

VRYHEID DISTRICT HOSPITAL



Fighting Disease, Fighting Poverty, Giving Hope



16 DAYS ACTIVISM AGAINST WOMEN AND CHILD ABUSE AND HIV AND AIDS AWARENESS AT KHAMBI CLINIC.



Left: Mrs S. E. Mlambo and other stakeholders explaining the significance of lighting of the candle before lighting it.

Right: The community and the attendants enjoying the proceedings of the day.

"The struggle for preventing the spread of HIV and AIDS and activism against women and child abuse should be an everyday thing". That is the statement by all Departments that were represented at the **16 DAYS ACTIVISM AGAINST WOMEN AND CHILD ABUSE AND HIV AND AIDS AWARENESS** held in Khambi on the 10th of December 2008.

There were speakers from DOH, DSD and SAPS who were alerting the community of Khambi on HIV related issues, Women and Children abuse issue, Domestic Violence and it's consequences.

The event was an initiative by the members of Khambi Clinic Committee . They are the ones who went out to look for donations to ensure that the event took place. It was so amazing to see that the Clinic Committees are in partnership with the department and when we can't they are willing to do.

We thank Mondi for providing with catering and t-shirts for the day and all the other people who contributed to make the event a success.

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WE CARE, WE SERVE, WE BELONG

International Day of Disabled Persons and CP

Clinic Christmas Party



Above and below: The Rehab team and the parents who were attending the party.



a watergun shaped like a fish.

Then it was time to eat. Each child received a goody bag and there were more than enough additional treats to go around. Everyone was able to enjoy in the festivities and some even showed their dancing skills. This once again emphasised that in spite of being disabled these children also need to be loved, that they need to play, to just be kids!

The Rehab team would like to thank Dr. Yende for his donation of soft toys as well as Game Stores for their generous voucher, which was used to buy additional gifts, and all the party food. It is through their generous contributions that we as a Rehab Team could host a Christmas Party which has left all those involved with fond memories. **By: Yolande Rietek. Occupational Health Therapist**

Yolande says goodbye Vryheid Hospital and Clinics.

I would like this opportunity to thank you everyone at Vryheid Hospital who have made my Comm-Serve Year a memorable experience. In particular I would like to thank the following persons: Dr. Idika, Dr. Reinaldo, the ladies at registry, Carol, Nqobile, Mr. Buthelezi (HR), Cynthia and the cleaning ladies in our department. Last, but definitely not least everyone in the Rehab department. Particularly Tina, Nananthu, Thuli and Kate. I will miss you all very much!

UNgqongqoshe Ephendula Isoyi eVumani KwaMnyathi

Ngomhlaka 12 kuOkthoba 2008 uNgqongqoshe wezeMpilo uNkk Peggy Nkonyeni ehambisana nozakwabo uNgqongqoshe wezokuThutha bavakashele umphakathi wakwa Mnyathi eVumani ngenhloso yokuzokwethula imisebenzi yokwakha iklinihi nebhuloho eliphumela kulo leliklinihi. Umphakathi wase Vumani wawungangoZulu eya eMatheni uzozibonela futhi uzozizwela ngokwawo ukuthi laboNgqongqoshe babebaphatheleni.

Umsebenzi usuwonke uzobiza izigidi eziyishumi nesishiyagalolunye (R19 000 000). Iklinihi lizobiza izigidi eziyisishiyagalombili (R8 000 000), ibhuloho lizobiza izigidi eziyishumi nanye (R11 000 000).

UNgqongqoshe wezeMpilo wavakashela imizi yabantu ababekhungethwe ububha nanezifo okubalwa kuzo isifo sofuba nokunye ebaphathele ukudla ukuze bakwazi ukuthatha kahle amaphilisi besuthi, nezingubo zokulala. Abantu ababehambele umcimbi baphiwa izinsiza (wheelchairs, walking sticks, reading glasses).

