



health

Department:
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PROVINCE OF KWAZULU-NATAL

Murchison Hospital Newsletter

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Meet Our New CEO



Ms M Nxumalo

Its indeed an honor to have been given this opportunity to serve and lead a team of dedicated healthcare workers, communities and all relevant stakeholders. I have served in the department of health for the past 32 years hence I bring a lot of experience. I have worked in various institutions within Ugu District namely Port Shepstone hospital, Port shepstone PHC Mobiles, Ugu District Office and Gamalakhe ChC.

My passion is to ensure that the hospital delivers the best quality health care for patients and all users of our health core services through teamwork. Let us think of the patients viewpoint, comfort, experience and expectations by scaling up the implementation of the National Core Standards as comprehensive strategy towards efficiency in the institution and ensuring that our hospital becomes a Center of excellences .

I believe with God everything is possible , let us worship through our works, behavior, demonstration of love to one another and more to our patients and community we serve.

INSIDE THIS ISSUE

PAGE 1: WORD FROM THE NEW CEO

PAGE2: MASEA AWARDS

PAGE3: EMPLOYEE WELLNESS

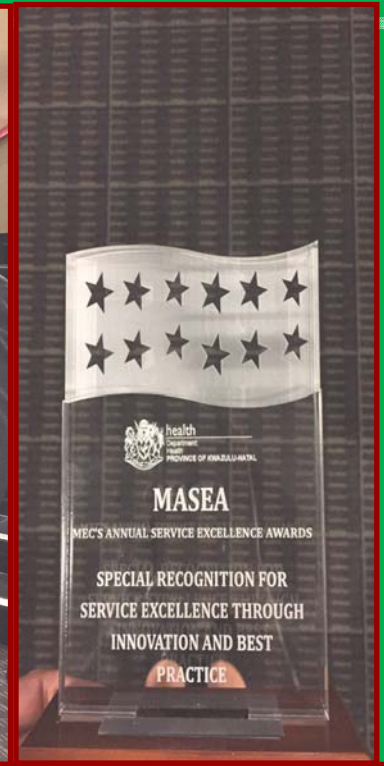
PAGE4: BIGGEST LOOSER CHALLENGE

PAGE5:PHOTO GALLERY

PAGE6: CHILD PROTECTION WEEK

PAGE7: THE EDITOR

Masea Awards: Murchison Hospital Wins Service Excellence Award



From L-R Ms H. Sihimela , Mrs Ngesi , Ms K Govender, Ms L Zimu , Dr Dabibi, Mr Ngubo and Mr Praim

On the 15 May 2015 the Masea Awards held at the ICC center and everyone was dressed to impress. Murchison Hospital Rehabilitation Department scooped up the award for special recognition, for service excellence through innovation and best practice and received a cash incentive of R2000.

In 2013 the Rehabilitation Department (Occupational Therapy, Speech Therapy, Audiology, Dietetics and Physiotherapy) established a Cerebral Palsy group for the communities served by the institution. The group targeted the mothers/caregivers and children with CP.

Below are the main reasons the group was formed:

- To improve the knowledge and understanding of mothers' of children with CP in regards to the disorder.
- The role of each rehabilitation team member plays in the rehabilitation of children with CP.
- To improve collaboration of services within the rehabilitation team members establishing a healthy multidisciplinary team.
- To provide mothers with a support system by having each other to lean on and share their experiences of having children with CP.
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The group members meet once a month to discuss different topics, including practical sessions. And the mothers/caregivers are given the opportunity to give feedback.

Employee Wellness Day



Hard at work—Aerobic Class



Hospital staff preparing for the walk



Tug -of-War—strongman

On the 8 May 2015 Murchison hospital held its Employee Wellness day. The day began with a 1km walk from the hospital (nurses-home carpark)to the corner of Nkonka Secondary school. Participation was excellent . Hospital management led by example. The walk was brilliant exercise at the beginning of the day, after which all participants returned to the hospital .

GEMS was also on site to do all medical screenings, staff had their blood pressures, insulin levels, and BMI checked. Old mutual and Capitec were also there to offer their financials plans and services, they also assisted with sponsorship. Various sporting code were held namely volleyball , soccer, aerobics and Net-ball. The games began with a 5 aside soccer tournament knockout which was played at the volleyball court, each team was to ensure a win in order to process to the next round. It was highly competitive as everybody wanted to win. The next sporting code that was to be played was volleyball, it was team management up against the hospital staff . Team management tried their utmost to win but were sadly defeated by the hospital staff .

Netball was the final sporting code to be played and it was highly competitive with ladies playing their heart out . Aerobic and tug of war were the fun extramural activities played on the side . We also had the biggest loser challenge .

The day ended with all winners being crowned and awarded their medals and floating trophy .

Winners Of The Biggest Loser Challenge

Did You Know :

10 000 Steps A Day

Maybe you have heard the recent guidelines about walking 10,000 steps per day. How far is 10,000 steps anyway? The average person's stride length is approximately 2.5 feet long. That means it takes just over 2,000 steps to walk one mile, and 10,000 steps is close to 5 miles.

