



ISIBANI NEWSLETTER

FROM THE EDITOR

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We are delighted to bring you the first quarterly newsletter of the financial year 2019/2020. I am indeed honoured and feel encouraged by the kind feedback we receive from colleagues in the field of communication and people from other departments regarding the quality of our newsletters.

I must say that I am glad that our management also acknowledges the amount of work that goes into compiling a newsletter. Indeed, it is not a one-man show, hence I would like to take this opportunity to thank the editors, particularly Ms Jenny Smith for her sterling work and my fellow PR Trainees for their contribution and unwavering support. We have also noted an increasing level of contribution to the newsletter by our clinical personnel and we also wish to extend our gratitude to them for their willingness to share insightful information with the readers of Isibani Newsletter.

Getting back to business, the beginning of the financial year is the time to implement our plans. We can only hope they will serve as our compass so that at the end we will be able to measure our growth. Inside this newsletter, you’ll find a mixture of news and regular columns on a wide range of health-related topics. Doctor Verghese, Clinical Head for Family Medicine gives us some advice on how to survive the winter season. I hope you will enjoy this issue and please do let us know if there are any topics you would like to see covered in the future editions.



Mrs P.P. Morai (PRO)



MESSAGE FROM THE CEO'S DESK



Ms Bawinile C. Ndlovu
Chief Executive Officer
PORT SHEPSTONE REGIONAL HOSPITAL

In addition to awards, 17 employees received their post graduate qualifications ranging from Diplomas to Masters Degrees. 14 staff received certificates of recognition for receiving most compliments from patients and relatives.

We also extend our gratitude to:

- The hospital board for oversight and fundraising functions supporting and enabling service delivery.
- The community, patients, relatives and all service users for applauding good work and channelling us to areas where we are not doing well for improvement purposes.
- The social partners, stakeholders, business owners and media for unwavering support throughout the year.
- Our referral network for continuous support and commitment to timely resolving referral challenges.

In 2019/20, all our strategies and efforts are aimed at:

As we begin the new financial year 2019/20, I would like to thank all employees of Port Shepstone Regional Hospital and feeder clinics for team work, dedication and commitment to providing quality healthcare despite challenges encountered in the previous financial year. Their efforts and contributions were marked with several awards, to mention a few:

- Best performance in the category on the National Core Standards Regional Hospital 2nd position in Masea 2018/19
- Best performance Neonatal Services Regional Hospital in Masea 2018/19
- Best Performance in National Core Standards 1st position in Ugu Health Service Excellence Awards 2018/19
- Best Performance in Waste Management 1st position in Ugu Health Service Excellence Awards 2018/19
- Best Performance in Finance Management 3rd position in Ugu Health Service Excellence Awards 2018/19

Special and Honorary Awards to OM JD Ndlovu as a second runner up for Marilyn Lahana Award 2019.

- ⇒ Reducing morbidity and mortality rates across all priority programs with primary focus on quadruple burden of disease in order to contribute towards increasing life expectancy and productivity of people within Ugu District.
- ⇒ Enhancing effectiveness of multiple health systems, inclusive of human resources, infrastructure, finance, supply chain (incl. pharmaceuticals), information, communication and technology in order to realise universal health coverage, enable responsive quality health service delivery and improve compliance with policy and legislated mandates.
- ⇒ Strengthening leadership, governance and accountability on all levels.

I, therefore, urge all of us to join forces towards improving the lives of the people we serve, bearing in mind that individual efforts counts towards achievement of the team's bigger goals.

PORT SHEPSTONE HOSPITAL SCOOPS SPECIAL AWARDS DURING MEC'S SERVICE EXCELLENCE AWARDS



On stage from (L-R) HR Manager : Mr Mxolisi Zulu, Medical Manager : Dr Babusisiwe Dlamini–Kunene, KZN DOH HOH Acting :Dr Musa Gumede, Ugu District Director : Mrs Ntokozo Mkhize, KZN Health MEC : Dr Sibongiseni Dhlomo, Professional Nurse :Ms Dudu Ndlovu, PRO : Mrs Phumza Morai, Deputy Nursing Manager : Mrs Thembi Mkhize and Board Member: Ms Samukelisiwe Ngwabe

Port Shepstone Hospital is thrilled to have received two awards (Silver and Bronze) from the MEC's Service Excellence Awards, a glittering ceremony which was held at the Royal Show Grounds in Pietermaritzburg on Friday, 26th April 2019. The Silver award was for achieving 2nd position in the National Core Standards category amongst the Regional hospitals in Kwa-Zulu Natal. The Bronze award was for achieving best performance

in Neonatal services.

