



health

Department:
Health

PROVINCE OF KWAZULU-NATAL

EG & USHER
MEMORIAL
HOSPITAL

OFFICIAL NEWSLETTER OF EAST GRIQUALAND & USHER MEMORIAL DISTRICT HOSPITAL ISSUE NO.05 VOLUME NO.2 PAGE01

Sisonke Sibanye ூ ூ Together We're One “Working together for a healthy community”

EGUM CELEBRATING NATIONAL BREASTFEEDING WEEK



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FROM THE CEO'S DESK



Ms. N. Binase

Chief Executive Officer

“If we work together, I maintain that this institution will be on another level”.

Ms. Binase

Greetings to all staff.

Let me start off by welcoming all staff at E.G. and Usher Memorial Hospital and thank everyone for making myself feel at home on my arrival at the hospital as the CEO. I hope that my stay will add value to the department of health mandate of delivering a sustainable and comprehensive health care to the people of KwaZulu Natal, and especially of Kokstad.

Iwould also like to extend my sincere gratitude to the formerly acting Chief Executive Officer, Mr. Bull and his management team for giving me a back-

ground insight about the institution and the entire Kokstad. I now have an idea of the issues to embark on.

Again, I want to pledge to the hospital board that the mandate of the department will be carried on, with their full support, as they have shown in my short stint.

Let me come to our business of the day, which is patient care. I have mentioned that I have been taken to the brief background about the institution.

I have been taken to the recent achievement of the institution as well as the challenges that directly affect our patient care. I am so

pleased that progress has been made in addressing our mandate; such as chronic medication distribution points.

I believe that these points will directly reduce patients waiting times at our out-patient department and pharmacy. Remember, reducing waiting times is one of the minister's priorities. Again, It pleases to see that there is a healthy stakeholder relationship in the area.

A leaving proof is the recent donation of the building by the municipality for a fully-fledged clinic in Franklin. This is indeed responding to the provision of primary health care approach thus

strengthening health system effectiveness. There is a lot to mention, big thumbs up to the entire team of the hospital.

I have since noticed that despite our achievements there is a lot to be tackled. The institution is facing very serious challenges which require, once again, team efforts and unity.

To mention a few; our current old infrastructure which requires constant maintenance, high staff turnover, critical skill shortage, cross-boundary influx of patients are some of the challenges the hospital faces. I have earlier mentioned that we must continue to work together and the results will unfold.

Once again let me remind everyone that National

core standards are here to stay and without fully compliance the institution will be denying our patients and community the right to quality health care.

It is the responsibility of each and every staff member that the institution is fully compliant.

It is not the responsibility of supervisor, manager but the responsibility of everyone. The formula here is simple: Do what you are doing to the best of your ability.

I think we have all noticed that NCS are evidence based, so make sure you record every little thing you do. Remember, there is no way you qualify for EPMDs, but you are non-compliant on NCS.

We all understand the challenges I have earlier mentioned and

many other such as space, equipment and so forth, but I wish to urge everyone not to deny our patients access to health care, we must make sure that we use what we have to give our patients their right.

Management is attending to all challenges to support you.

In closing I want to appreciate all the good work by our staff members who are performing their daily duties against all odds.

It is this kind of attitude that is making our community and the country as a whole, so proud of the benefits of democracy.

If we work together, I maintain that this institution will be on another level. Let us support each other for the betterment of health care.

Thank you

<p>OCTOBER IS BREAST CANCER AWARENESS MONTH</p>	<p>DID YOU KNOW</p>		<p><i>Breast cancer is the most common cancer among South African women.</i></p>
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PATIENT FEEDBACK..... IZIMVO ZEZIGULI

This is a special column dedicated to our patients to give us feed back on services provided by the Hospital. Please note that patients opinions are written as they are to give their full expressions.

“I wish you 120 years for all of you”. patient

Iwould like to extend my sincere gratitude to staff of EG & Usher Memorial staff.

Doctors, Nursing Service Manager staff and all categories in spite of the shortage of staff they attended patients with great smile.

Indeed the spirit of God is moving here. Please keep it up.

EMRS-staff your service is highly recommended, you take a good care of us Yesterday, driver must receive these complements.

Night staff nursing manager—I can not forget to say thank you to all staff who prepares patients for transporting here some patients need courage & motivation that they are not listed under defaulters.

May God Bless you Long Lives, I wish you 120 years for all of you. Genesis 6:3 & Psalms 118:7

Buyiswa Momoti

Kokstad



We wish to extend word of gratitude, for

the job well done. It is our intention to provide high quality standard of services to all our patients.

