



**health**

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

**EZASEMTSHEZI**

ESTCOURT DISTRICT HOSPITAL NEWSLETTER: DECEMBER EDITION

## THE STRUGGLE AGAINST STIGMA CONTINUES



# FOREWORD FROM THE ACTING CEO



**DR. S.S. NGOZO– ACTING HOSPITAL CEO**

I would like to humbly introduce myself to you as the Acting CEO of the hospital and also send my sincere gratitude for the warm welcome I have received from all the employees.

December is the month when we commemorate

Worlds Aids day and I am glad that as Estcourt Hospital we have done our share in the fight against this devastating virus and I cannot stress enough the importance of working as a team for us to achieve Aids free South Africa.

While on the issue of working as a team, It is really heart-warming to know that as an institution we strive towards being the best, hence the institution walked away with a number of awards during District Quality Day event. To all the winners, we are proud of you and this should serve as a motivation for all staff to continue with their hard work and united we will take the institution to the next level.

May I take this opportunity to wish you all a Happy Christmas and a prosperous New Year. Enjoy your holidays and come back energized to make a positive contribution in your respective working places. To all those that will be working during Festive Season, your commitment in providing an essential service is acknowledged and you will be rewarded at the end.

**UNTIL WE MEET AGAIN**

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## FIGHTING AGAINST HIV/AIDS A COLLECTIVE RESPONSIBILITY

Stigma has remained a challenge in the fight against HIV/AIDS regardless of efforts made to create an environment in which all people can feel comfortable to test and be treated. Estcourt Hospital had a World Aids Day Commemoration which was held on the 04<sup>th</sup> December 2015 and speeches delivered indicated that this devastating virus thrives on stigma, ignorance, alcohol and drug abuse and it is undermining the hard work by all stakeholders to achieve an Aids Free South Africa.

Statistics have indicated that alcohol abuse is one of contributing factors in new infections and Mr. Mchunu urged those that are HIV positive, specially the youth, to be faithful to themselves by taking ARV's accordingly and to practice safe sex during this Festive Season. He further said that most patients default during this time and end up being resistant to drugs and have to be referred to the next level of treatment. Dr. Ndadane educated attendees on what resistance is and warned them of the consequences of defaulting on treatment. Ms. N. Ncwane, Social worker, shared a story where due to stigma a child went to visit the father's family and because his/her status was not disclosed, had to leave treatment at home and ended up defaulting. She warned parents or guardians of the consequences of doing so and urged them to disclose status to a family member that they trust.

HIV/AIDS pandemic has reminded us of our common humanity and our common vulnerability as it infects and affects us indiscriminately therefore working collectively will take us very far. Mr. Ntshaba, an activist said that he has been living with the virus for years encouraged sexually active people to use condoms consistently not to infect others and also to listen to advises by health professionals. Attendees were informed that TB screening is done to all HIV positive patients because it is an opportunistic disease



Attendees listening attentively to speeches delivered by different speakers



Attendees observing moment of silence during candle lighting ceremony



Entertainment from Impilo Clinic staff during the event

and all those initiated on treatment are done hearing baseline so that they don't lose hearing during and after having finished treatment. Male patients were also encouraged to go for MMC, recruitment was done and other health services were provided. A fruitful day unfolded with a candle lighting ceremony and it was apparent to all that overcoming this pandemic is a collective responsibility to ourselves and others therefore we need to Rise, Act and Protect.

## REPORT RAPE EVEN IF IT IMPLICATES BREAD WINNERS- MS. MDUNGE TOLD THE ZWELISHA COMMUNITY

“Parents choose not to report rape cases because in most cases they involve family member who are the breadwinners and rape victims suffer consequences for their parents choice” Ms. Mdunge, CCG at Zwelisha told the community during the 16 Days of Activism Against Women and child abuse held at Zwelisha Clinic on the 26<sup>th</sup> November 2015.

