



**HEALTH**  
KwaZulu-Natal

SPECIAL EDITION

MAY–DECEMBER 2009

ISSUE 02

MURCHISON HOSPITAL NEWSLETTER

ZIYENZEK A NEWS

## INDEED WE ARE A BABY FRIENDLY HOSPITAL



**Picture: Nursing management, Maternity OM and breastfeeding committee**

Murchison hospital was once again awarded with a baby friendly hospital status in October 2009. Our hospital was re-assessed for compliance by external assessors in August 2009 and we managed to achieve 100% in all ten steps of breastfeeding on which we were assessed on.

We were able to maintain the status because hospital management, staff and breastfeeding committee understand the mission of being a baby friendly institution. We understand that this program goes beyond than getting a status but is aimed at improving child survival.

Hospital management commends the breastfeeding committee for their commitment and hard work displayed to sustain this program and would like to congratulate Sr Mafuleka and

## EDITORS CORNER

It is with great pleasure that I am releasing yet another newsletter. I must say compiling this kind of publication is not an easy task due to lack of newsworthy items. Ladies and gentleman I need your assistance, if your department is doing an interesting and newsworthy activity please let me know.

The 2009 fundraising task team was a wonderful team to work with through your hard work an enormous amount of money was raised. Thank you

2009 therapists & medical officers were a remarkable group, we wish them success in future endeavors.



Ms Silindile Mabaso  
Public Relations Officer

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### Special points of interest:

*"Ordinary riches can be stolen,  
real riches cannot be stolen.  
In your soul are infinitely pre-  
cious things that cannot be  
taken from you"*

*Oscar Wilde*

# OCCUPATIONAL HEALTH CLINIC



Above: Sr BC Mvuna and Mrs GN Zenda working in OH Clinic

## What is occupational health?

It is a clinic that provides services which are aimed at ensuring health and wellbeing of employees in a workplace.

It aims at protecting the workers against any health hazards arising at work

It also contributes to the establishment and maintenance of the higher possible degree of physical and mental wellbeing of employees

## Why Occupational Health not sickbay

Sickbay only attends to the sick staff where else OH ensures the total health of employees at work such as:

- prevention of injuries and diseases
- providing support to the sick
- Healthy lifestyle promotion

## Is it necessary for us working in the hospital?

Health care workers are the most vulnerable assets. It is imperative to ensure that they are well in order to provide a highest quality

care to public

No hospital or clinic can function effectively if there is a high incidence of ill health among health care **workers**.

## Main services offered at Occupational health clinic

### 1. Medical surveillance conduction

All employees are subjected to a health surveillance. This includes examinations for pre-employment baseline, transfer, periodic and exit (upon leaving the institution) these exams establish baseline of employee's health status. Ensure the suitability of candidates to their work

Helps identify early deterioration in health status due to job processes and work environment

2. Offer clinical treatment both to acute and chronic staff patients such as hypertension, diabetes, etc.

3. Give immunization of staff at high risk of exposure to biological hazards. Hep. B vaccine, flu vaccine

4. HIV/AIDS management in the workplace. We offer confidential VCT, monitoring and support of those infected and affected and rolling out ARV's confidentially

5. Managing and reporting of both injury on duty cases and occupational related diseases

6. Other services offered,

- Ante Natal Clinic
- Family planning
- Cervical cancer screening (Pap Smear)

## MYTHS AND FACTS ABOUT OCCUPATIONAL HEALTH CLINIC

M: Occupational health nurse gives report about staff sickness to management

F: Staff confidentiality is what we value most. All confidential information and OH records are only accessible to OH staff.

M: OHN want to increase his VCT statistics

F: We encourage everybody to have VCT but nobody is obligated to test with us. Employees are free to go wherever they will feel comfortable to test e.g GP.s, nearest clinic, etc

M: OHN wants to know your status

F: No the main aim of encouraging VCT is for an individual to know her status and make a difference about her own life.

## How to access the clinic

We are open on weekdays from Monday Friday from 07h00—16h30

On Friday 07h00 –13h00

**Article submitted by  
Sir BC Mvuna : Occupational  
Health Nurse.**

**“YOUR HEALTH  
IS OUR  
CONCERN”**

# OCCUPATIONAL THERAPY WEEK

The aim of the OT Week was to enhance awareness of Occupational therapy as a profession, services offered by OT department, facilitate team building amongst our department and other staff members and to give patients/ staff the opportunity to interact with people with disabilities and participate in activities which enabled them to experience to a slight degree some of the impairments experienced by patients' that occupational therapist treat.