We will make sure that this commendation reaches all concerned and we will continue doing the good work. Thank you

CEO

Ngombulelo ongazenzisiyo siphatheke kakuhle kakhulu

eHospital from the day sifika until sayohamba. Oko siphatheke kakuhle. Ngomnqweno ongazenzisi inga wonke ongena apha angaphatheka kakuhle. Keep on moving or do the best service for patients, well service for hospital

May God bless you people thousands of blessings

From Msekeli & Joseph

Ndibulela imembers zinke indlela endiphatheke ngayo, ukukhawuleza oku nokuqwalaselwa

Bendihleli kahle apha esibhedlela akukho nto endikhathazile ndiyabonga ko sister

bonke bebendinakile

Enkosi Zola Gxididi

Siyalubonga uncedo olwenziwa zinesi e-Casualty. Ndithetha ngento endiyibonileyo kaninzi

yenzeka banoncedo olukhulu

Enkosi **Nomakhaya Mandlana**

Kubo Bonke aba babalubonayo uncedo siphakamisa ukubonga sisibhedlela sikwathembisa ukwenza ngcono nangakumbi. Sibongoza kwananjalo ukuba uluntu lwethu luqhubeke nokuvakalisa uvo lwabo ngezininga lenkonzo zethu. Sizakuqinisekisa ukuba abasebenzi bethu bayazifumane ezizincwadi ukuze bonyuse izinga labo ngakumbi bakhuthazeke

Bendicela ukuba oosister abatolikela oogqirha babendlela abathetha ngayo nomntu ogulayo. Xa ugula akutshiwo ukuba awunangqondo, ikho koko unentlungu mhlawumbe bona abasokuze bagule okanye zange bagule. Kubuhlungu

"Infact everyone that I came into contact with on the premises was a superstar in their own right. I call upon the management to keep on doing what they do best " Patient .

ukuhlukunyezwa ugula.

Okhathazekile

Sicela ukuxolisa kakhulu ngen-
dlela ongazange woneliseke
ngayo ngelixa usesibhedlela
kodwa sicela ukukwazisa uku-
ba isibhedlela sizoqinisekisa
ukuba iyabhekwa indlela
abasebenzi bethu abathetha
ngayo neziguli futhi aman-
yathelo azakuthathwa

CEO

I was referred by DR King
to this institution, I was
very reluctant to come and
get stayed here due to the per-
ception and that one of has
about the government public in-
stitutions and the experience I
had with this hospital where a
patient was admitted for a men-
ingitis I phoned him at some
point to find out what food stuff
should I bring, he wanted pain
killers instead of food due to
shortage of medication in the
premises. I was quite astonish

for a medical facility to accept
medication from outside, to my
surprise when I got here the ser-
vice was extra ordinary high right
from a colored lady at new cases
department to a sister by the
name of **Gwen** and lastly doctor
on call, a black lady as well as
dietician **GCINA** not forgetting
the lady who did my HIV test
status. Infact everyone that I
came into contact with on the
premises was a superstar in their
own right. I call upon the man-
agement to keep on doing what
they do best management has a
pivotal role in shaping the things
up the opposite is true. May the
almighty stay with you and give
you the light and direction in
your everyday. Your Job is of ut-
most importance in our society.

Stay blessed.

Sipho Tshekela

Kuyakhuthaza kakhulu ukuba
abantu esibancedayo bayonel-
iseka zinkonzo zethu, siyabonga
kakhuli

CEO



Should you wish
to extend com-
pliments, sug-
gestions and lodge com-
plaints about our ser-
vices, please use boxes
available in all of our
service sections or you
may ask for P.R.O's Of-
fice.



Patients Rights

**Patients have
the right to
Complain about
health
services**

EG & Usher Memorial Hospital Welcomes the New CEO

Writes: Aphiwe Nonqondo



From left: District management team, hospital management showing full support of the appointment of Miss Binase as the hospital chief executive Officer. Right; Miss Binase the new CEO.

EG & Usher Memorial Hospital is grateful to announce and welcome the new Chief Executive Officer (CEO), Ms Nomawethu Binase. Ms Binase commenced her office on the 1st October 2014.

Her appointment follows 8 months of this institution running without a CEO after Mrs. Thekiso retired in January 2014.

Miss Binase was welcomed on an occasion attended by the Hospital Board Members, district office as well as senior management of the hospital.

In his welcoming address, the chairperson of the hospital board Mr. Jabulani Mhlongo applauded the department for the appointment of Miss Binase.

He promised that, as the hospital board they will make sure that the new CEO will receive the much needed support from the board.

Again the district office represented by Mr. Cekwana welcomed the CEO and extended words of gratitude to the outgoing acting CEO, Mr. Shawn Bull. Mr. Bull has been acting as the CEO until the appointment of Miss Binase.

Mr Cekwana urged both the hospital management and hospital board to give support to the CEO. He assured that district office will always be available to give its support.

Miss Binase is coming from Imbalenhle CHC in Umgungundlovu district, where she was the nursing Manager and has acted as the CEO respectively.

Staff and Extended management also appreciated the appointment of new CEO and promised to fully give her support in delivering health care services.

Welcome Mama CEO

HAND WASHING CAMPAIGN: WE SAVE LIVES BY WASHING OUR HANDS

Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others.

Many diseases and conditions are spread by not washing hands with soap and clean, running water.

According to many studies hand washing with soap has been cited as one of the most cost effective

interventions to prevent diarrhea related deaths and diseases.

It was for these reasons that E.G. and Usher Memorial hospital, on the month of October, embarked on the hand washing campaign to make awareness on the importance of proper hand washing.

Part of the campaign, patients, community and the hospital staff were taught the basics on hand-

washing, infections caused by not washing hands properly, which is a response to the Global Hand Washing Campaign. .

The campaign, led by Infection, Prevention and Control Manager Mrs. Ramoata, started outside the hospital where hawkers who are selling to hospital patients were targeted.

