

ST AND NEWS

St Andrews Hospital

OCT/NOV 2005

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BATHO PELE OPEN DAY AND END OF THE YEAR CELEBRATION AT ST ANDREWS

The 19th of October was a day to remember for the community members in Harding when St Andrews Hospital held its Batho Pele Open Day and End of the Year Celebration.

The hospital decided to hold this event to promote its image to the community and it sure did because the community members are still singing their praises about how much was this day a success and how much did they benefit from the information they received that day.

The institution went all out to give the community all the information. Different departments had their stands placed in one of the tents and the community had the chance to browse around those stands and collect information. That was not all; the Hospital Manager Mrs T. L. Ntleko also addressed the community about the hospital's referral system and about the services that are rendered by the hospital.

The hospital would like to thank the community of



Mrs T. L. Ntleko delivering a speech during the Open Day celebration

Harding and other stakeholders who managed to join them that day.

(More Open Day pics on page 4)

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PRO'S MESSAGE

Sanibonani!!! First of all let me apologise for releasing this newsletter very late. It has been quite busy in my office.

Well I'm sure that you will find this newsletter interesting and informative. Speaking about informative, I found Yola Dlulane's article on page 05 very interesting considering the time of the year. We all know that this is the time where everybody

is preparing for Christmas and in order to enjoy the festive season we need money, so we find ourselves visiting banks, loan sharks and even borrowing money from our friends (promising to pay our friends after the festive season – which is highly unlikely) and we always forget that January is just around the corner (yeah this is the month that everyone loves to hate!!!). So please don't find yourself with un-

necessary debts - be wise!

Since we all know that August was dedicated to women, well St Andrews prepared a special celebration for women and the message this year was slightly different – read more about it on page 2. I also have jokes (pg7), just to make you laugh a bit since we all know that laughter is the best medicine

So ENJOY!!!

MORE

It seems in life we always want more.

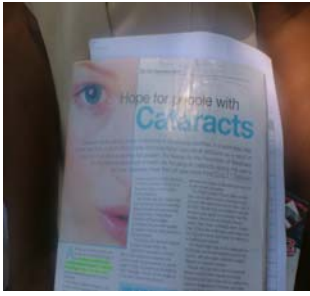
More to see, more to have, more to be.

It's funny how MORE never seems enough and how MORE often means less of something else.

The truth is; there is always more to everything that meets the eye if only we choose to truly see it.

SALLY EICHHORST

EYE CARE AWARENESS DAY



On the 27th October 2005 an Eye Care Team from St Andrews Hospital and a local private Optometrist, Mr S. Khuzwayo visited KwaMachi Primary

School and Pisgah Clinic as part of the eye care awareness campaign.

The first speaker on eye care awareness was Miss T. Toni who spoke about the common eye conditions and causes of eye problems. She emphasized on early detection and prompt treatment. She strongly warned the learners not to tease Albinos and Squint-eyed people. Sr N. Mtshiza, one of the eye care team

members also gave a talk about the prevention of eye problems. That was not all, Mr Khuzwayo also had an interesting speech about the management of eye problems.

Clients who were at Pisgah Clinic also had their vision tested by Mrs M.N. Mkhathshane, who is a bridging student.

Article written by: Matron T. Toni



Eye care team—from left Mrs Mkhathshane, Sr Mtshiza and Matron T. Toni



Mr S. Khuzwayo, optometrist



Kwesokunxele—Umphathi wamanesi uNkk Sihlali, uNkk Dondashe, uMnuz V. Cele, isihambeli sosuku, uNkk Molefe kanye noNkk Mantanga abanye ababethamele lolusuku lomama

funda udaba ngezansi

MESSAGE FOR ALL WOMEN AND MEN

Be very careful in making a woman cry 'cause GOD counts her tears

The woman came out from the man's rib. Not from the feet to be stepped on. Not from the head to be superior but from your side... to be equal

Under the arm to be protected ... and at the heart's side to be loved.

UMGUBHO WOSUKU LOMAMA NOKUBALULEKA KOKUNCELISA

Ngosuku lomhlaka 31 ku-August 2005 isibhedlela senza ungubho wokubaluleka kokuncelisa kanye noku-baluleka kwabantu besifazane.

Umyalezo wangelolu suku wawubheke kakhulukazi ekuzinakekeleni komuntu wesifazane. Omunye wabahlengikazi abasebenza egumbini lokubelethisa uSr N. Gule wakhuluma ngokubaluleka kokuncelisa abantwana kwabese kulan-dela iskeshi esasifundisa ngokubaluleka kwebele.

Emva kwalokho isihambeli sosuku uMnuz. V. Cele ovela e-CANSA Association waqwashisa abantu besifazane ngezifo zomdlavuzwa eziphatha abantu

besifazane nokuthi yiziphi zimo ezingakhuphula amathuba okuzithola.

