

KE8H MEN'S MARCH

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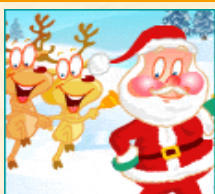
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As a response to the 16 days of activism; Men in partnership against the abuse of women and children was launched on the 25th Nov 08. The men only meeting was attended by about 150 male employees. After that meeting medical men and male nurses led talks to men only on diseases and illnesses prevalent to amadoda. On the 10th Dec 08 a men march around the hospital (from Sydey-Francois-Umbilo and back to Sydney Road) started from 10H30 to 12H00 as closure to our programme of action. After a march men were joined by women where we had word of God and prayer from various denominations and few speeches from organized labour representatives.

This mark the beginning of many activities that KE8H men are going to take a lead on.

We cannot deny the fact that it's not only women who are victims of abuse; men are also being abused by women and therefore support groups of such are greatly needed.

These men are committing themselves not only on this campaign, however on all campaigns where men are urged to take a lead. This includes MIPAA (Men In Partnership Against Aids); which is placed to achieve the following:

- Mobilizing and strengthening men to become active participants in the multi-sectoral HIV and Aids response.
- Advocate and lobby for the mainstreaming of male reproductive health in order to ensure greater

sexual health responsibility,

- Develop and implement interventions around gender-based violence, poverty eradication and HIV and Aids,
- Disseminate and Implement relevant interventions in line with the HIV and Aids National Strategic Plan (NSP 2007-2011)
- Create a platform for men to share experiences, best practices and challenges with regard to community development projects with the context of mitigating the impact of HIV and Aids.

Special thanks to all men who took a lead and participated on such campaigns

New Paediatric Unit on the Cards

In July 2008, our hospital was approached by Carte Blanche to participate in its 20th birthday celebration by televising and promoting the quality of our paediatric services. The brief was very clear, to showcase the paediatric service as the centre of excellence and constructively highlight the prevailing challenges inhibiting optimal provision of this service.

The programme had to be televised and interviews with relevant employees within the paediatric department were conducted.

During interviews and shooting the shortage of appropriate and latest medical equipment and other medical sundries were be-

ing shared by staff. Observations were made on that eye sore state of our paediatric wards, neo-natal ICU as well as paediatric outpatient department.

After the programme had been televised, Carte Blanche was inundated with enquiries from sympathetic companies seeking or wanting to assist through various donations.

as a major cooperate sponsor interested in making a difference in our paediatric unit; BHP Billiton felt its no use donating new equipment to a collapsing building and

therefore are going to build us new paediatric unit.

Several meetings have been held with all stakeholders and the project is due to start as early as February 2009.

A big thank you to M-Net/ Carte Blanche for approaching us to participate in their project. To BHP Billiton, thank you for choosing to make a difference in our institution; and to eThekweni District and Head Office: without your approval this was not going to happen, thank you.



R: BHP Billiton firs Site Visit and L: Meeting with all stakeholders



New Paediatric Unit on The Cards



1




 KING EDWARD VIII HOSPITAL - PROPOSED NEW PAEDIATRIC OUTPATIENTS AND ACUTE HIGH CARE AND GENERAL WARD
 

2



3




 KING EDWARD VIII HOSPITAL - PROPOSED NEW PAEDIATRIC OUTPATIENTS AND ACUTE HIGH CARE AND GENERAL WARD
 

4

Pictures 1 & 3 are current status of our
 POPD, 2 & 4 are pics of the proposed new
 POPD

C.E.O's Bird Eye View

At the beginning of the year 2008, my office held interaction meetings with various sector groups of our hospital. Comments, views, opinions and input gathered during those meetings informed and shaped the 2008 annual performance plan of the hospital. I think as we approach the end of the year, 2008, it is appropriate to reflect on certain things that united us in our quest for excellent service delivery so that going forward to 2009 we emerge more strong.

