



INDABAYETHU



August 2005

Volume 1, Issue 2

KZN Health Department
DC 23 - Uthukela

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LADYSMITH HOSPITAL GETS NEW HOSPITAL MANAGER

Mr Daniel Dumezweni Dumisa has been appointed manager for Lady-smith Provincial Hospital with effect from 01 August 2005. He takes over this portfolio from the departed Dr Gyi. The incumbent brings an element of compassion to his position as he strongly believes that client is "boss" and must be treated with dignity.

Mr Dumisa has a proud record of distinguished service to the health department, having begun his career in 1980 as an administrative clerk at head office. Through his devotion to duty and love for excellence, he has risen through the ranks as only a dedicated public servant would.

He was very instrumental

in spear-heading skills development initiatives at all health institutions he worked.

In 1984, he obtained a



Mr DD Dumisa Hospital Manager

National Diploma in Public Administration with distinction in Public Administration and Industrial Psychology from the University of Zululand. Additionally, he possesses a National Higher Diploma

in Public Management.

His impressive pedigree also includes a Postgraduate Diploma in Human Resources Development from Rand Afrikaans University. Mr Dumisa has vast managerial experience dating back to 1992. This is a result of service rendered to various work-related bodies such as the Deputy Chairperson of Human Resources Department Committee, Chairperson of Provincial Management Development Committee and member of the Provincial Training Committee to name a few.

To compliment his wide knowledge of the health sector, Mr Dumisa firmly believes in participative management and is always receptive to fresh ideas.

QUALITY IMPROVEMENT NEWS by Mrs Megan Estran

COHSASA is here !!! This means there are a lot of challenges facing the whole staff. We need to work together towards getting **COHSASA ACCREDITATION**, so look at your Baseline document and work through all the critical criteria first.

As far as **COHSASA** is concerned we have no new quality improve-

ment projects. This is not true, but as no new projects have been registered with the quality improvement committee we could not show proof that we are moving forward.

Therefore I urge you to please register your quality improvement projects with the committee.

HOSPITAL PROJECT FOR 2005

We have decided to make our project for 2005 hand washing, so please encourage each other as well as our clients to wash their hands as often as possible to prevent cross contamination.

HEALTH DAYS:

August - National Oral Health Month

- 1 - 7: World Breastfeeding Week
- 5 - 12: National Immunization Awareness Week
- 1 - 7: National Cancer Week
- 9: National Women's Day
- 10-16: Organ Donor Week
- 17: SADC Day
- 24-30: Cerebral Palsy Week
- 24-30: Deaf Awareness Week

September - Allislem Awareness Month

- ◆ Epilepsy Awareness Month
- ◆ Cervical Health Month
- ◆ Heart Month
- 1-7: SANCA Week
- 5-7: Pharmacy Week
- 9: International Foetal Alcohol Syndrome Day
- 8-12: Back Week
- 21: International Alzheimer's Day
- 22-28: Older Persons Awareness Week
- 24: World Heart Day

MEET THE MAN BEHIND THE NAMING OF THE NEWSLETTER

Shaffie Hoosen - Supervisor Out-patient Department is the man behind the naming of the hospital's staff newsletter, **INDABAYETHU** meaning Our News.

Invitations went out to all staff members to vote for the name that they felt described what this form of communication aims to cover and the majority of the votes went to **INDABAYETHU**.

On my speaking with Shaffie as he is known by colleagues about what made him come up with this name, this is what he had to say.

What made you decide on naming our newsletter INDABAYETHU?

The idea of a newsletter was discussed at a Quality Improvement meeting some time last year, by Dr Edward

Nambassi (Medical Manager).



Mr Shaffie Hoosen

It was put to "rest" for a while until our very own PRO, Nokukhanya Gasas took up her position with the institution.

It was then that the first issue was released in March of this year with the

hunt for a name for the same newsletter. There were twelve names sent in, but the majority of votes went to, you guessed it, **INDABAYETHU**

Igama **INDABAYETHU** (which means - OUR NEWS) lethulwa komunye wemihlangano we Quality Improvement ngu Mnu Mr Shaffie Hoosen kodwa kwangenzeka lutho. Kuze kwathi lapho uNksz Gasas eselifaka ephephandabeni labasebenzi, enxusa ukuba bavotele igama abalibona lichaza iphephandaba labo kabanzi base abasebenzi belivotela. Kwakunamagama ayishumi namibili ayethunyelwe kepha eladla umhlanganiso kwaba, usuqagelile, **INDABAYETHU**.

