

Words of goodbye from DR. S.A. ZONDI the Acting CEO of Umgeni Hospital

When I joined Umgeni Hospital on the 1st of October 2007, I thought it would be easy, after all I had been a doctor for almost 7 years.

I have learned a lot in the past 3years and will always be grateful to everyone in this institution for their trust and support.

Together we have weathered a number of storms and have come out a better institution and achieved a lot in those 3years . The support and encouragement I have received is overwhelming. I was given rare opportunity to develop a vision and make it a reality.



DR. S.A. ZONDI
Former Acting CEO Umgeni Hospital

It has been very difficult to make the decision to move on and will always take with me my experiences here. I will surely miss my patients with their courage and unconditional love, the staff's humanity and dedication. I am thankful to you all for the past 3years and would like to thank Mrs. N.M. Zuma Mkhonza (Umgungundlovu Health District Manager) for her trust, support and mentorship.

GOD BLESS YOU ALL

Farewell pictures on the next page

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How the strike crippled Umgeni Hospital

The situation at Umgeni Hospital was very critical during the national strike of public servants about wages and other benefits. Many of Mental Health Care User's (patients) at this hospital are unable to take care of themselves so they depend on clinicians (nurses, doctors etc) for their daily needs (bathing, feeding, medication) etc. Due to the strike it was a terrible challenge to fulfill those needs. Some of the Mental Health Care Users who have contact with their relatives were taken for Leave of Absence (LOA).

The strike was headline news when it started on the 10th of August 2010 and it had worsened by the 18th of August 2010. The community of Howick and surroundings were touched by this and then decided to support the institution for the wellbeing of patients.

The main focus during this time was the care of patients, making sure that they were bathed, fed and received their medication. To fulfill this desire of helping the helpless patients of Umgeni Hospital there were some staff who took the initiative of saving the lives of innocent patients. This was achieved with the help of the volunteers from different church groups, organisations, fellow patients (high functioning) and the volunteers from Umgungundlovu Health District.

The volunteers were trying to be of assistance to the patients but some of the programmes e.g. Occupational Therapy, Physiotherapy and other activities could not be fulfilled. Due to the commitment that was shown by the people who were working during the strike there were no deaths and other severe illnesses due to the shortage of staff. Thank you to all for your hard work and dedication.

Pictures for the farewell party



Dr. S.A. Zondi (sitting)
 (standing from left) N.H. Zwane, N. Buthelezi and
 T. Chellan (allied professionals)



F.B. Ngema talking on-behalf of friends that are
 also colleagues to Dr. Zondi



B. Oosthuizen (centre) talking on-behalf of management :
 Thanking DR. Zondi for sharing her 3yrs and 26days with Umgeni
 Hospital patients and staff and mentioning that she will be missed.



T. Ngobese and Dr. S.A. Zondi her
 supervisor



Extended Management listening to Dr. Zondi's speech: she
 mentioned that she is leaving this institution to better herself but her
 heart will always be here.



Nursing Management from left: F.B. Ngema,
 Mr. Moodley , V. Longbottom with Dr. Zondi holding her
 gift from the staff of Umgeni Hospital

UMGENI NEWS

VISIT TO THE ROYAL SHOW



On the 2nd of June 2010 the Occupational Therapy (OT) department organized an outing for 20 Mental Health Care User's (MHCUs) to the Royal Show. This is one of the annual events where our MHCUs get a chance to get out of the hospital which also helps to counteract the effects of institutionalization. Once they were there, the MHCUs were allowed to explore different shows. Certain MHCUs were able to see the farm animals, watch sheep sheering and cow shows. While exploring the show they were able to watch the horse jumping show and the police dog show, which they enjoyed. All MHCUs were given pocket money which was donated by the Friends of Umgeni. They utilized the money to buy, caps, sunglasses, toys, goodies, sweets, popcorn, cool drinks etc) as well as tickets for the carnival rides. The highlight for the day was when all the articles that the O.T department entered into the competition received prizes and Umgeni hospital receiving the **ESSIE KIRKEL TROPHY** for the best articles in needlecraft. The MHCUs were given a chance to take pictures with their winning items. By the end of the day our MHCUs had a day filled with excitement and enjoyment therefore allowing us to deem the outing a success. On behalf of our MHCUs, I would like to thank the hospital staff and the Friends Of Umgeni for making this outing a success.

