



health

Department
Health
PROVINCE OF KWAZULU-NATAL

Umgeni Hospital

Umgeni

NEWS

STAY INFORMED

DECEMBER EDITION: 2016

CEO MESSAGE FOR FESTIVE SEASON



MS. N.E. NDLOVU (CHIEF EXECUTIVE OFFICER)

The year 2016 has been a very challenging year in many respects. Primary to these was the moratorium on the filling of posts and the immense budget constraints not only in this hospital but in the Department provincially. Such challenges can either make or break any team but I am happy to have noted that we have continued to soldier on and continue to care for our patients with great commitment and dedication.

Although I joined the team in the middle of the year, it has been a pleasure to be part of the family of Umgeni. We have pulled together and worked tirelessly to provide quality patient care with minimal resources at our disposal. For that I commend all Managers and employees; may we strive even more in 2017.

As we end the year 2016, I would like to wish all staff of *Umgeni Hospital* a merry Christmas and a happy, prosperous 2017! While this period is a "festive season" but we also find that it is at this time where there is an increase in road accidents, robberies and other unsavory incidents that place our lives and those of our loved ones in danger. It is in this light that I plead with all of us to enjoy all festivities within the confines of safety.

Remember that this is a time for strengthening family bonds, resting and rejuvenating and reflecting. And as we reflect on what we have achieved in 2016, may we also find deeper insight and be able to gather the tools necessary to plunge into 2017 with more zeal and courage to tackle that which we have not achieved and any new challenges that will present themselves in 2017!

The late, former President, Dr. Nelson Mandela once said: "I have learned that courage is not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear." Let us declare the year 2017 as a year of courage! A year in which we will dare to be different, dare to not follow the crowd, but dare to stand out and stand up for what is right!

May you and your families be blessed – May God, our Creator keep us grounded and focused as we look ahead to a bright future.

Thank you

FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE



From left: Mrs. N.C. Zondi lighting the candle assisted by Sister Mabea

“South Africa has been relentless in its mission to turn the HIV, AIDS, and TB epidemics around and there are notable achievements to celebrate. A review of our efforts in addressing the HIV and AIDS epidemic over the past 20 years, paints a mixed picture. There have been many scientific advances in HIV treatment and we now have a much better understanding of the virus. More people are receiving antiretroviral treatment, which means HIV infection rates are decreasing”. However, despite all that has been done by the government and other stakeholders the stigma and discrimination still persist for many people living with, or affected by HIV.

At *Umgeni Hospital* the management and staff took an initiative to show support and solidarity with the millions of people living with HIV/AIDS and to commemorate those that we lost due to this disease. It is still a reality that HIV related illnesses kill so we need to continue fighting prejudice, stigma and discrimination.

The aim of the event was to show support for people living with the disease. Sister P. Mabea (Operational Manager, NIMART & PULSA-PLUS Trainee, HIV Trainer, Mentor in this district and CNP) gave a message of support which she aligned it with the 2016 HIV/AIDS Day Theme: **It is in our hands to end HIV/AIDS & TB**. Sister Mabea has been working in Howick Clinic and has been privileged to be trained to initiate ARV to patients. Her expertise of dealing with HIV positive patients empowered her to see beyond the call of duty and empathize with patients because of the challenges that they face on day to day. The topics that she touched on, was positive living which strengthens the importance of decreasing the viral load, using protection during sexual intercourse, adherence on medication and so forth.

Mrs. Zondi (Nursing Manager) made a candle lighting ceremony in memory of people who died due to HIV/AIDS. “GOD is still able to carry us regardless of this situation. We lost people with various skills due to this disease” said Mrs. Zondi. As she was about to light the candle of remembrance; a candle of perseverance; a candle of hope she made us to think of the consequences of this epidemic (child headed families, those that are sick to get better and so forth). The significance of a candle was to give hope and enlighten the life of people who are struggling due to HIV/AIDS.

In closure, all the departments and wards were encouraged to light a candle for the entire day to help bring light into the darkness of the denial, stigma, and violations of human rights and discrimination that still fuel the spread of HIV. “Light permeates darkness — protection of human rights is fundamental to preventing the spread of HIV/AIDS”.



Staff members interacting during condom demonstration



Sister Mabea doing: male condom demonstration




Staff members during candle lighting



Mrs. N.C. Zondi reading a prayer after lighting a candle

NATIVITY PLAY

 n the **16th of November 2016** an annual event (Nativity Play) to celebrate the birth of Jesus Christ was hosted for all the Mental Health Care User's (MHCU's) and staff members. The event was funded by Friends of Umgeni (FoU) by providing treats for Mental Health Care Users which amounted to R1500.

The event was planned and coordinated by the Occupational Therapy (OT) Department and it commenced at about 10:15 and ended at approximately 11:30.

The programme for the event was as follows:

- The patients were given full control of the event where they were given the opportunity to greet and welcome the staff members, other MHCU and visitors.
- The play then commenced which was enjoyed by all the guests who were encouraged to participate in song throughout the event
- After the play, MHCU were given goodie bags consisting of juice, various sweets and chips which patients were able to enjoy after the show.

Refreshments for the guests and staff members were provided after the event. Overall the event was a success and the patients thoroughly enjoyed.

As the OT Department we would like to thank all the parties involved in making the event a success.

