



ZIYENZEKA NEWS

INCOMING CHIEF EXECUTIVE OFFICER



**MRS BL NGESI
NEW HOSPITAL CEO**

It was at Murchison Hospital where I began my career as a Professional Nurse and I am humbled that I am now in a position where I can make a difference and inspire those around me, as they had once inspired me.

Throughout my career I studied with UNISA and obtained BA Cur, majoring in Health Services Management, Community Health Nursing and Nursing Education. I also hold B.A. Cur – Honours in Nursing Administration and Masters in Nursing Sciences.

I started my career as a professional nurse in Murchison hospital then went to PHC. I worked in few clinics and ended up supervising the 12 ex- Kwa Zulu Clinics then.

I then joined District Office staff as an Assistant Director in Quality Assurance, working closely with COHSASA to ensure quality health care service delivery and accreditation of Health Institutions.

In December 2002, I joined Port Shepstone Regional Hospital as a Nursing Manager, till 14 June 2010, when I joined Murchison Hospital as a new CEO.

BASIC OVERVIEW OF MY ROLE

At present I am aware of many challenges that I face as the incoming Hospital Manager. My aim is to improve and optimize service delivery and patient care. It is also my vision to create an environment in which staff will be motivated to perform.

COMMUNIQUE TO ALL STAFF

To all members of the staff and my fellow colleagues I thank you for the very warm welcome I have received and I hope to assist you in making Murchison Hospital the Gold Standard in healthcare provision within KZN!

I appreciate the support I have received from the Hospital Board. Let us therefore join hands and form a Change effect and put Murchison Hospital on the map!

Together we will endeavour to change the patient experience for the better.

Team work and team effectiveness are the pillars of service delivery.

I am happy to be a member of the **WINNING TEAM**, that is,
MURCHISON HOSPITAL !!

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ABOUT THE DENTAL CLINIC

WHO IS DR BHOJA

My name is Dr. R Bhoja and I am the new dentist at Murchison hospital. The dental clinic started operating from June 2010 after it has relocated from Gateway clinic.

I graduated from the University of Witwatersrand in 2007. I completed my compulsory community service at a primary health care clinic in Johannesburg. I relocated to the south coast due to marriage and have now obtained permanent residence here. I have been employed as a locum dentist in private practice ever since, working in the Margate and Port Shepstone area. I have also done voluntary work at the Port Shepstone dental clinic.

I am currently pursuing a post graduate diploma in sedation and pain management at the University of Western Cape.

INFORMATION ON THE DENTAL CLINIC

The dental clinic operating times is 7:30am-16:00pm from Monday to Friday. The clinic is closed on weekends and public holidays.

The clinic is also closed on a Wednesday from 7:30am to 14:00pm. This is due to outreach dental visits to Khula centre at Mahlabathini on a weekly basis.

All new patients for extractions of problematic teeth should present at OPD by 7:00am. Patients are treated on a first come, first serve basis. No new patients for extractions will be taken after 12pm. Patients that attend late, will be asked to return the following day. Patients requiring restorations (fillings) and scaling and polishing (cleaning) will be given an appointment date of return as these are lengthy procedures. The afternoons (14:00pm-16:00pm) are assigned for appointments only.

The following services are available at the dental clinic:

- Extractions of grossly decayed symptomatic teeth.
- Drainage of abscesses and antibiotic prophylaxis.
- Scaling and polishing (cleaning of teeth).
- Restorations (1, 2, 3, 4 surface fillings of decayed teeth).
- Splinting of mobile teeth and minor dento-alveolar fractures.

- Dentoalveolar surgery under general anaesthesia (i.e. for young children who need multiple extractions, it is necessary to take them to theatre for the removal of these teeth.)



The dentist and dental staff at Murchison hospital dental clinic will strive to provide the best possible care and quality service delivery.

THIS ARTICLE IS SUBMITTED BY DR R BHOJA

HEALTHY BABY INITIATIVE



13-18 months winner, ASIPHE MTSHALI



07-13 months winner, NONTBEKO MTSHALI



0-6 months Winner, LWAZI NDLOVU

The UGU Health District and Johnson and Johnson planed the Healthy Baby initiative at Izingolweni clinic. Seven clinics in the district were selected to host this initiative and Izingolweni Clinic was one of those selected.

The main objective of this project is to promote healthy living for babies and to encourage mothers to breastfeed babies from birth.