The year, 2008 as we predicted at the beginning, has been a very challenging one. Administratively, we have a lot to do to sustain our service delivery so as to realize our goal of a better health care to our patient. A lot has been done to improve our clinical care but more still need to be done to improve the attitude and human relation of our health care employees. Our employee survey conducted this year indicated that as employees we need to work on our interpersonal relations, communication attributes. I edge staff to read the stats of complaint cases (last three quarters) compiled by the public relation's office with a view of finding ways and means to reduce or prevent them. Some of these complaints end up as litigation cases against the hospital.

Adherence and compliant to some quality assurance and infection prevention and control standards is huge challenge to us due to many years of infrastructure decay. The long outstanding call by the management to head office for funding the finance the fast deteriorating buildings has not been met. The much talked about redevelopment and or revitalizations remains a pipe dream. Besides all the challenges I, like a good captain edge and implore all staff to hang on and continue to do the good work for the sake of patient care. As Dr John Tibane said "**this too shall pass**". I have no doubt in my mind that King Edward VIII hospital remains the only major player in the province when it comes to clinical expertise. Any gambit wittingly or otherwise aimed at collapsing its services or neglecting to purse its redevelopment will not succeed. I wish to commit myself

that in 2009, supported by you, will leave no stone unturned in ensuring that the redevelopment of the hospital becomes a permanent issues in the agenda of the new administration.

Eminye yemisebenzi yami ukukhuthaza bese nginika ithemba ezikhathini ezinzima kubasebenzi. Lokhu ngikwenza phezu kokwazi kwezinye izikhathi ukuthi kusuke kunzima kanjani. Umoya wothondo, ukuhloniphana kanye nokubambisana yikhona okusiphumelelisayo. Imikhuhlane nezifo mazingasidumalisi kodwa zisinike umfutho wokusebenza ngobunye nangomthandazo. Njengoba ngo December sigubha ukuzalwa kwenkosi uJesu kanjalo nathi masizalwe kabusha emoyeni nasekwenzeni izinto. Okubi nokusiphathe kabi masakushiye sidlulele phambili kuhle kwenyoka yebuza.

Financially, for us 2008 has been the worst year. It will almost take us another two years to recover from the financial slump. But this financial quagmire as it affects the whole department of health must be understood in its broader context. By default, the delivery of health care service depends on the availability of resources, financial, human or material for it to succeed. I want to first thank God almighty for the strength and courage he gave me to perform so demanding the task of leading service delivery of this august institution. My sincere appreciations go to my colleagues both at senior and extended managements for the understanding, support and corporation even during difficult moments. Many praises go to different categories of employees at all departments to whom I am indebted for their resilience and hard work amid under trying conditions.

The proper delivery of health is a journey and not an event. It requires women and men of courage and total commitment similar to the one experienced many decades ago by Mahatma Gandhi during the **Salt march**. The year 2008 is now gone



Hospital CEO
Mr Mboneni Bhekiswayo

and never to return. We now need to focus on what the new year 2009 will bring for us or should I say what we plan to do. A well trained soldier is one that does not end by aiming only. Forward planning detects that we set goals in advance and together working tirelessly towards meeting them. Let us all remember that before you enjoy the top of the mountain you must first endure the pain of climbing. Dr Jon Tibane says "**there is value in the valley**".

Let me close my message by paying tribute to all our workers who were called to rest this year and praying that God gives their families healing and strength. Sonke singabahambayo kulomhlaba usho njalo umhlabeleli. Let me wish each and everyone of you a blessed Christmas filled with lots of joy and a bright new year, 2009. Please remember we need you, South Africa needs you, Mother Africa needs you, Do not drink and drive. Yomela ekhaya. **Arrive alive.**

Merry Christmas and Happy new year

Every Day is Quality Day

Friday the 29th November 2008 saw a day that will always be remembered by all departments of K8H. Quality Day is where we showcase all quality improvement projects and awarding those who have sustained this through out the year. Such occasions is also a way of assessing ourselves , rewarding excellence, identify shortcomings and make improvements.

