



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

June 2015

Happenings on the Hill

A force for change, care effective, cost effective

This was the theme for Nurses day 2015. We celebrated the day on 29 May 2015, graced by the presence of retired Nurses, colleagues from other institution in the EThekweni District, the guest speaker Mrs. Shezi who spoke about the fundamentals that make a good nurse – empathy, passion, accountability, proactive thinking, compassion, keeping abreast with technology and patient advocacy. Four Nurses were awarded special gifts for their passion, advocacy, assertiveness, flexibility and for being knowledgeable and skillful. All Nurses were given embroidered face clothes as a token of appreciation from Nursing Management. Praises go to the Nursing Management for working tirelessly to make certain that the day was a success.



**Nurses are the
heart of healthcare**

**Donna Wilk
Cardillo**

Clean hands save lives



The message is loud and clear, Clean hands save lives, and that is the message Sr. M. Dawdall our IPC was preaching at Hillcrest Aids Center. She demonstrated the correct way of washing hands, and used the Glo-Gel and infra red lamp which gave the staff a good visual explanation as it turns the invisible into germs you can see.



Staff got to open up vocal cords as they sang the hand washing song, after all learning should not be always boring with a bit of fun involved people always remember what they have been taught .



Employee Health and Wellness .

The hospital just had a wellness day, promoting healthy- lifestyle amongst employees, and entrenching the strategic objective of the Employee Health and Wellness component of physical exercise. It is done to maintain the physical wellbeing of the department employees. We also had in-service training on financial Management for employees to have knowledge on financial skills and budgeting which was facilitated by Financial institutions on the day. We strongly believe that most employees in general do experience life chal-enges and they need time out and skills to cope with those challenges. Having Wellness days is the way of affording employees time to reflect on themselves and encourage self-awareness, like ensuring that we bring GEMS Medical Aid as well for health screening for employees to do all vital signs and HCT. We thank those who took the opportunity and used it appropriately.



Kudos Corner

The programme outlines a vision statement that says nursing in the 21st century will have a , selected nurses at a country and organizational level equipped with knowledge strategies and strength to lead and manage in health services and in nursing through change. The revised vision added that nurses in the 21st century will have the ability to lead and manage in changing nursing and health policy towards healthier futures for all population. (ICN leadership for change resource module).

The course focuses on preparing nurse leaders in management and leadership strategies. The long journey started in Nov 2011 -Dec 2013 with the second group presented by nurse leaders from different provinces. The highlights of the course were team projects, formulation of individual developmental plans (IDPS) identification of mentors.

The emphasis was on Health systems reform and the fact that as nurse leaders we are living on the edge which means going to a higher level of complexity by changing in a profound way or falling apart if we refuse to let go of the status quo.

The issues of resource management, communication and ability to provide strategic leadership to the nursing component including



contributing to senior management goals was highly emphasized.

The 5th December 2014 was the moment filled with joy and pride, when the two groups graduated. The course has enabled me to improve in areas which I was not aware of their value to nursing. This is achieved through self-assessment, assessment conducted by your supervisor, your colleague and supervisee. After scoring yourself you then plan with your mentor to support and improve. Many thanks goes to my CEO Mrs. Mtshali who has always been there to support, Mrs. Penny Msimango my mentor, my colleagues (Senior Management team at Hillcrest hospital as well as nursing leadership for understanding drastic changes that we had to implement.

As the KZN group we would like to express our sincere gratitude

to the HOD for allowing us to conduct our assessment in the province, the provincial HRD team for coordinating travelling and accommodation throughout the 2 years and the CEOs who granted us permission to use their hospitals

Congrats to Mrs Mgobozi(first on the left) and the team for successfully finishing your course.

Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young

Henry Ford

Promoting health at Siyjabula High school



Sr. Thusi and Sr. Gumede recently visited Siyjabula High school in Kwanyuswa to give a health educational talk about HIV/Aids, TB, teenage pregnancy and the overall benefits of eating healthy and exercise,

The talk was very much engaging as the learners were asked questions after the talk, and they were given a chance to ask questions, those that got the correct answers were given prizes.

The learners were also challenged to come up with role play they perform for the health promotion and have a team on the next visit to see if the learners did grasp the information shared by the sisters.

Dear ladies...

Goodbye is a sad word but we had to say it to the three of you, we have had the pleasure of knowing, working and playing with you, you became more than just colleagues but friends, mothers and sisters. We will miss you for your good hearts first and for most. Mrs Makaso - HR Manager for your wise words "Mama Mfundisi"

Mbali Majozi - WMO for your colourful fashion sense may Ethekwini Municipality treat you well as EHP.

Mrs. Saroj Govender - SFO for your motivations, well Ethekwini District is a stone throw away we will see you soon at Finance section

Mrs. Futhi Ngcobo - QA Manager for your sense of humour we know Clairwood will receive you well as their new M&E

But most of all, you all loved your work, you sure left some big shoes to be filled we wish you all of the best in your endeavours,

yours truly

Hillcrest Hospital staff





Mrs. F. Ngcobo



Mrs. S. Govender



Miss Mbali Majozi



Occupational Therapy happenings



Patients were visited by the professional wheelchair dancer. The excitement was in the air, they dressed up in their most beautiful clothes and volunteers did their make-up and “styling” to make them feel like the stars of the evening. Certificates were awarded to all the patients who attended, made good progress and excelled in rehab during 2014.



The highlight of the evening was when our guest artists, professional wheelchair dancers, performed ballroom dancing. Their dancing, lifts and turns left most of the staff and patients speechless and in awe. This was definitely a motivational and inspiring evening for everyone, which will be remembered for a very long time.

Through the lenses



Nurses day



Strategic planning session



Gogolympics 2015



Hillcrest Hospital was invited to be part of these olympics, we rendered HCT, BP and blood sugar testing. This is an initiative by Hillcrest Aids center that takes place every year, gogos and mkhulu's in the outer west communities are invited to play netball, soccer and other games as a way to keep healthy, fit and promote healthy living in their families



WELCOME

Jones C. OMN

Ntshela AS PN

Tshabalala S.R. Safety Officer

Nxumalo JM—ENA

Linda MM—ENA

Manyoni CM— ENA

Mdluli N - ENA

Mpulo N - ENA

Zwane NL - ENA

Amisi Y- PN

Sikhosna A- EHP

Kweyama ZH—GO

Mavanini MM - PN

Nduwandwe BF—EN

Makhanya LR— FSA

Mkhize JM— FSA

PROMOTION

Hlongwa JC, SHRP - HR Manager

Mthembu N.F, EN - Professional Nurse

Dlamini LA, ENA - Enrolled Nurse

Ntshangase TP, ENA- Enrolled Nurse

Luwuno DP, ENA— Enrolled Nurse

Ngcebetsha L, PN— Operational Manager

Gumede SH, GO - Linen Orderly

Farewell!

Chonco Z, Mkhize HTG, Bhengu PP, Mcking JC

Mpanza NC, Ngcobo PN, Ngcobo PN

Mchunu TL ,Ntsele AS, Zama N, Logan W

Chili NM, Zulu AS.

Compiled by. Miss. T Zungu

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