All hawkers were given education



EG & Usher Memorial Hospital Staff: infection control and PRD educating people about the vitality and the correct way of washing hands.

on hand-washing- which is believed that they will play a pivotal in assisting the hospital in eliminating inappropriate hand washing related infections.

Again the patients within the hospital were given education specifically targeting OPD, gateway clinic, pharmacy and ARV clinic.

The participation of patients as well as community members

proved the success of the day as they appreciated the sessions and promised to take the practice to their homes and the community at large.

Education involved various topics on such as diseases caused by not properly washing hands, hand washing techniques, when to wash hands and so forth.

The following information will also assist both patients and the community on proper hand washing; with the message of the day that hand washing, when done correctly, is the single most effective way to prevent the spread of communicable diseases.

Good hand washing technique is easy to learn and can significantly reduce the spread of infectious diseases among children and adults.





SCALPELS AND STETHOSCOPES

BE HEALTH WISE :YHAZI NGEMPILO YAKHO



September is National Heart awareness month



Ten South Africans die from heart disease and stroke every hour.

Every hour in South African, five people have heart attacks, 10 people have strokes and 10 people die from heart disease and stroke, according to Heart and Stroke Foundation South Africa.

Yet, 80% of these deaths in individuals under the age of 60 could be prevented through a healthy balanced diet, regular exercise and avoiding smoking.

These premature deaths are expected to increase by 41% by 2030 if we are not taking necessary precautions .

In our previous issue, as part of health

awareness to the recipients of this newsletter, we looked at blindness, the causes and treatment.

We now look at the very critical organ of our bodies, heart. The above extract should be raising concern on whether we are looking after our hearts. We will look at causes, symptoms, treatments, preventions and suggestions of taking good care of our hearts.

Various heart disease causes

The causes of heart disease vary by type of heart disease.

Causes of cardiovascular disease

While cardiovascular disease can refer to different heart or blood vessel problems, the term is often used to mean damage to your heart or blood vessels by atherosclerosis, a buildup of fatty plaques in your arteries.

Atherosclerosis is also the most common cause of cardiovascular disease.

It can be caused by correctable problems, such as an unhealthy diet, lack of exercise, being overweight and smoking.

Risk factors

Risk factors for developing heart disease include:

Age. Aging increases your risk of damaged and narrowed arteries and weakened or thickened heart muscle.

Sex. Men are generally at greater risk of heart disease. However, women's risk increases after menopause.

Family history. A family history of heart disease increases your risk of coronary artery disease, especially if a parent developed it at an early age (before age 55 for a male relative, such as your brother or father, and 65 for a female relative, such as your mother or sister).

Smoking. Nicotine constricts your blood vessels, and carbon monoxide can damage their inner lining, making them more susceptible to atherosclerosis. Heart attacks are more common in smokers than in nonsmokers.

Poor diet. A diet that's high in fat, salt, sugar and cholesterol can contribute

to the development of heart disease.

High blood pressure. Uncontrolled high blood pressure can result in hardening and thickening of your arteries, narrowing the vessels through which blood flows.

High blood cholesterol levels. High levels of cholesterol in your blood can increase the risk of formation of plaques and atherosclerosis.

Diabetes. Diabetes increases your risk of heart disease.

Obesity. Excess weight typically worsens other risk factors.

Physical inactivity. Lack of exercise also is associated with many forms of heart disease and some of its other risk factors, as well.

Stress. Unrelieved stress may damage your arteries and worsen other risk factors for heart disease.



Complications

Complications of heart disease include:

Heart failure. One of the most common complications of heart disease, heart failure occurs when your heart

can't pump enough blood to meet your body's needs.

Heart attack. A blood clot blocking the blood flow through a blood vessel that feeds the heart causes a heart attack, possibly damaging or destroying a part of the heart muscle.

Stroke. The risk factors that lead to cardiovascular disease also can lead to an ischemic stroke, which happens when the arteries to your brain are narrowed or blocked so that too little blood reaches your brain.

Aneurysm. A serious complication that can occur anywhere in your body, an aneurysm is a bulge in the wall of

your artery. If an aneurysm bursts, you may face life-threatening internal bleeding.

Peripheral artery disease. This causes symptoms, most notably leg pain when walking (claudication).

Sudden cardiac arrest. Sudden cardiac arrest is the sudden, unexpected loss of heart function, breathing and

consciousness, often caused by an arrhythmia.

Tests and diagnosis

The tests you'll need to diagnose your heart disease depend on what condition your doctor thinks you might have. Besides blood tests and a chest X-ray, tests to diagnose heart disease can include:

Electrocardiogram (ECG). An ECG records these electrical signals and can help your doctor detect irregularities in your heart's rhythm and structure.

Holter monitoring. Holter monitoring is used to detect heart rhythm irregularities that aren't found during a regular ECG exam.

Echocardiogram. This noninvasive exam, which includes an ultrasound of your chest, shows detailed images of your heart's structure and function.

Cardiac catheterization. In this test, a short tube (sheath) is inserted into a vein or artery in your leg (groin) or arm. A hollow, flexible and longer tube (guide catheter) is then inserted into the sheath.

Cardiac computerized tomography (CT) scan. This test is often used to check for heart problems. In a cardiac CT scan, you lie on a table inside a doughnut-shaped machine. An X-ray tube inside the machine rotates around your body and collects images of your heart and chest.

