

# WENTWORTH HOSPITAL

## NEWSLETTER 2006

### QUALITY DAY CELEBRATION

DECEMBER 06

Volume 1, Issue 1

On the 8th of November 2006, the hospital had its quality day celebrations. Our guests included Mrs. A. Khathi Quality Assurance Manager, Mrs. D.E.Z. Hadebe from the District office, the hospital board members, the local community and the eThekweni District hospitals. The event was a huge success, most departments had their displays, presentations or role plays. During the event both Mrs. Khathi

and Mrs. Hadebe stressed the importance of implementing the Batho Pele Principles on day to day basis.

The library was awarded with first prize on best visual display, while Masibambisane got it on best oral presentation and Pediatrics ward got the first prize on role play.

Delivering her speech the CEO Dr. Kader urged all the staff to implement the Batho Pele principles as they are

the core for the Department of Health and the hospital itself.



Dr. Kader the CEO introducing Mrs. A.. Khathi to the audience .

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#### Well Said,

**“Take care of your thoughts; they are powerful. Take even more care of what you say, because your words are even more powerful”**

**Sibongile Khumalo**

## A WORD FROM THE MEDICAL MANAGER.

Wentworth Hospital has been commissioned as a 300 bedded District Hospital since 2003. To date only 200 beds have been utilized and the commissioning process goes on. Currently the roofs of many wards are being replaced and will be used soon. To date 8 wards have been opened and the labour ward provides a midwife obstetric unit.



*Dr. Ramdeen, The Medical Manager*

In the new year we are planning on commissioning new services e.g. choice of termination of pregnancy—once the Institution is accredited and staff has been trained it will be operating at Wentworth Hospital. We also see the Masibambisane Clinic moving to a more spacious site in Ward A2.

The surgical services from King George V Hospital will be occupying our wards for a few years due to renovations at their hospital. Hence services like Cardio Thoracic Surgery and the Spinal Unit/ Orthopaedics will be provided at Wentworth Hospital but remain Regional / Tertiary services under the auspices of King George V Hospital. At least the numerous theatres at Wentworth will be used.

Despite many medical staff members transferring to other institutions, we hope to provide the same quality service to all our clients in the new year. To those doctors that have remained— we thank you for your commitment and support. To those leaving, we wish you well in all your future endeavors. In conclusion, may I take this opportunity from the Management team to thank all the staff members who have serviced this hospital well and to wish all a wonderful festive period to you and your families. Enjoy the Christmas celebration and look forward to a more rewarding and prosperous New Year.

## YOU AND YOUR WEIGHT

Your weight is an absolute indicator of your nutritional status. Being overweight or underweight is both not good and therefore not desirable. The desirable situation is to have a desirable weight.

Being overweight contribute to diseases such as coronary diseases, diabetes mellitus, high blood pressure and arthritis. It is therefore important to know your weight and have it monitored frequently.

There are many over the counter products that are being promoted as effective weight loss agents. Most of us fall for them, but they do not work on their own.

Some of us believe in skipping meals to reduce weight. This is not desirable as it can slow down metabolism, therefore the body will keep more fat instead of utilizing it for energy.

There are a few things that need to be avoided so as to reach and maintain a desirable weight. These are the skipping of meals, overeating or taking seconds, eating to relieve stress, sitting in front of a TV with a bowl of chips or chocolate slabs, taking alcohol on an empty

**“Many over the counter products are not as effective as they are said to be”**



Thandi Madlala, Dietician explaining the importance of a healthy diet during the nutrition awareness day.

stomach, adding margarine, oil or sugar to cooked vegetables, shopping when you are hungry and taking only fried foods.

Until then stay healthy!!!

By: Thandi Madlala

## WHAT MASIBAMBISANE CLINIC IS ALL ABOUT?

Masibambisane clinic caters for everybody who wants to know his or her status. The roll out programme started in April 2005.

The clinic also offers VCT and when the results are positive a CD4 count is done and they (results) take a month to

be known. When a patient's CD4 is 200 cells they are referred to the Masibambisane clinic, which provides Anti Retroviral treatment and support. There they are received by a counselor and they are educated on positive living, on the importance of having a

proper balanced diet, and they are also taught about ARV's and their sides effect.

The clinic already has 1750 patients on ARV's and was awarded a certificate of excellence at the Health care awards held in Gauteng.

## INFORMATION WITH A TOUCH OF A BUTTON

The Department of Health is empowering the public by assessing information through only a touch of a button.

This information tool can be found from the information kiosk at the Out Patient Department (OPD). The kiosk is user friendly, both audio and in text format and the information is

both in Zulu and English.

The information that is there can be used by both the staff and more importantly by the patients, while still waiting on the line to be seen by a doctor or to collect medication at the pharmacy.

The information kiosk does not require one to be computer literate as they are de-

signed to be used by people of every age.