“Rape victims are supposed to gate justice even if it involves the head the family or a close family member regardless of the impact that can have on the family therefore parents should stop tolerating the intolerable” stressed Ms. Mdunge. She then shared an incident she came across while doing home visits, where children were staying with the uncle after the passing of their parents and that uncle was raping the grandchild. Children stood up, and uncle was arrested regardless of the fact that he was a breadwinner and so can any parent or guardian.

Ms. Sokhela, a social worker placed in the area informed the community that Social Development has Victim Empowerment programme that assist victims and all those involved to overcome all challenges that the incident imposed on them. Mr. S. Cindi, psychologist advised the community of services offered by his department and on how to access



Mr. Cindi assisting community member during the event

them. Ms. Z. Dladla from lifeline warned the community about human trafficking like forcing young girls to wed, and urged them not to accept anything in exchange of their children.

It was not a one man’s show this time around because teenagers in the area had prepared a stage play as well just to express their views in as far as the rape issue is concerned. Everybody was surprised on how talented they are but the situation became so tense when they started to open up through the stage play on to what extent rape affects the victim and what consequences victims have to endure due to parents choices. Parents present vowed to change the situation around by putting victims interest at heart and thanks to hospital Services and Crisis Center for initiating this event and also Life Line and Department of Social development for their support for the event to be a success.



## CHRISTMAS CAME EARLY FOR CP CHILDREN



Cerebral Palsy patients with rehab team during Christmas

Year-end celebration for Cerebral Palsy patients is an annual event done by the Rehab department at Estcourt hospital solely to acknowledge and appreciate hard work and achievements by children and caregivers during

classes. The main aim for these classes is to promote growth, speech and language stimulation techniques and development of the child physically, socially, emotionally and mentally.

This year was nothing different , the event started with words of encouragement for all mothers for taking care of their children and all of them got the certificates. Two mothers who managed to attend at least 99% of classes got certificates and special prizes on top to motivate them and others to honour appointments dates for their children not to miss classes. Thanks to all sponsors who made it possible for us to make this a memorable day for children and they all got goodies to take home for Christmas.

## FORDEVILLE CLINIC SCOOPED THE BEST CLINIC WARD IN UTHUKELA HEALTH DISTRICT

Fordeville Clinic has been declared the best clinic in the entire Uthukela health District for being compliant with National Core Standards during a District Quality day event held at Indoor Sport Centre in Ladysmith on the 05<sup>th</sup> November 2015. This clinic first got an award for being the best facility within the Estcourt sub district before being crowned the best in the District. This is due to hard work and dedication from clinic staff under the leadership of Mrs. S. Ramthol and support from the Estcourt Hospital management.

Mrs. Ramthol when asked about the secret to their success, agreed that they also had challenges here and there however team work saw them through. She thanked all role players for their contribution to the facility's success and also assured them that the recognition received will motivate staff to do even



OM Sr. Ramthol (holding trophy) with clinic staff celebrating their victory through the show of hands

better in improving service delivery. In her closing remarks she vowed to do even better for next year's awards.

### QUALITY WARDS

#### BEST EMPLOYEE IN ESTCOURT HOSPITAL



Ms. K. N. Mbongwa with her award

Ms. Khanyi Mbongwa is so passionate about what she does and to her patients come first. Strides she has made in making Audiology department known to the community are evident and she has even taken a step further by providing services to our stakeholders, like Old Age homes. Her supervisor, Mrs. S. Naidoo congratulated her for having received the accolade and stated that she has not only put herself on the spotlight but also her Audiology department since it is a new service that is provided by the institution. Khanyi thanked all involved for the reward and said that it will serve as a motivation for her to do even more.