Babies raging from 0-18 months were assessed using a criteria, which included the baby's weight, regular immunization. Mothers were also asked questions regarding their child's health. The baby's Road to Health Card however served as the main tool for judges.

Babies were separated into three groups three group: 0-6 months, 7-12 months and 13-18 months.

There were three stations set for the mother and child to be assessed. The assessors were Mrs BC Msomi from the District Office, Mrs Ngidi Head of PHC and Sr. S Mafuleka, Senior Professional Nurse of Maternity ward in Murchison Hospital.

The Judges were Ms Nerissa Moodley (Nutritionist at the District Office) and Anele Sibisi (Nutrition in-service trainee).

All participants received certificates of recognition; thereafter from each group one runner up was selected. One winner from each group was then selected and they all received certificates.

On Tuesday 17 August 2010, the runner-ups and winners will be going to enter the same competition at District Level to find the healthiest baby in the District.

This page was compiled by Minenhle Mkhwanazi who served in PR department as a PR Trainee

HCT CAMPAIGN AT MR BARRETS FARM



On 22 July 2010 the hospital Lindokuhle/ ARV Team, visited Mr Barrett farm which is located few kilometers from the hospital.

This was part of the ongoing HCT Campaign. This team has committed itself in visiting all farms within hospital demographic/ demarcation area.

On arrival Sr Cele (operational manager for Lindokuhle clinic) gave health education and motivated workers to live healthily.

Farm workers were tested for Blood pressure, diabetes, anemia, HIV. People who needed further investigations were referred to the hospital.

Mr Barrett the farm owner and his family tested for HIV to encourage his employees to follow suit.

We did not leave the farm empty handed as we were all given seeds to start vegetable or flower gardens at home



Top left picture: Mr Barret being tested for HIV by Sister Z Memela and Sister Cele preparing HB metre. Bottom left picture: The ARV Team excited for mission accomplish.

MENTAL HEALTH AWARENESS DAY

To avoid isolation involve mentally ill people in discussions at home.

On 07 and 14 July 2010, Sr N Zibi & Sr W Dyantyi gave educational speeches to patients who are mentally ill and their relatives during Mental illness month. The audience was taught about types of mental illnesses such as schizophrenia, depression, epilepsy, alcohol dependency, intellectual disability, causes, triggers and treatment. It was emphasized that mentally ill people should not be discriminated against at home or in the community. Families must involve the mentally ill people in discussion and decisions made at home to avoid isolation. Medication should be taken as prescribed by the doctor. Relatives were informed that ill people are given pensions so that they can buy clothes, toiletries, food and for transport to come to the hospital.

On both these days the educators made it very clear that each illness is different in its own way. They explained to the patients that they are different in their illness therefore they should not judge or rate each other's illness. It was also said that mental ill people are able to do jobs such as Painting, - Knitting, Needle work, -Sorting out post, Shoe repairs.

BACK WEEK N

On Monday, 27 September to 01 October 2010, Physio department celebrated Back care week. Number of activities were planned for the whole week.

Display on the lawn and at the Physio department where Staff and patients were educated and given pamphlets on back care and correct posture.

Staff were treated to a complimentary one minute massage, 3 exercise classes which the staff thoroughly enjoyed. Promotional material such as pens and key ring were distributed. Posters, were also distributed around the hospital and to local clinics to increase knowledge on how to take care of ones back. Doctors were given an in service presentation on back care and management,

USEFUL INFORMATION ABOUT BACK CARE

Remember you only have one back so take excellent care of it !!!!

- Pain in the lower back is a common concern, affecting up to 30 – 40 % of South Africans at some point in their lifetime. It is not a specific disease but rather, a symptom that may occur from a variety of different processes.

WHAT CAUSES BACK PAIN?

- Referred Pain.- Back pain can be a symptom of an actual problem eg. Pain arising from organs Injury.
- Mechanical or inflammatory conditions of the spine
- Nerve root syndromes/ nerve impingement (sharp pain, in one spot or radiating , and can have associated numbness)
- Musculoskeletal pain syndromes
- Tumors, possibly cancerous, can be a source of skeletal pain
- Degenerative conditions

BACK PAIN TREATMENT SELF-CARE AT HOME

- It is important to resume normal activity as soon as possible.
- Immediate care of a back injury is rest in order to allow the back to heal.
- Sleeping with a pillow between the knees while lying on one side or lying on your back with a pillow under your knees.
- Exercise
- Use of ice or heat.
- Bed rest- No more than 2 or 3 days as people are more likely to develop depression, blood clot in the leg, and decreased muscle

strength.