Cardiac magnetic resonance imaging (MRI). For this test, you lie on a table inside a long tube-like machine that produces a magnetic field. The magnetic field produces pictures to help your doctor evaluate your heart.

Treatments and drugs

Heart disease treatments vary by condition. For instance, if you have a heart infection, you'll likely be given antibiotics. In general, treatment for heart disease usually includes:

Lifestyle changes. These include eating a low-fat and low-sodium diet, getting at least 30 minutes of moderate exercise on most days of the week, quitting smoking, and limiting alcohol intake.

Medications. If lifestyle changes alone aren't enough, your doctor may prescribe medications to control your heart disease. The type of medication will depend on the type of heart disease.

Medical procedures or surgery. If medications aren't enough, it's possible your doctor will recommend specific procedures or surgery. The type of procedure will depend on the type of heart disease and the extent of the damage to your heart.

Lifestyle and home remedies

The following changes can help anyone who wants to improve heart health:

Stop smoking. Smoking is a major risk factor for heart disease, especially atherosclerosis. Quitting is the best way to reduce your risk of heart disease and its complications.

Control your blood pressure. Ask your doctor for a blood pressure measurement at least every two years.

BREAST FEEDING WEEK CELEBRATED IN SHAYAMOYA

Writes: Aphiwe Nonqondo



Breast Feeding is best for your Baby: Members of the community during breastfeeding campaign in Shayamoya Community hall together with Usher Memorial Hospital Staff.

East Griqualand & Usher Memorial Hospital engaged on a national breastfeeding week at Shayamoya Community Hall on the 7th August 2014. The World Breastfeeding Week is celebrated from 1-7 August every year to encourage breastfeeding and improve the health of babies around the world.

The day was part of the Innocenti Declaration of August 1990 commemoration to protect, promote and support breastfeeding.

Mothers came in their numbers, and men were also part of the event to give support to breastfeeding mothers.

The day was made possible by collaboration of hospital and district Dietetics department, Community Care Givers (CCG's), TB department, and Public Relations Office.

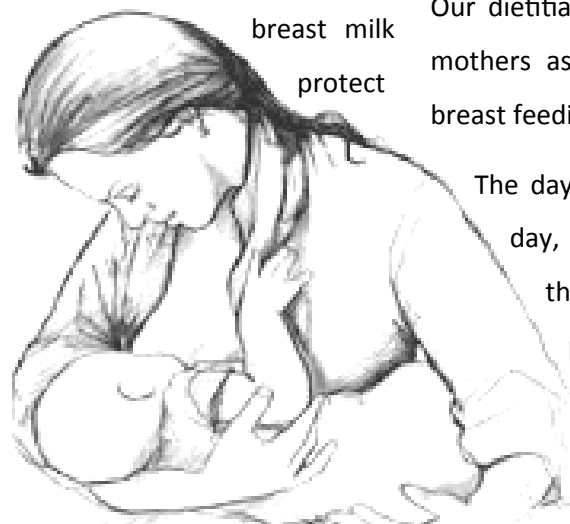
This year's key objectives were to call attention to the importance of stepping up actions to protect, promote and support breastfeeding

as a key intervention towards achieving the Millennium Developmental Goals (MDG's), and to showcase the progress made so far ; as well as identifying key gaps in breastfeeding.

Awareness, demonstrations and community dialog took place. Questions and suggestions were raised with possible solutions by the community.

The message communicated clearly depicted the importance of breastfeeding, and how it helps bonding child to mother. It was explained to the community, especially the breast feeding mothers that cells, hormones, and antibodies

in breast milk protect babies



from illnesses . It was emphasized that breast milk gives unique protection meets the baby's needs.

Research suggests that breastfed babies have lower risks of Most illnesses.

In engaging with the community, various reasons for not breastfeeding were raised.

Amongst others mothers raised that, they want to keep their cleavages, other mention that they are working and do not have breastfeeding time, while others mention that they were not aware that HIV positive mothers also breast-feed.

Our dietitian gave solutions to the mothers as well as ways to keep breast feeding going.

The day proved to be a special day, as the information from the department of Health professional gave new ideas on promoting breast feeding.

Fighting Drugs, Building Tomorrow Leaders

“.....enjoyable and so called cool stuff done by the substance, and let you find out yourself about the outcomes”. Motivator

Writes: Aphiwe Nonqondo



“ They come in a very nice way, through friends mostly and they will only tell you the enjoyable and so called cool stuff done by the substance, and let you find out yourself about the outcomes.

Through drugs, I lost significant time of my life including my family.

I am now struggling to get them and their trust back” , Says Mr Morgan Pinaar, a motivator and a recovered drug addict, addressing pupils in substance abuse awareness day, at Carl Malcomes High.

Statistics from South African Police Services and the hospital indicates that there are many incidences in Kokstad that are a result of drug abuse, and mostly involve school children. Again, Kokstad is becoming a haven of drugs, where

again school children are prominent targets.

It was for this reason that various stakeholders, through a local stakeholder forum, Sukuma Sakhe, embarked on drug awareness campaign specifically targeting schools in and around Kokstad Municipality.

The aim of this initiative (campaign) was to encourage and minimise the number of students who drop out of school due to drug abuse and at the same time elevate the quantity and quality of Matric results.