Umcimbi waba impumelelo, kukhona nabasebenzi bezeMpilo bezonikeza usizo khona ezinkundleni. UNgqongqoshe wabe esekhuthaza umphakathi ukuthi awukhuthalele ukuhlololela igciwane lesandulela ngculaza wayesenxenxa amadoda ukuthi abambe iqhaza abambisane ukulwisana nalesisifo.

Iklinihi lizosiza umphakathi omningi obukade ungenalo iklinihi eduze usebenzisa umahamba nendwana waseBhokwe ofika kabili ngenyanga.



UNkk Peggy Nkonyeni emukelisa ilunga lomphakathi izibuko zokufunda.

Breast Cancer Awareness at Bhekuzulu Clinic.



One of the women who attended demonstrating self examination during questions and answers

The month of October is a breast cancer awareness month. Bhekuzulu Clinic staff took a day on Saturday the 25th of October 2008 to educate women of Bhekuzulu Location about the Breast Cancer and other diseases that affect the young and old women .

The attendance was good despite the fact that Saturday is a day for funerals and weddings. The women took advantage of this day by checking other health related conditions apart from the breast cancer which include VCT, BMI, BP, Cervical Cancer Screenings etc.

Most of the women who attended were old ladies and were concerned that the younger ones back in their families felt that breast and cervical cancer only affect the people of old age. That was noted for more health education to be done to younger generation on breast and cervical cancer. By the time they left the clinic all

the myths were corrected and ignorance was eliminated. They were even demonstrating ways of doing self examination of breast to those who were coming after them to show that they really understood what they were taught.



HIV AND AIDS, TB AND STI AWARENESS DAY IN GLUCKSTADT CLINIC.



Above left: Speakers for the day entertaining the audience with music and dancing before speeches.

Middle: Sr Thabede eye nurse offering eye services on site.

Above right: Organising team from Gluckstadt clinic

All over the world people are doing their bit in ensuring that they prevent the spread of HIV and AIDS. The challenge remains in some of the areas due to culture, illiteracy, myths and beliefs. Abaqulusi Municipality is one area with a high prevalence of HIV and AIDS and health professionals are going out of their way in ensuring nothing stands in the way of spreading the gospel. One good example would be Gluckstadt Clinic which took out of their pockets and collected donations to make the HIV and AIDS, TB and STI awareness day a success.

On the 08/10/2008 Gluckstadt community gathered at the community hall for HIV and AIDS, TB and STI awareness. The event was graced by the presence of prominent members of the community especially a representative of Inkosi, School Teachers and Reverends.

The guest speaker Mrs S. E. Mlambo HIV and AIDS coordinator touched the issue of culture stressing that people should understand that the times no longer cater for other customs to continue like "ukungenwa", people should ensure that precautions are taken if people should feel like practicing that custom. She also emphasized that since people still believe in consulting izinyanga especially as a family they should be careful to use their own razors to prevent the spread of a virus in case there's a person infected hence infecting all the members of the family.

The speaker on TB was emphasizing that TB can be cured and that people should adhere to treatment.

There was also a TB survivor who is living with HIV who gave a testimony that she is healthy and taking all her medication very well. She encouraged people to get tested stressing that they must love and care for themselves first before caring for other people in that case they'll always be able to put themselves first and do what's best for them. She told them about the importance of adhering to treatment that way you ensure that you remain fit to carry on with day to day activities.

Among other things that were done there were teams from VCT, TB and Eye clinic as it was the World Eye Care Week who brought services on site.

We say a big Thank You to the local farmers, business people, clinic committee members and Gluckstadt community members who donated with money and food to make the event a success.

Christmas Celebrations in Paeds Ward.



Left: Toys from East Coast Radio being distributed to the children in Paeds Ward.

Right: Chantal from Vryheid Herald, Matron Sokhela and Kerston from the Child Welfare Team all helping with the distribution of gifts.

Santa really visited Vryheid Hospital this year especially for kids in paediatric ward. The month of December had a lot of people and organizations streaming in to bring a smile into the children's lives.

