

EZASEMTSHEZI



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

JULY 2015 EDITION

ESTCOURT DISTRICT HOSPITAL NEWSLETTER



A NURSE: A FORCE FOR CHANGE



Estcourt Hospital Choir



UThukela Health District Nursing staff

Nurse's day of prayer was hosted in commemoration of international nurse's day on the 18th of June 2015. It was scheduled for 10h00 to 12h00 in the morning. This took place at the Civic Hall in Ladysmith which was hosted by Uthukela Health District. The purpose of the event was to encourage all nurses and their supporters to celebrate the invaluable contribution that nurses make to the health of our society. The 2015 years theme was: A nurse: A force for

change: for care effectiveness and cost effectiveness. This day is actually celebrated on every May 12, which is well known as the anniversary of Florence Nightingale's birth, although this event's date is not the actual May 12 but because this day is so important, the district decided to make a special day for everyone to celebrate together in commemoration of international nurse's day. Rev. K. Mbili opened the event with a prayer and Hon. Mayor; Cllr M.V. Madlala welcomed all guests with open arms. The overall speakers of the day were Mrs. T.J. Mpembe, the

multi-disciplinary team-Dr Moeketsi and Matron Adams who grabbed the audience by their motivational message. Our very own choir from estcourt district hospital lead by Z.P. Qwabe showered the audience with their melodic voices with a musical piece. The word of God was given by Pastor J. Nkutha and in closing Matron T. Buthelezi gave her vote of thanks.

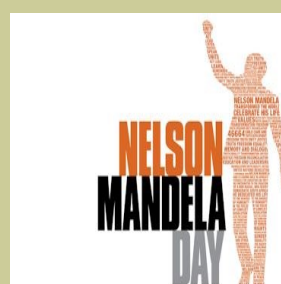
Inside this issue:



#JUNE 16 PAGE 2



BIGGEST LOSER
CHALLENGE PAGE 3



Annual 67minutes #Be
More Madiba 2015

- * Family Health Open Day Pg6
- * Meet ME I'm new Pg7
- * Stepping up the Ladder Pg8
- * Work and Play sports champions Pg9

YOUTH SAYS...#JUNE 16

Celiwe Kheswa
Admitting intern



To me youth day is a celebration for all youth who lost their lives through the apartheid regime in 1976, fighting for freedom.

On this day I plan to get together with friends for a braai wearing our school uniforms.

As I am part of the youth today I go forward, I want to achieve my goals that our brothers and sisters fought for during apartheid.

Nkosingiphile Mbatha
Admitting intern



To me youth day means more opportunities for us to become achievers and more prosperous with our dreams.

On this day I plan on giving back to my community, by donating to the needy.

As part of the youth I stand for continuing where they started.

Thabani Khanyeza
Admitting intern



To me youth day is a celebration of those who lost their lives in the struggle whilst they fought for freedom.

This day I plan to celebrate it with my friends.

As part of the youth I want to continue with my free spirited life and go forward hopefully achieve my goals.

Nomvelo Zwane
HR Intern



To me youth day is remembering the past because it is also the future. It represents the turning point for South Africa. It is the day to honor the youth of 1976.

On this day I plan to celebrate it with friends by getting together for poetry and singing session concert in Wembezi stadium.

As part of the youth today I stand for rights even if it means standing alone. I stand for creativity and acceptance, innovation and equality.

Seluleko Mtshali
Revenue Intern



To me youth day means the commemoration of the Soweto uprising where the youth of 1976 fought for better lives, freedom and better education system. They fought for us to enjoy endless opportunities.

On this day I will be hosting a braai wearing my school uniform with my friends and family to show respect to the class of 76'.

As part of today's youth I commit myself to making a positive contribution to society and be the change people want to see.

Zamajiyane Lamula
Administration Clerk



To me youth day means the celebration of freedom, the freedom of choice. A day we should all be proud of.

On this day I plan to participate on an event planned especially for this day.

As part of today's youth I will make sure that what they fought for is always valued and treasured always. This is an opportunity for me to make this a better country for all.

TAKE PART MAKE A DIFFERENCE

Biggest looser challenge



Worldwide obesity has more than doubled since 1980.

The highest rate of obesity and overweight among adults in sub-Saharan Africa is found in South African women at 42% while the combined rate of both overweight and obesity is 69.3%

In 2014, more than 1.9 billion adults, 18 years and older, were overweight. Of these over 600 million were obese. 39% of adults aged 18 years and over were overweight in 2014, and 13% were obese (WHO 2015)

Obese and overweight can be treated!

