



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

EZASEMTSHEZI

ESTCOURT DISTRICT HOSPITAL NEWSLETTER: SEPTEMBER 2012



**HERITAGE DAY
BRINGS UNITY
AMONG EMPLOYEES**



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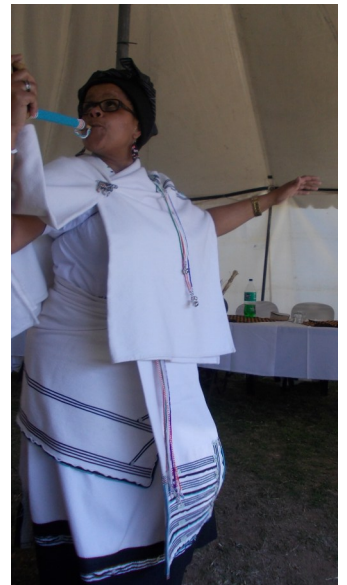
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ESTCOURT HOSPITAL'S

VISION

To achieve quality holistic health for all within local municipalities of Estcourt

MISSION

To provide an efficient, effective integrated and sustainable health service utilizing available resources

CORE VALUES

Mutual Respect

Compassion

Responsibility

Client Satisfaction

Honesty

Openness and transparency

Team Spirit

Commitment

Innovation.

Your contribution to EZASEMTSHEZI is welcome. Kindly send your article and photos to the Office of the PRO.



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HERITAGE DAY BRINGS UNITY AMONG EMPLOYEES



Employees from different professions come to the hospital with an aim of providing efficient and effective health services to our valued clients. For this to be possible, it calls for all of them to work as a collective regardless of their cultural backgrounds for the common objective to be achieved. Estcourt hospital employees have against all odds managed to work as a team to ensure that this much needed services are provided to our valued clients.

In a bid to acknowledge this and to do team building effort and moreover applaud achievements made by this diverse team, management approved that Heritage Day event themed "TOGETHER, CELEBRATING OUR RICH HERITAGE" be organized. Event was held on the 26th September 2012 at the hospital and it started with a walk to Fort Durnford Museum where employees dressed in their different cultural attires got a golden opportunity to know more about the history of the place they work in before the actual event starts.

On their return from museum, one could feel the spirit on unity and everybody singing one song. Guest speaker, Mr. Manzolwandle Hadebe drew a clear picture of where we come from as a nation and further urged diverse team to remain united for the improvement of people's lives to be possible. Platform was then given to staff members to showcase their hidden talents which left everybody surprised when professionals from different sections were competing with each other but the performance by one of our doctors, Dr. Naidoo blew everybody away even our Hospital Board Chairperson Mr. Sbu Ngubane was very much impressed. Young Indian Dancers performance proved that our heritage is indeed rich and there is so much we can celebrate as a rainbow nation.

Hospital management is impressed by the way employees welcomed and appreciated this kind of a gathering and anticipating them to work harder, united as a team to achieve quality holistic health for all. Walk to and from museum proved that Estcourt employees live by example because patients are always encouraged to exercise regularly and through this we hope our clients will follow suit.



WOMAN TO WOMAN, THE CONSTRUCTIVE WAY



Women are gifted from the above and they bring happiness and warmth in every household. It is surprising that they are so soft, yet so strong, can carry heavy burden with a smile and happy when a child is born which makes them the backbone for each health facility.

In August, Estcourt hospital women celebrated this special day with an aim of looking back at the journey travelled and achievements made in betterment of women life since Women's march to Union building against past laws in August 1956. It became a woman to woman talk when Sr. Makhathini shared her testimony on her way to the top. She said that she started as a cleaner but because she was determined to

achieve more, she used to go to school during her spare time until she got matric and then a driver's license with her salary as a General Orderly.

After having passed her license, she started to request other jobs within the institution and ended up driving mobile vehicles. She couldn't settle for less and strived to reach new frontiers and today she is a professional nurse.

The message was clear that women can achieve anything they put their minds to and it is possible. Ms. B.T. Mbanjwa, hospital former employee shared her positive story that after retirement she decided not to sit down and fold hands but to open a laundry business. She agreed that it was not easy at first but endured as a strong woman and today she is bearing fruits for her hard work and perseverance.

She urged women present to be ambassadors for women in rural areas and share with them information on how to better themselves so that we can alleviate poverty and to eliminate an increasing number of women that are abused because if they are not independent, they can't run away from it due to uncertainty of the future thereof.

Event opened eyes of all present of the positive role they are playing in different communities. It also gave assurance that they are indeed on crack but need to work harder to ensure that even those in far rural areas are assisted, The day unfolded with entertainment from staff and believe me it was spiced with traditional flavour .

THE ROAD TO HEALTHY LIFE STARTS WITH BREASTFEEDING



Some women don't see any problem by feeding their babies with formula milk. Many women prefer bottle feeding rather than breastfeeding, however there are disadvantages of such. By looking at the basics of making formula milk, there is a possibility of mixing the milk wrong it can be either too hot or cold, too strong or weak or the bottle is not thoroughly washed

Estcourt Hospital is promoting exclusive breastfeeding for the first six months as the breast milk is nutritious, healthier, and always ready for the baby irrespective of the mother's status. Exclusive breastfeeding reduce illnesses such as diarrhea and malnutrition. Breast milk contains all the nutrients a baby needs that can prevent illness due to the fact

that it doesn't have any added water. For a premature baby, breast milk gives a child nutrition which is also important to help the poorly digestive system.

As the healthy life style starts with breastfeeding, the risk of mother-to-child transmission of HIV is reduced by exclusive breastfeeding. Mothers who are HIV positive are also encouraged to breastfeed even if the mother is not yet on ARV's. Nevarapine will be given to the baby to reduce chances of HIV transmission.

