



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

INDABAYETHU NEWSLETTER

LADYSMITH REGIONAL HOSPITAL



JUNE 2013—DECEMBER 2013



THE OCCUPATION THERAPY WEEK!



Ladysmith Hospital Occupation Therapy Department embarked on a project to promote Occupational Therapy in the hospital during the National Occupational Therapy Week in October. The promotion included a wall display, explaining the fields of Occupational Therapy.

Included at the table were different pamphlets to promote health conditions e.g. Epilepsy– what is it? How do handle someone having a seizure? The pamphlets were available for staff members as well as to our clients.

On Thursday the 10th of October 2013 an awareness day for the staff members was held, it included explanation of occupational therapy as well as participating in activities of daily living with a physical disability.

The first activity was tying a shoelace with one hand :

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The staff members agreed that something as small as tying a shoelace with one hand was not easy.



The second activity was putting on a jacket with one hand and pulling up the sip.

Therapist assisted behind the wheelchair for safe reasons. The staff member reported that it was very difficult to go down the ramp as he felt like he going to fall out of the wheelchair. The therapist explained that he needs to lean backwards to counteract the decline. Whilst going up the therapist encourage the staff to lean forward to prevent the wheelchair from tipping backwards.



The promotional activity was concluded by having a talk on stress management. The staff members participated in relaxation techniques, deep breathing techniques and after visualizing a beach scene without any stress, the staff member relaxed by having cup of tea.

The staff members then reported that they now understand the role of occupational therapists in the hospital

Submitted by : Evette Cilliers, Occupational therapist

CDC FOOD RELIEF PROJECT

The project started in 2012 by Sister Mtshali and the Diaticians with the objective to cater for ARV's and TB treatment patients that do not qualify for government incentives. This project intend to additional assist with compliance of their treatment and diet, and also prevent further malnutrition.

The proposed action for this project was to start a vegetable garden on the hospital premises which was to be used to provide a meal for CDC patients. Food parcel were to be sponsored and thereafter issued to needy patients especially those who are malnourished and on treatment.

Lastly, the project would provide a meal which would ideally be soup with bread for CDC patients coming for their monthly visit

- Our current progress:
 - * Vegetable Garden
 - * Situated outside CDC
 - * Harvesting recently started in which patients received parcels of vegetables
 - * Planting according to season



LADYSMITH HOSPITAL INFECTION PREVENTION WEEK! 21 –25 OCTOBER 2013

Ladysmith Regional Hospital celebrated Infection Prevention and Control week to promote awareness on the importance of infection control practice in work place. The main purpose of this awareness was to ensure that staff working within the healthcare facility understand their roles, accountable and responsibility in reducing health care infections.

The one week celebration includes infection control education through music and education sessions to the patients, visitors and healthcare workers from each and every department within the hospital. Posters were displayed and handouts were given to the visitors. Hand washing was emphasized as they are vehicle to transport micro-organism.

The event ended with prize distribution to the clinical and non-clinical areas that maintained highest marks on audits throughout the year and staff which is dedicated in promoting the in-



Ward 10 singing, teaching and entertaining patients visitors about the importance of washing Hands!



Ward 10 Operational Manger Sister Mtshali leading by example!



OPERATIONAL MANAGER SIR S TSHABALALA RECEIVING AN AWARD FROM IPC NURSE SIR MAZIBUKO

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“ABANTU ABAGEZE IZANDLA BO”! SEBESHILO ONESI!



THE BIGGEST LOSER COMPETITION!

In June 2013, the Ladysmith Dietetics Department launched the staff 'Biggest Loser Competition'. There was much excitement amongst all the staff when notices and posters were sent out announcing the competition.

The competition was kick-started with a once off registration day where all staff who were interested were able to come and be assessed to see if they qualified to enter the competition or not. The Dieticians set up a display table in the main entrance competition of the hospital advertising the registration day and staff came out in their numbers to register for the competition. On the registration day we registered 64 staff members into the competition. Following the registration, entrants were required to attend a one day workshop where they were equipped with everything that they needed to succeed in the competition. The workshop included training on healthy eating for weight loss, a presentation by the Physiotherapists on exercise, as well as setting of personal goals.

The competition ran for 6 months and all entrants were required to come for monthly weigh-ins with the Dieticians. A closing awards ceremony was organized for the 10 December 2013 and all entrants were invited to bring along 2 guest to share in their success through the competition. The Dieticians organized a guest speaker for the morning, Mr Nxumalo, who has succeeded in his weight loss over the last 8 months. Mr Nxumalo has actually volunteered to be an ambassador for weight loss in his community, just by sharing his story. He has successfully lost 30kg over 8 months and is still going strong, aiming to reduce his weight by further 10kg. He truly was an inspiration to all who attended the ceremony.