It was highlighted that most of school dropouts caused by drug abuse by the children who end up committing crime in the community.

Those who are still at school, many are involved in school gangsterism, and are causing chaos



Drug Abuse Awareness Continues....

in schools thus disturbing teaching and learning for other children.

Part of making awareness to the children, Mr. Pinaar was invited to be a guest speaker and warn them against drug use and abuse. Pinaar who is now a motivator, conducting session for drug rehabilitation and working with various stakeholders in fighting drug use, shared his story of drug abuse.

He warned that using drugs does not bear any good results but a misery and uncertain future. He repeatedly mentioned that drug users end up in jail and in most case loose everything they have including family members.

Message from the department of health also warned against the use



of drugs as the result in unwanted pregnancy, Sexual transmitted infections such as HIV and Aids. Children who are using drugs are en-

gaging in unprotected sex because they are under the influence of substance. As a result they contract HIV and many other STI as well as unplanned pregnancies.

It was mentioned again that drug users patients also suffer from various diseases such as lung infections, memory loss, kidney failure, brain damages and so forth.

The decision was left to the children to decide whether to engage on drug use, or to leave clean life and have a better future. With various messages from various department and individuals, children showed compassions and expressed appreciation for the day.

LEGISLATURE HEALTH PORTFOLIO CONTENT ON HOSPITAL ,BUT.....



Mr. J. Mhlongo Chairperson of the Hospital Board with Member Mr. Momoti

The recent visit by KZN Legislature Health portfolio committee led by Honourable Vivien Tambo stirred a glimpse of hope to the hospital

community on the many challenges the hospital is facing. The team was satisfied about the general operation of the hospital and applauded management on tackling recurring challenges.

The team also promised to take challeng-

es to the higher level and mentioned that some of the challenges need urgent attention.

The main challenge the hospital is facing is concerning infrastructure.

Members showed appreciation on challenges raised in previous visits, that they have been tackled.

The hospital is now looking forward to the actions by the committee.



Members of the Health portfolio, Board Members and hospital management during the visit.



UCHULUMANCO KUBAHLALI NGENKONZO ZIKA-WONKE-WONKE

Ingxelo:: Aphiwe Nonqondo



Abahlali baseWansberg bezitaphela kwiinkonzo zikaRhulumente ezitheleke kwisixeko sabo.

Isibhedlela i-EG & Usher Memorial Hospital silule unyawo kwiinkonzo zaso ukuhlangabezana nabantu abakwiingqinzi ezisemaphandleni nezidingo zabo ngokwezempilo.

Bahlome bahlasela ngephulo uOperation MBO kwilali yase Wansberg nekungenye yeelali ezisemaplazini athe qelele mgama nedolophu iKokstad. eliphulo lelinye lamaphulo kaSukuma Sakhe ibhunga

lamasebe abambiseneyo kaRhulumente kuledolophulo.

Uluntu lwalenginqi yase Wansberg neelali ezingqongileyo zilwamkele ngezandla ezitshisayo oluhlaselo.

Oku kubonakaliswe kukuphuma kwabantu bezokwamkela ezinkonzo,

Betsho besithi abakwazanga ukungazozifumanela kwelichamu. Kaloku

lelali imgama buzikhilomitha ezingaphezulu kwamashumi amathathu anantlanu (35km), Nto leyo yenza abahlali balendawo babenochulumanco nangakumbi lwezinkonzo.

Kwakhona bavakalise besithi bachulumanyiswa nangakumbi kukuba iindleko zabo zokuya esibhedlela zaphuliwe nekungama R120 ukuya nokubuya.



Omnye wonobangela wokusiwa kwezinkonzo kulendawo bekukulumkisa ngezifo ezosulelayo nokukhuthaza abantu ukuba bahlale ubume babo bezempilo njengesifo esingugawulayo iHIV neAids, iswekile, iBlood pressure, ugomolwabantwana nezinye ezininzi.

Ngaphandle kolundwendwelo, esibhedlela i-EG neUsher Memorial Hospital sisoloko siqinisekisa ukuba iinkonzo ziyafikelela kuluntu kabini enyangeni ngephulo laso likamahamba nendlwana.

Ezinye zezinto ezifumaniseke zingumnceli mngeni kubantu balendawo lusuleleko lwezigulo ezingafumani nyanngo kwangexesha nto leyo yenza kubenzi- ma ukunyangwa xasele zikwezinye izigaba.

Amanesi athe alumkisa amanina kananjalo ngomhlaza webele nokungomnye umzekelo wezifo ezithi zinyangeke xazithe zafumaneka kwaye zanyangwa kwizigaba zazo zokuqala.

Ekwakhuthaza amadoda ukuba amane

ukubonakala kumasango ezempilo xa angaziva mnandi oko akuthethi kuba angamadoda alula, kuba wona avamile ukuya esibhedlela sele kukubi.

“Oluhlaselo luthw lwabonakalisa inkathalo yesibhedlele ngoluntu lweendawo ezingqongileyo, mna bendisaxakiwe kuba ndizakumsa njani umtwana wam obesele iveki yonke.

Ngoku ndinochulumanco kuba imithandazo yam iphendulwe” uthsilo omnye wabahlali umama uMati nobekhangeleka echwayitile leliphulo.