Attendees were also encouraged to do pap smear for early detection of any disease like cancer which can be fatal when discovered at a later stage.

BREAST IS BEST!

100% to breastfeeding

PHOTO: GOOGLE)

MAKE EVERY DAY A MANDELA DAY

Nelson Mandela International Day known as Mandela Day is held on 18th July each year. This year people of South Africa and across the world were celebrating the 94th birthday by volunteering their 67minutes to help those in need. Estcourt hospital was fortunate enough to have different stakeholders coming in numbers to lend a helping hand to our needy patients. They did not come empty handed but brought goodies for both young and old. Others got a chance to feed patients and it was indeed an overwhelming and moreover a chance to have a fist hand experience of what health professionals do on a day to day basis to save lives.



EXTERNAL
STAKEHOLDERS
WHO MADE A
MANDELA DAY
A LIVING EXPEI-
ENCE TO
PATIENTS.



“IF I DID IT, SO CAN YOU”



“Put your future in safe hands, that is yours “

STUDENTS ATTENTIVELY LISTENING TO MRS MNCULWANE, PHARMACIST

Leaners from Tatzela High School visited hospital so that they can understand how different health professionals work for them to make an informed decision when choosing careers. This opportunity presented itself to the institution to market scarce skills for the institution to address skills shortage issue. In her address, Dr. Naicker said that if they are people-centred and willing to make a difference in their communities, medicine is the career for them. She further urged leaners to ensure that they have a calling other than looking at it as a lucrative career.

Mrs. S. Rajcoomar explained to leaners what radiographer’s job entails and they were shown X-ray equipment . Tatzela High school came to the hospital when Pharmacy was busy with Pharmacy Week and on their arrival team was ready to tell it all. Surprisingly Mrs. M. Mnculwane who was born and bred in the same area as them was among pharmacists presenting. Talking to them she said “If I did it, so can you”! She took them through her upbringing, challenges she faced while growing up and her journey to the top. Mrs. Mnculwane motivated them to stay focus regardless of the circumstances and one day they will enjoy fruits of their perseverance. In closing, she urged young girls as a woman herself to work even harder against all odds because they now have equal opportunities as men and it is a gesture of appreciation to women that marched to Union Building in 1956 against past laws. Leaners promised to work hard to bring skills gap in Estcourt.



Mr. M Sibisi, X-Ray Dark Room Operator

THIRTY ONE YEARS OF SERVICE AND GOING STRONG

Hard working, team spirit, respecting each other, respecting yourself and the community we are serving is what brought me this far, said Mr. M Sibisi who has served his thirty one (31) years of service at Estcourt Hospital as a Dark Room Operator in X-ray department.

Talking to Mr. Sibisi, he said that technology has changed the way he does his job for the better because the process is quicker with process machine than water system .

He encouraged all employees to work as a team for a common objective to be achieved . X-ray Manager Ms. P.P. Ndlovu confirmed that Mr. Sibisi is a dedicated employee his thirty one years of hard work did not gone unnoticed .

Siyabonga Baba Sibisi uyisibonelo esihle kubasebenzi , mana njalo !

HEALTH IS THE NEW WEALTH

If health is the new wealth, as I've been reading everywhere recently, how (well) thy are you? In the past, we determined success by our possessions and our bank balances, but things have changed.

More and more people are realizing that achieving optimum wellness has bigger rewards - a happier life and a greater sense of self-fulfillment.

Wellness, many of you already know, is the luxury we can all afford because it rests on a single decision: to value you!

Perhaps this change in thinking was prompted by the rise in obesity, a growing interest in prevention over cure, consistent technological and scientific advances, "responsible" nutrition such as portion-control and reduced fat, salt or sugar intake, and more access to information.

Whatever the reason, people all over the world are making lifestyle changes, because living in an optimum state of wellness helps you manage the nagging problems in your life, such as sleepless nights, increased weight, lack of energy and a growing list of aches and pains. So what is stopping you from investing in yourself? We need to make our health a top priority and although change is a challenge, I would like to help you get started by giving you tips and advice in a series of articles in our newsletters.

Sister Shirley Smith-Symms

Occupational Health Department

DEAF AWARENESS WEEK BENEFITED THE ELDERLY



Audiology Services took its services to people that need it most including Shepstone Place which is an old age home. Many people think that if your ear is itching, just use sharp object push it inside and its sorted . Audiologist warned that such can damage ears during Deaf Awareness Week. Aim of this was to educate communities about deafness and steps to take when they have problems with their ears. This campaign emanated from the findings that the

that number of new cases referred to them is not increasing as expected compared to the number of referrals. During awareness week it became evident that people are aware of the challenges experienced with ears but not sure how the hospital can assist them. Audiologist Ms. K Mbongwa reassured our clients that if they have hearing problems or any other problem pertaining to ears, don't have to hesitate but to come to the hospital immediately for assistance. Clients were warned not to put things like milk, oil etc. if they feel pain inside their ears including pushing sharp things inside the ear can worsen the situation . When they is something inside your ear, don't try and take it out rather go to your nearest clinic for assistance

Employees from workshop were not exempted from this awareness campaign simple because they are exposed to noise. They however raised concerns regarding routine checking of their ears if they are affected so that something can be done immediately to prevent total hearing loss and Ms. Khanyi Mbongwa promised to look into the matter and see how can they can be assisted. Deaf awareness week brought light to many people especially mothers of children that have a hearing problems and they now know what to do and an increase in a number of people coming for audiology services is anticipated.

CELEBRATING OUR HERITAGE



ESTCOURT
HOSPITAL
DIVERSE
TEAM
CELEBRAT-
ING
HERITAGE
DAY