A sedentary person may only average 1,000 to 3,000 steps a day. For these people adding steps has many health benefits. I have outlined the basic 10,000 steps program, but also added a commentary below.

A reasonable goal for most people is to increase average daily steps each week by 500 per day until you can easily average 10,000 per day. **Example:** If you currently average 3000 steps each day, your goal for week one is 3500 each day. Your week 2 goal is 4000 each day. Continue to increase each week and you should be averaging 10,000 steps by the end of 14 weeks.

Wearing a [pedometer](#) is an easy way to track your steps each day. Start by wearing the pedometer every day for one week. Put it on when you get up



in the morning and wear it until bed time. Record your daily steps in a log or notebook. By the end of the week you will know your average daily steps. You might be surprised how many (or how few) steps you get in each day



Mr Mthokozisi



Mr St- john



Ms Nandipa

We all know that losing weight can be a big challenge but Murchison hospital staff responded to the biggest loser initiative with great enthusiasm. The biggest loser challenge was part of the physiotherapy department initiative, who saw the need of introducing such challenge. Mr St-John came in first place, and one of the ways he managed to lose such drastic weight was through daily exercise and a balanced diet but I pushed him into revealing the exact things he did in days close to the weigh in and his response was as follows:

- A. Daily jogging
- B. Cutting out alcohol
- C. Cutting out all processed foods
- D. Last but not list is discipline.

We also spoke to our second biggest loser challenge Mr Mthokozisi and he spoke of a more simplified approach, "I've always loved exercising and lifting weights but I was getting to big for my liking " he spoke of a change in regime and instead of lifting weights and downing those protein shakes, he did more road work exercise e.g. jogging , brisk walking ,aerobic etc. he also changed his eating plan .

Wellness Day Photo Gallery



Murchison District Hospital



Did You Know

Just 15 minutes of [exercise](#) per day can extend your life span by nearly three years, according to [a recent study done in Taiwan](#).

Of the 400,000 men and women tracked over a 12-year span, the group that engaged in some moderate exercise for 15 minutes per day had a 14% lower mortality rate than the inactive group and had extended life expectancy by three years. Beyond that, for each 15 minutes of exercise added, death risks were reduced by an additional 4%.

This research should be a boon for those who find it tough to get away for an hour or longer to hit the [gym](#).



Child Protection Week



Ms Lewis - Social Worker



Siphakamile Combined Primary School Hall

27 May- 2 June 2015 marked the commemoration of Child Protection Week(included on DOH awareness Days) this is an annual campaign aimed at raising awareness on the rights of children as articulated in the Children's Act of 2005.

Murchison Hospital Social Worker Department has also joined the fight against child abuse, Neglect and exploitation by creating awareness on the matter within the institution. Posters and information pamphlets highlighting issues were made available to patients. The crisis center gave talks on the matter within certain section of the hospital. Staff were furthermore provided with and encouraged to wear green ribbons during this period. The green ribbon being a symbol of life and growth, further showing our support for the promotion of right, care protection of children and lets victims and survivors know that we are united in their support.

Social Department also further conducted awareness campaign in the Bhothoyi area with aim off creating awareness and reducing the levels of violence against children. The campaign was conducted at Siphakamile Combined Primary School Hall and was attended by parents, principals , educators, members of the SGB as well as learners from the

Mr Mdujuna from Child Welfare highlighted the various forms of child abuse namely physical, sexual, emotional, neglect as well as issues of child exploitation and trafficking. Information was also provided where to report abuse or suspected abuse. Learners were encouraged to report abuse and parents were urged to ensure the safety of their children(as most often perpetrators of abuse are people known to the victims) foster a good parents/ child relationship to ensure that children feel safe and disclose abuse and to take the necessary steps in ensuring that the children receive the necessary intervention/services when abused.

Mr Mdujuna also informed those present of form 22 and form 23, in terms of the Children's Act 38/2005 (reporting of abuse or deliberate neglect of a child) as well as the National Child Protection Register(CPR). Parents were cautioned that should one name appear on the CPR that could impact negatively on ones prospects of securing employment especially if it would mean working with children.

The Editor



Mr S Buthelezi - PRO

Welcome to the first edition of Murchison Hospital Newsletter, I hope it is a worthy read . In order for us to showcase our hospital activities and initiatives, I encourage all departmental / program manager to invite the PRO for all their meeting so as to properly document all our hospital health awareness campaigns and activities . One of the functions of a PRO is to publicize all hospital activities and the hard work that is being carried out by staff and the only way I can do that is through the publication of newsletters . I cannot publish any newsworthy material if I do not have the support of program managers. My key objective is to ensure that I provide you with content that is newsworthy , relevant and educative. Please feel free to give me feedback on the contact details provided below, negative or positive as I continue to learn and provide a better reading experience for both our internal and external stakeholder.

If you have any questions, suggestions, complaints or compliments regarding Murchison hospital, please contact the Public Relations Officer, Mr Siphamandla Buthelezi on

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