The competition was open to all government health facilities in Kwa-Zulu Natal and the judges rated the competitors based on the scores attained and the impact their service made in improving the lives of patients in 2018. Apart from the clinical programmes recognized on this day, Sister Duduzile Ndlovu, an Operational Manager for our Hospital Forensic unit was also awarded by MEC - Dr Sibongiseni Dhlomo for

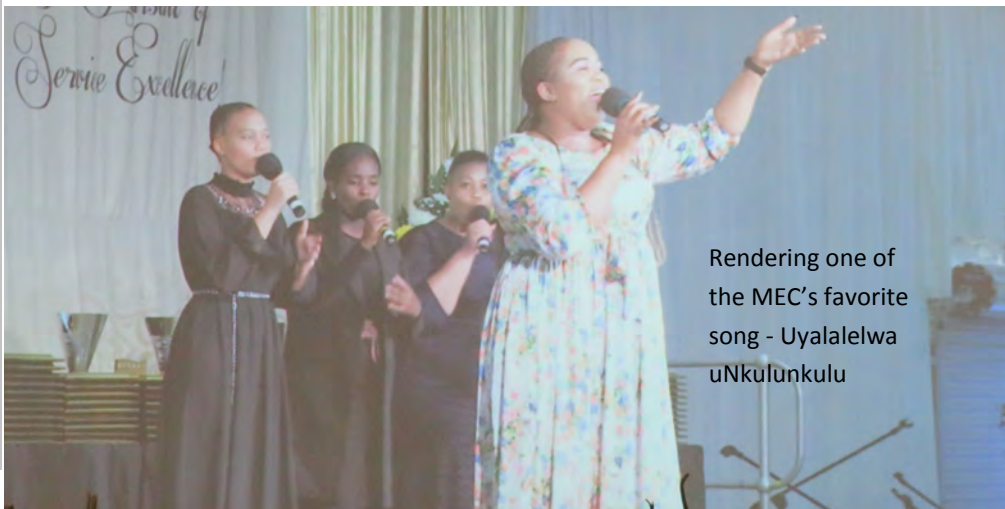
achieving a runner-up position in the 2018 Marilyn Lahana Awards for her willingness to go the extra mile in caring for victims of gender-based violence.

The hospital Management recognizes the fact that these achievements are a result of the consistent efforts of the staff in creating an environment for continuous improvement in rendering services and they congratulate them on a job well done.

MEC'S SERVICE EXCELLENCE AWARDS CONT.



Port Shepstone Regional Hospital Management presenting their token of appreciation to the outgoing MEC - Dr Sibongiseni Dhlomo and his wife.



Rendering one of the MEC's favorite song - Uyalalelwa uNkulunkulu

PORT SHEPSTONE HOSPITAL

WELCOMES NEW BOARD CHAIRPERSON Mr Dinesh Pillay

The newly appointed chairperson of Port Shepstone Hospital Board, Mr Dinesh Pillay, says he intends to build on the achievements of his predecessors in the office, and take the facility to new heights in terms of good governance. Mr Pillay's appointment, on 25 April 2019, follows a three (3) year term of office where he served as Deputy Chairperson from 2015 to 2018.

During this period, he had the opportunity to gain a thorough understanding of the dynamics and workings of the facility.

In welcoming Mr Pillay's appointment, acting hospital CEO Dr Patience Babusisiwe Dlamini-Kunene said she welcomes the new board members and congratulates the unanimously elected new Board Chairperson and wished him a good tenure at Port Shepstone Regional hospital.

She reassured him as well as all Board members that management at Port Shepstone Hospital will support and avail themselves at all times and as needed. Mr Pillay considers his election as a call to duty – one which he is prepared for and willing to undertake. "Leadership is all about shared vision and responsibility".

"I wish to assure the community, fellow Board members, hospital management and all stakeholders that during my tenure, I intend to build on the achievements of my predecessors. I am aware that the assignment is daunting, and therefore call upon all of my colleagues to join me to reflect on the past, critically assess the present, and look forward to the future with greater hope and enthusiasm" stated Mr Pillay.



