew about Batho Pele saw this opportune moment to seek more knowledge about Batho Pele.

This campaign was to create a sense of consciousness about the Batho Pele principles which essentially aims to make employees put the needs of their clients before themselves.

We feel confident that, staff are well informed about the teachings of Batho Pele and will always strive to implement Batho Pele principles.



Ms. B. Khawula

Sr. Mohapi



Ms. N. Ncube

STROKE AWARENESS WEEK

Staff from the physiotherapy department embarked on a campaign to create awareness around the condition of stroke.

By distributing pamphlets and brochures, members of the public were conscientised about the causes, signs and symptoms of strokes. It must be recognised that one of the biggest challenges is to help people understand that stroke doesn't just happen certain people.

It can happen to anyone, at any age and the biggest single risk is high blood pressure.

“

Don't delay in getting your blood pressure tested and take the necessary steps thereafter

”

MORE INFORMATION ABOUT STROKE

What is stroke?

Stroke is a cerebral vascular (CVA) the term being used to describe an interruption or cutting off of blood flow to the brain. This results in signs and symptoms of neurological deficits. Irreversible damage may occur to the brain if it deprived of oxygen for 3 minutes or more.

A stroke occurs when a blood vessel in the brain is either blocked or bursts. The result is that a specific area of the brain becomes damaged due to blood not reaching it. Because the different functions of the brain are not divided into clear-cut areas, damage to the same area will result in different symptoms in different patients.

Embolism

An embolus (a travelling blood clot or particle of matter which has become dislodged, air sucked into a large vein from the neck or chest wound, globules of fat released from a fractured bone) can be carried by blood to the brain causing an obstruction to a blood vessel with a resultant stroke.

Blood Disease

Any disease of the blood vessels results in materials being laid down on the walls of the blood vessels in the body, including the brain and this may result in a burst blood vessel causing a stroke.



Diabetes

High levels of sugar in the blood can cause damage to the small blood vessels in the body including the brain and this usually results in a burst blood vessels.

WHAT CAUSES STROKE TO OCCUR?

Hypertension

Is the most common cause of stroke. If high blood pressure is not treated over a prolonged period of time, the blood vessels in the brain bursts which leads to a stroke.

High Cholesterol

Fatty materials in the blood are laid down on the inner walls of the blood vessels. When this occurs in the brain, a blood vessels can become completely blocked, thus causing a stroke.

Obesity and Poor Diet-This can result in high blood pressure which can lead to a stroke.

Heart Disease

This can cause blood clots to form in the heart. A dislodged clot is carried to the brain causing an obstruction.

Smoking-This causes an increased level of cholesterol in the blood as well as damages of the blood vessels in some women.

Oral Contraceptives and Stress-This can cause hypertension, diabetes and disease of the blood vessels in some women.

Stress-Continuous high levels of stress result in hypertension

MEET OUR NEW Human Resource Manager



Mr. N. Shude

Mr. Nhlanhla Shude is the newly appointed Human Resource Manager who officially commenced his duties on the 01 July 2010 at the Port Shepstone Hospital. He takes the place of Mrs. Sizakele Zuma who has recently been promoted to a similar position at Port Shepstone Illovo Sugar Company.

We are excited to welcome him to the hospital's family. He has extensive experience in the human resource component, which we are confident will be beneficial to the staff of our hospital.

“ I am pretty passionate about my job and I will do everything I can to make sure that, the human resource staff work as a team and I will be there to provide the necessary support and leadership ”

He emphasises that, the Human Resource component is all about understanding and implementing circulars and policies accordingly.

We congratulate him on his new position and we look forward to having him on board with us.

Party held for Cerebral Palsy Children



Cerebral Palsy is a disability that affects movement and body position. This comes from brain damage that occurred before, at or after birth.



One of the ways of treating Cerebral Palsy is Physiotherapy. Ever since children are born and diagnosed with cerebral palsy, they constantly visit the therapy staff to help deal with this disability. A relationship is built between therapy staff and patients.



This party aims to remind parents and children that they are part of the community and that people are available to provide support a party was organised.

Packs containing items which can assist the patient were given. These aid the patient to simplify daily activities such as bathing, eating and dressing and dressing which is often a challenge.

VISIT BY MINISTER

MAGGIE GOVENDER



Port Shepstone Hospital was pleased to receive housing Minister, Maggie Govender. She announced that the hospital's completion date to expansion has been extended from November 2010 to between February and March 2011.

She also added that, hospitals were highly technical entities and as technology advanced during construction, building plans would have to be changed.

She went on to say that, the extension would see the addition of amongst other things, theatres, an intensive care unit and a high care unit.

High rainfall and delays in demolishing the old hospital also contributed to the delay.

