

# Appelsbosch Hospital newsletter



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## APPELBOSCH HOSPITAL GETS A FACELIFT

### From the editors desk



**Mr. T. Mngadi -PRO**

The 3rd edition of our newsletter is upon us as we highlight the fascinating events of the past three months, and these are indeed exciting times we live in!

South Africa ushered in her new President in the Honorable JG Zuma and his new administration. This has increased confidence that service delivery will be transformed and delivered with renewed vigor and enthusiasm.

Appelsbosch is also getting a facelift with the new building for Theatre, X-ray and CSSD (**top right**) starting to take shape. Another exciting development is the completion of the state of the art, wheel chair friendly PMTCT Park home. This will be dedicated to the prevention of mother to child transmission



**The new theatre, x-ray and CSSD**



**The new PMTCT Park Home**

In his inauguration speech our president says “The era of hard work has begun”. It is up to public servants to champion these ideals and strive for Service Excellence. At the heart of Service Excellence is Batho Pele Principles which should be a “mantra” for public Servants. The struggle for the attainment of better health for all continues.

## Silwa Nezifo, Silwa Nobubha, Sinika Ithemba



SAVE LIVES, MAKE HEALTH FACILITIES SERVE THE PEOPLE



## FROM NURSING MANAGEMENT



*Nursing Manager Mrs. M. T. Zondi*

It is almost the end of 2009. Our institution situated in a deep rural area has managed to prosper.

Disease profile has dramatically changed in our community while we are

experiencing staff shortages caused by staff mobility and mortality which cannot be addressed due to financial constraints.

Team work has been the answer to our challenges. May I take this opportunity to thank Appelsbosch Management and staff for making it possible to render quality care in our institution. The support that I need oozes from all corners of our institution.

May God bless everyone working in these premises so that we continue being the eyes for the blind ears for the deaf, nerves for the paralyzed and mouth for the dumb.

## SHINE APPELSBOSCH SHINE!!!

**“There are two primary choices in life to accept conditions as they exist, or accept the responsibility for changing them.” -Dr. Denis Waitley**

**The struggle for service excellence and optimal health for all continues.**

**Silwa Nezifo, Silwa Nobubha, Sinika Ithemba**



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## SOCIAL RESPONSIBILITY EVENTS

Social responsibility is at the heart of our service delivery at Appelsbosch Hospital. Reaching out to our communities in any shape or form allows us to better serve our communities and enhance our services. Appelsbosch hospital organized community targeted events in the past three months.

Under the theme “Appelsbosch Hospital workers promoting a healthy lifestyle

and committed to a smoke free community”, an event was organized to celebrate **Workers, Wellness and No tobacco day**. The event started as a march of staff and community members for a kilometer and assembled at a nearest taxi rank where community members were addressed. Thereafter, they converged at Chapel for interactive discussions with guests. A strong message of living a healthy lifestyle with no tobacco was sent to all in attendance.



*Anti-smoking march*



*Candle light memorial*



*Theme of the day*

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Since week 25-29 May was child protection week, talks were conducted at our OPD and Gateway clinic to promote awareness on better parenting and child protection. This was followed by the main event on 24<sup>th</sup> June 2009 hosted by our Social Services Department. This event was in support of **Hengisizwe Community Care Centre**, a community based organization that looks after orphaned and vulnerable children.



*Child Protection Talk by Ms Z. Ndebele*



*Mr J.B Vumase with donated items*

Thanks to Appelsbosch Hospital staff and Red Cross for donating clothing, food stuff and other essentials to the centre. These were handed over to the kids on the day of the event. Thanks to the SAPS Harburg and FCSU Pietermaritzburg, Hospital board and representative of Inkosi for gracing this event.



*Performance by Intandayesizwe Primary*



*Guests and audience on the event*

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The **hand washing** event was held on the 29<sup>th</sup> July 2009 with the objective of educating health workers and community members on correct hand washing methods. This was a brainchild of our Infection Control Practitioner, Sister T. F. Masango and Sister N.G. Khumalo from Maternity ward. It was a fruitful event that included role play and interactive discussions and staff and community members attended in their numbers. This event will go a long way in helping us rid our homes and health facilities of germs and bacteria that cause diseases.



*Our distinguished guests*



*Illustration by Ms P Mfeka*



*The initiators of the event*



*role play by Mrs. B. G Zondi*

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## SPOTLIGHT ON REHABILITATION DEPARTMENT



Ass. Occupational Therapist-Ms Z Mtshali	Comm.Serv.Occupational Therapist-Ms N Lutchman	Comm. Serv. Physiotherapist-Ms P Gunga Rajh
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Appelsbosch Hospital is fortunate to have a very much dedicated rehabilitation Department which consists of Occupation Therapist and physiotherapist. The success of this team is through the dedication and team work of all components involved. When people ever thing that comes to mind is “ukujima” meaning exercise. Although it form an essential component but this highly not the true definition of the quality and type of service they offer

The main objective of physiotherapy and occupational therapy combined of a rehabilitation service when are.....for the patient with medical, **post signal, post trauma, neurological, orthopedic, musculo-skeletal** and other conditions. This include for example **burns, head injures, strokes, trauma, hand injuries, amputation, respiratory, cardiac** and other disorders.