At the beginning of the week the Occupational Therapist handed an OT quiz to doctors to determine how knowledgeable doctors are about O.T and the O.T services offered at the hospital. After this exercise therapist gained valuable information regarding doctors' insight into OT and the level of awareness of current projects offered at the hospital. It was deduced that there is a great need for creating awareness of our profession and current projects and we aim to continue addressing this matter.

Exhibitions were held during the week lunch times. They allowed patients and staff to become familiar with various conditions treated by Occupational Therapists and also enhanced awareness of the variety OT treatment modalities such as Photos and craft items made during our group therapy initiative in TB, Step-Down and Good Hope Centre (i.e. Garden skills and craft project).

Exciting competitions and activities such as wheelchair pivoting, tyre changing competitions, a one-handed shoe lace tying were carried out. as were initiated, which aimed at.

To end the OT week a Wheelchair Basketball Competition (WBC) was held at the nurses' home basketball court. This event was a great success and was definitely the highlight of the week, 6 teams participated in the WBC.

We would like to say a special thank you to Mr Gamede for organizing the DPSA team and to all the other teams for entering the tournament and being such great sports. Thank you to all our sponsors especially Beth Dunstone who kindly organized the prizes. We hope that the WBC will become an exciting team building tradition at Murchison Hospital in the years to come.

**Article submitted by Tara Pretorius**



*Being stuck in a wheelchair for only a couple of minutes and trying to eat with a hand glove, taught me a thing or two on what stroke patients go through each day.*



**Top picture:** The Paeds Pezaz team

**Below picture:** Assistive devices display



**Left picture:** DPSA team led by Mr Gamede, hospital employee





On the picture are members of staff in working in the kitchen department with infection control practitioner Lyndi Marquart who is no longer working for the institution. Main kitchen was awarded with a trophy for achieving the highest scores in the hygiene audit competition, which is conducted by the Infection Control Department every second month. Each department has a department specific tool and all departments in the hospital are included- from laundry down to the Good Hope Wards.

February  
Physiotherapy department = 92%

April  
Male Good Hope ward = 94%

June  
Main Kitchen = 90%

August  
X-Ray department = 93%

October  
Main Kitchen = 97%

**OVERALL WINNER 2009**  
Male Good Hope Ward = 91%



From Left on the picture is Mrs Terblance the hospital New infection Control Practitioner. She joined the institution on 01 December 2009. Welcome Sr Terblanch, we hope you will have a long and fruitful stay in Murchison Hospital.

In the middle is Mrs LN Mkhize who was one of the program directors and she was allocated to infection control unit before Mrs Terblanch joined us. She is now allocated in Quality Department and also works as an orthopedic nurse.

On the right is Mrs M Govender, she is Operational Manager for Male Good Hope Ward. She was receiving Annual infection Control Trophy because her ward has excelled through out the year in terms of hygiene audit .

In 2008 Sr. Govender won the price of being the best supervisor . She is able to motivate her staff to commit themselves in their duties and to always work as a team. Her department also excels in most project or competitions conducted in the hospital.

Congratulations MGH Ward, most people think I like this ward more than others because they always win , may I proudly announce that it is not so. They are just hard workers.

## STAFF COMPLIMENTS FROM SATISFIED CLIENTS.

To: CASUALTY

I JUST WANT TO SAY THANK YOU VERY MUCH TO YOUR STAFF FOR THE BEST SERVICE AND TO NURSE MGUNYANA, WHO ALWAYS THERE TO HELP ME FOR INTERPRETATION SIGN LANGUAGE TO HEARING PEOPLE BECAUSE I AM DEAF. YOU HAVE DONE SO MUCH GOOD FOR SO MANY DEAF PEOPLE WITHOUT A THOUGHT OF WHAT WAS IN IT. FOR YOU AND YOU HAVE DONE IT WITH GRACE AND A SMILE AND A FEELING OF GOODWILL. THERE ARE NOT ENOUGH PEOPLE LIKE YOU IN MY AREA. THANK FOR ALL YOUR LITTLE KINDNESS THAT MAKE MURCHISON HOSPITAL A BETTER PLACE. PLEASE DON'T GO TO THIS HOSPITAL BECAUSE WE DEPEND ON YOU AS WE ARE DEAF. THANK'S FOR BEING YOU.

FROM: NONKAZIMULO NZIMANDE

Mrs Masiko was admitted in Female extension ward (Pic. 2) and she had a wonderful stay she could not stop giving praises to this wards staff. After being discharged she came back to show her appreciation to the staff. She gave them a beautiful trophy and delicious lunch.