Thanking you

Article submitted by: Miss. S'thembile Sithole (O.T. Community Service Personnel)



PICTURES FOR NATIVITY PLAY



Angel leading the shepherds



From left : Mental Health Care Users acting as Mary & Joseph (Jesus Parents) entering the hall



Joseph and Mary receiving the gifts for baby Jesus

Christmas & Therapy Parties

Occupational Therapy Department hosted two Christmas Therapy Parties i.e. Christmas Party (06 December 2016) & Christmas Dance (13 December 2016). Both these events were sponsored by Friends of Umgeni (FoU).

At the **Christmas Party** Mental Health Care User's (MHCUs) received Christmas gifts from Santa and were treated to yummy goodies. Each MHCU had an opportunity of taking out a picture with Santa whilst receiving a gift.

The **Christmas Dance** was held in the evening and allowed MHCUs to get dressed in evening/ formal clothes. The Disc Jockey entertained the audience with party music. The gifts were handed for the best dressed female, best dressed male, best dressed wheelchair bound MHCU and best dressed couple. During the entertainment MHCU enjoyed a delicious supper: beef burgers and cool drinks with dessert till 22:00.

O T Department we would like to thank the following individuals/ committees for their assistance in ensuring that these events were a success.

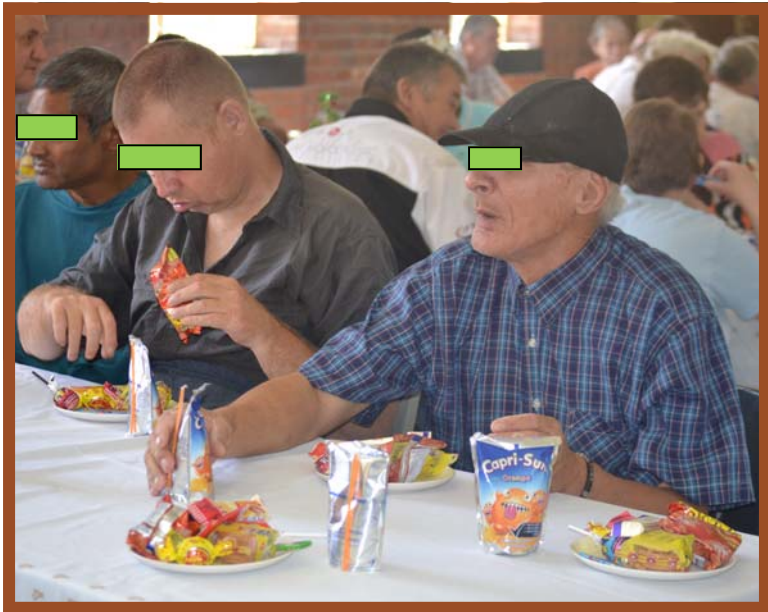
- FoU for financial support
- O T staff for organizing the events and making sure that everything run smoothly
- Management of *Umgeni Hospital*
- Nursing staff for accompanying MHCUs from the wards to the recreational hall and then back in the wards safely.
- Mr. R. Maree for providing entertainment during the Christmas Dance.

Article submitted by: Mrs. N. Ramcharran: Occupational Therapist



Mental Health Care User's seated before the event commenced

Christmas Party



Mental Health Care Users about to open their treats



From left: Father Christmas handing over a gift to the Mental Health Care User



Father Christmas taking a picture with Ward 6 Mental Health Care Users

Road Safety Advice & Tips

for the

Festive Season

1. Obey the rules of the road and carry your driver's license with you.
2. Plan the route to your holiday destination and allow yourself enough time to reach the destination
3. Make sure that your vehicle is in a roadworthy condition before departure. All lights and indicators, wind-screens, windscreen wipers, brakes, steering, shock absorbers, exhaust system and tyres should be carefully examined for faults.
4. Do not overload.
5. Try to avoid driving after dark if possible.
6. Have a good rest before you embark on your journey
7. Take safety breaks every 2 hours or 200km. Rest, have an energy drink and continue once well rested.
8. Do not drink and drive
9. Try to recognise potentially dangerous drivers on and pedestrians alongside the road and keep well clear of them
10. Be visible – drive with your lights on
11. Headlights should be dipped well before an approaching vehicle is within the range of the main beam.
12. Always wear your seat belt and see that everyone in the car is wearing theirs.
13. Drive defensively
14. Stay within the speed limit at all times
15. Only overtake when it is absolutely safe to do so
16. Maintain at least a 2-second following distance - this distance should be increased at night, in foggy or rainy conditions and when the road is wet.
17. Expect others to not be as obedient to the law as yourself
18. Avoid distractions on the road such as texting, conversations on cellular phones etc.
19. Be courteous towards fellow road users - keep your temper and resist the temptation to retaliate
20. Know your emergency numbers - When you need assistance, kindly call the following numbers

Police	10111
Fire	10177
Ambulance	10177
Arrive Alive Call Centre	0861 400 800
Emer-G-Med	0861 007 911
Accident & Breakdown Towing	0860 911 326
Netcare 911	082 911
ER24	084 124

Source: [Arrive Alive Webpage](#)

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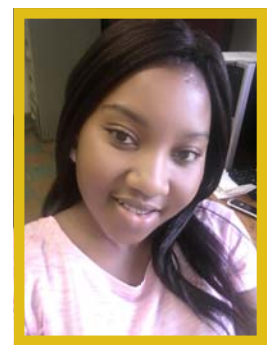
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