Article submitted by:
N.H. Zwane
Chief Occupational Therapist

PICTURES FOR THE ROYAL SHOW 2010



Mental Health Care User's (MHCUs) enjoying themselves at the Royal Show Grounds



MHCUs showing off her craft item on display



MHCUs showing off his item that won him a special prize under craft section

UMGENI NEWS

HCT Campaign

Umgeni Hospital is currently doing the HIV Counselling and Testing (HCT) Programme and by doing so we are responding to the nationwide call from Mr. J.G. Zuma (president of South Africa) which says by 2011, 15 million South Africans should be tested for HIV/AIDS.

The community of Howick and surrounding businesses and churches are the target group of this campaign for Umgeni Hospital. The screening tests are done first and then further that the following tests are done for the wellbeing of the person. The tests **are as follows:**

- Blood sugar
- Haemoglobin (anemia)
- Five point TB Screen and
- HIV Counselling and Testing

**“WORKING
TOGETHER
TOWARDS
ACHIEVING
PRESIDENT’S AIM”**

The Occupational Nurse (Mrs. S. Mahlinza) who is driving this campaign with other nurses at this institution are working together towards achieving the President's aim. To elaborate on that the statistics is as follows: in May 2010 : **66** staff members were seen, June 2010 : **191**, July 2010: **231** and October: **181 people** received the services and were seen externally . The following organisations / companies were visited for the HCT Campaign:

Howick Metal Products

Dunlop

Howick Meat Centre

Howick KFC and

kwaMathandubisi where there was a community outreach programme that was organised by the Howick High School.

The management of Umgeni Hospital also hope that this campaign will be of great use since people don't often go for medical check ups until they get sick. Those that need further assessment will be referred to other institutions.

Mental Illness and Awareness

The Umgeni Hospital is a Specialised institution with patients (Mental Health Care User's) that are mentally and physical challenged. As per health calendar this institution celebrated July as the Mental Illness and Awareness month. The informational sharing session was organised by the Social Work department together with the Public Relations Officer.

The target audience were the parents and child minders of children at Inkanyiso Day Care Centre in Mpophomeni area. The information or topics that were shared with the audience are on the *next page*:

UMGENI NEWS

MENTAL HEALTH ILLNESS & AWARENESS

“ABANTU ABAKHUBAZEKE NGENQGONDO NABO
BAYALUDINGA UTHANDO”

ISINGENISO

Ukukhubazeka ngenqondo kungenzeka kunoma ubani. Kweminye imindeni baye bacabange ukuthi kuyisiqalekiso ukuba nengane ekhubazeke ngenqondo, ikakhulukazi kulabo abakhubazeke ngokweqile. Kweminye imindeni bakuthatha njengesipho abasuke besiphiwe umdali. Abanye abantu kubanzima ukuthi banakekele ingane ekhubazekile ngoba isuke idinga usizo kukho konke ekwenzayo. Kubalulekile ukuthi ngaso sonke isikhathi kube nomuntu ohlezi eyinakekele.

KUYINI UKUKHUBAZEKA NGENQGONDO?

Ukukhubazeka ngenqondo “Ukugula osuke odokotela bekuthole uma benza ucwaningo” lokhu kuvamise ukuthi kubonakale ngaphansi kweminyaka ewu:18 lokho kuhlanganisa nokuthi ingane yenze izinto ngendlela ephansi kunaleyo ebefanele ukuthi yenza ngayo nokungakwazi ukwenza izinto ezisidingo empilweni.

