

ST AND NEWS

St Andrews Hospital



April 2007

Volume 1, Issue 10

Inside this issue:

TB is curable 2

Meet the new EAP practitioner 3

Joke 4

New appointments 5

THE GATEWAY CLINIC HAS FINALLY OPENED ITS DOORS TO THE HARDING COMMUNITY



Entrance to Gateway Clinic

St Andrews Hospital's Gateway Clinic has officially opened its doors to the Harding community for the first time on the 26th March 2007.

The Clinic will be providing services like treating minor ailments, immunizations, family planning, voluntary counseling and testing and refer patients who need to be seen by a doctor to the hospital's

Outpatients Department.

The clinic provides its services mainly for the Harding community, which means people who are staying in areas outside the town of Harding areas like KwaMachi, KwaNyuswa, KwaJali they may still continue to use their nearest clinics like before and only come to the hospital when they are referred from the clinic.

The community of Harding (in town) must also bear it in mind that they must still continue to utilize the TLC Clinic which is in town like before and that they must know that

there are services that are not yet provided by the Gateway Clinic but can be provided at the TLC Clinic like those attending the Ante-Natal Clinic, Family Planning and Immunizations.

The Gateway Clinic will be providing its services to both adults and children.

The operating hours for the clinic are as follows: from Monday to Friday it opens at 07:00 am and closes at 16:00pm and on weekends and public holidays it will be closed.

HOSPITAL ANNOUNCEMENTS!!!

Please note that there will be a national polio and measles immunization campaign that will be running from 5th to the 13th May and also on the 9th to the 17th June 2007. All children from zero to five years must be immunized.

Immunizations will be done in all clinics around Umuziwabantu area, Gateway Clinic and OPD (St Andrews Hospital)

The visiting hours of the institution will change as from the 1st of June 2007. New visiting times will be as follows:

Midday: 12H00—14H00

Evening: 19H00—20H00

TB AWARENESS CAMPAIGN

Seeing the increase in TB infection and the way Tuberculosis is transforming itself, St Andrews Hospital decided to conduct TB awareness at different pension points.

On the 8th of February 2007, the TB team together with the Public Relations Officer visited Sunnyvale pension point at iKhwezi where about 300 community members were addressed and given information about TB.

The following day which was the 9th February 2007, the team conducted the awareness at Weza Springs KwaJali where about

community members were addressed and preceded to Nhlanjeni / Mbut-huma pension point where about 300 members were addressed.

At all the points the community was aware of XDR TB, they wanted to know that they can do if the patient is refusing to take the treatment. The answer was they can report to the nearest clinic or inform the health volunteer (DOT supporter) available in the area, so that the patient is counseled.

With the help of the pension counselors, these awareness campaigns were successful and the pamphlets were distributed.

After the awareness the clients are presenting themselves to the TB clinic team requesting to be investigated for TB.



Pensioner's listening quietly to the speech

TB IS CURABLE EVEN IF YOU ARE ON ARV'S



There is a link between TB and HIV, but TB is curable if you complete the TB treatment course, even if you are HIV positive. If you are on ARV's and you develop TB you must continue with your ARV's and you will also be commenced on TB treatment by the Chest Clinic.

If you are on TB treatment and you need to go on ARV's you continue with your TB treatment and you will be advised as to when to commence ARV's. You must never at any stage discontinue any of these treatments without Doctor's advice and please report side effects that have been communicated to you.

This article was written by: HAST Team—St Andrews Hospital

EMPLOYEE ASSISTANCE PROGRAMME CORNER



Miss Nyamezelo Khanyile—EAP Practitioner

Meet your permanent EAP Practitioner Nyamezelo Khanyile. She has joined St Andrews from the beginning of this year .

She will be dealing with all your personal problems so if you need to contact her you can do so by dialing (039) 433 – 1955 Ext. 245 or you can schedule an appointment for a face to face intervention at St Andrews Hospital’s Human Resources Department.

She will also be contributing a lot to this newsletter by writing articles that might be of help to the hospital & clinic employees. Here’s one of her articles, read on!!!

WHAT IS AN EMPLOYEE ASSISTANCE PROGRAMME

Employee Assistance Programme (EAP) is a programme, which has explicit aim of improving the quality life of all St Andrews Hospital employees by providing greater support and helping to alleviate the impact of everyday work and personal problems.

This programme offers new and exciting prospects to assist employees’ well-being whilst at the same time increasing organizational effectiveness and profitability.

Why is the Service Provided?

Sometimes it can be difficult to balance the pressure of work with the needs of home life. St Andrews Hospital realizes that the best way of healing the emotional distress people suffer from is found within each individual. However, your EAP is there to provide you with this kind of professional Employee Assistance Support by helping people use their inner strengths and resources that can be utilized in self healing process.

Life: A resilient mindset

Being resilient means you have the resources to cope with the challenges life throws your way. A “resilient mindset” is composed of several features:

- ❖ Feeling in control of one’s life and knowing how to deal

with stress.

- ❖ Establishing realistic goals, and learning from success and failure.
- ❖ Living a responsible life based on a set of thoughtful values.
- ❖ Displaying effective communication and other interpersonal capabilities.
- ❖ Feeling special (not arrogant) and helping others feel the same.

Health: Learning to cope

Resilience makes you (and your family) better able to cope with stress, less prone to disease and more able to cope with change. To become more resilient:

- ❖ Build strong, positive relationships with family, friends and co-workers.
- ❖ Learn from your experiences. Don’t repeat actions that didn’t help.
- ❖ Take care of yourself. Tend to your own physical and emotional needs.
- ❖ Be flexible. Change and uncertainty are part of life.
- ❖ Do something everyday that gives you a sense of accomplishment.
- ❖ Maintain perspective. See your situation in the larger context of your life and the world. Know that it can improve if you work to make it better.