Medication

Medication can reduce pain, inflammation and muscle spasm. They can speed recovery and help you tolerate return to activities. They will not solve the cause of the back pain.

Physiotherapy

Physiotherapy is a physical, mechanical and educational approach to correcting the causes of back problem.

- Modalities to control pain and inflammation eg. Heat, ice, ultra sound or electrical stimulation
- Massage to reduce pain and restore tissue mobility
- Traction and joint mobilization
- Exercises for strength and endurance
- Education to make people aware of their back problem and to avoid re-injury.
- Movement must be started as soon as pain will allow. Movement, strength and flexibility are necessary to restore circulation; healing and back function for long - term recovery.

Do not quit exercises when the pain goes away. You need to do preventative exercises for life, to avoid re-injury.

Back Exercises:

Exercises start with gentle movement and stretches, progressing to more vigorous strengthening. One should not do any back exercises that cause pain. The very best exercise is walking. It increases circulation, mobility, strength and endurance of all the structures of the spine working together.

Some of the above information was taken off the Kwa-Zulu Natal Health Intranet Site. Copyright © KwaZulu-Natal Department of Health, 2001



L-R Kirsten Bannett, Claudine Okitolange, Kerryn Ackerman



Left picture Pharmacy department staff during heritage casual day.

Your participation was highly appreciated.

I hope in 2011 everybody will joyously participate in this annual event as it has been in the previous years.

L-R Sister G Gqobhoka outgoing infection control practitioner with Sister L Mkhize who is now allocated in infection control department.

As we all know wards and departments were monthly audited to see if they are able to meet and improve the required infection control standards.

Below are departments that managed to b on the top three when their scores were added. in terms of monthly infection control audits

1. Operating theatre - 98%
2. MGHC - 93.2%
3. FGHC - 93.1%

Your consistent hard work has paid off.
Congratulations !!!



Zinhle Mkhungo showing off her outfit by the way she was off duty



OUTGOING CHAIRPERSON

Sir BC Mvuna has served the nurses residents committee as a chairperson from 2008 to May 2010 . Jermond Nkosi Hadebe took over as a newly appointed chairperson.

The CEO, Nursing Manager and the newly elected committee gave Mr Mvuna a certificate of appreciation for doing a sterling job on behalf of people residing in the nurses home.

Mr Mvuna commented that serving in this committee was very

challenging because he was dealing with adults who have diverse needs.

Some of his duties included in ensuring that everyone who live in the nurses home is aware of the given rules and regulations, general housekeeping and being the spokesperson for residents.

BC concluded by stating that the job was interesting, it equipped him with leadership and communication skills.

Below picture: from L-R Nkosi Radebe (Chair person), Phumy Ndlovu, Bonga Mvuna,(Outgoing chairperson)) NR Hlophe, Mrs NNP Ntuli (Nursing Manager) and Mrs BL Ngesi (CEO)



KZN MEC for health Dr Dlomo and MEC for Arts Mrs W Thusi who is also an Ugu district champion, unveiled and officially handed over keys of ten newly constructed wings of ten satellite clinics donated by Broadreach and USAID. Clinic keys were handed over to the clinic committee chairpersons and operational managers. The cutting of the ribbon was done at Imbunde clinic by MEC W Thusi and Dr Dlomo.

Among dignitaries there was Dr K Kamanga (Broadreach representative), deputy mayor of hibiscus coast municipality, Ms J Derderian representing USAID, Dr Mhlongo, Mr T Zondi and departmental officials.

Mr Zondi welcomed all the delegates on behalf of Chief Ndwalane. He stated that a large number of people from the community are affected by HIV/AIDS. He suggested that the traditional leaders must be brought on board to allow them to assist in any possible manner.

Dr Kamanga highlighted the problems experienced by PHC that motivated Broadreach to donate new wings such as inadequate consulting rooms, congestion. Lack of privacy, long queues, etc. These wing will assist in addressing these problems and increase number of people initiated on ART's.

Dr Dlomo emphasized that one of the PHC role is to prevent illnesses and that function must be strengthened. He also spoke about the high morbidity rate among children under five years and said that it needs to be reduced. He further stated that it should be every leaders responsible to ensure that the community have healthy babies who are in line with their milestones.