HOBBIES : **Table Tennis and Snooker**

FAVOURITE DISH : **Fish Curry and Roti**

CONTACT DETAILS :  **082 956 0840**

 dinesh.pillay911@gmail.com

NURSE'S DAY RECOGNISED EXCELLENCE



Nurses who excelled in their different portfolios and were awarded with certificates of appreciation by the Hospital management and the Chairperson of the Board - All proudly lining up to showcase their certificates and beautiful trophies

On 29 May 2019, Port Shepstone Regional Hospital nurses celebrated the International Nurses' Day under the theme, **"Nurses – A Voice to Lead – Health for All"**. On this joyous occasion, nurses were applauded for the role they continue to play in fighting diseases despite the many challenges they work against. The guest speaker, Dr Vusumuzi Kalala, an experienced Medical Officer from Murchison Hospital, said that since modern nursing is complex and ever-changing; nurses ought to develop themselves by expanding their knowledge base. In doing so they would be able to provide an environment that promotes patient health and well-being. This event also provided a platform for the hard work of the hospital's nurses to be recognized. These are some of the categories that were awarded:

- No record of absenteeism in a three (3) year cycle
- Record of less than three (3) days absenteeism

in a three (3) year cycle

- Record for receiving the most compliments from patients
- Record for making positive changes in the hospital.

Other special recognition awards were also given. An all-round nurse EN Ncamsile Majola topped them all for displaying a much higher level of performance and determination in providing care to the patients. The Hospital Board Chairperson Mr Dinesh Pillay awarded this nurse with the floating trophy, a personal trophy and a gift in appreciation for her competence and excellent performance in rendering nursing care to the patients. This event was thoroughly enjoyed by the grateful nurses, who were also entertained by choral music from the Paediatric ward staff and an educational drama on professionalism and ethics.

Nurses's Day Festivities



R-L Hospital Board Chairperson Mr Dinesh Pillay presenting the Chairman's Floating Trophy to the Best Nurse in 2018, Nurse Ncamsile Majola -EN from Female Medical ward(2nd from left) they were joined by Mrs T.G. Mkhize (l-r) and Matron Manipersad



Guest Speaker - Dr V. Kalala - Medical officer from Murchison Hospital



L-R EN Ncamsile Majola, PN Thobeka Duma, OM J.E. Van de Merwe, Matron Linda Manipersad, PN Thelma Michael and PN Sindy Ngubo



Presenting a certificate of appreciation from R-L Mrs T.G. Mkhize, recipient in the middle : Sister JD. Ndlovu and Matron Manipersad



Nursing College Lecturers celebrating the Nurses Day at PSH, from L-R Mrs Rejoice Hlongwa, Mrs Thabitha Ndlovu and HOD, Mrs Makhosazana Dlamini



Rejoicing and celebrating on their day, from L-R Mr Sandile Gojana and Sakhumzi Adonis (Both are ANM's)

PORT SHEPSTONE HOSPITAL HIRED TWO SPECIALISTS



Dr Sichelimpilo Bangani
Head Clinical Unit - Internal Medicine



Dr Ivan Popov
Head Clinical Unit - Obstetrics & Gynaecology

Port Shepstone Hospital's Internal Medicine and Obstetrics and Gynaecology units have received a major boost with the appointment of two specialists Dr Sichelimpilo Bangani and Dr Ivan Popov respectively.

Both specialists assumed their duties at Port Shepstone Hospital on 1st May 2019 as Heads of Clinical units, and have plans to improve their respective sections and build strong and healthy departments.

Internal medicine, also known as general medicine, is the medical specialty dealing with the prevention, diagnosis, and treatment of adult diseases. Gynaecology, on the other hand is the medical practice concerned with the health of the female reproductive system. In addition to

their daily operations, both Dr Bangani and Dr Popov will take an active role in planning, implementation, management and evaluation of clinical activities in their different fields, in accordance with National Core Standards and other relevant administrative policies.

Dr Bangani hails from Bizana in the Eastern Cape and in 2006, he completed his undergraduate medical degree at the University of Cape Town. He spent many years afterwards, practicing in South African hospitals which include his Internship training at Port Shepstone Hospital.

After completing his Community Service years at the South African Military hospital in Cape Town and in the Democratic Republic of Congo, Dr Bangani enrolled for registrar train-

ing and ultimately qualified as a Specialist Physician in 2015.

He joins Port Shepstone Hospital as a Specialist Physician to provide an ongoing specialist medical care to both male and female patients of all age groups.

