



PORT SHEPSTONE REGIONAL HOSPITAL OBTAINS ITS SECOND BREASTFEEDING STATUS

Port Shepstone Regional hospital has once again received an international recognition for being baby friendly. Last year we were found to have displayed commitment in ensuring child survival by protecting and promoting optimal feeding to infant and young children feeding. The aim is to create an environment, globally, that empowers women to begin skin-to-skin with their babies and breastfeed after birth, to breastfeed exclusively for the first six months and to continue to breastfeed for two years or more with age appropriate responsive complementary feeding. Port Shepstone Hospital therefore believes that this process contributes tremendously towards improving the nutrition status, growth and development and ultimately survival of infants and young children. Attainment of this goal requires the hospital to vigorously reinforce a breastfeeding culture against incursions of 'a bottle-feeding -culture'. Last year the breastfeeding committee assessed PSH on breast feeding policies and procedures and we were found to be compliant with a score of 100%. The hospital management therefore wishes to extend their appreciation to all nurses for their hard work and commitment they have shown, hoping that when the hospital is reassessed in two years, the status will be retained. Sister Nomvuyiso Kanku, a Maternity Ward nurse, was also presented -with a

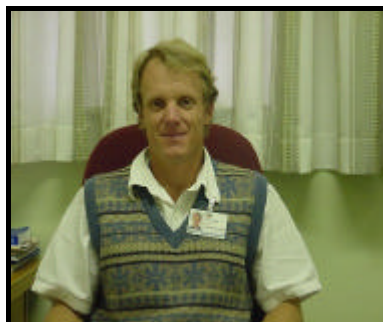


From left: Mrs Ngesi, Mrs Tobo, Mrs Kanku, Dr Mhlongo, Mr Khawula and other members from Head Office.

with a certificate for passing the Breastfeeding course that she attended last year. With this achievement our hospital has met one of its objectives to promote breastfeeding to all mothers during antenatal and postnatal periods. To have hospital management and staff that are orientated, sensitized and that fully supports breastfeeding is a good thing, I must say. The hospital team that attended the function had a joyous time at Emmaus and were pleased with all the proceedings of the day.

MEDICAL MANAGER LEAVES THE HOSPITAL

Dr P. D. McNeill has been promoted to a Principal-Specialist post and will be resuming his duties at the District Office (Ugu). March 2006. It has been a pleasure working with him in the hospital as he portrayed good leadership skills in all efforts in fulfilling the hospital vision, mission and objectives. He confirmed that he worked as a Medical Officer at Port Shepstone hospital in 1993 and rejoined the staff as a Principal Medical Officer in 1998, before becoming the Medical Superintendent in 1999. "To document the changes that I have seen taking place at Port Shepstone hospital during this period would need a whole issue of the hospital newsletter", said Dr McNeill. He further outlined that Instead, what he would like to do is encourage the managers and employees who work at the hospital, to continue with the path that they are on, in establishing a full regional hospital of which the people of Ugu District can be proud of. For the regional hospital vision to become a reality we require the cooperation of



Dr P. D McNeill

all hospital staff members, advised Dr McNeill. He further highlighted that, "it takes perseverance and dedication in the Department of Health because nothing happens fast and it is easy to become discouraged by the slow pace of progress". Dr McNeill has therefore encouraged all staff members of the hospital to respect their managers as they continue to develop the vision of a regional hospital in Port Shepstone.

He has thanked all members of staff who helped make the past 8 years at Port Shepstone hospital so memorable to him. Dr McNeill has also wished Mr. Khawula—the Hospital Manager and his team all the best for the future and assured them of his continued support in the District.

WELLNESS PROGRAMME LAUNCH AND EMPLOYEE ACKNOWLEDGEMENT DAY AT PSH

On Friday, 02 December 2005 Port Shepstone Hospital held a huge event to promote wellness of staff and also to acknowledge effort that employees had made in achieving the goals of the hospital during the year. A representative from the Department of Health –Ugu District, was proud to say Port Shepstone Hospital was the first institution in the District to launch a wellness programme for employees.