The Dieticians were extremely proud of the achievements of all the staff that participated in the competition and so no one went home empty handed. The top achievers received a special acknowledgment, with prizes handed out to first, second and third. Prizes included exercise equipment, and kitchen appliances. The staff who entered the competition were so proud of what they had achieved and are eager to continue with their weight loss, as some of them had not yet reached their personal goals that they had set at the beginning of the competition. Dieticians will continue to monitor and support all the staff that were a part of the competition. The Biggest Loser competition will be run on an annual basis to give other staff who were unable to previously enter a chance to take part.

We as a Dieticians Department are excited to see that the staff at Ladysmith Hospital are so interested in improving their health and being an example to those around them.

Article submitted by:

See photos below:



“MEET OUR BIGGEST LOSERS” 2013



OUR DIETICIAN MISS LOUISE OOSTHUIZEN TEACHING OUR STAFF ABOUT HOW TO LIVE A HEALTHY LIFE STYLE!



From Right: Miss Louise Oosthuizen and Matron Ndaba presenting the Award to one of the participant of Biggest Loser Competition 2013



“ Ladysmith Regional Hospital staff were very excited with their achievements” Eish! Losing weight is not easy my friend!!!



THE WORLD AIDS DAY CELEBRATION EVENT!



Mhla zingu 1 December, umhlaba wonke usuke ukhumbula laba abaphila negciwane lengculaza, asaiyibhedlela saseMnambithi nathi asisalanga kumlomkhankaso ogubhwa umhlaba wonke. Kulonyaka ka 2013 sihlanganyele nenyonyana yabasebenzi bezempilo iNehawu ekugubheni lolusuku.

Ngokujwayelekile kube nezikhulumi ezivela ezindaweni ezehluka lapha singabala labo abaphumele eshashalazini okumanje sebefundisa umphakathi ngaso lesisifo. Nodokotela bethu singumnyango Kanye namaNesi bathola ithuba lokukhuluma nomphakathi owawuthamele bewufundisa ngezindlela okumele behlale bezazi uma usuphila nalesisifo.

Sithanda ukubonga bonke abenza lomcimbi ukuba ube yimpumelelo, sibonge nawo umphakathi owaphuma ngobuningi bawo ukuzothamela lomcimbi. Siyathemba ukuthi konke okwashiwo yizikhulumi zethu zosuku akuwelanga phansi kodwa umphakathi uzokwenza okufanele ngoba Sisonke singalwisana nengculaza.



UMPHAKATHI WAPHUMA UKUZOLALELA ABEZEMPILO



SIBONGE NAKUZO IZINKOKHELI NGESUPPORT YAZO!

PHARMACY YEAR END FUNCTION

Ladysmith Regional Hospital Pharmacy Department took time to celebrate the year's accomplishment and appreciate to pharmacy staff by dining at a Year End Function 2013. The purpose of the function was to build a united team of professionals, awarding staff on the year's hard work and to say farewell to each other as the year was drawing to a close and some staff were going on vacation. Each pharmacy staff brought along family and friends to celebrate and their years and their accomplishments in style. The event took place on Friday 06 December 2013 at Ladysmith Motel Conference Hall. Among activities at the year end function, Mr Wilhem Greffrath was nominated by his colleagues as the Best Pharmacist for the year 2013 and Mrs Thandeka Hlubi was nominated as the best Pharmacist Assistant in 2013. Certificates of appreciation were also presented to all Pharmacy Staff by Mr Siphwe Khumalo in recognition of outstanding provision of pharmaceutical services for Ladysmith community. The Acting CEO (Dr. B.A Mabaso) was among the guests of the event who offered word of wisdom appreciation to pharmacy staff. After the formal event had been completed, the after party was celebrated responsibly with other hospital departments who graced the event with their presence.



The Pharmacy Manager: Mr. S. Khumalo (left) presenting the Award to his staff members!



“YA NE” THIS WAS A SHOW STOPPER PARTY! THANKS TO THE PHARMACY MANAGER MR S. KHUMALO



CEREBRAL PALSY X-MAS PARTY 2013

In the past 2 years, this occasion has always been a small event held in the Rehab Department. This year Delca System decided to give a bigger sponsorship allowing us to invite 100 Cerebral Palsy kids with their mothers and a maximum of 75 guests. The sponsored for the marquee, food and toys. Speaking for Delca Systems Megan said "This year Delca decided to go bigger and invite as many children as we could to really reach out and give as many children Happy Christmas . The management of Delca Systems support Ladysmith Rehab Team in their goal to give these children a wonderful day to end this year after all hard work of having to come to therapy and the hardship they faced,"

Rehab Manager Jackie Madombwe extended her sincerely gratitude to the sponsors Delca Systems, guest and speakers , the rehab team for organizing such a wonderful event. She also thank the mothers for their attendance.

See photos below:



THANKS TO DELCA SYSTEMS FOR MAKING THIS DAY A MEMORABLE ONE!