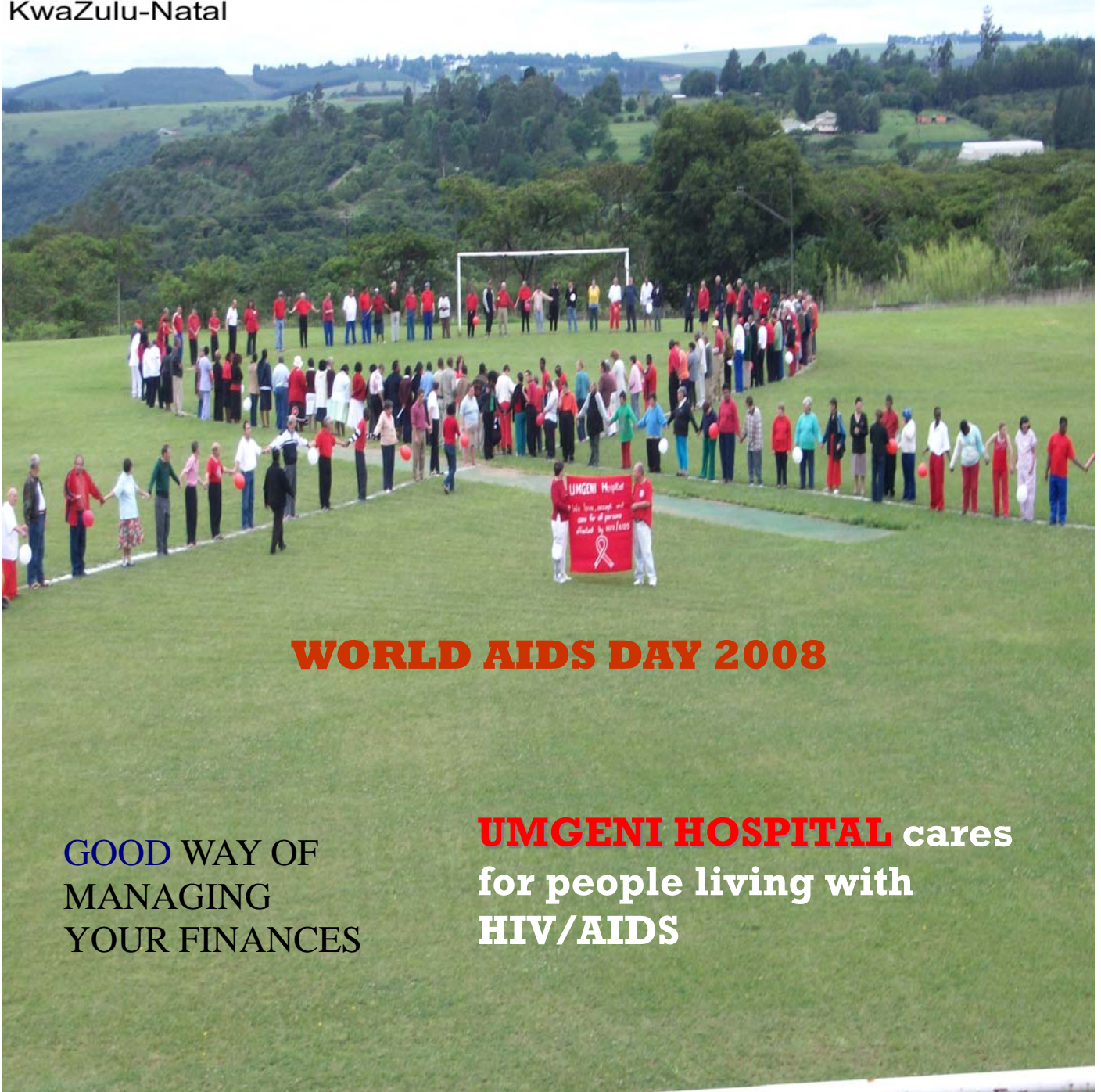


UMGENI NEWS



HEALTH
KwaZulu-Natal

JANUARY 2009 ISSUE: 2



WORLD AIDS DAY 2008

**GOOD WAY OF
MANAGING
YOUR FINANCES**

UMGENI HOSPITAL cares
for people living with
HIV/AIDS

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Colleagues, I greet you all once again and welcome you to the 2nd edition of the Umgeni Hospital's newsletter. Compliments of the New Year. I hope that you had a wonderful, relaxing and peaceful festive season. I also trust that we all have begun 2009 with clear goals, both personally and organizationally.