#### BEST EMPLOYEE FOR THE SUB DISTRICT PHC



Mr. M. Buthelezi with his award

Mr. Melusi Buthelezi, the shy, dedicated and down to earth employee scooped an award for the Best Employee for the excellent support service he provides to all staff at Primary Health Care. Speaking to him after the ceremony he expressed gratitude for having been acknowledged among many and shyly said that he is happy to receive the award. PHC supervisor, Ms. Z. Khumalo congratulated him for receiving this accolade and said that there was no better way to say goodbye to him other than this since he has joined Stores department as an assets officer and further wished him well in his future endeavors

**WEMBEZI CLINIC AWARDED FOR RECORDING VIRAL LOAD**

**BEST PRACTISE AWARD WON BY AUDIOLOGY SECTION**



**OM Sr. Mthembu with clinic staff (seated) holding their trophy and a certificate won during District Quality Awards**

Wembezi Clinic is on 76.5% for consistently doing viral load at 6 months and yearly. This facility has been declared the best in that category for being able to take viral load as required and also have it recorded accordingly. This is a challenge from other facilities but will surely benchmark from Wembezi clinic for them to do better next time around. Staff received the news very well and were all happy that the good they do in their little corner is being acknowledged, and have expressed their gratitude for the gesture. Sr. Mthembu, in charge of the clinic said that she is happy for being acknowledged and it will set an example to staff

QUALITY WARDS

**HAVILAND DOING WELL ON VITAMIN A COVERAGE**

A.E. Haviland has achieved 98.5% for vitamin A coverage and that is due to the joint efforts by the clinic staff and Community Care Givers. This was after it was discovered that many babies were not sent to the clinic for regular weighing and to get Vitamin A then a campaign was done with assistance from a Nutritionist to educate the community about the importance of taking babies to the clinic. A Phila Ntwana Center was also introduced and services provided explained and were urged to make use of it as well. It is that initiative that has yielded such positive results and the facility was declared the best in the District. Mr. Mabaso, OM of the clinic applauded all the CCG's



**OM Sir Mabaso & clinic staff holding trophy and certificate**

and clinic staff for their hard work and dedication.



From L-R Ms. K. Paruk, Ms. S. Dlamini & Ms. N. Mbonywa holding their hard earned award

Estcourt Hospital is an MRD site and Audiology department came up with a project in May 2015 for testing of hearing for MDR patients before they start treatment and also

after having finished it. Audiologist do baseline testing for all patients to be initiated on MDR TB treatment and make recommendations then refer patient to the doctor, then the patient is started on treatment. On the next appointment the patient is interviewed by the Audiologist and tests are also done to check if there is any hearing loss problem. Recommendations are also done by the Audiologist for the Dr. to either reduce frequency or dosage based on the results of tests conducted. Once patient has finished taking treatment, he/she is then monitored for a year to see if there is no hearing loss at all. The project has started to yield positive results and our dedicated audiologists have teamed up with doctors to ensure that no patient suffer hearing loss after having been on MDR treatment.

**ZWELISHA DOING WELL ON ANC**



From L-R: Mrs. Ntuli ANM PHC, OM Phungula & clinic staff

Pregnant mothers are always encouraged to visit clinic as early as possible for

health professionals to identify any abnormalities and act accordingly hence there is an indicator to monitor that. Zwelisha has been awarded for being on 94% on ANC visit before 20 weeks which is a accomplishment since many facilities are struggling with this indicator. Mrs. Phungula, OM of the clinic said that it is due to teamwork and dedication by staff and also CCG's which has yielded these results. She then thanked all them for working tirelessly in providing efficient health service to the people served by Zwelisha clinic.

## HEALTH WORKERS WALK THE TALK THROUGH THE BIGGEST LOSER COMPETITION

South Africa has a huge burden of diseases but the recent Health and Nutrition study has indicated that South Africa is an obese country. With obesity as a major risk factor for the development of non-communicable diseases, National and Provincial Government has come up with strategies which clearly set out what needs to be done in order to halt the growth of this pandemic.