EGUM INTRODUCING PHILA MNTWANA CENTRES

Phila Mntwana Centre (PMC) children under the age of 5 years Malnutrition screening, Vitamin A Serves as a health promotion with Health problems, thus re- Supplementation, Diarrhoea Dis- and disease prevention site for ducing infant & child mortality. ease intervention, promotion of children in the community. Phila The PMC's are linked to Opera- breast feeding, TB screening, Mntwana Centre's offer services tion Sukuma Sakhe. Their ser- HIV/Aids Support, tracing of de- for growth monitoring as well as, vices include growth monitoring, faulters, immunization and other early identification & referral of child services.



Shayamoya Apostolic Church Phila Mtwana

Thuthukani – Phila mtwana site

Elonwabeni Old age home Phila mtwana site

Qhingalendlala Phila mtwana site horseshoe

EG & Usher Sub-District Phila Mntwana Centers

WARD	AREA	RESPONSIBLE CCG's	WARD	AREA	RESPONSIBLE CCG's
1	Qhingalendlala	N.Bobe	6	New Vision	Bawinile
	J.J Mhlongo Hall	N.Mgadeni		Pakkies Hall	Elsie
	Ethiopia	Z.Gwabeni		Thuthukani Farm House	Nokuthula Thusi
2	Kransdraai Hall	Penssy	7	Shayamoya Hall	Matiti Njani
	Sunfontain Community Hall	Marry			
	Franklin SAPS Residence	Ntombifuthi			
3	BulFontain Farm	J.Marraais	8	Elonwabeni Old Age Home	
	Home Of Comfort				
4	Apostolic Church	Nobuhle Nzimande			
5	Thubtulwana Hall	Nonyameko			



“Let us keep our children alive, they are our future”

EGUM SAYS-P-Pull A-Aim S-Squeeze S-Sweep

One of the six priorities of the Department of Health is safety in our institutions.

In an effort to ensure that the hospital is safe in times of disaster such as fires, the hospital Health and Safety Department in collaboration with the Greater Kokstad Municipality Fire Department conducted a fire drill to equip hospital staff on fire

fighting.

This exercise was done to ensure that all employees are aware of procedures to follow in cases of emergency/ fire for their safety and safety of all occupants within the institution.

With the help of the Greater Kokstad Municipality Fire Department staff at

the hospital were given an opportunity to demonstrate on the use of fire equipment.

The drill was aimed at all hospital staff so as to make everyone in the instruction to understand necessary precaution during fire disaster.

Full story in pictures.



Greater Kokstad Municipality Fire Fighters demonstration to the hospital staff on how to deal with fires. Staff members were exposed to various techniques in dealing with fire.

The exercise involved the use of fire extinguishers, connecting fire hoses and fire hydrants. The hospital can now boost that in case of fire break the hospital is ready.



Career Focus

MEET OUR DIETITIAN



Career focus is a special column dedicated to careers available in the department of health. Clients who access the newsletter will have a better understanding of each field of career and a better understanding of what each career entails.

In this publication we took a look at the Career of Dietitians.

HESMARI WIJNMAALEN

WHERE DID YOU MATRICULATE
Kuswag High School, Amanzimtoti

WHAT SUBJECTS DID YOU STUDY IN HIGH SCHOOL
Afrikaans, English, Maths, Science, Biology and Technical Drawings.

WHY DID YOU CHOOSE THIS CAREER
I really believed that is what God invited me to choose at that stage.

WHERE DID YOU STUDY TO BE A DIETICIAN AND HOW LONG DID IT TAKE
North-West University, Potchefstroom Campus.

WHAT QUALITIES DOES A PERSON NEED TO BE IN THIS FIELD
Love, compassion for people, patience, joy, self-control, kindness, gentleness, humility, perseverance, creative thinking, problem solving, initiative, leadership, good communication skills and team work.

WHAT ARE YOUR DUTIES
A dietitian's duties varies depending on where he/she

works for example, public hospital, private hospital, private practice, community, kitchen, university etc.

In a hospital like EG & Usher we treat patients with specific diseases according to their nutritional needs. This includes giving advice/counselling how to eat to support the management of the disease condition. Sometimes we supplement patients with products to assist healing and recovery. Furthermore, we do much training with staff members and clinics, group counselling sessions, data control and designing posters and pamphlets.

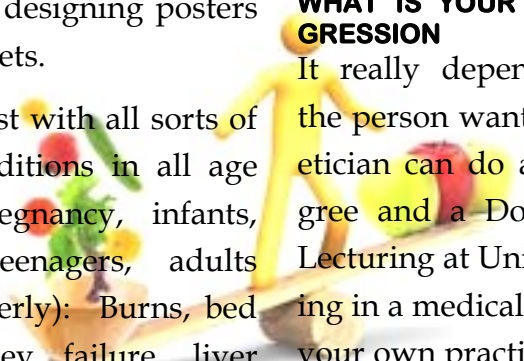
We can assist with all sorts of disease conditions in all age groups (pregnancy, infants, children, teenagers, adults and the elderly): Burns, bed sores, kidney failure, liver conditions, digestive problems, cancer, diabetes, hypertension, obesity, HIV, TB,

heart disease, malnutrition, difficulty with swallowing and assisting those who cannot eat.