“Ukuphuza utshwala, ukusheshe uye esikhathini, ukugqoka ubra ongakulingani kahle kungadala ukuthi ube nesifo somdlavuzwa webele,” kuchaza uMnuz. Cele.

Umdlavuzwa wesibeletho kwaba eminye yemidlavuzwa akhuluma ngayo waphinde wagquguzela abantu besifazane ukuba bazijwayeze ukuhlola izibeletho zabo (pap smear).



Abasebenzi basegumbini lokebelethisa abantu iskeshi

HOSPITAL PROJECTS!!!

PAEDIATRIC WARD'S GARDEN PROJECT

St Andrews Paediatric ward realised the need to start a garden project due to the increasing number of malnourished children and deaths caused by the lack of knowledge from the mothers.

The idea behind this ongoing project is to teach mothers about the importance of starting and maintaining your own vegetable garden at home.

These mothers also share the knowledge they have gained from this project with their families and neighbours and this has increased the love of gardening to the community.



Paediatric ward staff working at the garden with border mothers.

THE GATEWAY CLINIC - AN ANSWER TO THE PRAYERS OF UMUZIWABANTU COMMUNITY

The construction of the new Gateway Clinic, which is still on the pipeline, will reduce the workload and congestion at the OPD because in terms of the PHC service the district hospital should be looking after inpatients, casualties and referrals.

The gateway will also help doctors have enough time to look after inpatients and this would then reduce the average length of stay.

This project will help alleviate poverty because the renovation of the existing building which is going to be used as the gateway clinic has been awarded to a previously disadvantaged company, this alone will open job opportunities for the previously disadvantaged people of Umuziwabantu.

The Gateway clinic will also offer a free integrated service,

which will benefit the community of Umuziwabantu.

NEVER TELL ANYONE THAT THEIR DREAMS ARE IMPOSSIBLE OR FAR FETCHED BECAUSE PEOPLE WITHOUT DREAMS DON'T HAVE MUCH

OPEN DAY PHOTOS



Staff from Paediatric ward receiving a certificate from Mrs Joyce Webster from Quality Assurance Unit. The Paediatric ward was awarded for having the best stand.



Mrs Webster with Mr S. Blose who was voted the Best Employee of the Year



St Andrews staff doing a play on Batho Pele which kept everyone in stitches



Mr P. Dahl, chairperson of the Hospital Board informing the community about the role of the Hospital Board



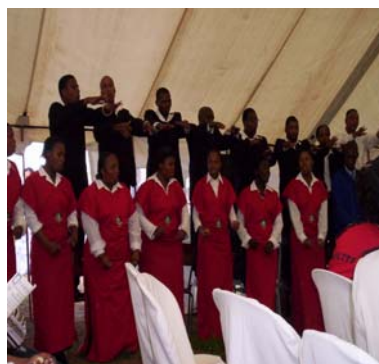
The tent was packed with guests!!!



Father M. Khumalo opened with a wonderful sermon and prayer



Sr Manning from Simunye Support Services explaining the role of the ARV clinic to the community



The hospital choir performing for the crowd



A dance group called Three Boyz wowed the crowd with stunning dance moves

EMPLOYEE ASSISTANCE PROGRAMME CORNER

The festive season is just around the corner and it's time to reflect on what we've done this year and what we have omitted to do collectively or individually. However immediately after the festive season children will be going back to school.

Money is a must have for this season to entertain the family on Christmas Day and New Year. More importantly money will be needed again at the beginning of the year to pay school fees and buy school uniform.

The Employee Assistance Programme understands that borrowing money is inevitable with all these needs to be fulfilled in such a way that you as a health worker needs to be empowered to **BUDGET AND SAVE**.



If you need a loan you must:

- Ensure that you can see a valid MFRC registration certificate before you enter into a loan agreement discussion.
- Inform the Lender of the amount you need to borrow and find out the interest rate including other charges.
- Visit at least two other Lenders and ask some questions

- Compare the information you have received from the three registered lenders. Select the best deal and go back to the Lender who offers the best deal.
- Ensure that all spaces in the contract have been completed.
- Ensure that you read and understand everything that is printed on the contract document.
- Ask for a complaints procedure before signing the contract
- Insist on getting copies of original contract and any other document that you understand and agreed to sign.
- The contract must always indicate the lenders signature
- Remember you have a three-day cooling off period (working days) within which you can return all the money borrowed to the Lender.
- For more information and advice you can call 0860 100 406

REMAIN VIGILANT AT ALL TIMES AND DO NOT SIGN DOCUMENTS THAT YOU DO NOT UNDERSTAND

Compiled by: Miss Y. Dlulane (Social Worker)

UHLELO LOKUSIZA ABASEBENZI

Sesifikile isikhathi sikancibijane futhi yisikhathi sokuba sibheke izinto esizenzile nesingakwazanga ukuzenza onyakeni nihlangene noma uwedwa. Kepha maduzane emuva kwalokho izingane ziphindela esikoleni.