Organizations and families were taking their time to come and give ensuring that everyone has a great Christmas regardless of where they were. It was so touching to see how much people were willing to go out of the way to show that love and giving still exist despite the trying and testing times.

All parties were a huge success and children were spoilt rotten with gifts and refreshments. All thanks goes to the members of the community who opened their hearts to touch other people and make a difference in their lives.

We make a mention of Carol Ellenberger from Child Welfare Vryheid and her family who volunteered with their time getting donations and bringing the gifts to the children's ward.

Jessica Fynn-Meyer and her family who also collected donations for the children.

East Coast Radio also donated gifts to the cause.

EVRYHEID HOSPITAL SITHI "AKWANDE".



Left: Fynn Family, Vryheid Hospital Staff and children having a wonderful time.

IMFUNDO AYIKHULELWA.

Phansi ngesithupha phezulu ngepeni! Babesho njalo abasebenzi baseVryheid abenza izifundo zikaABET mhlaane begubha usuku lwabo lokuvala unyaka.

Ngomhlaka 27 November 2008 abasebenzi base Vryheid Hospital babungazisa bona labafundi baka ABET lolusuku lokuvala unyaka. Umcimbi wawumuhle ngendlela eyisimanga uhanjelwe imeya yabaQulusi, izikhulu zesibhedlela, izikhulu zomnyango wezeMfundo, nezaseMthashane FET.

Izikhulumi zosuku zasina zidedelana zigqugquzela abafundi ukuthi baqhubekela phambili nemfundo yabo futhi bengabheki iminyaka yabo.

Imeya uCllr G. N. Dlamini wagcizelela ukuthi asicophelele ukuthi asijabuleli idlanzana elifundayo nelivuleka imiqondo kodwa siqiniseke ukuthi wonke umphakathi uyanikwa amathuba okufunda ngoba umhlaba ubuka ngaphezu kwedlanzana nje.

Isikhulumi sosuku uMnu D. J. Sibisi sabakhuthaza abafundi ngokuthi ukufunda kwenza ukuthi nezinto ebezicashile phambi kwamehlo zivuleke.

Osingabo basithokozisa ngomculo, umdanso nangomdlalo owawukhombisa izinqinamba ababhekana nazo beqala ukufunda nokuthi badlula kanjani kuzo. Hhayi futhi babezisholo bona ukuthi kwaze kwamnandi ukuthi abasasayini ngesithupha manje kodwa umuntu usezibhalela igama lakhe, azifundele bhayibheli lakhe kanye ne payslip.

Sibonga ihhovisi lakwa HRD: Nksz F. O. Ntshangase, Nkk P. P. Radebe no Mnu M. V. Mhlongo nabo bonke abasebenzi besibhedlela abanikela ukuqinisekisa ukuthi lomcimbi uba yimpumelelo.

Ngeke sikhohlwe ukubonga Mlotshwa X-Rays, oDokotela abazimele Dkt Mkhonza, Dkt Nyawo, no Dkt Mbonambi nabo abangadlulanga ngendlela indlu yakhiwa baphonsa ezivivaneni.



Osingabo bengena



UNkk K. Stricks owaphumelela ngamalengiso kwi Province emukela izitifiki zakhe ku Nksz N. W. P. Mabizela, Nkk M. T. Zulu, Mnu D. J. Sibisi no Cllr G. N. Dlamini.



Kwesokenxele: Osingabo etafuleni elalidekelwe bona bodwa nje.

Kwesokudla: Kwasuka usinga kwala kwiMeya ngenkathi ikwaya ishaya ezibukwazo. UNkk M. T. Zulu wayesehasa phansi naye engazibekile



KHANYA AFRICA LIGHTS KWANGENETSHENI.



Left: Community members waiting for services.

Middle: Zululand District Manager Mrs D.T. Memela addressing Councilors and IziNduna

Far Right: Health Workers Dr Ndlovu from Thulasizwe and Sr Ntanzi from Khambi clinic consulting with a patients.