Dr Popov's long-term medical experience in South African hospitals and in various countries abroad, focuses on, amongst others, reduction of maternal mortality, ensuring that pregnant women deliver healthy babies, reduction of cervical cancer incidence in Ugu District while striving to restore faith in the public service.

PROTECTING SA'S FUTURE LEADERS DURING CHILD PROTECTION WEEK



Port Shepstone High School learners participated during the campaign which emphasized that children ought to be protected as they will become the leaders of tomorrow

P

ort Shepstone Regional Hospital's Thuthuzela Care Centre recently held a successful Child Protection Awareness Campaign themed: "Let Us Protect Our Children to Move South Africa Forward". The aim of the campaign was to promote the safety and well-being of children in Ugu district. The stakeholders that worked in partnership with Thuthuzela Care Centre during this campaign included the Port Shepstone South African Police Service (SAPS), the Family and Child Sexual Offences Unit (FCS) and Life Line. Some of the activities that were con-

ducted during the campaign included: information displays, educational talks in various departments within the hospital as well as in other institutions such as Mbalencane Primary School. A gazebo with educational material was also placed outside the main entrance of the hospital for passers-by.

The exhibition piqued the interest of Port Shepstone High School learners who were passing by and they were consequently invited in and given a presentation on their rights as children and shared



TCC Team responsible for organizing the campaign comprised of SAPS members, TCC Nurses, NPA and Social Workers

their views on how children should be protected in society. Children should be protected, given love and care at all times - it is the right thing to do.

FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE



TIPS FOR WINTER SEASON

DR George Verghese

It's that time of the year when you get irritated by dry skin and frequent cold fronts that ruin your winter vacation plans. Winter and cold temperatures can be dangerous so you need to plan ahead for your health and safety. Hospitals and Clinics are filled with patients suffering from cold and coughing symptoms. It is essential to safeguard yourself from the cold weather and stay healthy throughout the season.



Although it seems difficult, there are several ways to keep the common ailments away from your family.

We are referring to conditions such as :-

- Common cold
- Pneumonia
- Dry Skin
- Flu

There are precautions to fight against these diseases and you can be guaranteed to stay safe and healthy when temperatures start to drop. You can take the following measures :-

- Maintain hygiene
- Moisturize frequently
- Avoid consuming cold water
- Avoid hot water bath
- Eat healthy diet
- Wear extra layers of clothes to keep yourself warm.



Risk Factors

A person can get a common cold when they come into contact with germs from an infected person's body fluids, such as their saliva, mucus, or faeces. For example, if a sick person sneezes into their hand and then shakes another person's hand, the virus can spread.

CHOLESTEROL AWARENESS CAMPAIGN

An Astounding Success

On Wednesday, 29 May 2019, Port Shepstone

Hospital Occupational Health Clinic held a successful Cholesterol Awareness Campaign which went along with checking staff's abdominal circumference and weights. The aim of the campaign was to promote healthy lifestyle and sensitize staff about the dangers of cholesterol in the body.

On this day, the hospital employees were advised to eat a healthy diet comprised of healthy fats, fruit and vegetables and to drink clean water. The staff came in numbers and Sister Eureka Thompson, hospital Wellness Manager, encouraged them to do regular exercises, avoid smoking and maintain a healthy weight.

Cholesterol is an oil-based substance which is present in every cell of the body and has important natural functions when it comes to digesting food, producing hormones, and generating vitamin D. However, if it is in high concentration, it becomes a silent danger that puts people at risk of heart attack. People generally do not feel sick when they have high cholesterol until something severe happens, hence check-ups should be done regularly to maintain good health.

Members of the public are also encouraged to visit



(L-R) Sr Janet Moosa, Ms Zoleka Dzelwa, Sr Nishanee Ramlall and Sr Eureka Thompson

their local clinics for a regular check-up for cholesterol at least once a year. Those who are on treatment are urged to check twice a year i.e. (every six months).

Mrs Thembi-sile Mtshali and Sr Janet Moosa



FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE

LARISHA REDDY- PSH DENTIST

SHARES INSIGHTFUL INFORMATION ON MAINTENANCE OF TEETH

Bachelor of Dental Science (BDS)



Dr Larisha Reddy

Hi everyone, my name is Larisha Reddy and I work as Dentist. I started working at Port Shepstone Hospital since 2010 as a Community Service Dentist and ever since then, I never looked back and I eventually got promoted to a Dentist Supervisor position. I love people from our local communities, hence I share this advice so they know how to take good care of their teeth. You can prevent most problems with teeth and gums by following these tips:

- ◆ Brush your teeth twice a day
- ◆ Floss between your teeth every day
- ◆ Visit a dentist regularly for a checkup and cleaning.
- ◆ Cut down on sugary foods and drinks.
- ◆ Don't smoke or chew tobacco.
- ◆ If you drink alcohol, drink only in moderation.