Among the rewards given were :

Most Supportive Quality Representatives (Mrs L Munro, Dr S.A Moodley and Mrs D Zimu),

Most Supportive Quality Department (Physiotherapy department),

Best Quality Assurance Department (S2A, Medical Outpatients, Trauma Unit),

Best Department in Infection Prevention and Control (S4A, O1 and Mortuary) ,

Best Quality Improvement Project and Best Batho Pele and Patients Rights Department.

ment.

Dietetics and Paeds did a power point presentation on Flash Heating. Where HIV+ mother express breast milk and flash heat it before feeding their babies. King Edward VIII hospital is the first one to pilot this project.

The message from the hospital CEO was that Quality starts with oneself and loving ourselves and our jobs will obviously lead to best quality service.



Most Supportive Quality Department
PHYSIOTHERAPY



Best Quality Assurance Department
S2A



Most Supportive Quality Representative
Mr Munro



Best Quality Improvement Project
Dietetics & Paed Department



Best Quality Assurance Department
Medical Outpatients



Best Department in Infection Prevention and Control
Mortuary

Ukuqwashisa Ngesandulela gciwane lengculazi



Mr Themba Ndabandaba:
from
HAST—KZN

Umkhankaso wokuqwashisa ngesandulela ngculazi kanye nengculazi uqobo kubonakala sengathithi usazohamba ibanga elide ngenxa yezinselelo ezintsha ezivela minyaka yonke.

Ngesikhathi isibhedlela saKwaKhangela sibambe umkhankaso wokuqwashisa ngalesi sifo esingumashayabhuqe kubuye kwavela ukuthi usuthanda ukwanda umkhuba wabantu abasebenzisa imishanguzo yokulwisana nalesi sifo njengezidakamizwa. Njengoba lesi sikhungo besinalomcimbi ngomhla ka 5 Disemba kuvele ukuthi eminye yemishanguzo eyaziwa nge-stokrini, isisetshenziswa njengesidakamizwa ngokuthi ibhenywe.

wanga ukuthi ibhenywe. Ongoti bezempilo bathi uma abadla imishanguzo yalesi sifo besebenzisa eminye yayo ngokuthi bayibheme njengezidakamizwa loko kwenza ukuthi imishanguzo ebhekele izimpilo zabo ingabe isasebenza nokuba yisimo esibucayi kakhulu. Kubikwa ukuthi labo abaqhubeka nokusebenzisa lemishanguzo njengezidakamizwa babeka izimpilo zabo engozini. Okunye okukhathaza abezempilo ukuthi sekubikwe nomkhuba wabantu abalanda imishanguzo ngenhloso yokuyidayisela labo abaphila ngezidakamizwa. Kanti lokhu kuthinta iziguli kanye nabasebenzi.

Isikhulumi sosuku sigququzele bonke abantu abaphila naleligciwane ukuthi bangabuki impilo bagcine ekutheni banegciwane; kodwa ukuthi babe namaphupho ngezimpilo zabo. Into egulisa abantu ukulahlekelwa

ithemba.

Njengoba lomcimbi ubuhlanganiswe iSiya-jabula Support Group; ngokubambisana nabasebenzi bomtholampilo wesandulela gciwane; babuye benza umdlalo weshashalazi ogcizelela oxwayisa ngabo ubungozi bokubhema imishanguzo. Okunye okuthokozisa kakhulu ukuthi bakhona la ezigulini abadlala indima enkulu ekubikweni kwezenzo ezingasile njengakho ukweba nokudayisa imishanguzo.

UMnuz. Ndabandaba ophuma esikhungweni esiphakemi sezempilo, ehhovisi elibhekelele ukuqwashisa ngawo umashayabhuqe, uzakalisa amazwi okubonga kubasebenzi balomtholampilo ngaphansi kwaso lesisibhedlela sakwaKhangela; nakumalunga eSiyajabula Support Group ngeqhaza alibambile.



