



# DUNDEE WEB

## DUNDEE PROVINCIAL HOSPITAL

### TB ROADSHOW

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**DUNDEE PROVINCIAL HOSPITAL IS A HEALTH PROMOTING HOSPITAL**



### TUBERCULOSIS IS PREVENTABLE & CURABLE

With the focus of the globe on TB, the KZN Department of Health decided to embark on a TB Road show throughout Kwazulu-Natal.

On the 26<sup>th</sup> March 2008 the road show was in Sibongile Township, Dundee. The day began with a door to door campaign where the community of Dundee was taught the signs and symptoms of Tuberculosis, importance of taking their TB pills for 6 months or more, the correct eating habits, ventilation and how to take care of family or relatives with TB.

The second half of the campaign was conducted in Mpumelelo Stadium, where the likes of Tzozo, (of Tzozo and Professor fame) was there to educate and entertain the crowd. He also emphasized the importance of getting tested once you suspect that you have TB, so as not to spread the disease to your loved ones.



**Community Health Care workers came out in numbers**



**Tzozo entertaining the crowds**



**Dundee Hospital Staff**

## DONATION



**Mrs. Bedassi handing over the microwave to Mr. Khan, Hospital Manager**

In the beginning of the year Dundee Hospital was fortunate to get a donation of a microwave from Mr. Bedassi who is originally from Glencoe but is based in Johannesburg. The microwave was handed over to the hospital by his mother Mrs. Bedassi.

The hospital is thankful for any assistance given by the community, and all donations of this kind are welcome and appreciated.

## TEENAGE PREGNANCY & STI AWARENESS WEEK



**Students from Shiyane High School listening attentively**

On the 21<sup>st</sup> and 28<sup>th</sup> February 2008, Dundee Hospital's Social Worker and Occupational Therapist visited Shiyane High School in Rorkesdrift and Busi Combined School in Wasbank respectively to give talks on Teenage Pregnancy and Stress Management.

Ms Phila Mthembu, Social Worker gave a talk on Teenage Pregnancy, emphasizing the importance of abstinence in teenagers and how to handle social problems related to being a young mother.

Mbali Mntambo, Occupational Therapist gave a talk on Stress Management for school children.

The talk emphasized the signs and symptoms of stress, coping mechanisms, learning skills to handle problems, change of lifestyle, positive self image and having a positive attitude towards school and life and how to seek professional help once you have identified your problem or you have signs or symptoms of stress or you are going through a depression.



**Mbali Mntambo, Phumzile Buthelezi, Phila Mthembu**

# EMPLOYEE ASSISTANCE PROGRAMME

EAP is a work-site based programme designed to assist in the identification and resolution of productivity problems associated with employees impaired by personal concerns including but not limited to health, marital, family, financial, alcohol, drug, legal, emotional stress or other personal concerns which may adversely affect the employee's job performance.

## AIMS AND OBJECTIVES OF THE EAP

- Enhancement of social functioning
- Enhancement of productivity

## FUNCTIONS OF THE EAP

- Identification of problem employee
- Treatment
- Referral
- After care

## VALUES OF THE EAP

- Confidentiality
- Volunteerism

## WHO IS THE EAP CLIENT

- All the employees of the Department of Health

## HOW EAP SERVICES ARE ACCESSED

- Self referral
- Informal referral
- Formal referral

## HOW MUCH IS THE CONSULTATION

- FREE only incur payment for external services

**NB: EAP SERVICES ARE VOLUNTARY AND ARE NOT THE SUBSTITUTE FOR DISCIPLINARY ACTION**

*For more information, please contact: Joseph Thabede, EAP Practitioner , X 336*



# HEALTH PROMOTION SCHOOL LAUNCH



**Matron P N Mbatha, Assistant Nursing Manager, welcoming guests**

On the 28<sup>th</sup> February 2008, the Umzinyathi Health District Office in conjunction with the Department of Education-Dundee launched Enyanyeni Combined School as a health promoting school.

The event was held on the immaculate school grounds of Enyanyeni Combined.

The guests in attendance were serenaded by the school choir and also entertained by a play based on sexually transmitted diseases and teenage pregnancy.

A beautiful rendition of the history of the school was told by S K Mtshali

Great emphasis was put on health promotion in schools so as to produce healthy and productive leaders of tomorrow.

All in attendance were treated to great entertainment by a group of senior citizens from Dundee, who demonstrated how they stay fit and agile in their old age



**Enyanyeni Combined School Choir**



**Mr SK Mtshali giving the history of the school**



**"Move for your health"  
Senior citizens showing the crowd how its done.**

## DUNDEE PROVINCIAL HOSPITAL

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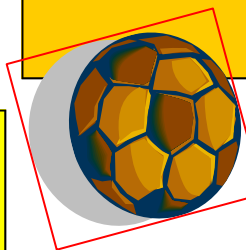
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**"Reality is wrong. Dreams are for real."**

## SPORTS



As health care workers we are always busy focusing on patients' health and ironically we neglect our own health. We need to put away the pens, and break some sweat.

On the 5<sup>th</sup> of April 2008, Dundee Hospital had a sports day and hosted Madadeni Hospital, Church of Scotland Hospital and Ceza Hospital. The sports of the day were soccer for the males and netball for the ladies

The day was a huge success even though they were no prizes on the day, it was all about having fun and de-stressing after a hectic week at work.

**"A healthy worker is a happy and productive worker"**