OTHER DENTAL CLINICS IN UGU DISTRICT.

Murchison: Monday to Friday (R40)

Ezingolweni: Tuesday and Thursday (Free)

Gamalakhe: Monday to Friday (Free)

Ntabeni clinic: Tuesdays (Free)

Turton clinic: Monday to Friday (Free)

GJ Crooks: Mon to Friday (R40)

Umzinto clinic : Monday to Friday (Free)

St Andrews: Monday to Friday (R40)

CLINICS REFERRING TO OUR DENTAL CLINIC

Marburg, Assisi, Nhlalwane, Phungashe, St Faiths, Ntimbankulu, Madlala, Port Shepstone, Southport, Umtentweni and Port Shepstone Gateway Clinic

OUR SERVICES

Fillings
extractions and
cleanings.

R40 Per Client

EXCLUSIONS

- ◆ No dentures are offered, patients are referred to King Dinizulu Hospital.
- ◆ Patients under the ages of 16 are screened for orthodontic treatment and referred to Wentworth Hospital for further treatment with braces.
- ◆ Patients with trauma to facial bones and pathology are stabilized within the clinic and then referred to King Edward Hospital in Durban.



STAFF BID FAREWELL TO Jabulani Makhanya



The staff from the Systems Component came together on this day to bid farewell to one of their colleagues - Jabulani Makhanya (seated and wearing white shirt)

Ms Jenny Smith and Mr Jabulani Makhanya share a lighter moment during the farewell.



Chief Executive Officer - Ms Bawinile Ndlovu also joined the team to bid farewell to Mr Makhanya

On 18 June 2019, Patient Administration and supervisors from the Systems component organized a farewell party for Mr Jabulani Stephan Makhanya.

It was sad but also a joyous moment as he leaves Port Shepstone Hospital happy and sound. In appreciation of the time he spent working with them, they gave him gifts and also expressed their sadness at his leaving. However, they wished him all the best for his future endeavours.

FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE

CHRONIC DISEASES & HEALTHY LIFESTYLE AWARENESS AT ST MARTIN DEPORRES SCHOOL



Participating during the campaign are nurses from the Medical Wards: Sister Pienaar, EN Nozipho Ntaka, OM Nonkqubela Ncwana, PN Ayanda Shange, Matron Linda Manipersad, EN Winnie Nyuswa, ENA Nonhlanhla Zulu, EN Pearl Nhlumayo and ENA Nokulunga Mthethwa

On 08 June 2019, Port Shepstone Hospital Medical Departments consisting of Ward 3 and A ward held an Awareness Campaign on Chronic Diseases and Healthy Lifestyle at St Martins Deporres School Grounds. The team consisted of Dr Nonkala, ANM Manipersad, OM Pienaar, OM Ncwana, PN Shange, EN Ntaka, EN Nyuswa, ENA Mthethwa and ENA Zulu. A total of 66 clients were assessed for hypertension and diabetes and 4 of them were referred to doctors present for high sugars and high blood pressures, 2 of these clients were referred to their local clinics to be rechecked.

The other 4 were counselled on diet and healthy lifestyle by both doctors and nurses. 21 clients completed the evaluation questionnaire at the campaign and

all comments were positive. Every client that was assessed was offered an orange that was sponsored by the hospital Board Chairman, Mr Dinesh Pillay.

The event was a huge success and staff that participated enjoyed rendering services to the local community. The event organizer, Matron Linda Manipersad would like to express gratitude to all the staff that participated in the event and commend them on professional and ethical behavior displayed to the community and all the sponsors for their dedication and support.

A big thank you to the hospital Management for allowing the team to do an outreach for the community.

GOODS DONATED BY STAFF TO HELP FLOOD VICTIMS

Climate change is increasing the risk of floods worldwide, particularly in coastal and low-lying areas due to extreme weather conditions and the rising sea levels. The increase in temperatures that accompanies global warming can contribute to this

problem. This problem struck people in KZN without warning in April 2019. These floods were extremely dangerous as they instantly filled roads and turned babbling brooks into rushing rapids that swept away everything in most people's houses. To address

some of the basic needs of the victims from Ray Nkonyeni local areas, the hospital management saw it fit to hand over the donated goods to the Mayor and the Executive Members of Ray Nkonyeni Municipality since they had already embarked on an exercise

Residents of flooded areas can be left without food and clean drinking water, leading to outbreaks of deadly waterborne diseases.