Congratulations to the winner!

CONFIDENTIALITY IN HIV/AIDS - By SR TR NGWENYA

Confidentiality means that a patient's HIV status is not made known to anyone outside the health service without the patient's consent.

Confidentiality regarding medical records of any patients (not only HIV/AIDS patients) has important legal and ethical implications.

Confidentiality around HIV is particularly sensitive because of stigma and the social implications of this. Access to information is essential for health care workers to manage patient's appropriately. However, it is important to treat this information respectfully, bearing in mind the potential effects on the lives of patients if sensitive information is disclosed.

Patients start learning about confidentiality initially during counseling

and right through the whole process of care. Shared confidentiality has to be emphasized.

Sources of Information

- ◆ Department of health, Republic of South Africa (2005) data flow and data management protocol, comprehensive HIV and Aids care, treatment and management programme
- ◆ National Health Act (Act 61 of 2003)
- ◆ Department of Health, Republic of South Africa (2000) ethics considerations for HIV and AIDS clinical and epidemiology research.

For more on the HIV/AIDS education, watch this space.

Ubunjalo bemiphumela yegciwane le-HIV ezugyulini kufanele buhlale buyimfihlo. Imininingwane yamarekhodi esiguli hhayi nje kwiziguli ezinegcinewane lesandulela-ngculazi inemiphumela ebucayi ngasohlangothini lwezomthetho

Kubalulekile ukugcina ubumfihlo bemininingwane yesiguli ikakhulukazi uma kungadedeleka imininingwane ebucayi ngesiguli.

Abantu abagulayo bafundiswa ngokugcina imfihlo ngesikhathi beselulekwa ngaphambi kokuba bahlolwe kuze kuba sekugcineni konakekelo. Ukubaluleka kokugcina imfihlo komunye nomunye kuyagcizelelwa.

Bheka ushicilelo lwethu olulandelayo mayelana nokufundisana ngegciwane lesandulela ngculazi.

WELCOME TO THE NEW MEMBERS OF THE TEAM

Ladysmith Hospital Management & Staff would like to welcome the following staff members to the Team:

PHARMACY

- Korb R, Swart L

MEDICAL

Kibibi TD, Naidu S, Ashi G, Pillay KK, Rahman L, Kironde JL, TR Latouf Nganwa PJK & Sardiwalla MA .

NURSING

Sithole Z.C, Motloung FZN, Mbhele NT. **Nemukelekile zizweni nisekhaya!**

RESIGNATIONS

Dr A Gyi - Hospital Manager, Sardiwalla Z - Medical Officer Sokhela TV - CPN, All the best!

BEREAVEMENTS

Ngwenya WB - Security Guard
Khumalo NA - Food Services Aid
Mokati NL - PN, Magwaza MP - ENA, Hlongwane DB - PN, Msomi TG - PN, Gabuza LM - Cleaner PHC
Radebe NT - Food Services Aid.

Balale Ngoxolo siyobonana kwelizayo. Siyohlale sibakhumbula!

A **problem** was noted with regard to improper storage of medication, inadequate labeling and expired medication in the hospital wards. The root cause of the problem was identified as:

- ♦ Lack of organization by sisters in charge as they fail to assign duties to staff under them to ensure proper storage of medication including checking both labeling and expired medication.
- ♦ Lack of monitoring staff.
- ♦ Lack of appropriate facilities for storage of medication.

Pharmacy then allocated a task team to address these problems. The task team comprised of pharmacy staff and headed by F. Seedat & L. Somai (Pharmacists). A checklist criteria was designed to monitor and maintain proper storage of medication in the wards. Wards were given a three weeks notice of what's to happen, as well as the checklist form, to improve where necessary before the baseline survey.