....building will accommodate a records department, casualty ward, theatre, pharmacy, admissions, office space, sterilising and disinfecting unit.

The main contractor, TBP Contractors, has subcontracted for the plumbing, electrical work and air-conditioning.

THE WEEKEND GATEWAY

Sister Gyan wins the weekend getaway which was raffled. The funds generated from the raffle will be used for forthcoming events. The EAP and Wellness Committee thanks all staff for purchasing raffle tickets. Your contributions are appreciated.



COMPLIMENTS RECEIVED

Acknowledgment of Service Delivery

I was admitted in G Ward on 26 November 2010 with pancreatic pseudocyst (excuse my spelling it wrong) which was also confirmed at Inkosi Albert Luthuli Hospital. I was discharged on the 10 December 2010.

A big thank you to the following sections/units:

- A) Casualty where I called in with abdominal pain.
- B) SOPD where I had appointments on some Thursdays.
- C) G ward where I spent my 15 days in hospital.

Thank you so much for explaining everything you did to me. Believe me, making a patient understand is very crucial because understanding alone contributes greatly towards healing.

Please keep up the good work. Our nation needs you.

Thanks and regards

By: S'thembiso Lushaba

All the nurses in the Nursery and the doctors were of great help. They were always there to assist my son (Ismail) and they always gave me hope. I really appreciate the service and time they spent on me and my son.

From my point of view the service which I experienced during my month's stay in this hospital was excellent. Thank you all sisters and doctors in Nursery.

God Bless

The nurses and doctors in Ward 2 were very good to me. They were also very friendly.

If I want to know anything they provided an explanation to me.

By: A. Z. Ngcobo

Thuthuzela Care

Centre Officially Opens



Mr. M. Zikalala (left) and Mr. GBC Khawula (right) participate in the auspicious ribbon cutting ceremony.

The National Prosecuting Authority has commenced an initiative to provide support mechanisms to rape victims by establishing the Thuthuzela Care Centre at the Port Shepstone Regional Hospital. The naming of the centre was inspired by the Xhosa word Thuthuzela which means "comfort"

The main aim of the centre is to provide a facility that will offer a range of services to the rape victims at one location. In addition, this will create an environment which allows for the process of reporting the offence and ensures prevention of secondary victimization of the victim.

The centre facilitates a combined approach in aiding rape survivors recovering from their ordeal by availing various services. *Volunteers distributed information material to the public*



The new Thuthuzela services include examination by the doctors, bathing facilities, counselling, arrangement, for follow-up visits, treatment and medication for Sexually Transmitted Infections (STIs), HIV and AIDS, transportation back home by the investigating officer, arrangement for survivors to go to a place of safety if necessary, an explanation of the outcome by a case manager and court preparation by a victim Assistant Officer.

Port Shepstone Hospital is fortunate to have been selected as a hospital to house the Thuthuzela Care Centre. This centre will replace the old hospital Crisis Centre which used to deal with rape cases on a smaller scale. We believe that this new facility will enable us all to work more easily in the future.

In launching the establishment of the Thuthuzela Care Centre, we will officially be opening its doors to the public on the 1st December 2010.

On this day, educational material regarding sexual violence and access to the Thuthuzela Care Centre service will be distributed to the community at various points in town.

This activity will run concurrently with the official opening of the Thuthuzela Care Centre.

This event will coincide with the 16 days of activism campaign of no violence on women and children in which the hospital has embarked upon as from the 26 of November until the 10 of December 2010.



Guest arrived to view the newly built Thuthuzela Care Centre.



Dr. B. Dlamini's trip to Belgium

“ This is a once in a lifetime opportunity and a Gift from God that I was nominated. I believe it will come to good use. This comes at a time when the Department of Health needs people that will assist in terms risk management. And uplifting the department to reach better standards”

to take her daughter along but unfortunately she is a scholar. Noluthando Dlamini is however excited that her mother has been granted this opportunity.

“I am definity going to miss her” said Dr. Dlamini, Even though they were away from each other, mother and daughter will kept in touch via skype everyday.

You were probably wondering where Dr. Dlamini had been for the past few months. The Medical Manager, Dr. B. Dlamini, was nominated by the Department of Health to attend a course in Belgium. This course spanned a period of 4 months. The course is entitled Risk Management and Analysis.

“ this is a once in a lifetime opportunity and a Gift from God..... ”

We are sure that Dr. B. Dlamini has found this course beneficial and look forward to having her back with us.

Here is what Dr. Dlamini had to say prior to departing.

Dr. Dlamini expressed mixed feeling as she is forced to leave her daughter Noluthando Dlamini behind. Affectionately referring to her to as her sweetheart she says that she would have loved



HAVE YOU JOINED THE

AEROBICS

CLASS ?