Various Sponsors came on stage to hand over their goods to the Ray Nkonyeni Municipality team, led by Madam Mayor (L-R) Matron Manipersad, Mrs N. Xolo, Mr Govender, Municipal manager Mr M. Mbili, Ray Nkonyeni Municipality Speaker Dr Njoko, Madam Mayor Cllr Mqwebu, PSH CEO Ms B.C. Ndlovu, Ms Carol, Sister J.D. Ndlovu, Mrs Dell Pendock, Mr D. Pillay, Ms T. Mzelemu and Ms C. Fuse

to identify areas which were stricken the most by the floods. On 4 June, the Heads of units and various stakeholders from outside the hospital joined in the hospital Indaba Room to hand over household goods to the Ray Nkonyeni Municipality principals. Boxes were filled with food and clothing items.



FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE

OUR COMPLIMENTS PAGE

LETTERS WRITTEN BY OUR HOSPITAL CLIENTS



Date : 22/06/2019

A-ward

The presentation of the staff towards the patients is very well presented and held accordingly . The staff is always willing to assist all the times and the service is of high quality in this ward. I would also like to appreciate and thank the night shift staff working in A-ward . Keep up the good work and the high standard of service rendered , Mudray Chetty .



Usuku : 28/06/2019

Thuthuzela Care Centre

Ngiphatheke kahle e Thuthuzela , ngathola nokwelulekwa ngokomqondo okuhle futhi okwakhayo okunginikeze isibindi nokubuyisa ithemba lempilo ukuthi iyaqhubeka . Ngiyabonga kakhulu ngesineke nothando.

Londiwe Ncwane

Date: 03/04/2019

Post- natal

I am very happy about the service of this hospital . Firstly : time to wait was too limited , everything works in order. They inform us about everything. Secondly , the part where I went to Theatre the doctors and nurses were so friendly , they worked hard and fast to help me and my baby . Thirdly , catering service was good . All in all, the hospital is perfect and one of the best.

Mpofana Nomlindelo Purity

Date: 12/05/2019

A-ward

During my stay at this hospital , I was pleasantly surprised at how clean the place is and the nurses that pay attention to the patients, making sure they are comfortable, as well as all the doctors who take their time to explain to you about the problems you have and make good decisions . Well done to the catering staff and cleaners and to all personnel that works in this hospital .

Deoraj Ashley

Date : 01/04/2019

P-ward

Very impressed with the service and dedication shown in this ward. No complaint at all .

Strobel Ronald Douglas

Date : 09/05/2019

Women's clinic

Excellent service , waiting time is short . Thank you to the nurses for the excellent treatment .

Anonymous

Date : 15/05/2019

OPD

Over a couple of months , I have noticed a very strong woman, dedicated to her job and that is (Sister J.E Van Der Merwe) . I have noticed so many changes, much quicker, no longer queues ,much cleaner and lots of smiles .Well done . Keep it up sister !

Andrea Francis

Date : 21/04/2019

O-ward

Ngifaka isincomo esibhedlela ngendlela abaphathana kahle ngayo , bayakwazi ukunakekela iziguli ngendlela efanele kanye nokubekezelela iziguli ngoba azifani eziye ziyeyisa futhi esibhedlela sihlanzekile kakhulu .

Nozipho Duma



Compliments Page Cont.

Usuku :29/05/2019

Ward 2

Ngiphatheke kahle kakhulu, ngidlulisa ukubonga kumanesi wonke ngokwahlukana kwawo angena emini nasebsuku. Ngiyabonga kakhulu umsebenzi wab o bawawuthanda futhi bayahlonipha .

Mazubane Pretty

Date: 25/04/2019

TCC

On the 25th of April 2019 I arrived at Thuthuzela Care Centre in the morning , I explained my situation to Mrs Cele the nurse that I found at the reception. She was friendly and supportive toward the process. I appreciate what you have done for me. Keep up the good work. I felt welcome and comfortable thank you so much.