Thus, Dieticians urge **ALL** employees to participate in this challenge!!!

For one to be part of this challenge, requirement:

- ⇒ Facility employees
- ⇒ R10 for entry (fundraising for NNW)

Diet plans and physical activities will be provided

- ⇒ Weight (at Dietetics Dept.) and glucose readings will be taken on the first day (1st July 2015)
- ⇒ 5th August, weight will be taken for the second time
- ⇒ 14 October 2015 (NNW): Announcement of the Winner!!!
- ⇒ There will be a surprise gift for the winner

HAPPY BABIES MAKE HAPPY MOMS AND EXCELLENT EMPLOYEES

WORLD BREASTFEEDING WEEK 2015

Theme: Breastfeeding & work

Let's make it work!!!



Estcourt Hospital will be celebrating Breastfeeding Week from 1-7 August 2015

Join us as we participate in a breastfeeding Road show empowering and supporting working mothers who have returned from maternity leave with proper infant

feeding practices

SCHEDULED ACTIVITIES FOR THE WEEK:

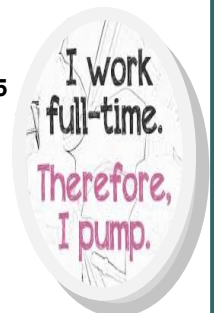
- * BREASTFEEDING WALK
- * POSTER COMPETITIONS
- * FOCUS GROUPS
- * BREASTFEEDING EMPLOYEE COMPETITION

Breastfeeding Golf T-Shirts are available on request

Cost: R150

Color: Pink & Blue

For more information contact Sr Z. Mabaso on Ext 7036/7016





Be More Madiba 2015



Mr. B.J. Vilakazi
CEO Estcourt
Hospital

CEO REFLECTING BACK ON PSV WEEK

Public Service Volunteer Week started on the 13th of July 2015 and ended on the 17 July 2015. I was deployed to ward 11 which covered Inkomokazini and Mqedandaba Area. On the 14th of July we went back to the interventions that were done in 2013 and found that all those who were profiled were given houses and so I was very impressed by that. We came across an old crèche in Inkomokazini to be used as Thula Mntwana Centre where we manage to rebuild all its broken parts using mud and cow dung, that was an experience for me since I've never built anything in my life. Whilst profiling we came across a family of 7, living under one room which was made of mud and they had nothing to eat. The following day Counsellor Mr Sithole and I went to Spar to buy them groceries. We came across other houses with a similar situation but not as bad as the first family. On the 17th I was in my overalls, we painted Phasiwe Primary school and later had a function hosted by the Mayor of Imbabazane Mrs. Strydom where we gave out walking sticks to about 30 to 40 of the elderly that were there. I have to say that this was a wonderful experience for me I enjoyed it. It is the heart that does the giving, the fingers only let go.



Giving Hope Youth Organisation Members of Mshayazafe giving baby clothes to nursery mothers on Mandela Day



Boxer Cash & Carry Supermarket staff in Ward 1 (Children's Ward) together with the children and Nursing staff enjoying a cake and food parcels on Mandela Day



Be More Madiba 2015



Social Workers and Staff members visiting the Mtshali household in Hlathikhulu of an elderly couple who are living under very poor conditions with no IDs. They were brought groceries on the 22nd of July 2015 in commemoration for Mandela day.



Visiting the Ngcobo household in Loskop Emqedandaba Area, of a mother of 4 children living under poor conditions. The children were malnourished and had nothing to eat so they were brought groceries on the 22 of June 2015 in commemoration for Mandela day.



Out Patients enjoying " A Cup of soup, bread and oranges " during a Mandela day event hosted On the 28th of July 2015, all prepared and served by staff members of EPH.



Mobile Clinics Staff visiting Fukuza Crèche in Weenen Kavumbu Area. This is a crèche under a very poor condition. The children were delighted after receiving Party Packs, toys, clothing, Carpet and blankets in commemoration for Mandela day 30th /07/15

FAMILY HEALTH TEAM OPEN DAY WEMBEZI CLINIC



Wembezi Clinic hosted an open day event on the 28th of July 2015 where they were formally introducing their two formed Family Health teams to the Wembezi community which are lead by the two outreach leaders who go by the names of SR Sithole and SR Nyathi. This initiative started in 2013 where the two came and stated this without giving up. The CCGs are the formal members that make up the Family Health teams. The two teams cater for the whole of Wembezi location community under ward 1,2 and ward 3. The teams go by the slogan of "Bringing Life to the people". They do home visits and their main roles and responsibilities are promoting health prevention and disease, assessment diagnosis and referring households members to the relevant stakeholders. They encourage pregnant mother for early bookings, point natal visits at 3days. They do thorough checks of health chart immunization, growth monitoring, vitamin A Zentel to Children under the age of 5 years. They encourage teenagers for family planning, pap smears, recruitment for male medical circumcision, HCT Service and TB screening.