The beginning of this quarter is like running the last mile of the marathon, where one puts each and every ounce of energy to finishing the race at a higher note. Likewise, as civil servants we are expected to focus all our energies on delivery of even higher quality services to finish this financial year stronger despite all known constraints.

To achieve that with such limited resources, is going to demand us to think and act differently. Our strategies will then have to be more practical to ensure that we achieve what we planned for by the end of the financial year. We also need to acknowledge and appreciate our differences and uniqueness so that we could strongly strengthen the relationships amongst ourselves and also to be able to allow ourselves to live in the world of possibilities. Therefore, let us join hands and work together....!

"Human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives"
– William James

WORLD AIDS DAY

December 01 is a World AIDS Day. This day is observed by the entire world. The World Health Organisation (WHO) established this day in 1988. 2008 marked the 20th World AIDS Day.

At Umgeni Hospital it was also an important day because we are all affected by this disease. We have lost our colleagues, loved ones due to this disease. Patients and staff were all partaking in commemorating

Programme of the day.

- ♥ All Wards / Departments were given candles to light on this day, to pray and to wear red clothing.
- ♥ The walk for patients and staff was arranged around the hospital to the sports field.
- ♥ An AIDS ribbon was formed by the staff and patients.
- ♥ Red and white balloons were released as a symbol of hope.
- ♥ After that they all went to the Recreation Hall (hospital hall) for the second session.
- ♥ Mr. Moodley opened with a prayer and then Ms. S. Manser gave a brief educational talk about HIV/AIDS.
- ♥ The day was rapped by serving cake and juice to the patients.



The community service officers showing that they were ready to join the patients walk.

More pictures on next pages

Umgeni Hospital continues to fight this disease as it does not stop affecting and infecting our loved ones after the World AIDS Day.

A big thank you to the team that organized the event. It was a memorable day indeed. Another thank you goes to the nursing staff for patients active participation. It was so appreciated seeing all the departments and wards working together to make the day a success.

Lets continue to fight and motivate ourselves in fighting against HIV/AIDS.

Patients under the supervision of staff ready to start the walk.



WORLD AIDS DAY



Participants walking

World AIDS DAY



Mr. M. Moodley opening with a prayer



Mrs. V. Longbottom explaining to the patients about the World AIDS Day



Ms. S. Manser sharing a brief knowledge about HIV/AIDS to the patients



The cake that was served to the patients



From left at front row: Mrs. A. Govindsamy, Mr. R. Ngobese, Mr. M. Moodley and Ms. C. Kopman Back row: Mrs. R. Senjaveraj

EFFECTS OF STRESS IN THE WORKPLACE

Lowered productivity
Lowered quality of work
High staff turnover
Increased sick leave
Poor industrial relations
Increased customer complaints
Increased carelessness
Stunted creativity
Lost workdays
Lack of initiative
More frequent and severe accidents
Low staff morale
Low job satisfaction
High absenteeism
Incidents of sabotage
More cases of theft



What stupid question?!
Of course, I'm happy and motivated worker !

SEVEN STRESS BUSTERS

- ◆ Learn how to set limits – say “no” to certain activities and people. Write down your agenda so that you have more time for activities meaningful to you.
- ◆ Delegate or share workload responsibility when appropriate. Recognize that you cannot do everything.
- ◆ Take enough “space” or time alone – in nature if possible.
- ◆ Allow time for personal creative expression – especially through writing, art, music or dance.
- ◆ Give yourself permission to relax by reading, daydreaming, playing board games or cards, stretching out in the sun or curling up in a hammock.
- ◆ Revise your expectations of yourself and of others. Be realistic, so that you don't feel guilty or agitated when a project is not completed by an arbitrary or unrealistic deadline.