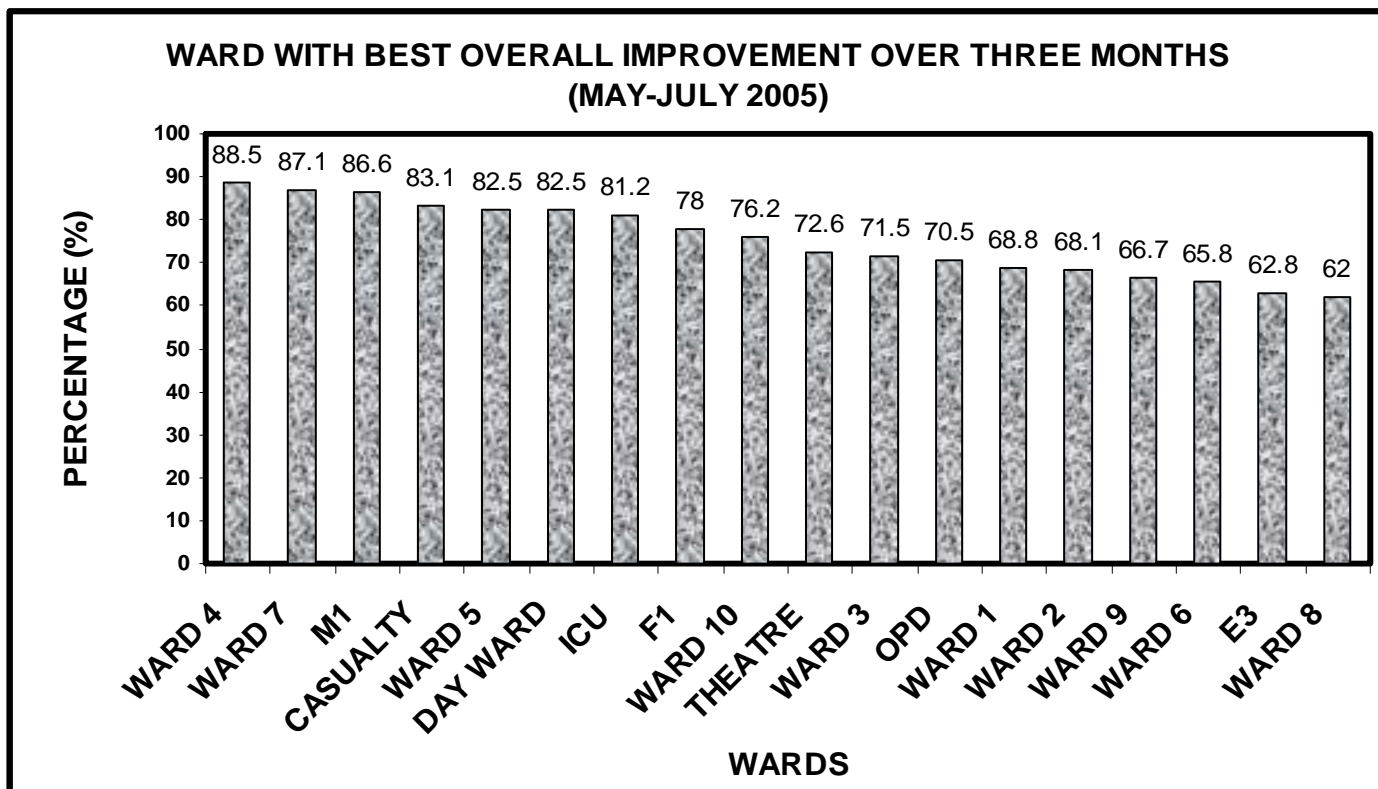
Monthly checks were conducted from May 2005 and this is to continue for a period of one year. The check-lists

were used to draw out weak points and give the sister in charge a monthly report indicating areas requiring improvement. Working on a percentage calculated from the check-lists, we were able to identify the best run ward with regard to medication storage.

Sisters in charge have proven to be enthusiastic and motivated, hopefully this positive attitude continues. The results obtained after the first quarterly report show that **WARD 4** is the highest ranked ward with regard to exceptional medication storage.

The graph below shows the ranking of the other wards:

WARD WITH BEST OVERALL IMPROVEMENT OVER THREE MONTHS (MAY-JULY 2005)



UMYALEZO OVELA KUMPATHI WEZOBUDOKOTELA

It is already halfway through the year and one is left wondering where the time has flown to, especially as you grow older. A lot has happened during this time and I would like to take this opportunity to thank all members of staff for the wonderful job you have done despite some difficulties.

It was a sad day when we said farewell to Dr Gyi, I'd like to thank him for his immense contribution to Ladysmith Hospital and the community. We wish him all the best in his future career. We had a visit from the new MEC for Health, Honorable P Nkonyeni with a delegation from Head Office, she was impressed with all our efforts and pledged to look into our problems. We have re-entered **COHSASA** and this time I

am confident that together we will succeed in getting full accreditation, keep up the Good work!

Other visitors included the HPCSA Internship Committee who assessed the hospital for 2 year internship as well as the Director District Services in charge of Community Service Doctors. Both meetings went well with a lot of positive feedback, ideas on how to improve our service and encouraging remarks regarding our future staffing.

