



WENTWORTH FOUNTAIN

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From the Nursing Manager



Matron Khanyezi, Nursing Manager

The management team

would like to extend their

sincere gratitude to all Wentworth employees for their great contribution to the achievement of our mission and objectives as mandated by the Department of Health.

As we are approaching the festive season, we would also like to wish you and your family a blessed festive season and a

**PROSPEROUS
NEW YEAR.** We hope we will all start

the new year with a more positive attitude.

Welcome and Congratulations to the new recruits. The management wishes you a happy stay in the institution. We would also like to congratulate all those who have been recently promoted to various posts and those who have passed their exams in various fields.

Lastly may we to extend our condolences to those who lost their beloved ones, may their souls rest in peace.

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Skills for Supervision

Supervisors from each and every

department attended a five day course that highlighted positive aspects of supervision style and communication skills. The course emphasized more on the roles and responsibilities of the supervisor which include among others being a counselor, coach, listener, analyst etc. It enabled participants to examine their own lives and supervisory styles. This will help to identify or assess individual strengths and weaknesses.



Tammy Moodley (seated) from the Futuristic Training Solutions with the supervisors from the different departments.

The workshop also equipped them with the skills for supervision which included creative solutions, like career mentoring. Effective listening skills was also stressed as one of the

key in constructive interpersonal communication and the importance of removing barriers when people communicate. Life skills e.g. personality style, attitude and communication was also stressed on as they hinder effective communication.

All participants enjoyed the fun involved, educational exercises and energizers. The course was aimed to improve supervision thus to increase staff satisfaction and productivity.



Supervisors showcasing their "acting" talent

Pharmacy Week

Wentworth Hospital celebrated its pharmacy week from the 3-9 September



Zaheeda Ebrahim, pharmacy manager with the school pupils from Assegai Primary School.

2007. The department had an exciting and informative programme to enlighten the public about the importance of making healthy choices . The theme was “*Knowledge is powerful Medicine*”. Different topics on TB, HIV and AIDS, breastfeeding, nutrition, exercise, diabetes and hypertension were presented. There was also an outreach programme to the patients at the Chesterville Clinic and Assegai Primary School.

The pharmacy staff also delivered a talk to Grade R and Grade 1 pupils on Healthy Lifestyle and Nutrition and they participated in the fun activities that were arranged . The school pupils as well as patients were treated to a round of fresh fruit daily.

Patients were given life time ideas on how they can achieve optimum health and fitness in their lives. Some of the ideas are: Eat a balanced diet consisting of many different kinds of foods including fresh fruits and vegetables. Eat fats sparingly and use less salt.

Drink as much clean water as you can throughout the day (6-8 glasses). Avoid things that are harmful to the body such as alcohol, smoking, rich foods and caffeine.

Maintain a balanced lifestyle. Regular exercise, sleep and relaxation are the essential ingredients needed to keep the body fit. By simply following a sensible eating plan and being active you will soon begin to enjoy the benefits of healthy living.



Zanele Madlala, Melanie Govender, Sr. Shangase from Chesterville clinic and Makhosi Ngcobo.

Dental Department on Health Promotion

Smile, you can. The dental department recently had its oral month awareness where talks on proper brushing of teeth was delivered. The oral hygienist, Cebi Cele was busy educating both patients and the staff on the importance of taking proper care of teeth.



Cebi Cele, Oral Hygienist with the pupils from Assegai Primary school.

There was also an outreach programme in the local clinics. Screening was also done during their outreach programme in the primary schools and patients were referred to Wentworth hospital for proper assessment and further education. On her education she stressed on the importance of brushing teeth at least twice a day in a proper way.

Further more, tips on having a healthy mouth and teeth were given which are:

- ⇒ Brush teeth at least twice a day
- ⇒ Change your toothbrush every three months
- ⇒ Keep your toothbrush in a clean dry place.

Cebi Cele educating patients on how to take care of ones teeth.



Recognition Awards—Pharmacy Department

The pharmacy department had its recognition awards to give credit to the staff who partake during the pharmacy week. In her speech, the pharmacy manager thanked her staff for a job well done. Dr. Ramdeen, the medical manager also thanked all those involved, for going an extra mile to see the project being successful. The pharmacy week was held from the 3-9th of September 2007.



Receiving their certificates and awards from Dr. Ramdeen, the medical manager are (1) Sr. Mbatha, T.B. Coordinator, (2) Lesley Naidoo and (3) Thokozani Shezi.

Diabetes? Are You At Risk

November is national diabetic month. Here are some of the signs and symptoms of undiagnosed or uncontrolled diabetes.

- ⇒ You are always tired
- ⇒ You notice cuts and bruises that will not heal
- ⇒ You are continually thirsty
- ⇒ You experience blurred vision

If these signs are noticed, please visit your nearest clinic for help.