They give advise on Adult-chronic disease screening and treatment adherence, screening for HIV/AIDS and TB, Trace defaulter on chronic medication. The teams are playing a very big role in the community and are making a big difference and they are changing the lives of the people in a good way. They always attend war room meetings and interviews. They also plan and execute awareness campaigns. They support the Phila Mntwana Centres in Wembezi. They do household champions programs through WBOT which is aimed at achieving health oriented and self reliant households around the community. The Family Health teams statistics from Ward BASE outreach will assist in the increase of the PHC Head count. Through starting this initiative for the community the members encountered a lot of challenges, mainly transport problems, travelling on terrain –gravel roads, poverty conditions in households, food security and delay when seeking health. They lacked support from the staff and lacked equipment. But non the less they did not give up because they saw the need and are trying very hard to fill in the gap. They collaborated with other stakeholders such as DSD, SASSA, Clinics, Hospital and Home Affairs.



MEET ME I'M NEW

Dharamraj Sewsanker
Maintenance Department
Chief Artisan



Who are you?

I am from Estcourt. I am married and have 3 children, 2 sons and a daughter. My children are all qualified engineers, Chemical, Electrical and Electronics engineers respectively. I have previously worked at private companies such as Masonite and Nestle.

What are your qualifications?

I am qualified in two trades which are Electrician and Instrument Technician, with over 35 years of experience on these fields. I studied at the M.L. Sultan Technikon where I did Electrical engineering, Heavy Current.

What is the function of that job you got hired for?

My job function is to ensure that the maintenance department renders an effective and equitable maintenance support service for the Estcourt Hospital and surrounding clinics. I make certain that we achieve an uninterrupted line function to the public, patients and staff for a safe and pleasant environment.

How do you deal with challenges?

I love challenges as it makes life more interesting. I deal with challenges one at a time and in calm and collective manner. I believe in saying "you eat an elephant piece by piece".

What motivates you?

My motivation comes from job satisfaction. The feelings of satisfaction I get and feel after completing a particular project or job successfully drive me.

Pretty Mbhele
Stores Department
SCM Supervisor



Who are you?

I am a married woman. I am originally from Pietermaritzburg, Buffer location. I have two children a boy and a girl.

What are your qualifications?

Diploma in Marketing

What is the function of that job you got hired for?

To manage Scm from demand to logistics

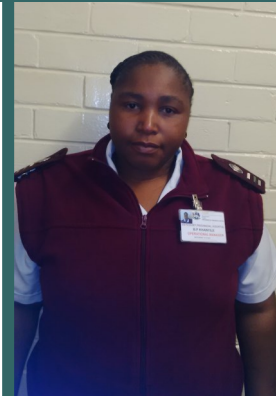
How do you deal with challenges?

I deal with them by putting my work as my first priority.

What motivates you?

Reaching a deadline keeps me going.

Bongiwe Patience Khanyile
MDR-TB Ward
Operations Manager



Who are you?

I am 35 years of age, a proud African lady. I am a married woman originally from Ethekwini District, at Danganya Area under Umkomaas. I started working in 2004 as enrolled nurse and I was promoted to be a Professional nurse in 2005.

What are your qualifications?

I have a Diploma in General Nursing, Bachelor's Degree in Management and Education. I have a Diploma in Midwifery. I have a certificate in a 5 day HIV Program and a 10 day counselling HIV, Nimaart, IMCI Course, waiting certificate in Pharmacy Health course.

What is the function of that job you got hired for?

My job function is to make sure that MDR-TB Ward and clinic run efficiently and adhere to the provincial, National and Hospital policies. To make sure I achieve this through supervision to all programs under the clinic and Ward.

How do you deal with challenges?

I deal with them by consulting senior management staff and other colleagues for assistance where possible. I acquire information through documents that are appropriate to the field.

What motivates you?

