



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

Appelsbosch Hospital newsletter



I NFECTION PREVENTION & CONTROL AWARENESS DAY

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



Mrs. E. T. Zuma welcoming guests & Mrs J. Masinga addressing the audience

The **Infection Prevention & Control Awareness Day** event was held on the 24 October 2012 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 event committee members. It was a fruitful event irrespective the lack of funds but through the hard work of all members through fundraising the event was successful. The event included the role play interactive discussions, 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.



Mrs.T.F. Masango (IPCP) and the winner of the raffle Mr. N. Nzimande.

Event in photos



Intandoyenkosi P. School doing a poem on hand washing.



Hospital Choir singing and sister B.G. Zondi with an opening prayer.



Mrs M.T. Zondi introducing guests and music from HAST team.

A PPELSBOSCH HOSPITAL : OPEN / QUALITY DAY



Mr. T. Zondi the programme director of the day & Mr. Cassim Lekhoathi the Guest speaker of the day.

On 28 November Appelsbosch Hospital hosted Quality Day. During the opening speech Mr. T. Zondi put a great emphasis in rewarding the employees who have performed well in order to work with the highly motivated staff and ultimately rendering the best services the institution possible could. Mrs. E. T. Zuma welcomed everyone who attended the event including the members of the Hospital Board and Hurburg SAPS. Mr. Cassim Lekhoathi delivered short speech with regards the rendering of services and explained the purpose of the day.

Miss D.B.F. Makhaye (Quality Assurance Manager) spoke on six priority points desired in each and every institution. She also stated that service delivery package should always reveal quality care indicators that show the effectiveness of service delivery that encompasses Batho Pele implementation. All those employees who have who have served more than 20 years and more were rewarded with long certificate. After all the talks it was time to move to the stalls since all the department had their stalls represented.



Miss D.B.F.Makhaye (QAM) giving talk on six priority points & Miss N. Zondi displaying courtesy principle on Batho Pele

QUALITY DAY IN PHOTOS



1. The announcement of long service awards by the hospital management.
2. Mrs. G.M. Sokhela (Matron) addressing the audience on hospital services.
3. The recipients of the long service awards with the hospital C.E.O
4. SAPS
5. Mrs. N. V. Blöse giving the vote of thanks
6. The Logo says it all.

A PPELSBOSCH HOSPITAL WORLD AIDS DAY



Sr Nzimande (OM. ARV Clinic) talking about the meaning of red ribbon and candle light



Opening prayer by Assistant Nursing Manager Mrs. G. M. Sokhela

Appelsbosch hospital hosted World Aids Day on the 3rd of December 2012, this was a success through the hard work by hast team members. The programme director of the day was the ever available S.G Geza. Clients from different department attended the event e.g. OPD and Gateway Clinic. The day was graced by assistant nursing manager Mrs. G. M. Sokhela. Site mentor for HTC counselors Mr. T.E. Ngcamu spoke about Hlola Nawe initiative and medical male circumcision. Operational manager G.T. Nzimande gave clarity on Adherence guidelines, candle light and meaning of red ribbon.



Mr. T. E. Ngcamu talking about Hlola Nawe initiative & Medical male circumcison



Nurse Mr. J. S. Khumalo talking about the outcomes of defaulting ARV and TB drugs

WORLD AIDS DAY IN PHOTOS



1



2



3



4

1. An Audience listening attentively.
2. Healthy refreshment was available on the day.
3. Hast team with the musical item.
4. The audience enjoying their refreshments.



MENTAL HEALTH AWARENESS DAY



Mr. Maphumulo with the opening prayer

On the 5 December 2012, the Appelsbosch hospital hosted Mental Health Awareness Day. This was organized under the global 2012 theme “**Mental Health in Primary Care: Enhancing Treatment and Promoting Mental Health**”. The events facilitated dialogue between members of the community and mental health practitioners who deal with mental health issues on daily basis. These include Doctors, Nurses, SAPS and Traditional Healers.

Due to the surrounding community having limited knowledge regarding mental health, the aim was to educate staff, nurses and the community on the aetiologies, causes,



assessment and treatment of mental health. It was valuable information to improve on their awareness of mental health, and thus reduce the impact of stereotypes regarding people with mental health in rural community. The referral process from primary health care clinics to mental health services was also addressed. It was discussed that mental health problems are very common in societies throughout the world. People with mental health problems need to be cared for and are general not dangerous. Here are some types of mental condition:

SCHIZOPHTENIA

The thinking of a person suffering from schizophrenia is disrupted. It is often includes experiences such as hearing voices or holding fixed abnormal beliefs. Treatment should usually be medication and a (psycho-social) programme

EPILEPSY

This is a brain disease where people usually seizures (fits) the fits can range from being very short and not occurring often to being severe and happen regularly. Medication is the best treatment.

DEPRESSION

A person with depression feels very low and down. They lose interest in things and feel very little pleasure. In some cases this mood is suddenly swooped with very high or manic feelings and behavior. Treatment is usually psychological intervention (counseling) or both medication.