We cannot heal people alone, but we can greatly assist and contribute to recovery as part of the medical team.

WHAT DO YOU ENJOY ABOUT YOUR CAREER
Showing people how much love God has for the world and each one of us! Miracles happen every day! Making a difference in people's lives, no matter how big or small and being part of the miracles. Every patient is worth it!

WHAT IS YOUR CAREER PROGRESSION
It really depends on where the person wants to go. A dietitian can do a Master's degree and a Doctoral degree. Lecturing at University, working in a medical center or own your own practice. In government the options are District office, provincial office or national office.



WHAT CHALLENGES DO YOU GET IN YOUR CAREER

Dietetics is a profession that is not well known. People don't know we exist and when they hear about us they think we give people food. We don't give food, we give advice. This leads to a big challenge;



we cannot help the patient if they don't follow our advice. The success of the consultation is dependent on patient compliance and people don't always want to change how they eat. People also assume if they saw us once that is enough, but it is not. Follow-ups are very important! A lot of the work we do is part of a team and if the team is not fully compliant it is challenging to get things done. But with perseverance and good

communication you reach your goal!

WHERE DO YOU SEE YOURSELF IN 10 YEARS

Married with children! ;-) I don't want to ever stop loving people. It is the most fruitful thing we as humans can do: love! In some way, somehow, I always want to make a difference, show people God's love and if it is through my career, then so be it. If the Lord has other plans, then I look forward to seeing what they are!

Community Talk



What do you think of the implanon?

This quarter we asked some community members and staff about their

What is Implanon? :

Is a hormone implant used for birth control. A hormone-carrying plastic rod, the size of a matchstick, is inserted under the skin of your arm.

How does it work/its Effectiveness: A healthcare provider inserts a small device under the skin in the upper inner arm. It is highly effective for up to three

years, and can be removed sooner if you want to become pregnant or are unhappy with this method. The pregnancy rate is less than 1 percent in the first year of use The implant protects you from pregnancy within 24 hours of insertion.

What Are its Side effects?: Less serious side effects may include:pain, numbness, or tingling where the implant was insert-

ed; minor bleeding or scarring where the implant was inserted; menstrual cramps, changes in your menstrual periods; mild headache, dizziness, mood changes; vaginal itching or discharge; breast pain; acne.

Note that: Your ability to become pregnant returns quickly after the implant is removed.

This is what our community had to say:

Noluthando thinks that implanon is very good especially for young girls who are still at school. Young girls who are sexual active don't have time to go to clinics every after three



month. With implanon you come once and you'll return after tree years

Sne Nene thinks that she cannot cope knowing that there is a device in her body. And again I head that it comes with severe headaches. It's a big no



for me.

Zamo believes that its good for young girls as it is cost effective, you just put it once in three year cycle rather than every three months.



Male Medical Circumcision

The Medical Male Circumcision Campaign which was launched in April 2010 following a shared commitment from traditional leaders and government of KwaZulu-Natal to roll out this campaign as part of the comprehensive HIV prevention arsenal. In the same month a HIV Counselling and Testing Campaign was launched in the province thereby cementing the HIV prevention drive of government.

“The roll out of medical male circumcision at the tertiary institutions will assist in reducing the spread of HIV among young men where the HIV burden is the highest in the prov-

ince; between the ages of 15 – 24 years. There is also a rising trend among those in the age group 10 – 14 years. It is for this reason that we want to increase our prevention efforts in those age groups” says the MEC for Health, Dr Sibongiseni Dhlomo.

In support of this campaign the MEC has called upon the hospitals to take an initiative towards this call.

Replying the call, East Griqualand and Usher Memorial Hospital is currently running a Male Medical Circumcisions Campaign as follows:

2014 EG & Usher Memorial Hospital Special MMC Programme dates

01 October	22 October	29 October
05 November	19 November	26 November
03 December	09 December	17 December

East Griqualand & Usher memorial Hospital set aside these dates for everyone who wish to be circumcised or have their children circumcised to register now. The Hospital invites everybody in town and the surrounding areas to participate in this initiative and advise parents to use this programme especially if they are planning to take their children to traditional camps.

<p>To book</p> <p>Contact Mr. Nqala: 039 797 8101</p>	<p>Your circumcision will be performed by a trained health provider and it’s painless and quick</p>	<p>Male circumcision:</p> <ul style="list-style-type: none"> • Does not prevent pregnancy • Confers only partial protection against HIV infection
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KOKSTAD LEARNERS EXPOSED TO VARIOUS HEALTH CAREERS

E. G. and Usher Memorial hospital in partnership with the Department of Education held a career exhibition targeting grade 09 learners in and around Kokstad.

The purpose of the exhibition was to encourage learners to choose science subject in order to have careers with the department of Health. Again learners were also advised to follow science sub-

jects as there are more opportunities in the field of science.

Our Human Resources Development Department exposed learners to the bursary opportunities available in the department of health.

Learners were told that there is a dire shortage of medical personnel in the department and were encouraged to consider department of health as their

prospective employer.

Personnel such doctors, pharmacist were some of the careers learner were encouraged to pursue.

Learners were also given an opportunity to see what many careers are entailed. Our radiography, rehab, pharmacy and HRD exposed the learners on their daily activities.



These are some of the pictures showing the career expo our hospital had with the learners in and around Kokstad Schools.