Imali yinto efanale ukuba ube nayo ukuze ujabulise umndeneni ngokhisimusi futhi nangosuku lokugubha unyaka omusha. Okubaluleke kakhulu imali izodingeka futhi ekuqaleni konyaka ukukhokhela izingane esikoleni.

Uhlelo lokusiza abasebenzi luyaqonda ukuthi ukuboleka imali yinto engeke ize ivimbeleke ngenxa yalezi zidingo. Yingakho wena njengomsebenzi wezempilo kufanele ube nolwazi lokucina imali nokuthi ungayisebenzisi ngobud-edengu.

Uma uboleka imali yilokhu okufanele ukwazi:

- Qinisekisa ukuthi uyasibona itifiketi sokubhalisa sakwa MFRC ngaphambi kokuba ungene kwisivumelwano
- Yazisa umbolekisimali imali oyidingayo futhi uphinde ubuze inzalo nokunye.
- Vakashela abanye ababili ababolekisa ngemali ubabuze imibuzo efanayo

- ❖ Uqhathanise ulwazi olutholile kubo bobathathu ababolekisimali ababhalisiwe. Bese ukhetha lowo onesivumelwano esingcono kunabobonke.
- ❖ Qinisekisa ukuthi akunasikhala kwisivumelwano sakho.
- ❖ Uqiniseke ukuthi uyafunda futhi uyaqonda yonke into ebhaliwe kwisivumelwano.
- ❖ Ubuze ngomgomo wabo wokifaka izikhalazo ngaphambi kokusayina isivumelwano
- ❖ Ufune amaphepha esivumelwano futhi nanoma yimiphi imiqingo oyiqondile wavuma ukuyisayina.
- ❖ Isivumelwano kufanele sikhombise lapho umbolekisimali esayine khona
- ❖ Khumbula ukuthi unezinsuku ezintathu lapho ungakwazi ukuphindisa yonke imali oyibolekile kumbolekisi mali
- ❖ Uma ufuna ulwazi oluthe xaxa thinta le nombolo ky 0869 100 406

**KHUMBULA UKUHLALA UQAPHILE
NGASOSONKE ISIKHATHI UNGASAYINI
AMAPHEPHA ONGAWAQONDI**

There are many improvements at Simunye Support Centre. The District Office as from the 10th of October 2005 appointed a Site Mentor for the hospital. He is directly concerned with mentoring the Lay Counsellors and improving VCT/PMTCT statistics. The clinics have a Site Mentor as well.

Dr Enock Tumureebere, who joined St Andrews Hospital recently, is helping out at Simunye Clinic at the moment and he has vast experience in the management of HIV/AIDS/ARV 's and TB and this has reflected on the ARV programme.

NEW DEVELOPMENTS

Due to an increase in the number of patients attending the ART clinic on Tuesdays, as from the 14th of November the clinic will be divided into two days. Tuesdays will be for new patients and Wednesdays will be for repeat patients.

Learning sessions are being continued as well. CRH/IHI, Nupe Mehta and Sandy Glajchen facilitate these sessions respectively. Referral letter has been compiled and issued to clinics through the clinic Site Mentor. This is to strengthen the referral system between the clinics and Simunye Support Centre for patients requesting to access ARV 's and back to clinics.

C.H.I.V.A is forming a working partnership with St Andrews to improve management skills in Paediatric ARV 's PMTCT.

Compiled by: Sr C. Manning



NEWS IN BRIEF....

DRUG ABUSE AWARENESS DAY

"Drugs are bad for your health", this is what Mr Nhlumayo said when he was a guest speaker during the drug abuse awareness day that was held at Santombe organised by Harding PHC.

This event was a great success, a large number of schoolchildren around the Santombe area attended and they had a lot to learn when Mr Nhlumayo was delivering his speech, especially when he described different kinds of drugs.



Mr Nhlumayo, delivering his speech



Dr Mbandlwa, Dentist, showing one of the girls different instruments that are used by dentists

YOUTH DAY CELEBRATIONS AT KWAJALI

On the 16th of June, KwaJali Clinic held youth day celebrations. The event started very late but it was worth waiting for since it was so much fun especially for the youth of Kwajali.



Music, plays, speeches were part of the day.

Iziyalo zazithe chithi saka ngalolu suku kwazise nayo futhi intsha yakhombisa ukuzijabulela nokuzamukela izinkulumo ezazineziyalo ezaqhama ngalolu suku.

muka ngalolu suku.