Dr Lungile Ngema:
Guest Speaker

Isikhulumi sosuku uDokotela Lungile Ngema uzwakalise ukukhathazeka ngalesi simo ngoba lokhu kubeka izimpilo zabantu engcupheni. Ucwangingo lwezempilo liyakuveka ukuthi imishanguzo esetshenziselwa ukuthiba isifo sengculazi ayikudalel-



Wayeyishaya kanje ingoma uSr Sthembile Dlamini osebenza khona e Family Clinic



Toy Story 2008

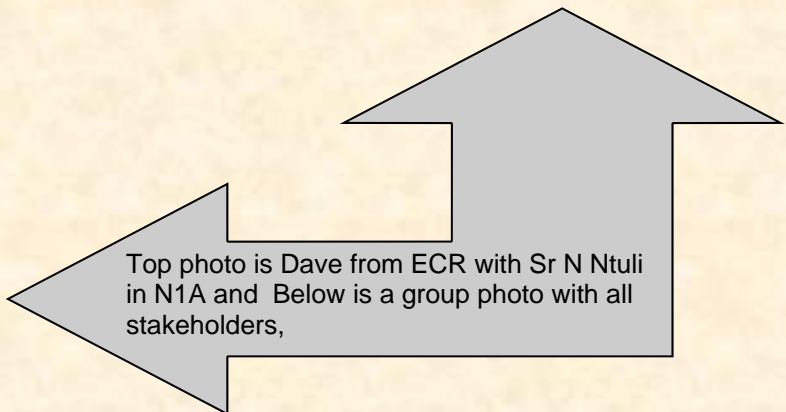
The sound of siren did not mean there's fire or accident; this one meant the escorting of VIP's who come bearing gifts. Like every year East Coast Radio brought Christmas gifts to our inpatients children. It wasn't only ECR but other stakeholders who

are part of the Toy Story Campaign; Out-surance, SAPS, Fire Department, Ushaka Marine, Spar and bikers. Even though this is done every year, however the joy that we see in recipient's faces (patients) is different and overwhelming every year.

abandoned and such visits and gifts means more that we can ever imagine.

Even the staff and the mothers were overwhelmed especially when visitors played guitar Christmas Carols.

Among these children, some are



Back Care Awareness

The Physiotherapy Department hosted a variety of events to promote National Physiotherapy Back week 2008 from 8 September to 12 September 2008.

nomics, Posture Correction, Causes of Back Pain and Preventative Measures.

campaign for MOPD and OOPD. We had a positive response from patients and staff in both departments. Demonstrations, Posture Corrections and General Advice were given to all those who attended. We distributed pamphlets and exercise booklets to all those who attended.

Tuesday: (09/09/08)

A Pilates Exercise Class was conducted for all staff between 12h00 – 13h00 at the Physiotherapy Department. The aim of Pilates is to teach body awareness, good posture and easy movement. It is helpful in strengthening the inner most muscles of the pelvis and trunk which are largely responsible for maintaining our posture and endurance during activities

Friday: (12/09/08)

Between 12h00 and 13h00 we had a Fun Walk for all staff. A simple but vigorous route was mapped out within the hospital premises. We had started with a warm up session of 15 minutes followed by the Fun Walk which concluded with a 15 minutes Taebo session in the Physiotherapy Gym.

Wednesday: (10/09/08)

We identified Human Resources, Stores and I2B (Orthopaedics) department for specific talks between 10h30 – 13h00. We had good participation from the departments but unfortunately Stores department had declined our invitation due to stock verifications.

We would like to thank the hospital staff for their overwhelming response to the event as well as patients who participated in the program.

The entire event was a huge success and we look forward to hosting next year's event.

Thursday: (11/09/08)

Between 08h30 – 10h30 we had awareness cam-

By Mrs Khanyo Cele

Monday: (08/09/08)

This kicked off with a Presentation for staff in the hospital on Neck and Back Care etc.

It was held between 11h30 and 13h00 at the physiotherapy department. We were encouraged with the high attendance and interest from various departments. Discussion centered around

Anatomy, Neck and Back Care, Exercises, Demonstrations, Ergo-

Orthopaedic



Pharmacy Week

The theme for Pharmacy Week was '**SAFE DISPOSAL OF MEDICINE**', which highlighted environmental issues around inappropriate disposal thus creating a risk to the community.