AMAZINGA OKUKHUBAZEKA NGENQGONDO Izinga lokugula ngenqondo elincane

- Badinga ukubhekelelwa okuncane
- Basengafunda
- Abasheshi babonakale

Izinga lokukhubazeka ngenqondo elithe ukwenyuka kwelincane

- Bayakwazi ukwelulekwa
- Bayakwazi ukukhuluma, ukufunda kanye nokuba nenkulumo nomunye umuntu.
- Badinga ukunakekelwa okuphakathi nendawo.

Izinga lokukhubazeka ngenqondo kakhulu

- Abanye babo bayakwazi ukukhuluma kancane abanye babo abakwazi ukukhuluma nhlobo.
- Iningi labo bahlala kwizikhungo zokunakekelwa
- Badinga usizo ngaso sonke isikhathi



Izinga lokukhubazeka ngenqondo ngeqophelo eliphezulu kakhulu

- Badinga usizo ngokuphelele
- Iningi labo bakhubazeke emzimbeni nasemngqondweni.
- Abakwazi ukuzinakekela

KUDALWA YINI UKUKHUBAZEKA NGENQGONDO?

Ukukhubazeka ngenqondo kuhlasele abantu abangamaphesenti (1-3 %). Ziningi izindlela ezingenza ingane ikhubazeke ngenqondo:

1. Enye ingane izalwa isikhubazekile, enye ikhubazeka emva kokuba isizelwe ngenxa yezifo ezithathelanayo.
 - 1.1 Encephalitis
 - 1.2 Intsholongwane ye HIV/AIDS
 - 1.3 Meningitis nokunye
2. Izindawo esihlala kuzo
 - 2.1 Ukungaziniki kwabazali, nabagadi isikhathi sokudlala nabantwana babo besebancane.
 - 2.2 Ukuhlupheka nokungadli ngendlela efanelekile
 - 2.3 Ukudla izidakamizwa kukanina ngenkathi esazithwele, ukuhlukumezeka ngokomngqondo nangokomzimba
3. Ukuhlukumezeka (trauma before and after birth)
 - 3.1 Ukungatholi umoya owanele kwengane ngaphambi kwe-sikhathi sokubelethwa nangemuva kokubelethwa
 - 3.2 Ukulimala kanzima kwengane ekhanda

UMGENI NEWS

UYIBONA KANJANI INGANE EKHUBAZEKE NGENGQONDO?

Isalela emuva ngokukhula kunezinye izingane, yenza okuhlukile ingakwazi ukuhlukanisa okulungile nokungalunganga.

Iyahluleka ukwenza izinto ngendlela esezingeni lokukhula kwayo, njengontanga bayo ngokuya ikhula

UYIBONA KANJANI INGANE EKHUBAZEKE NGENGQONDO?

- Isalela emuva ngokukhula kunezinye izingane, yenza okuhlukile ingakwazi ukuhlukanisa okulungile nokungalunganga.
- Iyahluleka ukwenza izinto ngendlela esezingeni lokukhula kwayo, njengontanga bayo ngokuya ikhula.
- Ayibinawo umdlandla wokwazi ngezinto ezenzekayo la ikhon

UNGAYIVIKELA KANJANI INGANE UKUTHI INGAKHUBAZEKI NGENGQONDO?

Ngokuthi abazali benze ucwaningo ngaphambi kokuhlela ukuba nomndeni ikakhulukazi mangabe kukhona okhubazeke ngenqondo emndenini. Ukwenza kanjalo kungakhanyisela umndeni ukuthi angakanani amathuba okuthi bathole ingane ekhubazekile ngenqondo.

Kubalulekile ukuthi lowo ofuna ukwenza lolucwaningo athole ukwelulekwa (genetic testing and counselling)

Ukudla ukudla okufanele

Umzali kumele aqikelele ukuthi udla ukudla okunomsoco ngesikhathi ekhulelwe. Ngenkathi ingane isizelwe, umama kumele aqikelele ukuthi ingane uyinika ukudla okunomsoco ukunciphisa amathuba okuthi ingane ingakhubazeki.