PEADS BENEFITED FROM MANDELA DAY

It was early Christmas for the kids at our pediatric ward, thanks to the altruism from Nandos in Kokstad.

Nandos gave the ward a surprise visit to the ward to donate playing toys to the kids.

Nandos was marking their contribution to the international Mandela Day.

Kids were so excited of the gifts from Nandos and had to forget about the pains which brought them to the hospital.

The hospital extended words of gratitude to the Nandos Family.

It is this kind of commitment that is healing the nation, we need each other to attend to the healing of our patients.

Make everyday a Mandela Day



Operational Manager from Peads ward accepting gifts from Nandos.

Hard to say Goodbye: Farewell



Executive Management of the hospital bidding farewell to Matron Sejosengoe who is joining Taylor Bequest Hospital in the Eastern Cape



Staff and management bid farewell to Matron Mazwana and Mr. Phathela who was an Operational Manager at Greater Kokstad clinic....



Another farewell of Mr. Mjadu who joined Rietvlei Hospital as the New Systems Manager, Koksiza Lokho.



These are some of the staff members who have been with the hospital and contributed to the a lot to the hospital



Mr. Tshaka is congratulated by staff members for his new appointment as CEO at St. Lucy Hospital, Farewell Mr. Tshaka



Memories, goodbyes are not forever until we meet again farewell Miss Ngesi

Above: Mr. Msomi who was transport officer at the hospital is missed for his contribution.

Right: Mrs. Mama Retired after 30 years of service and unfortunately she passed on when enjoying her retirement, may her sole rest in peace.

AND TO MANY OTHERS: FAREWELL

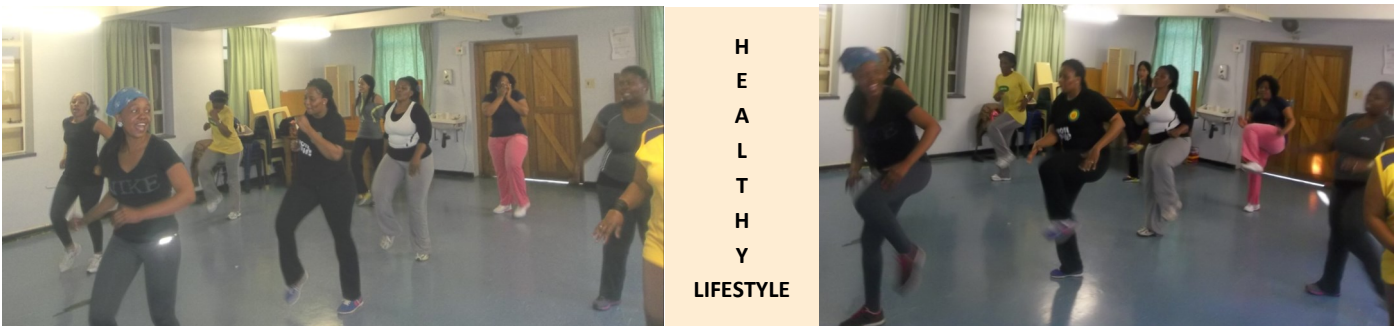


The jack of all trades: Mrs. Nondize was also bid farewell by Management and staff of the hospital, Mrs. Nondize joined Benedictine Hospital as Deputy Manager Nursing.

EG & Usher Sport and Recreation



E.G. & Usher Memorial Hospital is committed to improve the health, wellness and quality of its employees life through sport and recreation.



Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity. If you don't take care of your body, it will disappoint you. Health is like money, we never have a true idea of its value until we lose it. Time And health are two precious assets that we don't recognize and appreciate until they have been depleted.

EG & Usher Memorial Hospital takes the initiative its responsibility to encourage staff to be involved in exercising, sports and recreations. Every Monday and Thursday at 15:00 they embark on aerobics exercising and distressing and on Wednesdays they play against other institutions within the district in Netball & Soccer.



Above pictures portray victories of our staff, and below is our staff on action. Sport is a great tool of building relationship within the staff.



Fighting Disease, Fighting Poverty, Giving Hope

THIS CHILD NEEDS YOUR HELP



**Seven (07) Year old with rare medical condition needs
your help**

**This condition started when she was only six (06)
weeks**

The limb is gradually growing big with discharge.

The limb is becoming heavy and very painful.

**For further information contact the hospital
@ 039 797 8100 ask for Sister Ntinganti**

EG & Usher Memorial Hospital

Vision

We strive to deliver Accessible, Optimal and Holistic Health Care to all who access our services.

Mission

To work together as an integrated health service to comprehensive care to all by adhering to Batho Pele principles.

Core Values

Our core values are based on respect, health, safety, duty conscience, positive attitude, quality and ongoing training.

Contact the Hospital

Postal Address:

P/Bag X506

Kokstad

4700

Tel: 039 797 8100

Fax:039 727 2564

Compliments/Complaints:

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Public Relations Department.

Production Team



Aphwe Nonqondo
PRO APPRENTICE



Mr Andile Pani
PRO

Do you want your activities to be published in the newsletter? Please inform the PRO office for all your activities in your department or submit your articles and photos.

Contact Mr A.Pani @ 8112

"Coming together is a beginning. Keeping together is progress. Working together is success." —Henry Ford