Dr. N.N.K. Africander giving clarity on the purpose of the day

Mental health awareness picture gallery



1. Management with invited guest.
2. Mr. Ximba (Traditional Healer) giving traditional perspective on mental health.
3. Assistant Nursing Manager addressing the audience.
4. The S. A. P. S. explained their role in mental health issues
5. The role play by staff members on mental health.
6. Community Care Givers

OCCUPATIONAL THERAPY DEPARTMENT YEAR ENDING CELEBRATION PARTY



Miss Z. Mtshali the programme director of the day and Occupational Therapy Staff

ADULTS REHAB PARTY 2012

This party was held on December 13, 2012. The rehab department fundraised during the year for this event. The party consisted of a variety of fun games for the children and the mothers. Each child was given a gift by Father Christmas. Eats

The rehab team decided to provide the adult patients with a separate party, it occurred on the 18 of December 2012. A speaker

attended this event. He was one of our former patients who received rehab and is now living a functional life. We also provided the patients with a variety of exercise games at which they won prizes at the end of each game. They were all given mugs as presents and a warm meal was provided at the end of the party.



**WELCOME TO ARV PHARMACY XMAS PARTY 2012!!
ARV PAEDIATRIC CHRISTMAS PARTY 2012**



Sr Nzimande (OM. ARV clinic) giving a talk



Miss N. Narainswami with Miss S. Zulu

The ARV Pharmacy department has for the past 3 years successfully issued Christmas hampers, Easter hampers and Back-to-School hampers to underprivileged children on the ARV roll out programme.

In 2012, it was decided to take it a step further. 2012 will be the first year that an ARV Paediatric Christmas Party is held at Appelsbosch Hospital.

Throughout the year patients were identified according to their social and economic backgrounds. Paediatric patients and their caregivers were invited to attend the Xmas Party on the 19/12/12 at 10 am.

Toy hampers comprising of dolls, accessories, games, trucks, bikes, light-up balls, pirate costumes, princess accessories, clothes, dart sets, squeaky

toys, gift bags and sweets was sponsored by the ARV pharmacist. Cool drinks and chips were sponsored by Sr Nzimande and Matron Sokhela. Lunch and dessert comprising of rice, bread rolls, chicken curry, cakes, chips, chocolates, marshmallows, and cool drinks was sponsored by the ARV pharmacist.

A BIG THANK YOU to the ARV Clinic and ARV Pharmacy staff for their willingness and dedication in helping to set up a beautiful party venue and for their continued assistance throughout the day. A fun filled programme was hosted by the ARV pharmacist Miss Neerishnie Narainswami and Sr Geza which included song and dance items by the ARV Clinic department.



Sr Nzimande, S.G. Geza with a young performer



ARV Staff with the musical item



APPELSBOSCH HOSPITAL WELLNESS AND HEALTHY LIFESTYLE INITIATIVE



Mrs. N. B. Yende (EAP Practitioner) the lady on the driving seat in wellness



Mrs.E.T.Zuma (CEO) Signing the pledge with a District Manager Mrs. N.M. Zuma- Mkhonza

The MEC for health: KwaZulu-Natal, Dr SM Dlomo advocates that a **“Healthy Mind in a Healthy Body”** is a sure guarantee to a productive and healthy nation. This notion is rooted in the belief that increasing levels of physical activity and improving nutrition, will result in achieving the Department’s vision, that of- **“Optimal Health Status for all citizens of KwaZulu-Natal”**. This also attests to **National Health Outcome2: “A long and Healthy Life All South Africans”**.

Appelsbosch Hospital fully participated in a launch of the integrated wellness and Healthy Lifestyle Initiative which was held at Greys Hospital on the 30th of

November 2012. Appelsbosch Hospital will be launching its wellness campaign on the 7th of March 2013. This campaign will be aimed in physical activity and diet influence health both together and separately. Since physical is fundamental means of improving the physical and mental health of individuals. As an institution we are prepared in promoting healthy lifestyle, prevention of diseases and disease control. This campaign will be spear headed by Mrs. N. B. Ndlovu (EAP Practitioner) and Public Relations Department. This initiative will be a success since the Hospital management is fully supportive.



Tug-of-war were among the activities of the day



Medal winners with the C.E.O.

Appelsbosch Hospital wellness event photos



1. Appelsbosch Hospital Soccer team
2. Appelsbosch Hospital netball team in action vs. Ulundi SAPS
3. Appelsbosch Hospital Netball team celebrating their win
4. Appelsbosch Hospital Soccer team with their trophies

Keep up the good work!!



From the Public Relations department



Hi everyone I am Matho Mvuyana from Appelsbosch Hospital (PRO Inserv Trainee)

I would like to thank Appelsbosch Hospital management and staff ngethuba abangipha lona, ngiphinde ngibonge my supervisor u Mr. Thami Mngadi for everything esengifundise kona nesineke abenaso since ngafika. He's everything to me ngiyjabula kakhulu ukusebenza naye. Thank you so much brother.

Dedication to my close friends, Bule, Khanyo and Thando.

Before I wish you a merry xmas, let's share the ff quotes with every woman.

A REAL WOMAN

A real woman makes her own decisions in life. She's responsible, and doesn't follow but she leads. She's always about accomplishing goals, and she never settles for anything less because she's a woman, and nothing more.

Real women are strong, resilient, independent, loyal and lovable...

One thing about them is they know they deserve better.

A beautiful woman uses her lips for truth, her voice for kindness, her ears for compassion, her hands for clarity and her heart for love. For those who do not like her, she uses prayer.

A real woman is the one who never compare herself with others, because what others have doesn't make her feel insecure.

Real woman are classy, strong, independent, loyal and lovable. They know what they deserve and they go for it.

UKHISIMUSI OMUHLE KINI NONKE

If you have any questions, complaints, suggestions or compliments regarding Appelsbosch Hospital, please contact the Public Relations Officer, Mr. Thami Mngadi on:

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