Izidakamizwa (substance abuse)

Akulungile ukusebenzisa izidakamizwa ngenkathi umama ukhulelwe.

IQHAZA ELINGABANJWA UMNDENI ENGANENI EGULA NGEKHANDA

- Imindeni ivamise ukubecwasa abantu abaphila nokukhubazeka. Kubalulekile ukuba umndeni uthole ulwazi, nokwesekwa ngendlela yokwamukela, kanye nokuphila nengane ekhubazeke ngenqondo.
- Ukusizakala kwengane ekhubazeke ngenqondo kungenzeka uma umndeni kanye nomphakathi bengazihlupha ekutholeni ulwazi ngokunakekelwa kwengane.
- Kusezandleni zethu siwumphakathi ukuthi sibakhuthaze ukutheni bazenzele ezinye izinto ngaleyo ndlela kungaba nomehluko ezimpilweni zabo kodwa abanye badinga indawo enjengesikhungo ukuze impilo zabo zibe nomehluko.

IZIKOLE ABANGAFUNDA KUZO

- St Christopher
- Peter Pan School
- Open Gate
- H.S. Ebrahim
- Ekuhlengeni

PROTECTIVE WORKSHOP / TRAINING CENTRES

Mental Health Society

“everyone has inherent dignity and the right to have their dignity respected and protected”

Chapter 3 as contained in the Constitution of the Republic of South Africa

Organ donation

It is a removal of tissues of a human body from a person who has recently died, or from a living donor, for the purpose of transplanting". This process can be done through the similar procedure as of the surgery. There is no age limit for any person who is willing to be an organ donor".

- If the donor member dies, then his/her family makes the final decision. If they haven't been asked to donate and they'd like to, they should ask the doctor or nurse. If the family decides not to donate, the organs won't be removed.
- Most donors give multiple organs. For example, the heart, liver, kidneys, pancreas and lungs might be taken from one donor.

What should families know about organ donation?

The public may be misinformed about some aspects of the organ donation issue.

Here are the facts:

- If you'd like to donate your heart or other organs when you die, be sure to tell members of your family. You may also contact an organ donation organization to ask for more information.
- Families of donors don't have to pay for removing their loved one's organs.
- Hospitals must have policies and procedures to tell families about organ donation.

What about heart donation?

- Donor hearts are given based on the donor's blood type and body weight, and the potential recipient's blood type, body weight, severity of illness and geographic location. Seriously ill patients at a nearby transplant center have priority.
- A suitable donor is a young to middle-aged person who's been declared brain dead based on standard criteria and whose heart still works well. All donors are screened to make sure the hepatitis B and C and human immunodeficiency (AIDS-producing) viruses aren't present.
- A heart can be disconnected from a person's circulation for about four hours and still work properly. Thus time is critical. When the heart is removed, the transplant team puts it in a special cold solution to keep it alive (even though it's not beating). Then it's rushed to the hospital where the recipient is located.
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Source of information: WEB MD and Wikipedia: Encyclopedia

Donor organs are in demand- there are currently more than 86,000 people on the national organ transplant waiting list

UMGENI NEWS

DONATION OF WHEELCHAIRS

Wheelchairs are an essential seating and mobility device for people who have poor postural tone or who display difficulty or the inability to walk.

A large number of (Mental Health Care Users) at Umgeni Hospital are confined to wheelchairs due to physical and mental conditions. One of the challenges encountered by the Physiotherapy Department is the provision of an adequate number of new wheelchairs to MHCUS in need. In July 2010, Umgeni Hospital was presented with a donation of four new wheelchairs, by Tracy Pike (Chairperson) and Sandy Boshoff (member), of the Midlands branch of the South African Society of Physiotherapy. MHCUS in the geriatric ward received these wheelchairs which provide them with a means of mobility to attend therapy, perform ADLS and socialize with fellow MHCUS in the ward.



