



health

Department:  
Health

PROVINCE OF KWAZULU-NATAL

# EZASEMTSHEZI

ESTCOURT DISTRICT HOSPITAL NEWSLETTER: SEPTEMBER EDITION

## ESTCOURT HOSPITAL CELEBRATES HERITAGE DAY



# CEO'S REMARKS



**MR. B.J. VILAKAZI—HOSPITAL CEO**

September did not only see us achieving cultural tolerance within the workplace but also came with positive developments in service delivery. UHR has donated a parkhome and this institution has been declared an MDR site which means patients can now be initiated on MDR treatment.

August has been a month that was full of awareness campaign but most notable cervical screening campaign where one patient shared a shocking cancer family history. The message is simple, let us all take care of our health to prevent surprises in the future.

This year's Women day celebration did not only surprised us all but also brought a smile to everybody's face. 'Ladies' dared to wear like ladies but one could see that "kunzima"! Thank you to the team that was behind this and secretaries day event, we need such in a workplace to take our minds off things a bit then carry on with our day to day duties and we will definitely be productive.

67 minutes of Mandela Day were observed for the first time this year after his passing. To all those companies and organizations that came to spend their 67 minutes in our institution, our sincere gratitude goes to all of you. The little you have done will go a long way to our patients recovery and may God bless you.

Welcome once again to another edition of Ezasemtshezi .

This edition is very special to me simply because September is Heritage Month where we all reflect back where we come from as a nation and also pave the way on how we can take South Africa forward. On that note, I would like to commend all employees for their support that has made this event a successful.

**NEWSLETTER COMPILED BY ZANDILE MNGOMEZULU– PRO**

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# ESTCOURT HOSPITAL CELEBRATES HERITAGE DAY

“I am really glad that we have taken some time to reflect back as to who we really are especially as Amanguni through this event”, these were the opening remarks from the hospital CEO, Mr. B.J. Vilakazi during Heritage day event that was held on the 25th September 2014.

“ We are so diluted to the level that we don’t see the significance of knowing, understanding and taking pride of our rich heritage”. Mr. Vilakazi made this point after having seen young girls dancing indlamu wearing their traditional attire.

This happened during heritage day celebration which started with a walk and different traditional dances were done and then to the venue where formal programme then started . Mr. K. Zuma, our guest speaker for the day commended hospital for the strides made in ensuring that imbalances of the past are addressed for it to serve everybody regardless of race. He further thanked staff for striving tirelessly to provide best service to all patients and that would have been impossible if they were not culturally tolerant. He further urged staff to work as a collective regardless of their cultural differences and in that way they will move South Africa forward.

There was not better way to close the event other than performance by the workshop that stood out from the rest. Their isicathamiya dance incredible managed to keep the crowd on their toes and believe me it left us asking for more!



Entertainment was rendered by staff and indlamu by children of staff members and was enjoyed by all





## LIFE SAVING PARKHOME HAND OVER



FROM LEFT TO RIGHT: Mr. Simelane (URC Project) , Mr. D. Strong (I.M. Project), Mrs. Z.B. Buthelezi (Uthukela District Office), Mr. B.J. Vilakazi (Hospital CEO), Mrs. T.S. Hlongwa (Nursing Manager)

BEHIND: Dr. Madlala (Medical Manager )- standing in front of the donated parkhome during handing over process

Long wait for MDR patients before being initiated in treatment is over. Previously these patients had to wait for a month or even more before being initiated due to long waiting times at King Dinizulu Hospital Complex . Seeing that patients were dying while on the waiting list, hospital management arranged with Greytown Hospital for patients to be initiated there. After that things changed for the better because waiting time was reduced to at least a week and patients are transported there much quicker since it is not that far from this institution.

As the old adage says even if it can be dark, the sun will come in the morning, that is exactly what happened when holy samaritanian from University Research Co. donated a spacious parkhome to be used for MDR patients and it was handed over to the hospital management on the 17th September 2014.

Mr. Vilakazi, hospital CEO said that this donation will bring an end to in fighting regarding management of MDR patients which has been going on for too long

with out any proper solution to it. He then sent words of gratitude to URC Project for having donated this much needed parkhome which will benefit people of Estcourt and Uthukela at large . In closing, he thanked Dr. Madlala, Medical Manager for his tireless efforts in ensuring that MDR patients are initiated on treatment and properly managed thereof.

Mr. Simelane from URC Project said that the organization is humbled to have donated such a life saving asset to this institution. He further challenged the institution to start reducing the spread of MDR in communities using the donated structure which has been failing them to roll on strategy to fight against this pandemic. He further stressed that this will be monitored by the increase in the number of patients that are initiated on treatment.

This stricture will be up and running shortly after all the logistics have been finalized.

# SECRETARIES DAY CELEBRATED



For every manager to perform his or her duties efficiently he or she needs to have somebody to master admin duties. In many instances these hard working professionals are not acknowledged and appreciated for their dedication instead the limelight always goes to managers forgetting the backbone of each and every office.