TAKE A GIRL CHILD TO WORK

The 25th of August was Take a Girl Child to Work Day and this campaign was conducted by hospital's all over the province. The aim of this campaign was to give exposure to young schoolgirls about different career opportunities in the Department of health and also make them aware of different services that hospitals render.

On this day different schoolgirls visited St Andrews and they had a lot to learn even though they looked exhausted at the end of the day but they couldn't stop talking about how much they gained by being part of this campaign

JOKE!!! JOKE!!! JOKE!!!

A Zulu and an American man are sitting next to each other on a long flight from London to New York.

The American man leans over to the Zulu and asks if he would like to play a fun game. The Zulu just wants to take a nap, so he politely declines and rolls over to the window to catch a few winks. The American man persists and explains that the game is real easy and is a lot of fun. He explains "I ask you a question, and if you don't know the answer, you pay me \$5. Then you ask me a question, and if I don't know the answer, I'll pay you \$5." Again, the Zulu politely declines and tries to get to sleep. The American man, now somewhat agitated, says, "OK, if you don't know the answer you pay me \$5, and if I don't know the answer, I'll pay you \$100!"

This catches the Zulu's attention, and he sees no end to this torment Unless he plays, so he agrees to the game. The American asks the first question. "What's the distance from the earth to the moon?" The Zulu doesn't say a word, but reaches into his wallet pulls out a five dollar bill and hands it to the American. Now, it's the Zulu's turn. He asks the American "What goes up a hill with three legs, and comes down on four?" The American looks up at him with a puzzled look. He takes out his Laptop computer and searches all of his references.. He taps into the Airphone With his modem and searches the net and the Library of Congress. Frustrated, he sends e-mail to his co-workers--all to no avail. After about an hour, he wakes the Zulu and hands him \$100. The Zulu politely takes the \$100 and turns away to try to get back to sleep. The American, more than a little miffed, shakes the Zulu and asks "Well, so what's the answer?" Without a word, the Zulu reaches into his wallet, hands the American \$5, and turns away to get back to sleep.

2005- a good year for St Andrews Hospital Choir



St Andrews hospital choir is heading for one place only and that is the top. This year has been a good to this choir. On May this year the choir participated in Imvunge Choral Competition and they came out first.

On the 14th of September this year they participated in the choir competition organized by the Department of Health and all hospitals were required to sing one compulsory song and one choice

piece. Our choir managed to get position 2 for the compulsory song and position 1 for the choice piece.

Congratulations to our choir. You have shown that dedication and perseverance are what you need if you want to succeed.

Lonyaka ube muhle ngempela kubazwilili balesisibhedlela iSt Andrews. Phela ngo May kulonyaka labazwilili baphuma phambili ngenkathi bengenele umncintiswano weImvunge.

Akugcinanga lapho, kwathi ngomhlaka 14 kuSeptember kuwo lonyaka bangenele umncintiswano owawuhlelwe uMnyango weZempilo kulesisifundazwe nokuyilapho bahlabana ngokuphuma isibili kwiculo okwakufanele liculwe yiwo wonke amakhwaya baphinda futhi baphuma phambili

kwiculo ababezikhethethele lona.

Sithi halala kubazwilili bethu nikhombisile ukuthi uma ufuna ukuphumelele kubalulekile ukuzinikela nokubekezela



The choir celebrating its victory together with the Hospital Manager Mrs T.L. Ntleko



NEW APPOINTMENTS

Sishi CL—Enrolled Nursing Assistant
Nxumalo T.G.L.—Enrolled Nursing Assistant
Makhaye L.B.—Enrolled Nursing Assistant
Matodzi N.—Enrolled Nursing Assistant
Mbhele B.P.—Staff Nurse
Mqkuse B.A.—Professional Nurse
Mbandlwa G.L. Community Service Dentist
Chiliza BP—Staff Nurse
Luthuli L.—Enrolled Nursing Assistant
Hlongwa T.P. Enrolled Nursing Assistant
Sotyayo N. - Senior Professional Nurse
Dotye P. - Senior Professional Nurse
Khatlisi E.C.—Senior Professional Nurse

RESIGNATIONS

GovenderL—Medical Officer
Paruk FM—Community Service Dentist
Maqwathi NB—Nursing Assistant
Mcobothi T.—Enrolled Nursing Assistant
Cwele N.R.—Nursing Assistant
Sosibo N.B.—Senior Professional Nurse

RETIREMENTS:

Mjoli A.F.—Cleaner

DEATHS

Tshibase L.B.—Finance Service Officer
Mpofana G.N.—Cleaner
Mbuthuma V.I.—Clinical Orderly

May their souls rest in peace

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