Umgeni Hospital would like to express their sincere gratitude to the Midlands branch of the South African Society of Physiotherapy for the donation of much needed wheelchairs.



From left: Tracy Pike (member), Sandy Boshoff Chairperson of the South African Society of Physiotherapy and T. Chellan the institutional Senior Physiotherapist

UMGENI NEWS

MEET THE NEW FIO FOR UMGENI HOSPITAL



Mr. S. Hlongwana
Facility Information Officer

Public Relations Officer (PRO)
Facility Information Officer (FIO)

PRO: Who are you?

FIO: I am Sifiso Hlongwana

PRO: Where is your town of origin?

FIO: I was born and bred in KwaZulu Natal Province at Inanda North of Durban.

PRO: When did you start working for the government and in which department?

FIO: I started working in 2006 in the Department of Health at Umgeni Hospital .

PRO: You have been appointed as a Facility Information Officer (FIO), what do you think is the role of an FIO in a hospital environment?

FIO: To name the few it is:

- Capturing of daily statistics from the wards using District Health Information System (DHIS).
- Capturing of monthly statistics from the various sections within the hospital.
- Compiling the quarterly reports (Institutional Information Bulletin).
- Teaching and supporting staff by giving them advice and assistance with Information Technology and system related needs.
- Performing super user functions i.e. to assist the staff when they are encountering problems with their Computers.
- Submitting monthly statistics to Umgungundlovu Health District.

PRO: One of the roles of an FIO is to capture the statistics, where is it forwarded to?

FIO: The diagram shows the process of statistics.



PRO: Why is it important for the information to be accurate .

FIO: It is extremely important for the information to be accurate because it guides the management in good decision making i.e. to monitor, evaluate and for budget allocation to name a few.

PRO: How are you going to monitor the accuracy of the statistics?

FIO: By comparing the previous statistics with the current day to day statistics.
Looking at the common errors i.e. missing data, duplicate data, calculation errors, abnormal data etc

PRO: Thank You Mr. Hlongwana for your time wishing you all the best

UMGENI NEWS

SPORTS DAY AT FORT NAPIER HOSPITAL

On the 30th of September Fort Napier Hospital organised a sports day for their Mental Health Care User's (MHCU'S) and the invite was extended to Umgeni Hospital. 15 patients including the hospital band attended the event. They had a chance of participating in different races that were planned for the day. The patients enjoyed the day which was filled with joy and happiness.



UMGENI NEWS

EZIVELA KUMBHALI WEMGENI NEWS

Ndithanda ukunibulisa nonke bafundi be *Mgeni News* bese ndibulela kulabo abathe manenxaxheba ekuphumeleleni kweliphephandaba. Ndiyathemba ukuba zonke iindaba ezishicilelweyo kulo zizoninika ulwazi okanye zandise ulwazi eninalo. Umphako endinawo ngama quotes alandelayo endithemba ukuba angaluncedo ezimpilweni zenu jikelele. Ndiyabulela kakhulu maze enethole.

- "Something in human nature causes us to start slacking off at our moment of greatest accomplishment. As you become successful you will need a great deal of self-discipline not to lose your sense of balance, humanity and commitment."
H. Ross Perot
- "Discipline is the bridge between goals and accomplishments."
Jim Rohn
- "Whatever course you decide upon, there is always someone to tell you that you are wrong. There are always difficulties arising that tempt you to believe that your critics are right. To map out a course of action and follow it to an end requires courage."
Ralph Waldo Emerson
- "Speak when you're angry and you'll make the best speech you'll ever regret."
Lawrence J. Peter
- "Leaders don't wait. They shape their own frontiers. The bigger the challenge, the greater the opportunity."
Unknown
- "One of the greatest disease is to be nobody to anybody."
Mother Theresa

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