On the 03rd September 2014 supervisors and managers within the institution including clinics with assistance from entertainment committee invited all secretaries and admin support staff to a

special dinner just to express their gratitude to these dedicated professionals for their tireless efforts to ensure that patients get the best possible service in this institution including its PCH facilities and to assure them that their immense contribution didn't go unnoticed and moreover motivate them to do even more.

The event started with the prayer from Chaplain Rev. Mbili then a motivational talk from EAP, Ms. T. Mthembu. Mr. Africa Mthiyane from Physio department taught them basic exercises for office based employees for them to be healthy and productive throughout the day.

A get together is not complete without a delicious meal. VIP's for the day were treated with a meal to die for and they all enjoyed themselves to the fullest.

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## CERVICAL SCREENING CAMPAIGN LAUNCHED

"When my mother was diagnosed with cervical cancer, that horrific experience opened my eyes that cancer does exist but I was even more scared when my two brothers passed away due to throat cancer. It is then that I decided to stand up for my health and do regular check-ups hence I am here today".

This is one of the sad stories that surfaced during health talk with all women that came for cervical screening campaign which its primary objective is to decrease morbidity and mortality associated with cervical cancer. This campaign was held at Fordeville clinic on the 19th August 2014. It was stressed that this disease develops slowly and is preventable therefore early detection is necessary. They were also urged to come for regular screening so that it can be detected and treated in its early stages.



**PARTICIPANTS DURING CERVICAL SCREENING CAMPAIGN AT FORDEVILLE CLINIC LISTENING ATTENTIVELY DURING HEALTH TALK**

Mrs. Ramthol, Operational Manager thanked all participants for taking time to come for the screening and further urged them to spread the message around to other women for them to do the same. She further stressed that pap smear is not only done when they are campaigns but it is service that is available in the facility, they just have to enquire and they will be assisted. Among participants were those that were doing pap smear for the first time and during an interview with her after having done it, this is what she had to say, "It was quick, painless and a worthy thing to do! I will motivate my other sisters to do the same"! It is indeed worthwhile and information is power.



# DARE TO WEAR , IN CELEBRATING WOMEN DAY



What it takes to make a woman feel special, that was the question that crossed all male workers minds amid Women day. Finally they came up with Dare to wear like a women initiative which they described as their little gesture of appreciation to fellow female colleagues.



On the 08th August 2014, it was a day like all other days but surprisingly there were “Ladies” at the gate waiting for other ladies to come in. They welcomed ladies that were walking to the gate by giving them hampers will goodies and important information that is needed by all women. To those women that were driving to the gate, car boots were opened for them and they were also treated with the same goodies. While all this was happening, ladies couldn't help it by laughed all the way to their work stations.



One thing notified was that these “Ladies” were very popular and everybody was queuing to have a photo taken with them and they were declared “celebrities of the day”. After the gate warm welcome “Ladies then visited all female wards just to say Happy Women Day and they treated them with some goodies as well.



Indeed a little gesture can really go a long way and this is what our female employees had to say: ‘ Thank you very much for this, it is a small gesture but believe me it really made our day, said Sr. Mbanjwa”. Ms . Zinhle Mayisela said” oh you have made my day, by the way today is my birthday!’.

**TO ALL THE GUYS THAT DARED TO WEAR, THANK YOU VERY MUCH, YOU REALLY MADE OUR DAY!**





# INTERGRATED WELLNESS PROGRAMME LAUNCHED

Employee Wellness Programme was launched within the institution but it was identified thereafter that all activities under this umbrella were operating in silos.

It is on the grounds that wellness Committee decided that intergrated Wellness Programme be launched so that all wellness projects are centrally co ordinated for them to yield positive results.

Launch was held on the 09th July 2014 and it started with a walk then formal programme in the Nurses Home. Speeches that were delivered were full of useful information from managing finances to health related matters. This event was also having SARS and Gems as service providers on the day.

This project has started to show positive results because exercise classes have started, different sporting codes are shaping up and quiet remarkable our hospital choir has been revived and they are all getting support that they need to move forward .

Wellness Committee is anticipating great improvement in as far as staff health is concerned especially when all the wellness activities are all up and running. They are currently busy putting together a plan on how to get staff buy in for them to achieve their objective.



Employees doing a walk before the event starts



Staff and other visitors listening attentively to the speeches



Mr. S. Skhakhane giving a fruit to a patient at OPD



Sr. Makhanya spending some time with her patients

## 67 MINUTES FOR MANDELA DAY OBSERVED

Charity begins at home, that is exactly what Estcourt Hospital employees did to take a lead by observing 67 minutes with both inpatients and outpatients. Patients got a golden opportunity to spend time with staff both clinical and non clinical and they were given fruits to enjoy.

Not only did they spent time with them but patients were also entertained and that was a relaxing moment for them all and staff took time to wish them all speedily recovery.

Shortly after that institution got visitors from different organizations coming to spend their 67 minutes and among them was Estcourt News. They brought small goodies and healthy food for these little cute souls that don't understand where they are, why and when they will be back home. They also brought them crayons and drawing boards for those that can express themselves just to take their minds away from their misery a bit. Children enjoyed themselves and they kept on drawing until they got it right.

Estcourt News team then took some time to cuddle those kids that are still young and to them it was a total different experience altogether and they said they couldn't have spent their 67 minutes any better.