It is the vision, mission and goals of the department and the good outcome from the work that I do. The passion that I have for my job drives me.

STEPPING UP THE LADDER



Zamanguni Gumede
Surgical Male Ward (3)
(Promoted to
>Operations Manager



Who are you?

I am a lovely lady who has been working at Estcourt Hospital since 2013 as a Clinical Facilitator and I just got promoted in June 2015

My Qualifications:

I have a National Diploma in General Nursing Science, Community N. Science, Midwifery science and psychiatric Nursing Science Certification and an HIV/AIDS Diploma in Project Management.

Employment history:

I was employed @Cosh as a Professional Nurse in 2003

I have worked in the United Kingdom for a private Hospital at Esperance for three years.

2008 I was employed by Caprisa as a Research Nurse.

2010 I started working at an NGO known as JHpiego as Provincial coordinator

I have worked at Anglo Ashant Mines as a part time Matron and worked at Africa Guine Suigiri Mine as Matron at Coronation old age home

2013 I started working at Estcourt Hospital and I was promoted in June 2015.

Phindile Mlotshwa
Systems Department
(Promoted to >Senior Systems
Management Officer



Who are you?

I am Baphindile Rose Mlotshwa, better known as Phindile born and bred in Estcourt. I moved to Pietermaritzburg in 2007. I am a second born from 5 siblings, 4 sisters and one brother who is late. I have a 7 year old beautiful daughter.

My Qualifications:

I have a National Diploma in Management obtained in DUT then Natal Technikon, I also have another National Diploma in Principles of Credit Management and a Certificate in Fundamental of Human Resource Management obtained in Damelin.

Employment History:

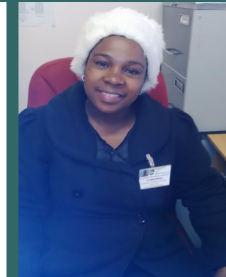
I started working for Compass group at Prince Mshiyeni Hospital, Cordwalles school in Pietermaritzburg until 2001

2002 I was employed at Estcourt High school working in one of their Hostels

2006 I started working at Estcourt Hospital as Food Services Manager

I was promoted on the 1st of June 2015 in my current post.

Zamile Happiness Madonsela
(Revenue Department
Promoted to > SCM Supervisor



Who are you?

I was born and raised in a disadvantage rural area known as Sahlumbe in Weenen. I am a very strong woman. I am a dedicated person who pays close attention to detail and I love God.

My Qualifications:

I have a National Diploma in Financial Management and a National Diploma in Microsoft office. I also have a Higher Certificate in Journalism as well as a Certificate in HIV/AIDS Counselling.

Employment history:

I have worked as a switchboard operator

I was a Financial service Officer in Revenue

I have worked as Finance Clerk in Admitting department

Before the promotion I was working as a PA to Medical Manager at Estcourt Hospital

I was promoted in June 2015 in my current post.



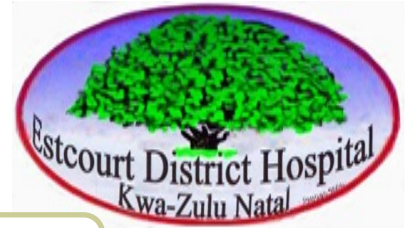
Netball Team delighted!

WORK AND PLAY SPORTS CHAMPIONS

Estcourt District Hospital came back home with two trophies and medals which they won during the yearly June sports Tournament that was held in Ladysmith Kandahar sports grounds. This is in support for the

“Work and Play” program for all departments. They played against eight different departments namely Social Department, Statistics SA, SAPS, Ladysmith Municipality, Transnet and Water Affairs to name some

of them. The games were played on the 20th of June 2015 and Estcourt Health made it to the finals that took place on the following day on the 21th of June 2015. they won two trophies from ladies soccer and Netball.



We Belong, We Care, We Serve

Thank You



Do you have a comment or suggestion for Ezasemtshezi newsletter? Email us at:

Zandile.mngomezulu@kznhealth.gov.za

We would like to hear from you!

For Laughs. . .

Wife: "How would you describe me?"

Husband: "ABCDEFGHGIJK."

Wife: "What does that mean?"

Husband: "Adorable, beautiful, cute, delightful, elegant, fashionable, gorgeous, and hot."

Wife: "Aw, thank you, but what about IJK?"

Husband: "I'm just kidding!"

COMPILED BY:

LIHLE MDAKANE

PUBLIC RELATIONS INTERN