On the 30th of November 2008 Vryheid Hospital, Abaqulusi PHC and Khanya Africa visited the community of KwaNgenetsheni with an aim to take health services to the people.

The community of KwaNgenetsheni covering the areas of Khambi, Cibilili, Mfemfe, Hhamu all flocked to KwaNgenetsheni Sivulindlela School to receive free health services that would on a normal day to day basis not be delivered to that community.

The visit was part of a project introduced by Khanya Africa doctors to take services to the disadvantaged communities that are not close to the health facilities. A group of doctors, therapists, nursing and admin staff from the whole of Zululand led by Vryheid Hospital and Abaqulusi PHC all formed part of the team that brought services to the community.

The day's activities started at 08:30 and at 16:00. Two hundred and twenty nine patients (229) were seen that day. Inkosi Zulu, izinduna and the community councilors appreciated the services and wished that it

COMPLIMENTS AND LETTERS OF APPRECIATION

Letter of appreciation from Edumbe CHC:

The Edumbe CHC would like to appreciate the management of Vryheid Hospital for their kindness in addressing the challenges we time and again faced with at Edumbe CHC.

Since the opening of Edumbe CHC you have been a Mother Hospital to our CHC and have tirelessly supported us in upholding service delivery.

I would like to further extend our sincere appreciation to the PHC Management in assisting us with their mobile vehicle while ours was involved in the accident.

Sithi siyabonga ningadinwa yithi nangomuso!

Thank you,

K. S. Mbatha—Systems Management

Compliment : received by email from Ms T. N. Ngcobo

This serves as a compliment regarding the care, attention & the service I received from your hospital on Sat the 8th November 2008 when I visited my niece (Nomfundo Mkhize) who is admitted in your **FEMALE SURGICAL WARD 4**. After a very long journey driving with my family from Pietermaritzburg to Vryheid I was very impressed with the welcome and assistance I received from one of the professional nurses, white lady in green uniform may be unit manager (I think) who when we were getting lost actually went and parked her trolley with the instruments and escorted us to the **FEMALE SURGICAL WARD 4**. The warm welcome (Batho Pele Principles) we received in the ward was amazing and I was so impressed with the cleanliness, signage etc. it was unbelievable that this hospital belongs to the very department of health with budgetary constraints. I'm working as a matron at Fort Napier Hospital & there are so many ideas that I stole from there for our Quality Assurance & I can't stop bragging about you.

Be proud of yourselves & keep it up!!!

STAFF WELLNESS ACTIVITIES AT VRYHEID PHC



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At the provincial Department of Health call to ensure healthy lifestyles for all Departmental staff the Vryheid PHC Staff engaged themselves in the following activities for the whole of the week from the 03—07/11/2008

1. Monday: PHC Staff doing BMI, HGT, BP checks.
2. Tuesday: Health Education given by Ms N. M. Nkosi Health Promotion Coordinator and EAP services conducted.
3. Wednesday: Site Mentor Mr Ndima offering VCT to an NGO employee in Mondlo.
4. Thursday: The services were taken to the Department of Education; staff queuing for the services i.e. BMI, HGT, BP checks and VCT.
5. Friday: CHWs also had their turn when they came to submit their reports on Friday.

STAFF NEWS.

Congratulations to the Employees of the month. May your hard work and dedication continue, it does not go unnoticed and unappreciated.

Good bye Comm– Servers



Left: Sr P. N. Simelane giving a certificate to N. P. Ndlovu Employee of the month October 2008 Female Medical Ward.



Right: Sr P. N. Simelane giving a certificate to R. T. Kuhlase G.O. Employee of the month November 2008 Female Medical Ward.

We say goodbye to the comm. servers. Your service to the Department and Vryheid hospital was greatly appreciated. We wish them all the best in all their future endeavors.