During this week the Pharmacy staff conducted interesting and informative talks to staff and patients on the safe disposal of medicines and the correct and effective use of medicines to prevent waste. The topics highlighted were-

- The correct disposal of used dressings and condoms is to be wrapped in newspaper or a tissue and then in a plastic bag before discarding in the refuse bin.
- The correct disposal of aerosols (e.g. Inhalers) - return metal canisters to a Pharmacy.
- Sharps – discard in a sharps container. Patients can safely store used sharps in a container and return to a Pharmacy for correct disposal.
- Expired and unused medicines **must not** be discarded down the toilet or in a refuse bin. Please return these items to a Pharmacy where they can be correctly disposed of.
- Schedule 5 & 6 medicines have very strict requirements with regard to

disposal. Please contact the Pharmacy Department on 3179 if you are unsure of what to do.

Antibiotics are prescribed for a set period, with a result that you may have some capsules/tablets or suspension left over at the end of your treatment. Do not use this to dose others - it may be the wrong medicine. You must consult with your Doctor.

- Antibiotic Suspensions have a short shelf life even

though you store them in the fridge. Please ensure that you are aware of the expiry date and discard after 7 – 14 days as indicated.

- Do not decant medicines into other containers. The name of the drug, strength, dose, expiry date and batch number are on the original container.

Eye ointments and drops must be discarded 30 days after opening.

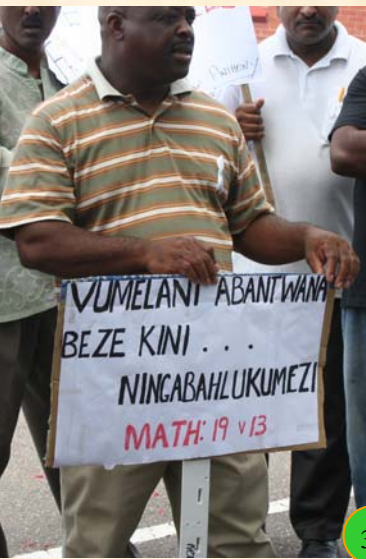
"Pharmacists are best positioned to educate the public about the disposal of medicine. They are familiar with the best practices, they know the law and they are accessible to consumers. The PSSA (Pharmaceutical Society of South Africa) encouraged all pharmacists to participate in this campaign as part of their social responsibility and in the interest of safer and cleaner environment."
Lorraine Osman (spokesperson for PSSA)

We will continue to educate patients and staff about the correct effective use of medicine and encourage hospital wards and departments to maintain the correct stock levels thus preventing medical and financial waste.

By Mrs Gill Cutting



Photo Gallery–Men’s March



1. Dr Baloyi (Medical Manager) on the right
2. Leading men in the march
3. March starting at Sydney Road
4. Mr Magubane (HR Manager)
5. Dr Raghurba, Dr Buzduganh and Prince Mkhize (Labour Relations Manager) taking a lead
6. 32° weather didn't stop men from expressing themselves



Photo Gallery–Pharmacy Week



1. Patients listening attentively to Pharmacists
2. Admin Block staff being in-services about safe disposal of dressings and medicine
3. Outpatients in MOPD pharmacy during Pharmacy Week

World Diabetes Celebration

The Medical Outpatients' Department identified DIABETES MELLITUS – THE SILENT KILLER as one of the challenges requiring intensive intervention.

According to the 2008 health calendar, the 14th November 2008 was world diabetes day.

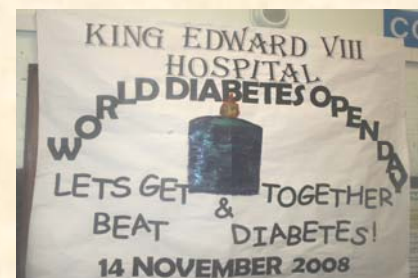
The celebration was planned which started on Monday 10 November, whereby random glucose checks and education were done in non- Nursing departments according to the schedule. The response was very good in all departments that were visited. The staff showed a vested interest and even came to the department for follow-up.