Port Shepstone management's main focus was to ensure that employees are equipped with necessary life skills and knowledge to enable them to take control of their lives. C Ward and High care Unit were presented with gorgeous trophies as they were nominated as best departments in 2005. The atmosphere was extremely pleasant for everybody with music items that ensured everybody felt at home. Our guest speaker Ms L. Godlwana highlighted many strategies that employees could use in promoting a healthy living.

She emphasized the importance of the following aspects regular physical activities, preferably every day and people to eat more plant based foods, whole grain bread and cereals and most of all to strive to maintain a healthy weight. This wellness programme has basically encouraged everybody to maintain a cheerful and hopeful outlook, say no to drugs or alcohol and by doing so, people will be choosing to see the bright side of life. They will always laugh and pass on joy to those they work and live with. Most of all we believe that a heart that is filled with gratitude and forgiveness helps you soar over life's difficulties and challenges .

It is therefore a hospital management's desire that all employees should take necessary time to make health a personal priority. After all proceedings, people were served with a delicious meal and cool drinks and everybody enjoyed the event.



From left: Mrs Zuma and Mr Khawula presenting a trophy to one of the best departments (CCU), representing the department is Ms C.N Mbali

SIXOXA NGEZI I HOMBE

UMCIMBI WOKUBHEKELELWA KWEZIMPILO ZABASEBENZI
OWABE UBANJELWE EMAGCEKENI ALESISIBHEDLELA NGE
DECEMBER NGONYAKA ODLULE.



Umphathi sibhedlela uMnu GBC Khawula kanye Ms L Godlwana owabe eyisikhulumi sosuku



U Nkk S.Zuma no Mnu G.B.C. Khawula benikeza inkomishi kumsebenzi wonyaka u Ms J.T Shazi.



Iqembu lengoma elabe lithokoziza izihlwele ezazithamele lomcimbi



Abasebenzi babephume ngothi lwabo ukuzothamela umcimbi owabe uhlelelwe bona.



Umnu C.H Myeza unikezela ngesitifiketi komunye wonogada besibhedlela uMnu T.A Dlamini



Umnu Y. S Govender enikeza isitifiketi komunye wabasebenzi bemtholampilo Ms N. Maphitshi

PHS MAKING A DIFFERENCE THAT MAKES A DIFFERENCE—

Functioning of an Occupational Clinic

There has been some changes that make a genuine difference. In an imperfect world it can be hard to tell when an initiative is fundamentally changing people's lives and when it is creating merely a good appearance. In 2005, The management of this hospital together with

the nursing personnel came up with the idea of forming an occupational health clinic. This clinic is going to be used mainly by the staff members of the hospital. The clinic is situated just between the nurse's home and the doctor's house. It is also going to be of much importance to

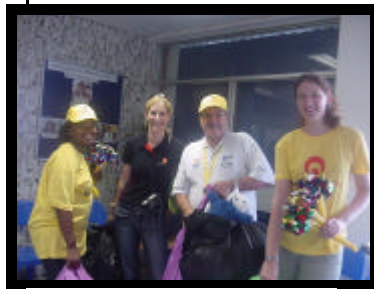
the staff who have been injured on duty.

It is expected that patients who have been injured should first go to Casualty so as to be seen by a doctor and all completed documents should be brought to the Occupational Health sister for compensation procedures to be implemented. The clinic deals with some of the following— HIV rapid tests, stat dose, PEP and Hepatitis B immunization is also done in this clinic. If the diagnosis was not made through the clinic, staff members suffering from TB are expected to report to the Occupational sister—Sr Thompson, so that occupational related diseases compensation procedures can be implemented. Monthly check-ups are also done in this clinic. We hope that this Occupational clinic will benefit the staff at Port Shepstone hospital in many more ways.

CHRISTMAS TIME AT PSH

-On the 18th of December last year, East Coast radio members rolled in to our hospital for Christmas. Port Shepstone hospital was once again among the privileged institutions to be visited by members from this radio station. Their bags were full of toys and many goodies that brought smile to the children. The presence of these people provides an invaluable source of entertainment.