Estcourt hospital is doing its part to fight this pandemic by introducing the culture of Healthy Lifestyle among employees hence Biggest Loser Competition was introduced in July 2015 and employees were urged to take part. Weight and glucose readings were taken on the first day and again repeated in August 2015. The turnout was good at first but others defaulted along the way and well done to all those that have made it! Top three biggest losers were Mr. Mzolo who lost 10.6 and was the overall winner, first runner Brunette



From L-R: Ms. Z. Sithole, Ms. B. Appenah, Mr. D. Mzolo holding their certificates with Ms. T. Njapha who was spearheading the project

Appenah lost 8.5 kg and second runner was Zandile Sithole lost 4kg. Congratulations to all the winners and this is evidence that it is possible to reduce obesity in the workplace and it is anticipated that turnout will be much better the second time around.

## FORDEVILLE CLINIC HOSTS MEN'S HEALTH CAMPAIGN



Sr. Ramthol examining patient during the campaign

diseases have gone far which minimizes their chances of being cured. It is for that reason that Fordeville clinic hosted Men's Health Event on the 24<sup>th</sup> November 2015 focusing mainly on prostate cancer. It started off with a health talk from health professions where risk factors were explained and also the ways of reducing risk of prostate cancer.



Clinic staff had 'beard' on the day for males to feel comfortable during Men's Health Campaign

Female health professionals had beards on to show support for the promotion of men's health initiative and also to create that welcoming environment for all males and men within the facility. Screening was done and turnout was good, and what was more encouraging was the enthusiasm they showed during screening which was not expected from them. The facility promised that this event will be held again next year and anticipate to have an even better turnout in a bid to change the stereotype that taking care of your health is a 'woman's' thing to their benefit.

Males are known to be the hard to reach especially when it comes to their health related matters therefore they present themselves in the health facilities when

# HERITAGE DAY CELEBRATION USED TO ENHANCE SERVICE DELIVERY

Estcourt Hospital has celebrated Heritage Day for three consecutive years focusing mainly on creating a culturally tolerant working environment but, this year's celebration saw employees taking a different turn by reflecting back on where they come from as an institution.

This could not have been done better besides the guidance from Estcourt Hospital veterans and it was not surprising that Ms. N. Mabaso who started working for the hospital in 1983 until retirement was a guest speaker. She started her speech by giving a brief history of the hospital and also gave insight on how health professionals then were able to provide health services regardless of the limited resources at their disposal.

Ms. N. Mabaso acknowledged the strides made by the Estcourt Hospital under the current leadership and those managers that have retired for taking it to new heights and further stated that, if there was no team work, this could have been impossible. She then urged employees to take initiative, be innovative and managers to support staff for them to collectively take the institution to the next level.



Yes, indeed it was the Heritage Day celebration and it was not going to be complete without traditional dance! Different sections shared a stage to showcase their 'other' talents. It was yet another celebration to remember , more especially because it related on our day to day duties that this is a relay, we have to continue where others left off and make sure that we leave a mark.



**BEKUNJE  
UMA SITHI  
ASIZIGQAJE  
NGEMVELA-  
PHI YETHU!**





# SPORT CORNER

## NETBALL AND LADIES SOCCER AWARDED FOR THEIR EXCELLENT PERFORMANCE

Work and play hosted annual event to close the League and all participants were invited of which Estcourt hospital is one of them. This event was mainly to applaud those department that have done exceptionally well and also to motivate those whose performance was not that good to do better next time around.

Work and play is an initiative to create a conducive environment for employees to be physically active for them to improve their health status thereby increasing their life expectancy. Research has also proven that employees that mentally and physically healthy are more productive don't absent themselves



**Hospital management and staff joyful after having received two awards**

compared to those that are not active. Ladies soccer position one for the League and the tournament. Netball got position two for the League and position one for the tournament. Both teams got medals for doing good and Estcourt hospital management would like to congratulate them for their hard work and also motivate them to do even better next year. Bathi Dlala Msebenzi!