Plus minus 100 staff members were checked per day. 20 % of staff members checked had abnormal blood sugars. They were counseled and referred to the Occupational Health Clinic for further investigations and management. There was so much enthusiasm such that they kept informing us of their daily checks. Friday 14 November was D-Day (World Diabetes Day). The theme of the day was: **"TEST – DO NOT DIGEST"**. The main aim of the celebration was to inform / educate the public about diabetes mellitus to enhance understanding, compliance and acceptance of the condition. Various Specialists involved in the field of Diabetic Management were invited e.g. the Physicians, Opticians, Physiotherapists, Dieticians and Diabetic Nurse Specialists from various companies.

They gave motivational and enlightening presentations and they managed to reach the level of all that attended. The animated video cassettes were shown. Stage plays and entertainment were done by the staff . All those who attended were delighted about the information gained. T- Shirts, pamphlets and booklets on Diabetes and diet were distributed amongst all. WE WERE BLESSED BY THE PRESENCE OF OUR SENIOR MANAGEMENT.

Diabetic lunch was served to all patients and staff. The day was indeed a success.

By: Nontembeko Masela



Hospital CEO Mr Bhekiswayo having his sugar level checked



MOPD STAFF



Christmas Message from the PRO's Office



Public Relations Officer
Miss Nontobeko Ndlela

In a few days from now, we will be back and account for our successes and failures. Where we have excelled our expectation, we will have all reasons to celebrate and where we fell short, we need to identify the challenges and learn from our shortcomings.

I want to appreciate the effort and courage that the staff and management of this hospital put to ensure that service delivery remain at optimal level despite the challenges that we are facing. This shows the character of quality managers and employees that we must pride ourselves of.

We must acknowledge the effort of some of our colleagues who fell along the way before we reached the last day of this year. May their souls rest in peace. For those of us who have made it, we owe it to them that we were able to hold the fort. We drew valuable lessons from their strength and courage. It will be wise to hold the baton and

run another successful race in the years to come.

In our success and joy, we must remember those that are not fortunate enough to enjoy the Festive Season because their health is not allowing. We must give them our love. We must give them hope. We must reach out to those that have become victims of poverty. We must care for them as much as we care for our loved ones. We must extend our healing hands to those that are undergoing emotional rollercoaster. It is upon us to ensure that their ride turns around for the better.

I would like to wish all my colleagues a peaceful and a wonderful Festive Season. We should also remember to be safe in everything we engage ourselves in. Let us show each other a sign of love and peace.



reaching the full cycle of the year, 2008. With the Festive Season already upon us, Merry Christmas and Happy New Year!

It will be prudent that we take stock of the 365 days that we had this year. It is common cause that we would have individually taken resolutions and set goals for ourselves early in the year. Now we must look

Message from the EAP Office

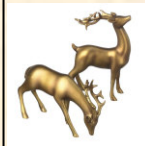
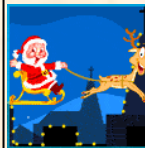
It is time for giving and unfortunately also a time for overspending. The employee Assistant Programme Practitioner wishes you a festive season of responsible giving.

Holiday spending tips:

1. Cash is the best and cheapest option
2. Credit has additional cost as it bears interest and finance charges.
3. Be aware of NO Return or NO refund policies when purchasing items.
4. check if the goods you buy have a warrantee/ guarantee
5. take note of expiry dates
6. Do not spend beyond your means

Remember to save for the school fees to avoid **OMASHONISA**

May the Lord bless you this Christmas and have a prosperous 2009.



Message from KE8H Sport Coordinator

Greetings Colleagues, We have come to that time of the year where we find time to unwind.



Sport Coordinator
Mr Xolani Cele

I find pleasure in taking this opportunity to wish each and everyone of you best wishes as you will be relaxing with your families enjoying yourselves, however as much as we'll all be in a festive mood I just want you to know that we still have many more years to live hence we should all enjoy responsible till we meet again in 2009.

Looking forward to another Sporting season, siqhubeke lapho sigcine khona sibathel'induku.