If you haven't joined the aerobics here are few noteworthy points to consider.

Regardless of your age or athletic ability, aerobic exercise is good for you. As your body adapts to regular aerobic exercise, you'll become stronger and more efficient.

Your small blood vessels (capillaries) will widen to deliver more oxygen to your muscles and carry away waste products, such as carbon dioxide. Your body will even release endorphins, that provide an increase sense of well-being.

Regular Aerobic exercise will:

- A) Improve Bone Calcium
- B) Improve Blood High Density Cholesterol
- C) Improve Handling of Excess Heat
- D) Increases Hemoglobin
- E) Improves resistance to Cold
- F) Decrease Blood Tri-glycerides
- G) Gives you an Emotional Lift
- H) Decreases insulin requirement

taken from: fitnessandfreebies.com

Days of the week to diarise are Tuesday and Wednesday from 3H30 pm to 4H30 pm. Classes for aerobics take place at the Indaba Room twice a week.

Another motivation for you to participate is that there are no fees payable to attend the class. Please take advantage of this opportunity as besides it being free of charge, it is also very convenient for staff to attend.

MAKE YOUR MONDAYS A VEGETABLE MONDAY

Vegetable (Meatless) Monday is a campaign that encourages people not eat meat on Mondays to improve their health and the health of the planet.

Health Benefit

Meat typically contains higher levels of saturated fat than plant based foods. Saturated fat intake has been linked to multiple preventable illnesses, including heart diseases, stroke, diabetes and various cancers.....

Meatless Monday focuses its initiative on Monday for multiple reasons. Monday is typically the beginning of the

work week, the day when individuals settle back into their weekly routine.

Environmental Benefits

According to the United Nations' Food and Agriculture Organisation the meat industry generates nearly one half of the man-made greenhouse gas emissions that lead to climate change.

The U.N. also found that current meat production methods cause nearly half of all stream and river pollution. Meat also requires a great deal of fresh water to manufacture. The production of a pound of beef takes approximately 2, 500 gallons of water.



Have you wished to learn how to swim but have never had the opportunity to do so? Or perhaps you were deterred by the fees for swimming lessons? If this is your position then don't despair.

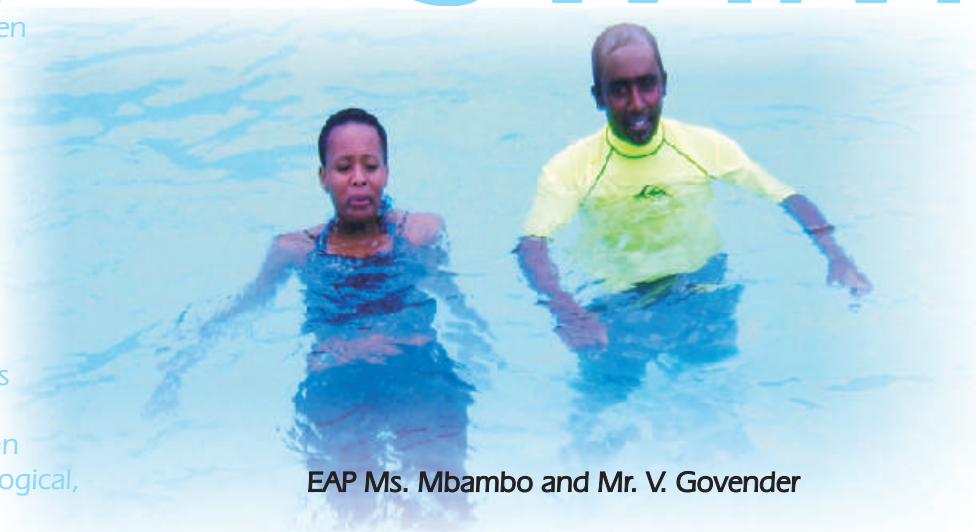
As an employee of the Port Shepstone hospital, you are given an opportunity to learn how to swim. The wonderful part of this is that, it is not competitive in nature and is free of charge.

The benefits of learning how to swim are vast. Listed below are a few benefits which should encourage you.

- A) Learning how to swim will provide an individual with personal safety, psychological, physical, social and recreational values.
- B) Learning how to swim as an adult can provide a great sense of accomplishment and personal satisfaction.
- C) It is virtually a non-impact activity so there is little stress on the joints which puts individuals at minimal risk for injuries.

WOULD YOU LIKE TO LEARN HOW TO

SWIM



EAP Ms. Mbambo and Mr. V. Govender

People tend to feel more social when they are around water. There is something about water that makes people want to play. It provides individuals the opportunity to get out and socialize regardless of their skill level.