Promoting hard work

By: Dr. Friedland



busy woman's life includes work, partner, children, household and exercise. Constant juggling can lead to fatigue, stress and no personal time, yet you desire success, health, energy and satisfaction. To achieve you can do the following:

POWER: Maximise your physical strength and energy.

When your body is not strong, you start to experience physical (tiredness, lethargy, headaches) and emotional (irritability) symptoms, as well as a weakened immune system. Eat correctly, exercise regularly and get enough sleep.

PRIORITIES: Establish what is truly important.

Divide your priorities into two:

1. Children, partner, health.
2. Responsibilities of work and home.

Then a balance in order of priority can be created.

PLANNING: Organize your life.

"Being disorganized is a reason for stress".

First, work out what type of person you are i.e. compulsive, organised, motivated or disorganised, Then, organise your tasks e.g. work duties, finance, children, home, but be flexible – remember that you may not be in control of everything.

PACE: Do not allow time to control you.

The greatest excuse is "I have no time". This can lead to "hurry sickness", which presents as heart disease, high blood pressure, burnout, depression and increased susceptibility to cancer. Time has to be managed effectively for us to improve and pace our lifestyle.

PASSION: Fill yourself with enthusiasm and live with meaning.

To have meaning and purpose in life you have to have passion. Take your self out of the rat race, embark on a new activity – Do something you really enjoy – Let your imagination run wild and finally make meaning to your motto.

PLEASURE: Actively pursue satisfaction.

When you are fulfilling yourself with joyful experiences, you are enhancing your energies and your capacity as a mother, wife, employee, etc. Pleasures include food, pampering, luxuries and most of all the feeling of giving.

PEACE: Make peace with your life and make your life peaceful.

To find peace or balance learn to breathe with breathing exercises, develop patience, be disciplined about taking breaks, meditate and work in conjunction with your heart beat taking each day as it comes.

You can have it all, provided you allow for some imperfection, unless you are well organized and take responsibility for your outcomes.

Information submitted by: Ms. V. Naidoo (EAP Practitioner)

INDLELA ENGCONO YOKUKWAZI UKUPHATHA IZIMALI ZAKHO

- ◆ Qala ukubeka imali manje. Yenza kube yinjwayelo ukubeka isamba semali somholo wakho zonke izinyanga.
- ◆ Thenga ngamanani aphezulu khona uzokhokha kancane ngenyanga.
- ◆ Uma-ungakwazi ukuboleka noma ukurenta musa ukuthenga.
- ◆ Yazi ngezifiso zakho, khona uzoqala ukusebenzela ekutheni ziphumelele.
- ◆ Isifiso sakho akube yinto engafezeka.
- ◆ Bukisisa kahle kwezomnotho bese wenze lokho okubalulekile .
- ◆ Kumele wazi ukuhlukanisa phakathi kwesidingo nezimfuno bese uthenga lokho okuyisidingo.
- ◆ Thenga ngemali onayo, ungakweleti.
- ◆ Iba nomshwalense okulungele.

GOOD WAY OF SAVING YOUR FINANCE

- ◆ Start saving today. Make it a habit to save a portion of your income monthly.
- ◆ Go for high down payment and low monthly installments.
- ◆ When you can borrow / rent, don't buy.
- ◆ Outline your goals and save on achieving them.
- ◆ Detail your goals with realistic terms review areas to cut spending (shopping sprees, ordering out etc)
- ◆ Differentiate between needs and wants (consider to buy needs not wants)
- ◆ Purchase in cash than in debt.
- ◆ Have good insurance coverage.



“Commitment leads to action. Action brings your dream closer”

Marcia Wieder

FOOD SERVICES SECTION

The staff canteen was officially launched and opened on 14th November 2008. Present at the launch was the Executive Management team and other staff. Since its opening the canteen has been doing well with staff from different sections patronizing on daily basis. No food will be sold to patients as they have their own cafeteria.