The hospital management and staff would like to take this opportunity to thank the members for the tremendous work they do. The cast handed out sweets and chatted to patients and staff .



We also had visitors from Cape Town, a Christian group called Go South Africa. They provided music and entertainment to the hospital staff and out-patients. It was really a day of festive fun and entertainment. And they managed to get our hospital staff into Christmas mood while spreading and preaching the word of God Oh! What a day!



Go SA members performing



Go SA members

YOUR PRESENCE PROVIDES AN INVALUABLE SOURCE OF ENTERTAINMENT TO ALL CHILDREN IN OUR HOSPITAL

ABSA Bank staff from Margate also decided to visit children in C Ward. They took their bags full of goodies up to C ward to spread some Christmas spirit. Children were delighted to see all these friendly people and every child received a gift. This gave some children assurance that they will be visited on a regular basis.



Margate ABSA Bank Staff



GCILIMA CLINIC

Sesibuyele esimweni esingcono isimo sokusebenza emtholampilo wase Gcilima emva kokudonsa kanzima ngenxa yokuthi igx-enye yabasebenzi ibibhala. Ukusebenza kwasebusuku (night duties) sekuyagculisa emva kokuthi abasebenzi sebekuphothulile ukuhlololwa izifundo zabo. U Sr

Zobolo B.M ukucacisile ukuthi umphakathi wakulendawo awuzange uphazamiseke kakhulu ngenxa yokuthi bebewuchazela njalo ekuseni ngesikhathi sokuthandaza ngesimo ebesiqhubeka.

Lomtholampilo ubesenhlanhleni yokuthola udokotela omusha oqale ukusebenza ngomhlaka 18 January kulonyaka njengoba lo okade esebenza nabo uDr Kriek esethathe umhlala phansi.

ASSISI CLINIC

Ngokuchaza kuka Sr Shange, kwaba usuku oluhle kumtholampilo I Assisi ngenkathi kwenziwa umcimbi wokwamukela uDr P Nash nozosebenza ngemishan-guzo yesifo sengculazi kanye nesandulela sayo (ARV). Lomcimbi wawenzelwe eConvent lapho kwakugcwele onompilo, abahlengikazi kanye nomphakathi .

Ngolwesithathu lwan-gomhlaka 4 January kulonyaka kwabe kungusuku lokuthatha umhlala phansi kuka Dr Hart, kanti sekulindeleke ukuba isibhedlela iPort Shepstone ithumele udokotela ozosebenza njalongoMsombuluko kulomtholampilo. U Sr Qweshathi umpakathi walendawo ususenhlanhleni njengoba lomtholampilo usubelethisa kusukela ngoNovember wangonyaka odlule.

Assisi Clinic was assessed and achieved a silver Recognition Status for being a friendly clinic with (77,16%)

MARGATE CLINIC

On Friday the 9th of December 2005, the clinic committee together with Rotary Ans and Margate Pick 'n Pay store celebrated Christmas at kwaMasinenge informal settlement. One of the consensus of the group was to supply food parcels to the most needy people of that area.

According to Sr P. Zwalo these food parcels were distributed even during the course of the year where -

they were concentrating on people with chronic diseases like TB and HIV/Aids. The clinic committee members together with Pick 'n Pay have started a soup kitchen on the same village where home based care givers are involved in serving the soup to the people. These home based care givers are providing their service voluntarily under the supervision of Mrs J Swana who is the coordinator of care givers in that area. Great news for the community of the area is the establishment of a new service - Counseling which is going to be run by Sr P. Zwalo.

NHLALWANE CLINIC

On the 9th of December 2005, Nhlalwane clinic took an initiative and hosted a Teenage pregnancy and HIV/Aids Awareness. According to Sr P.B. Dlamini HIV/Aids motivational speakers- the chief of the village, students from Dubandlela High school and Nhlalwane Primary were all invited to the event. These fellow people all gathered in order to educate the youth and school children about the following issues

- ? Disadvantages of teenage pregnancy
- ? Different ways of protecting themselves from S T I 's and HIV/AIDS.