Amanda Marakeni



Date : 28/05/2019

Nursery

I would like to say thank you very much to all the nurses. I came here and stayed for more than two (2) months but I have never seen anything wrong. They were like family , I would also like to say wow to Sr Nkomo, the way I saw her running when my baby was sick . I never saw nurses doing their job like this - encouraging mothers to bond with their babies is something we appreciate. Sister Govender is good as well - wow) . Thank you so much Nursery staff, keep up the good work . A special thanks to Mphathi Kawula ngemfundiso enhle.

Slindile Pretty Mafalala



Usuku: 27/06/2019

O-Ward

Bonke abasebenzi base O-Ward bangiphathe kahle kusukela ngosuku engafika ngalo. Engathi bangaqhubeka njalo bakwenze nakwezinye iziguli bangagcini kuthina kuphela.

Ngiyabonga,

Ngilande Layla

COMPLAINTS VS COMPLIMENTS RECEIVED

MONTHS	Compliments Received	Complaints Received	Resolved within 25 days	Overall Complaints Resolved
APRIL	90	41	29	30
MAY	109	13	18	23
JUNE	121	20	8	15
TOTAL	320	74	55	68



FREE MEDICAL MALE Circumcision

OFFERED AT PORT SHEPSTONE HOSPITAL :

Port Shepstone Hospital held a successful Medical Male Circumcision (MMC) Camp on 14 June 2019 at the Clinical Teaching Hall . This is an on-going project to curb the increasing number of men who have not done circumcision, who still present to health facilities with sexually transmitted infections (STIs).

Research has proven that males who are sexually active without being circumcised, their risk of contracting HIV and STIs is high compared to those who have done circumcision.

During this campaign, men including young boys from the age of ten (10) years came in numbers and on arrival, they were given health education. Those under 10 years of age were advised to come with their parents or guardians for consent.

There was a good turn out as more than 50 males from different races were successfully circumcised .



CUT the
risk of **HIV** by
60%

FOR FUTURE BOOKINGS PLEASE CONTACT

MMC Coordinator, Professional Nurse Nikithemba

Sithole on : 0784450967/ 039 688 6185

REMEMBER THAT EVEN THOUGH YOU HAVE BEEN CIRCUMCISED - **YOU STILL NEED TO YOU USE A CONDOM**

OUR NEWBORN BABIES RECEIVE A WARM WELCOME TO THE WORLD CLOTHES DONATION BY THE LION'S CLUB

On the 7th of May 2019, the Lions Club representative, Mrs Estelle O'Neil visited our Post Natal ward to give baby clothes to all the admitted mothers and their babies. She said the aim of their project is to ensure that babies leaves the hospital wearing clothes and it is also a gesture of love and support to mothers and their newborn babies.

Thirty blankets, towels, toys and clothing items were received by mothers and they were so grateful and overwhelmed as they were not expecting to receive anything from hospital visitors.



Lion's Club Member, Mrs Estelle O'Neil handing over the gifts to Nondumiso

The Hospital management extends their gratitude and appreciation to the Lion's Club for this kind donation - May God Bless

*Tiny little
baby, so
precious and
small. Welcome
to the world,
we love you
all!*



*"Behold, children are a gift of the LORD,
The fruit of the womb is a reward." - Psalm 127:3*

RADIO TALKS - ENCOURAGING PEOPLE ON HEALTH ISSUES



Team accompanied by Mrs P.P. Morai (PRO) - Sister Thembeke Ndawonde - Operational Manager and Professional Nurse Zamekile Pracious Hlongwane (both from the Paediatric Ward)

One of the most innovative and interactive ways to disseminate information at Port Shepstone Hospital is education talks which take place at Radio Sunny South on alternative Thursdays from 11:00 – 11:30. We use these radio slots to educate and publicise our events, services and encourage the community of Ugu District to comply with living a healthy lifestyle.

Once a topic is given by the District office, we often have to find a suitable speaker in terms of content and language. These sessions present useful information and if time allows, members of the public often get an opportunity to ask questions that are related to the topic. Wherever possible, we invite all our clinicians to participate in these valuable interactive sessions.



MOTIVATION FROM OUR GENERAL WORKER



Ms Natalie Abrahams

I am Natalie Abrahams. I have been working in Port Shepstone Regional Hospital under Cleaning Services for one year nine months. I have discovered that everyone around the hospital is so kind and we treat each other with respect, dignity and integrity.

If we can carry on in this way, we will reap good results and achieve a better environment to work in. Greeting and smiling to your colleagues does not cost anything and we need to make sure that we apply the Batho Pele Principles as Public Servants.