Bonggi Tembe, using the information kiosk at the Out Patient Department.

## THE CARE FOR THE CARER PROGRAMME

Wentworth Hospital in conjunction with DENOSA runs a programme called the care for the carer programme. This program is aimed at all health care workers within the hospital.

A number of support group meetings have been held where differ-

**The Care for the carer programme is aimed at all the staff within the hospital**

ent topics like the effect of HIV/AIDS, finance and stress management to name a few. This is a great opportunity for the staff to share their feelings with each other.

## EVERYBODY KNOWS WHO I AM

It is so amazing how  
People never learn  
They have been told  
About me every where  
At schools, in churches,  
in public gathering, in

hospitals, in their respective homes and through the media.

What seems to be the problem?

Why are a lot of people still dying?

I am here to stay. Until a cure is found

But in the mean time, you can protect yourself

Be pro-active

For I am AIDS!!

# A BABY FRIENDLY INITIATIVE

The initiative was launched in 1991 by WHO and UNICEF to encourage hospitals to promote practices that are supportive to infant and young child feeding options. Wentworth hospital has embarked on this initiative which has to be in conjunction with the ten steps as contained in the WHO/UNICEF document.

A committee has been formed in the hospital with

its members being from the Obstetrics, Paediatric, Dietician, the management and the supplies department.

The first training was conducted in Wentworth Hospital from the 3rd of April 2006 to the 7th.

The Ilembe district was invited to join in the course whose facilitators were Mrs. Toby Zondi and Swazi from the District office and Miss T. C. Madlala from

Wentworth Hospital.



The Baby Friendly Hospital Initiative committee, from left, Matron Abdullah, Sr. Khuzwayo, Thandi Madlala and Sr. Kakhe.

## HOW ABOUT SPORTS?

Did you know that we have a football and a netball team under the leadership of K.D. Zulu and Jabu Mnguni as sports co-ordinators

“Yizwake ke nge soccer and netball team of Wentworth” The soccer and netball team presented Wentworth very well in the eThekweni District tournament held



The soccer team with their new- kit..

in Cator Manor organized by the Department of Health and there was also a knock out challenge at Mahatma Gandhi hospital where the soccer team got position two in the finals.

The soccer players were also this year motivated by the new soccer kit from the management..

By: Z. P. Sithole

## WORDS TO LIVE BY:

*Walk gently, breathe peacefully, laugh hysterically—  
Nelson Mandela*

*Pain is temporary but quitting is forever- Lance Armstrong*

*Happiness is not something you postpone for the future. It is something you design for the present. Jim Rohn*

*In order to make a difference all you need to do is start - Nkhensani Mangayi*

*Everyone has the power for greatness, not for fame, because greatness is determined by service—Dr . Martin Luther king*

*I am not a has —been. I am a will be—Lauren Bacall*

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WENTWORTH  
HOSPITAL

We are on the web!

[www.kznhealth.gov.za/  
wentworthhospital.htm](http://www.kznhealth.gov.za/wentworthhospital.htm)

## FROM THE EDITOR

*Life has its ups and downs and 2006 has been a year to remember for this office. First and foremost I would like to state that this newsletter is for the hospital and articles are requested from all the staff. It does not matter as to what department you are from but as long as you are the staff from the hospital. This office is also in need of a name for this newsletter. As Shakespeare once asked "What's in a name?"*



*The PRO, Ms Carol L. Dlamini*

*The name for the newsletter will be determined by you. All suggestions are welcomed and can be dropped at the PRO's office.*

*On another note, the year is over and a new year is upon us. Lets make 2007 a year of stardom for the hospital, lets try and go where eagles dare to go and of course using the Batho Pele principles as our back bone. On a financial side, let us remember that money is never enough, no matter how much one can have. At this time of the year where every thing is on sale , let us try to think for tomorrow , for school fees to be paid . All in all may everybody have peaceful Christmas and a beautiful new year.*

## STAFF PROMOTION

### PROMOTIONS

There were a number of promotions in the year 2006 and congratulations to the following people:  
M.F. Adams— SPN, LMP  
Jali— Quality Assurance Manager,  
N.P. Makhanya— SPN,  
J.G. Mgaga—SPN, N.D.  
Ndlovu— SPN, N.P.  
Ngcayi—SPN, Z. Pitso—  
SPN, S.D. Shezi— Infec-  
tion Control Practitioner,

B.J. Sibisi—SPN, N. C.  
Mcunu— Deputy Nursing  
Manager, Dr. Kadwa,  
Chief Medi-  
cal Officer,  
Mr. B. J.  
Chetty—  
Chief  
Physiothera-  
pist, and  
Mrs. J. Reddy —Senior Fi-  
nance Manager.

To all those who have retired, happy retirement. Enjoy it and make memories out of it.



To all those who passed away may their souls rest in peace. You left a mark at Wentworth Hospital. Your memories are still with us.