SHELLY BEACH CLINIC

Staff members at this clinic had a marvelous time at Igwala Hotel On the 16th of December 2005. HIV/Aids support group from Shelly clinic together with HIV Counselors celebrated their Christmas party not forgetting to remember those who have already passed away and those living with HIV/Aids virus.

They had a moment of silence while their candles were lit up and later enjoyed themselves to the fullest .Kwakumnandi ngalendlela emangalisayo, cabanga babekwenye yamahotela aseduze nolwadle, Beshaywa umoya wolwandle ukuze balungele ukuqala konyaka omusha.

MADLALA PROV CLINIC

“We have started the new year with a good spirit”, said Sr B. Ncane. At the moment this clinic is operating with two nurses and two general assistants. A doctor comes every Tuesday. There is nothing alarming, everything is going well.



From the 11/10/05-04/11/05 Dr Luke went abroad to gain knowledge and insight into the management of patients on anti-retrovirals from clinicians experienced in this field. The training programme was put together by Professor Easterbrook from King's College hospital in London, who personally supervised the visit. This was part of an ongoing academic support provided by King's College for ARV rollout at Port Shepstone Hospital. Due to the shortage of doctors in South Africa with experience in the ARV programme, it is necessary to make use of international support and expertise. Dr Luke attended clinics which generally consisted of clinics of about 5 to 10 patients each day. It was very useful for our doctor to sit with different consultants to see various approaches to similar problems. "These clinics provided an opportunity to observe management of patients with a wide diversity of problems", said Dr Luke. They also attended ward rounds, case discussions, BHIV conference and reviewed medical journals. "The purpose was achieved but obviously one cannot be trained into an "expert" in a few weeks, but this was a good starting point" said Dr Luke. Port Shepstone Hospital hopes that the experience that Dr Luke has acquired will prove to be fruitful and contributes to the mission of the hospital. We would like to thank Dr Luke for his hard work and dedication on this project.



PUBLIC RELATIONS CORNER

Happy New Year to all our readers. This is a marvelous and magnificent year, I suppose, a thrilling and enlightening time. We hope there are many blessings to be had—and I believe, we can have them all if we are willing and positive. Don't panic, I know this sounds like a pretty tall order, but I know you're equipped to do what you are required. We should start this year with a positive attitude and provide good customer service to all our clients. Communication is central to driving this process. Our plan this year concentrates on how the hospital communicates with patients, its own staff, general public and other organizations so that we can build and maintain public confidence in our health care system. In fact, communication has been outlined as one of the strategic goals that our institution has to achieve. To kick start the process, we have distributed a memo to all departments explaining the role of the PR department and we hope supervisors will take responsibility in informing their staff members.

WELCOME TO PSH

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|-----------------------|-----------------------|
| <i>Shazi A.S.</i> | <i>Maphumulo S.</i> |
| <i>Mkhize T. E.</i> | <i>Nomvalo L.</i> |
| <i>Shozi C. N.</i> | <i>Magubane N. E.</i> |
| <i>Mbashe N. C.</i> | <i>Ndude K.</i> |
| <i>Msongelwa N.</i> | <i>Bossa P. K.</i> |
| <i>Gwaru N. N. R.</i> | |

STAFF PROMOTIONS

You are congratulated for the promotion and we hope you will continue showing your commitment on your work.

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|-----------------------|----------------------|
| <i>Govender M</i> | <i>To SPN</i> |
| <i>Jalubane T. E.</i> | <i>To SPN</i> |
| <i>Cele D. N</i> | <i>To SPN</i> |
| <i>Machi B. B.</i> | <i>To SPN</i> |
| <i>Zindela Z. O.</i> | <i>To SPN</i> |
| <i>Mthulu K. N.</i> | <i>To CPN</i> |
| <i>Kanku D. N. N.</i> | <i>To CPN</i> |
| <i>Jenkins N. N.</i> | <i>To CPN</i> |
| <i>Gumede Y. M.</i> | <i>To Ward Clerk</i> |

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