STAFF WELLNESS

INTER-DEPARTMENTAL GAMES



Three (3) of our hospital staff members made us proud when they represented our hospital in the Provincial inter-departmental games that were held in Pietermaritzburg from 31 May to 1 June 2019. The tournament catered for their different sports code where Zoleka Dzelwa joined the athlete's group, Thabo Malaka (Pharmacist Assistant) played soccer and Nokwanda Mpofana (HR officer) was well suited in playing netball. All of them played at a very high level.

Ms Nokwanda Mpofana – Human Resource Officer – netball player

I enjoyed the provincial tournament and hope next year I will go and represent the hospital again. I would like it if more staff members could join the wellness activities, so they can maintain a healthy lifestyle.

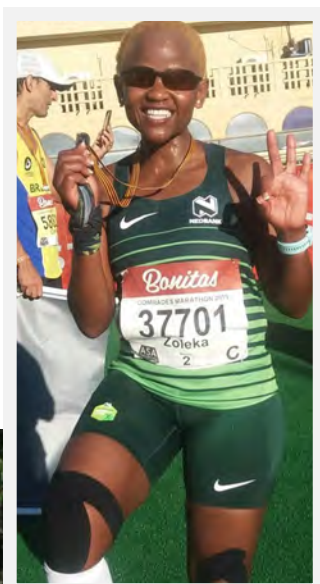
Mr Thabo Malaka – Pharmacist Assistant - soccer player

It is very important to be active when you are a health worker as it helps to be mentally strong and fit. Exercise can also help the staff to render a better service to the public. I would like to encourage the Management to allow employees to participate in wellness programs and have something called “work and play”.

L-R Zoleka Dzelwa, Thabo Malaka and Nokwanda Mpofana
Participating in Provincial Inter-departmental games
Representing Ugu District

STAFF WELLNESS

ZOLEKA DZELWA MAKES IT IN THE COMRADES MARATHON 2019



One of our staff members, Zoleka Dzelwa has done it again by entering the Comrades Marathon for the 3rd time in a row since 2017. Comparing her from the time she started, she has grown from strength to strength. Running her third Comrades Mar-



athon and finishing after nine hours, fifty six minutes (9:56:00) this year made us very proud. She works as a Clerk in our Post-Natal ward and is determined to strengthen sports participation. Zoleka Dzelwa was very excited when she finished this race, and she elaborates her experience below: -

“They call it the Ultimate Human Race because it has power to transform, to inspire and to motivate unlike any other thing. It doesn’t only require physical fitness but psychological and spiritual fitness too. I can safely say I saw God working with me on the 9th of June 2019.

This comes after I fell and hurt both of my knees on the 3rd of June, which made me change my plans of doing a sub-10 hour run. So, on the day of the Com-

rades Marathon, I met with Portia, another runner who had a different time target than mine. She invited me to join them and we ran together until we finished the race. I never had any problems along the way. I ran with a smile because I knew God had already done the job and the only thing which was left for me was to go and get the medal.

My finish time was 9 hours and 56 minutes. This is a new personal best time which shows improvement of 2 hours compared from the first time I joined the Comrades Marathon . It doesn’t matter if a person is young or old, I just take it as a way to raise awareness about a healthy lifestyle.



NEW EMPLOYEE WELCOME

NEW EMPLOYEE WELCOME

1. Mbuntshu E. : MO Intern
2. Mhlelebana Z. : Finance Intern
3. Gilbert HF : Medical Officer
4. Ndlwana BS : Medical Officer
5. Ngqamba B : MO Intern

APRIL

MAY

1. Ndlovu M.N. : Pharmacist Assistant
2. Gumede D.V. : EPWP
3. Bangani S. : HCU - Internal Medicine
4. Mncibi D.S. : EPWP
5. Popov I : HCU– Obstetrics & Gynaecology

1. Cele NP : PN Specialty
2. Hlophe BM : EPWP
3. Hlophe TP : EPWP
4. Mkulise BA : EPWP
5. Mthembu PV : EPWP
6. Mkhungo TS : EPWP
7. Mthembu PV : EPWP
8. Msimngo ZC : EPWP
9. Ngcikwa N : EPWP
10. Ngwazi HP : EPWP
11. Ngcobo N. : EPWP
12. Ngcobo NC : EPWP
- 13- Cele ZF : EPWP
14. Cele ZC : EPWP

JUNE

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