We continue to battle with shortages of staff across the board, shortage of accommodation and inadequate facilities in some areas. Efforts continue to find solutions but some things just take a long time. I wish to urge you all to continue to give of



Dr EW Nambassi

doing the same job quicker. Our door as management is always open, feel free to give us your constructive input. We

need to work together and cooperate with each other whatever our backgrounds, for the sake of the patient. Let us be an example of harmonious working relationships as well as service excellence to our patients.

I know we can do it. GOD BLESS

OUR OWN COMPUTERIZED TOMOGRAPHY (CT) SCAN

History was made on the 1st of March 2005 when Ladysmith Provincial Hospital saw its first patient being scanned using the technologically advanced CT Scan.

A Single Slice Spiral CT Scan was installed in February 2005. and an amount of up to R500 000 inclusive of room design and equipment was spent.

CT has the methodical advantages

of greater availability, more patient friendly operation and shortened examination times. The diagnostic info provided by the CT Scan fully justify its clinical use. The added advantages of having a CT Scan at our hospital means that patients do not have to travel to tertiary hospitals outside Ladysmith for this specialized examination.



X-Ray staff with our very own CT SCAN

ULTRASOUND NEWS

The old ultrasound unit has been totally revamped to a new and bright department boasting a new modern state of the art equipment.

The department is keeping abreast of technological advancement in the diagnostic fields of (ultrasound) so that patients are offered high quality care in a very conducive



Newly revamped ultrasound office with its bright walls

environment created by the



Ultrasound room with down- lights

down-lights, the stunning pink walls and friendly and efficient staff.

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NUTRITION NEWS - by S. Njokwe

The dietetics department is aiming at improving the awareness of good nutrition. To the incidences and prevalence's of chronic Diabetes, Hypertension, Obesity etc.

It is important for every single person to know whether they are within normal body weight, overweight or obese. This will help an individual to start or continue following dietary guidelines for healthy eating. To determine whether your weight is normal for your age use the following calculations:

You take your weight in kilograms and divide by your height squared e.g.

$$= \frac{\text{Weight (kg)}}{(\text{height} \times \text{height})}$$

$$= \frac{50 \text{ kg}}{1.6\text{m} \times 1.6\text{m}}$$

$$= \frac{50}{2.56} = 19.5 \text{ mild nutrition}$$

USE THIS TABLE TO CLASSIFY

16	Severe Malnutrition
16 - 17	Moderate
17 - 19	Mild Malnutrition
20 - 24.9	Normal
25	Overweight
30	Obese
40	Dangerously Obese

10 SA FOOD BASED DIETARY GUIDELINES

- ◆ Eat regular meals (B, L,S) which contain different kinds of foods.
- ◆ Make starchy foods the basis of most meals.
- ◆ Chicken, fish, low fat dairy foods, lean meat or eggs may be eaten everyday.
- ◆ Eat dry or tinned beans, peas, lentils and soya regularly.
- ◆ Eat plenty of vegetables & fruits.
- ◆ Eat fat sparingly
- ◆ Eat salt sparingly.
- ◆ Be active
- ◆ Drink 6 - 8 glasses of clean safe water everyday.

Till our next issue..... Healthy eating!!

SPORTS ROUND-UP - OUR COMRADES HEROES

16 June 2005 saw 14 000 runners line up in Pietermaritzburg for the 80th running of this great race. Ladysmith Provincial Hospital was also represented by 3 staff members, kanti nawe Mnambithi awumncinyane!

Albert Mbatha finished in the excellent time of 8:21 earning himself a Bill Rowan Medal which is awarded to all those runners who finishes the race in under 9 hours, this was his 10th Comrades this year.

Local Hospital Surgeon, Dr Mohamed Mulla finished his 5th Comrades in a time of 10:43. Cornelius Dlamini who was running his 10th Comrades this year and aiming to get his number

unfortunately sustained an injury and had to bail out of the race with 30kms to go.



Dr M Mulla & Cornelius, all geared up for the big day

However this has not deterred Cornelius and he will be back to represent Umnambithi and try and get his green

number. Thus far he has 9 silver medals to his credit.

According to Dr Mulla, the race was once again well organized with tremendous crowd support. This most certainly has the effect of encouraging the runner. All the runners expressed the wish that more from our hospital should take on jogging as a sport and hopefully participate in the world's greatest ultra marathon.

Sithatha lelithuba ukubahlalisela labasebenzi ngomsebenzi omuhle kangaka abawenzile, Nqhubeka njalo siyaziqhenya ngani maqhawe ethu!