Mr Masiko was admitted in Male ward, he could not stop complimenting the Male ward staff. He said male ward staff was always professional and know exactly of what is expected of them. They were awarded with a trophy and treated to mouthwatering lunch. Keep up the good work guys. You are adding precious stones and gold in your crowns made especially for you in heaven.



Box 93

Izingolweni

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Sonibonani bahlengikazi base Female EXTENSION WARD. igama lami ngingu FICANI EUNILE KHAWULA Izingolweni. Ngithanda ukuba bangakakulu KUNO NONKE NGOKUBAMBISANA KWENU, efemale EXT. Ngilashwe khona base kufana NOKAKHAYA NGIYHO UKUTHI NGIYABONGA NGOKUCIMISISA KWENU UNHULUNTULU ANDISELE IZIBUSISO NALABO OIBABENGINIKA Ithemba bechi. NGIZOSINDA NGIYABONGA KAKHULU KAZI USISTER DIEZI KANYE NO SISTER MBANJINGA (UMAKHO) BODADENWETHU NGIYABONGA KAKHULU KIMI NIDZE YIPHILISI ELEDU. OMANYE, NGAPHUME NGEMBONO YENALITI ETUFENI NGIYABONGA

## QUALITY DAY 2009

Murchison hospital celebrated annual quality day on Thursday, 10 December 2009. As expected the organizing committee have outdone themselves. The venue was well prepared and beautifully decorated. Staff attendance was very good, the food was delicious and everything was up to the standard and better than the previous years.

This awards giving ceremony was graced with the presence of hospital senior management, district office officials, officials from neighbor hospitals.

2009 quality improvement projects judges were Mrs Webb— district office quality coordinator, Mrs Dondashe quality manager St Andrews hospital, Mrs Tanjivelu—operational manager port Shepstone hospital, Mr Sola—rehabilitation department Murchison hospital.

As a God guided hospital Rev. Mbanjwa gave a opening prayer thanking God for allowing us to hold this special day. Good hope wards gave beautiful music (I think they are ready to release an album) . Dr Hardy (acting CEO) gave an encouraging speech and emphasized that quality is a state of mind, he further motivated all employees to develop a culture of ownership for their hospital. He congratulated all those who have done well during the year and were about to receive their crowns. He concluded by saying that cobwebs of every negativity and despair must be discouraged.

In 2009, departments and wards entered the QIP competition and the winners are: 1. Rehab department—qip on gardening

2. Rehab department—qip on recycling

3. Lindokuhle Clinic—down referral

Comprehensive audit( absenteeism, monthly ward inspection, chart auditing, hygiene audits & ICAT) winners are : 1. Female extension ward

2. emergency & trauma department

Best community service officers:

Dr N Coetzer & Miss L Le Roux—dietician

Infection control: MGH ward

Housekeeping : Theatre department

Abet committed learners: Xolo & Cele BJ

Batho pele champs individuals: Ngwenya EA & T Pretorius.

Batho Pele champions departments

1. FGHC, 2. MGHC, 3. OPD (Casualty your concern was noted).

**2009 EMPLOYEE OF THE YEAR: MR BB MKHIZE** (Congratulations Khabazela, you deserved this crown)



Employee of the year: Mr BB Mkhize



Best comm. Serv. officers. Dr Coetzer & Ms Le Roux



Program directors: from left: Mrs LN Mkhize & Mrs Z Memela



Mrs Ntuli & Sir Mntungwane & Kistasamy



Dr Hardy Acting CEO



QIP judges: from left- Mrs Dodashe, Mrs Webb, Mrs Tanjivelu, Sola Aderibgebe

**PHOTO GALLERY**



**Congratulations for receiving certificate for 20 years of service**

**Abet learners with tutor & Hlengiwe HRD Practitioner**



**MR MT Mbhele, NC Gumede, & Sir Ndlovu. Ms Nxasane presented them with Batho Pele Shield**

**30 years in service , Congratulations Ms Nxasana, Mr Cele, Mrs Mokoatle, GT Mpisi, F Mlamla(Antana). Kenny and Mlu presented them with long service certificate**

On 01 December 2009 our hospital was visited by East Coast Radio and Afrisoul Productions from SABC 2. they gave gifts to children in Paediatric ward and Kangaroos in maternity. Afrosoul made one episode in the ward. Thank you EAST COAST RADIO. We are looking forward to seeing you in 2010, Don't tire in bringing smiles to our children



**Picture 1: Dr van Andell with Silindile Shezi during her birthday party organized by the ward doctors and the staff. This was a memorable day for her since she had spent at a year in the ward**