Mr. N.B.A. Mngadi presenting the speech



Ms. T. Du Plessis
Sodexho Catering Manager



From left: Ms. Z. Manyoni, Mrs. N. Zungu and Ms. R. Kets enjoying the opening of the Canteen



The Management having some eats

Service excellence awards

On the 11th of December 2008 at Umgeni Hospital we had an event to thank all staff and volunteers for the hard work they put in 2008. The Management also gave Long Service Awards to 52 staff members that have diligently served the institution for 20yrs and 30yrs.

The summary of the CEO speech

Due to the entire staff commitment the following has been achieved:

Excellent service delivery: despite of Human Resource and Financial constraints, with the shortage of staff and budget challenges we managed to maintain excellent service for our patients that are in need of our help.

Strengthening of relationship between management and labour relations team. The labour relations issues could be addressed promptly.

Community Service Officers (4) were providing excellent services for the community and the institution.

The volunteers were also thanked for their dedication, spending their time and helping patients.

The volunteer Mrs. Betty Staples thanked the management on behalf of volunteers for allowing them time to interact with patients.

The management would like to thank the staff and volunteers for working hard as to deliver good patient care.

ACKNOWLEDGEMENTS

The soccer and netball team did well:

Soccer team obtained 1st position in the KZN Provincial Administration Soccer League and Umgungundlovu District Tournament

Netball team became number one in the Umgungundlovu District Tournament.

Prayer meeting

We thank our chaplain Rev. Bhengu for organising other pastors to pray for staff and patients.

Thank you Rev. Bhengu for always being with us through the difficult moments of losing our colleagues and for the spiritual support.

"success is nothing more than a few simple disciplines practiced every-day."

Jim Rohn

Photos for service excellence awards



Some of the volunteers that attended the event



← Mr. N.B.A. Mngadi (Acting CEO) delivering the speech



← Staff listening to the CEO's speech

See more photos on the next page



Management and the District Chaplain ready to shake the hands of certificate recipients



The choir entertaining the crowd



It was really nice to be there

MENTAL HEALTH

When asked what is **mental health**, we are often able to quickly say what it is not. It is not living in a state of anger or agitation. It is not feeling run down and exhausted all the time. It is not living in conflict with everyone around you or being expected to do far too much for one person. So what is mental health?

Some people would imagine that having good mental health is when one doesn't have a mental illness. But most experts agree that this is not true. In other words, a person can have a recognized mental disorder that is well managed and still experience overall good mental health.

Well what is mental health? There are many definitions. One way to think about mental health is by looking at how effectively and successfully a person functions.

THE FOLLOWING IS A LIST OF SOME SIGNS OF GOOD MENTAL HEALTH:

- ◆ feeling capable and competent
- ◆ being able to handle normal levels of stress
- ◆ maintaining satisfying relationships
- ◆ leading an independent life and
- ◆ being able to "bounce back," or recover from difficult situations.

“SIGNS OF GOOD MENTAL HEALTH”

Wellness is generally used to mean a healthy balance of the mind, body and spirit that results in an overall feelings of well being.

Compiled by: Andrea Zank

Clinical Psychologist



“The will to win, the desire to succeed, the urge to reach your full potential... these are the keys that will unlock the door to personal excellence.”

Eddie Robinson

IN-SERVICE TRAINING FOR NURSING DEPARTMENT

The Nursing Management with the assistance of the In-service Coordinator / Student Liaison Officer (Sr Senjaveraj) always identify areas that need in-service training for the staff.

This time around they decided to do it on **Epilepsy**. All wards were represented by their Professional Nurses and Enrolled Nurses.

This was also an important topic for the staff as we are having 80% of inmates suffering from epileptic related illnesses.

The aim of this in-service was:

- 1) To equip the entire work force as to have general understanding of the causes of epilepsy, symptoms, treatment and side effects of epileptic treatment.
- 2) To control seizures.
- 3) To be able to educate the colleagues, family and the community at large about epilepsy.