GETTING SUPPORT WHEN YOU NEED IT

The Wellness Programme is planning to formulate a support group for people affected and infected with terminal illnesses.

Being diagnosed with a terminal illness or having a family member diagnosed can be extremely stressful. Sometimes a person can move through phases of loss and grief, which are shock, denial, bargaining, anger, depression and acceptance. Some of these reactions may lead a person to feel rejected and helpless.

The Wellness Programme has thought of formulating a support in order to recognize the challenges we are

terminal illnesses. A support group is a structured meeting where people with common challenges, concerns and needs come together to support one another in various aspects. The aims of wellness support group are:

- To share common experiences and difficulties
- To connect with each other and share similar problems
- To share feelings and gain insight into self
- Learning different ways of coping

So if you are a St Andrews Hospital employee or a clinic employee and you need more information about joining contact Sr N. Zikizela on ext 278 or Ms Y. Dlulane on ext 227.

Article compiled by the Social Worker—Miss Y. Dlulane

LAUGHTER—THE BEST MEDICINE!!!!

MEN IN HEAVEN

When everyone on earth was dead and waiting to enter Paradise, God appeared and said, "I want the men to make two lines. One line for the men who were true heads of their household, and the other line for the men who were dominated by their women.

I want all the women to report to St. Peter."

Soon, the women were gone, and there were two lines of men. The line of the men who were dominated by their wives was 100 miles long, and in the line of men who truly were heads of their household, there was only one man.

God said, "You men should be ashamed of yourselves, I created you to be the head of your household! You have been disobedient and have not fulfilled your purpose! Of all of you, only one obeyed. Learn from him."

God turned to the one man, "How did you manage to be the only one in this line?"

The man replied, "My wife told me to stand here."

OLD MUTUAL DONATES A TELEVISION TO ST ANDREWS HOSPITAL



Old Mutual team officially handing over the TV to A-ward staff

On the 27th February 2007, St Andrews Hospital was paid a visit by the Old Mutual Port Shepstone team to donate a 57cm television to the institution.

When asked about the reason behind the donation Mr M. Khumalo, the Area Manager for Old Mutual responded by saying that it's part of the company's social responsibility initiatives.

"Everyone knows that Old Mutual is an insurance company but we want to show that we are not only concentrating to sign people for insurance policies our interest goes beyond that. This is one way of con-

tributing to the community that we serve, we want to show that we care."

This television (TV) was officially handed over to one of the general wards (A-ward) in the institution, since the ward does not have adequate TVs for the patients.

A VISIT BY BROAD REACH HEALTHCARE AT ST ANDREWS HOSPITAL

The Broad Reach Health Care team visited St Andrews Hospital for the whole week of the 19th to the 23rd of March 2007.

The main aim of the visit was to identify bottlenecks and other obstacles that prevent the expansion of treatment in Umuziwabantu catchment area and to work within the management structure to develop or enhance treatment models which will alleviate these issues and allow the Ugu District to successfully expand its HIV treatment capacity from approximately 5 000 to 90 000 over the next five years.

The team compiled a preliminary report which will be used by the institution in order to help focus on the main objective of expanding the treatment in Umuziwabantu.



Dr Tumureebire and Sr C. Manning from Simunye Clinic being interviewed by the Broad Reach Team.



Above and bottom pics: Broad Reach team interviewing hospital staff

NEW APPOINTMENTS



Cemane F.B.—Senior Medical Officer
Chagi S.P.—Chief Physiotherapist
Denge N.—Senior Radiographer
Govender R.—Dentist
Gwacela S.H.—General Orderly
Karuhije N. M.—Infection Control Practitioner
Khanyile N.—Employee Assistance Practitioner
Lumeya S.K.—Principal Medical
Machi N.P.—Professional Nurse
Mahlamvu N.G.—General Orderly
Mahabal J.R.—Senior Medical Officer
Makamba F.—General Orderly
Masuku N.G.—General Orderly
Mavundla P.F.—General Orderly
Mbhele R.N.—Enrolled Nurse
Mgijima N.—Professional Nurse
Mgomase N.—General Orderly
Mkalali S.N.—Principal Pharmacist
Mpisi N.R.—Senior General Orderly
Ndlovu S.—General Orderly
Ngesi S.E.—General Orderly
Nkonzo N.—Professional Nurse
Radebe H.N.—General Orderly
Sondzaba T.M.—General Orderly
Stephen N.R.—Dietitian
Zulu N.Z.—General Orderly

WISE WORDS...

Choose your friends by their character and your socks by their colour. Choosing your socks by their character makes no sense and choosing your friends by their colour is unthinkable.—Anonymous

=====

The only thing worth stealing is a kiss from a sleeping child.—Joe Houldsworth

=====

There's no point in being grown up if you can't be childish sometimes.—Dr Who

=====

I am careful not to confuse excellence with perfection. Excellence I can reach for; Perfection is God's business.—Michael J. Fox

=====

When you are content to be simply yourself and don't compare or compete, everybody will respect you.—Lao

St Andrews Hospital

Private Bag X1010
HARDING
4680

Phone: 039 - 433 1955
Fax: 039 - 433 1529
Email: nkosi.zwane@kznhealth.gov.za

www.kznhealth.gov.za/standrews_hospital.htm