**Picture 2: Members of staff in TB ward , patients and Dr Nair all celebrating Slies birthday.**

## 100 years old



September 2009, our hospital was honored to admit Mrs Nokuphiwa Alzinah Mancayiyane Mthembu. This was history in the making to our 82 year old hospital. Mrs Mthembu was born in Harding town at Elim in 1909. She married Mr Mthembu and gave birth to 12 Children, 7 boys and 5 girls but 1 passed on at a very young age. She gave birth to all 12 in Murchison hospital

Mrs Mthembu is a full member of Bethlehem Baptist Church at Thingwane branch under the leadership of Rev Dladla. She personally knows the founder of the hospital Dr Barton because she use to work on the farm and they would see Dr Barton visiting his patients. She said that Murchison hospital has not departed from the times of Dr Barton. The previous hospital had dedicated their lives in meeting peoples needs spiritually and physically. He was happy that the culture of morning prayer has not faded off because in the morning, ward staff start their day with prayer. Mrs Mthembu said who was admitted in female extension ward said the presence of the Almighty could be felt in the ward. Mrs Mthembu enjoy eating traditional food such as isigwamba, isijingi (butternut), izinkobe ezinobhontshisi kanye nesitambu.



Farewell to Mrs Phakathi. She use to be the hospital Occupational Health nurse. We all loved and trusted her with our health problems. She left the hospital working in Lindokuhle Clinic. Mrs Phakathi was always calm and committed to her work. She is now working at Bhomela Clinic which is one of the hospital's feeder clinics.



In October 2009 Deneo and Janet organized a get together for admin staff who are studying and were about to write examinations. Aim being, to motivate staff to continue studying despite challenges. Mr Praim was presenting little gifts to students wishing them the best of luck.



Male and female ward led us in singing Christmas carols on 24 December 2009 . Guys you sang beautifully , well done . If your department is interested in leading in 2010 let me know. Everyone who entered for the Christmas decorating competition deserved to win. All wards and departments were beauti-



Babegwaba kanjena o Herode nezazi zase OPD. Ukubak-hona kwenu kwenza saluthokozela kakhulu lolusuku.



## FOOTBALL FRIDAY

On Friday, 30 October 2009 Murchison hospital members of staff participated in departmental football competition. The aim of the day was to raise funds to sponsor hospital year-end function. Staff enthusiasm was prevalence during the games. I must say, seeing the matrons office partaking in such an activity revealed an exciting yet remarkable side of these leaders.

Congratulations to Male ward who won the finals. Our deepest remorse to Sir Goniwe (uMhlekaazi) who unfortunately sustained a serious fracture in his wrist during the games.

Dr Rabikoosen in black with Rehab team



Team representing matrons office led by Nursing manager in a Kaizer Chiefs Jacket



Members of staff warming up for the games



It was towards National elections when a little boy of only two days old was found in the forest wrapped in T-shirt with Mr President Zuma's face on .

He was abandoned by his mother, later found by police who then brought him to the hospital. He was examined by Dr Paz who confirmed that the young hero was healthy despite spending a night in a deserted forest near the hospital . Nobody knew of his name but we all called him Jay Zee junior.

After being attended to by Paeds doctor, the social worker arranged for the little one to be taken to Port Shepstone place of safety. Few days later, little Jay Zee's grandmother was identified and given full custody of the child.

He was such a beautiful , peaceful, healthy baby. Staff from Paediatric ward loved him dearly so did I. We all loved him. Oh what a happy ending for this little man who will one day be the country's president and live to tell the tale of his life.

Below are members of staff who participated during Khanya Africa Project at Emabheleni (St Faiths)



## BATHO PELE MONTHLY INSPECTION

As indicated on Batho Pele results sent to departments in December, scores for compliance were very low. In 2010 am going monitor Batho Pele project closely by doing monthly inspection. These inspection will assist my department to ensure that all clinical sections have updated Batho Pele file, functional committee, monthly champs are nominated , Batho Pele boards are updated, inservice training are conducted. If short falls are identified, action plans will be requested from supervisors.

### BIGGEST LOSER CONTESTANTS

In September 2009 the dietician Ms L Le Roux, physiotherapists Paul and Lauren, PRO, and Occupational health nurse BC Mvuna met to strategies about starting the biggest loser competition. After having deliberated on the subject we felt that we were ready to implement. The program was then marketed among members of staff and the members below are some of the contestants who entered the competition. The competition will run for six months from October 12 to April 12. the biggest loser will be awarded during the staff wellness day in April.



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"A person can achieve his desire through patience far better than with any force in the world" RC Volozhin