Zooming in on— Labour Relations Officer



Mr. C. R. Gilbert, the new labour relations officer

I have been appointed as a Labour Relations Practitioner on the 10th September 2007 and prior to this I worked at Osindisweni Hospital in Verulam.

The core functions of Labour Relations are as follows:

- ⇒ Management of Discipline and Grievance.
- ⇒ Management of Labour Peace within the Institution.
- ⇒ Co-ordinate the Institutional

Management Labour Committee.

- ⇒ Conduct In-service training with regards to Labour Relation Issues
- ⇒ Investigate and preside over misconduct matters.

Provide professional advice to both management and staff.

Complaint or concerns are received from supervisors, managers and staff. Each complaint or concern is dealt with the utmost confidentiality. The most important principles in any working relationship are communication and consultation.

UPLIFTMENT OF STAFF CAREER PATHING.

It is important that staff is multi skilled and therefore development have been put in place to reshuffle staff in order to establish their potential and ultimate goals. This exercise would be beneficial to all staff keen on career pathing.

Your Guide to Breast Cancer



Sr. Bodha, demonstrating on how to do breast self examination.

*I*n commemoration

of the breast cancer awareness month, Wentworth hospital staff in a joint venture with Austerville clinic committee had an outreach programme to further educate on breast cancer. The event was at Austerville clinic.

Breast Cancer is a serious diseases which could lead to the loss of a

breast. If detected early it can be successfully treated.

Who is at risk? All women are, but you are more at risk if you are over 40 years, have a member of the family diagnosed with breast cancer, if you drink 2 glasses or more of alcohol a day or gone through menopause at a late stage.

The risk of breast cancer can be reduced by exercising, having a low fat diet and controlling your weight. If you notice something strange with your breasts consult your clinic as early detection could save your life.

Austerville clinic patients listening to Luanda a psychologist from UKZN, on how breast cancer affect you psychologically



Somebody Cares

*Y*ou are in that situation today, you
Regret the choices you've made in life.
You feel rejected by family, friends
And the society at large. But
Somebody cares.

You feel that loneliness, you've lost all your hopes,
Nobody is interested in your life
But somebody cares.

He cares during your sleep he prevents all the
Hazards that could occur and he wakes
You up in the morning without choking
Because he cares

When you are about to fall, feeling weak
He protects you giving the strength
Because he cares
When you are down he lifts you up taking
You from nowhere to somewhere from nobody to
Somebody. From glory to glory
Somebody Cares.

By: Zweli Sithole from the A&E department

THE LAUNCH OF AA

The social department recently organized the alcohol anonymous (AA) organization to the hospital to educate the staff on the effects of alcohol. It was well attended and the staff had the pleasure of asking questions and getting literature for more knowledge.



The staff listening attentively during the AA launch.



Scramble for knowledge: The staff helping themselves to literature.

To Note: Wellness clinic

⇒ The staff wellness clinic and the health promotion is promoting health for every staff member, thus staff members are encouraged to undergo VCT at the staff wellness clinic. Knowing your status is vital. Confidentiality is maintained!!

CTOP- a new service

⇒ Choice of Termination of Pregnancy (CTOP) is a new service that has been added on our list. The CTOP clinic only sees patients who are up to twelve (12) weeks pregnant. If a patient present herself with more than twelve months she is referred to King Edward Hospital.

Baby Friendly Initiative

⇒ The hospital recently underwent a baby friendly assessment. The hospital obtained 80%. A pat on the shoulders to all the staff that worked tirelessly to see the project from scratch.

Moving on up

Congratulations are in order to all the promoted and the new staff. They are as follows:

A.M. Mkhize, G. Ndlovu, B.E. Nxumalo (Staff Nurses) Z. Harron (Senior Social Worker) S. Govender (Senior Medical Officer) U.C. Williams, M. E. Mpila (Professional Nurses) B. S. Saunders, T.W. Sithole (Senior Staff Nurses), K. Chetty, F.C. Mkhize, S. Ngubane, N. L Ndlovu, B.S. Mbutho, S.B. Mbatha, S.A. Mkhize, S.N.N.Madlala, S.N. Mgoza, D.S. Chakwe, B.E. Gumede, S.E. Gasa (General Orderlies) V.E. Daniels, J. P. Nxumalo (Pharmacy Assistants) and Bonakele Makhanya (Data Capturer)

Our thoughts are also with the family and friends of all those who have lost their loved ones may their soul rest in peace and to all the staff who have resigned, our best wishes for the future.

From the PR Department

*T*he public relations department wishes every one a blessed festive

season. It is the season to be happy and in our happiness let us think of tomorrow. When spending our hard earned cash, lets save some for next year, as schools will be opening very soon. To all those who have contributed to this newsletter thank you so very much. Your continued support, enables us to produce quality publications.

Furthermore the PR department still request your assistance in improving future newsletters by providing us with newsworthy information. This is your newsletter, be part of it.

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