Medical Officers

- * Dr T. Yende
- * Dr N. Motloung
- * Dr Hanke

Therapists

- * Kate March
- * Yolande Rieterk

Nursing Staff

- * B. P. Zuma
- * N. G. Ngcobo
- * Z. M. Ngema
- * T. H. Zakwe
- * N. C. Mayise
- * T. Mchunu

Weddings

Congratulations to the following staff members who tied the knot in December 2008.

- * Mr M. V. Mhlongo - HR got married on the 20th of December 2008
- * Mr M. P. Buthelezi PHC and Miss N. Dlamini General Orderly who tied the knot on the 20th of December 2008.
- * Mrs P. T. Sibiya—Registry got married on the 27th of December 2008

Deaths.

- * K. R. Mkwazazi - died on the 27 December 2008
- May her soul rest in peace.

OBESITY AWARENESS DAY.

There was one person who mentioned that when you are pressed that's when your real self surfaces. The Vryheid Hospital Staff really proved that budget constraints was a time for them to showcase their real talent in creativity and innovation.

We all aware that obesity is one of the conditions that is affecting almost 60% of the population in South Africa due to a number of reasons which include:

- Lack of exercise
- Poor diet
- Hereditary
- Unhealthy lifestyle etc.

During the Obesity Awareness Week matches were knockout matches were held to commemorate the Obesity Awareness Day. Four Teams from the hospital and two (2) one (1) from EMRS and one (1) from Correctional Services joined hands to spread the work of promoting healthy lifestyle. The final was held on the 29/10/2008 which was Obesity Awareness Day together with activities to make communities and staff aware of the condition.

Prior to the final game of soccer the staff did HGT, BP and BMI. The dietician was there to address the staff on factors that lead to obesity. The physiotherapist Miss Kate March was also there to advise on the fitness and importance of exercising.

The staff then participated in indigenous games and Indlamu. After that the plus size ladies took part in the ladies soccer which was the Hospital vs the Correctional Services. Then the knockout match which was between EMRS and Correctional Services followed . Unfortunately both matches were won by Correctional Services which does not give us a heavy heart at all because ukujabula kuyashintshana.

We thank Feel Great Look Good Gym for assisting with the aerobics and equipment.



Left: Staff doing aerobics courtesy of Look Great Feel Good Gym.



Right: Plus size ladies soccer



Left: Hot and coming ladies soccer team in Vryheid Hospital



Right: Staff playing shumpu

EDITOR'S DESK



Nqobile Mbatha—PRO

Greetings to all Inqolobane newsletter readers. I would firstly like to thank you for visiting our website. Hope the website is not the only thing you plan to visit regarding Vryheid Hospital but you also plan to physically visit the hospital and its clinics. We would love to have you as our honoured guests any day.

It is very common at the end of the year that we look back and reflect on how it has been for us personally and otherwise. Some people marvel at the achievements they've made, while some realise that they forgot to live their lives while busy with too many commitments and racing against time.

I think the best thing anybody can do for themselves this year onward is to live their lives to the fullest. Create a balance in your life by ensuring that it's not all work and no play and rest. Savor each moment you breathe because you don't know if it is going to be your last.

At the workplace give whatever function before you the best you've got. Do it like nobody can do it like you in the whole universe. Do not by any means live in the past but learn from it. When the going gets tough, look at your triumphs and realise that you conquered then, you can do it again. Whatever you could not achieve tell yourself that as each new day unfolds, it's an opportunity for you to achieve pieces of your dream until it becomes a whole. Be patient with the process Rome was not built in one day.

I would like to thank all the staff (especially Abaqulusi go-getters) who ensured that budget issues do not compromise service delivery to our clients. You will always be a winning team. I also thank those who got ahead and did their best with the limited resources that they had.

To Thulasizwe and Itshelejuba management we really appreciated ukubambisana during the pharmacy crisis here in Vryheid. Thank you clinic committees for partnering with us in fighting diseases, fighting poverty and giving hope. Always remember "*preventive and promotive health is our business*".

I wish you all the strength to become the best in everything that you put your mind and your hearts into. God bless you all.

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