“EPILEPSY IS NOT A MENTAL ILLNESS OR PSYCHIATRIC DISORDER”

Fast facts about epilepsy:

- ♥ Epilepsy is the most common neurological condition.
- ♥ About 1 in every 200 people has epilepsy.
- ♥ A single seizure does not necessarily mean you have epilepsy.
- ♥ Epilepsy can affect anyone at any age.
- ♥ 75% of people with epilepsy have had their first seizure before the age of 20.
- ♥ Up to 80% of people will have their epilepsy controlled by medication.
- ♥ Many children with epilepsy will outgrow it.
- ♥ Epilepsy is not a mental illness or psychiatric disorder.
- ♥ Epilepsy is not infectious or contagious.
- ♥ 1 in 20 people have a seizure at some time in their lives.
- ♥ A seizure is caused by abnormal chemical activity of the brain.
- ♥ Slightly more males than females have epilepsy.
- ♥ There are different forms of epilepsy and types of seizures.
- ♥ Some people's seizures follow a definite pattern while others have unpredictable seizures.
- ♥ Some people get a warning before a seizure.



Mr. Ntuli and Ms. S. Manser who made the in service training to be a success.

Information from : Epilepsy South Africa

Physiotherapy News

Physiotherapists assess, treat and prevent human movement disorders, restoring normal function or minimizing dysfunction and pain in adults and children with physical impairment. This is aimed at achieving the highest level of functioning and independence in patients' lives and to prevent recurring injuries and disability in the workplace, at home, or during recreational activities. Physiotherapists are also involved in promoting health for all people of all ages in the community.

“Achieving the highest level of functioning and independence in patients”

Physiotherapists make use of skilled evaluation and assessment, skilled hands on therapy, (such as mobilization, manipulation, massage), individually designed exercise

programmes, relaxation techniques, sophisticated equipment, hydrotherapy, specialized electrotherapy equipment, heat, ice and traction to relieve pain and assist healing and recovery. Physiotherapists will also make use of suitable walking aids, splints and appliances. Physiotherapists maintain a focus on patient education to empower the patient to assist in his / her own health and well-being.

Physiotherapy is not only associated with healing and recovery, but involves a large amount of health promotion to prevent ill health and to encourage maintenance of good health.

The Physiotherapy Department staff complement comprises of one Senior Physiotherapist and one Community Service Physiotherapist,

Information submitted by: Ms. Terene Chellan

Senior Physiotherapist

Pictures of Physiotherapy session



Izindaba ezisuka kuMhleli wephephandaba

N

gidlulisa amazwi okubonga ngoxhaso engilitholile ngesikhathi ngibhala iphephandaba laseMgeni Hospital lokuqala nezincomo engizitholile.

Ngephephandaba lokuqala ngacela abasebenzi ukuthi baveze imibono mayelana negama abangathanda ukuthi libizwe ngalo leliphephandaba. Igama abasebenzi abakhombise ukulithanda yileli **UMGENI NEWS**.

Siqala unyaka (2009) ngifisela bonke abasebenzi baseMgeni Hospital unyaka omuhle ogcwele izibusiso nokufezeka kwezifiso zabo. Asisebenze ngokuzimisela ukuze senze izimpilo zeziguli zethu zibe ngcono.

Ngibonga kakhulu kwithimba ebengisebenza nalo.

“Do not spoil what you have by desiring what you have not but remember that what you now have was once among the things you hoped for” Unknown

NEXT ISSUE

- ⇒ Friendly Soccer and Netball match with Church of Scotland Hospital
- ⇒ Health and Safety information
- ⇒ Healthy lifestyle and *more*

Reminder

Your contributions for the newsletter will always be appreciated.



Feel free to contact the Public Relations Officer for the suggestions on how to improve our services or for any enquiries.

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Fighting Disease, Fighting Poverty, Giving Hope

Silwa Nezifo, Silwa Nobubha, Sinika Ithemba