The roles of physiotherapist and occupational therapist differ oven through they work together. Occupation therapy is a medical profession which help to train individuals often illness to live more independent lives. Occupation therapy use carefully selected activities and social area.

Physiotherapy is the scientific use of movement techniques improve healing and function, especially when it is treated by ageing, injury, disability or disease. ***Physiotherapists are involved in health promotion, injury prevention, treatment and rehabilitation.***

In keeping up with a high quality of service standards offered we additionally run groups on awareness and management of various chronic conditions (osteoarthritis, cerebral palsy etc). Although our rehabilitations team is under-staffed and within financial constraints this year we still strive to offer the best services we can.



Shoulder wheel	Beads stimulation area	Hands clinic
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## **“EAST MEETS WEST”**

Health Outreach Promotion & Empowerment (HOPE) is the programme started by Dr N. Narainswami. The objective for this programme is to better equip local traditional healers to assess and refer patients to the clinics and hospital timeously as well as to bridge the gaps in continuity of care evident in Appelsbosch current health system. It is also aim to train traditional healers on epidemiology of HIV/AIDS and TB in South Africa, methods of spread of disease, complications of diabetes, diagnosis of diabetes, Hypertension, HIV, AIDS and aspect of treatment. .

This is an ongoing programme as it is held monthly at Efaye Tribal Court. There will be follow up workshops for the rest of the year and traditional healers will receive certificate upon completion.



*Hospital team with traditional healers*



*Mrs. K. G Ndimande in action*



*Traditional healers loosening up*



*Appelsbosch Hospital team*

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## OTHER SOCIAL AND FUNDRAISING EVENTS

Our Senior HR and development practitioner Mr. M.B. Skhakhane in conjunction with the Public Relations Department, embarked on a schools outreach project. The objective was to help scholars in grade 11 and grade 12 to make use of the bursary opportunities provided by the KZN department of Health and the application process. Nearby schools, Mthuli, Mjele, Nondenisa and Mpolweni High were visited. This was widely welcomed by both teachers and scholars.



*Scholars listening attentively*



*Mr. M. B. Skhakhane addressing scholars*

Dietetics, Rehab and Nursing Department counter recession with jumble sales to raise funds for project that enhance service delivery.



Dietetics Department hosted a breastfeeding week with talks to mothers in Gateway clinic and hosted an event on correct breastfeeding.



1. The entire week was dedicated to breast feeding education  
 3. Mr. S. Ndimande showing his excitement after receiving the price from Dr Lopez

2. Dietitian, Ms Z Pillay and Mr. S Masondo talk to a breast feeding mom.  
 4. The winner of raffle competition Mrs. Msomi

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**PANDEMIC INFLUENZA /HINI (SWINE FLU)**

**INFLUENZA ALERT**

Appelsbosch staff, both clinical and non-clinical, has been given in-service training on **Swine Flu** following the guidelines by DOH, NHL, WHO and NICD.

The community has been reached through talks in Outpatient Department, Gateway Clinic, ARV clinic, Pharmacy whilst people are waiting for treatment as well as talks in the departments.

The talks involved the following:

- Infection control precautions e.g. cough etiquette, hand washing.
- Signs and symptoms.
- Cases, (mild, moderate to severe)
- Home care/

Posters are displayed where everybody will be able to read, both in Zulu and English.

**BY: T. F. MASANGO (PCP)**

Prevention

**IS BETTER THAN** cure

ukuVikela

**KUNGCONO**

kunokweLapha

				
<b>Manzisa izandla</b>	<b>Gcoba insipho ezandleni</b>	<b>Geza izandla zakho izandla ngaphakathi nangaphandle kweminwe</b>	<b>Hambulula izandla</b>	<b>Yesulisisa kahle ngethawula eliyiphepha</b>
<b>Wet hands</b>	<b>Apply soap to hands</b>	<b>Wash all surfaces of hands</b>	<b>Rinse hands</b>	<b>Dry well with paper towel</b>

Poem chosen by Zama and dedicated to all women of South Africa

# Strong Women vs Women of Strength

A strong woman works out every day to keep her body in shape ...  
but a woman of strength kneels in prayer to keep her soul in shape...

A strong woman isn't afraid of anything ...  
but a woman of strength shows courage in the midst of her fear...

A strong woman won't let anyone get the best of her ...  
but a woman of strength gives the best of her to everyone...

A strong woman makes mistakes and avoids the same in the future...  
a woman of strength realizes life's mistakes can also be God's blessings and capitalizes  
on them...

A strong woman walks sure footedly ...  
but a woman of strength knows God will catch her when she falls...

A strong woman wears the look of confidence on her face ...  
but a woman of strength wears grace...

A strong woman has faith that she is strong enough for the journey ...  
but a woman of strength has faith that it is in the journey that she will become strong...

**I would like to thank Appelsbosch Hospital management and staff for the opportunity and support. In the six months that I have been here for my inservice training I have learnt a lot and I feel empowered. The experience gained at Appelsbosch has been an eye opener for me and has given confident and belief in my capabilities. Thank you Appelsbosch! Special thanks to the PR team: Thami, Simo and Oscar for their support and guidance.**

**From Zama Biyela PRO Inservice Trainee**