Right picture : L-R : Dr Kamanga (Broadreach health-care), MEC for Arts, Culture, Sport and Recreation Mrs W Thusi, US Council general Jill Derderian, MEC for Health Dr S Dlomo

INFRASTRUCTURE HANDOVER



L-R : Ms Derderian, Mr T Zondi, MEC W Thusi, MEC Dr S Dlomo, Dr Kamanga and Cllr de Wet



This year the Kitchen staff was awarded with a trophy and a certificate by capitol caterers. It was for the first in history that a government hospital receive such an prestigious award. They were given this award because of teamwork, meeting high quality standards and their consistence in good performance during quarterly control inspections.

Left picture

L-R Giles King, Nombuso, Joe Ngcobo and Professor Sibiya with kitchen staff.

SPORTS



In October our hospital hosted four hospitals (Tayler Bequest, Catherine Booth, Prince Mshiyeni and local team Port Shepstone hospital who wanted to challenge us in the soccer and netball fields.

The coordinators led by Mvuna, Msa and Rhoo did a sterling job in organizing this mini tournament.

Ningadinwa nangomso.

A big thank you goes to all members of staff who contributed and made it possible to cater for our visitors.

Sibulela ngazo zozibini



Esithombeni esingenhla iqembu lebhola lomnqakiswa behleli no coach wabo u Zwe ne GD wokuqina u Shingo. Zidlala kahle izintokazi sengathi lomfutho ezazinawo laphaya enkundleni zingaqhubeka nawo ku 2011.



Above picture:
Number one fans from L-R Nandipha Ngubane, Lungi Gumbi, Sbo Ndlovu and Nosipho Nzama



Iqembu lase workshop yilona elingompetha bebhola likanobhutshuzwayo kulonyaka(2010). Asethembe ukuthi ngo 2011 bakhona abazobaphosela inselelo.

L-R: Zwe Gigaba (referee), Sizwe Jule, Mzwandile Ngcobo and Elias Cele



Few community health care workers have been absorbed by the hospital and allocated in different departments and to satellite clinics such as Braemer (the newly opened clinic) to serve as general orderlies.

The picture was taken during orientation and induction week. They were all smiles about the process and had said they are looking forward to serving the institution to the best of their ability.

We welcome them to the hospital & hope that they will have a fruitful stay with us.

Should you need to contact the hospital, our contact details are as follows:-

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In Memoriam of

- ◆ Aurelia Nokuthula Nxumalo who worked for Murchison Hospital from 2008/03/03 as Enrolled Nurse passed away on 31/07/2010
- ◆ Thabile Penelope Memela who worked for Murchison Hospital as Professional Nurse from 2010/07/01 passed away on 31/07/2010.
- ◆ Zama F Capture who has served the hospital from 03 April 2001 as an enrolled nurse and studied to be a professional nurse passed away on 04/12/2010.

May their souls rest in peace, surely they will always be loved and dearly missed.

EDITORS NOTE

Kuyintokozo engenakuchazwa ukuthi ngithole elinye ithuba lokukhipha lelibhukwana okungelokugcina kulo nyaka ka 2010. Lo nyaka ube ngomunye obemuhle ngezindlela eziningi, ngibala umdlalo webhola womhlaba wonke, lapho izizwe nezizwana zabe zidibene ezwenikazi lethu elihle ukuzobukela le midlalo. Nakulo leli lika Mthaniya, u Phunga no Mageba sayibona lengqayizivele yebhola, ngiyoyixoxela izizukulwane zako Mzilikazi.

Isibhedlela sethu sibe nenhlanhla sathola umphathi sibhedlela omusha emuva kwesikhathi eside singenaye (funda ngaye kabanzi ekhasini lokuqala). Kuvulwe uphiko olusha emtholampilo wakwaMbunde oluzobhekela abaphila negciwane lengculazi. Kubuye kwavulwa nesikhungo samazinyo (funda ikhasi lesibili). Unyaka siwuphethe ngokuhanjelwa u Mrs Thobeka Madiba Zuma ongu nkosikazi ka mongameli wezwe ehamba nomsakazo u East Coast bezopha izingane izipho.

Zibekhona nokho izinto ezinyakazise umnyango wezempilo kanye nesibhedlela sethu ngendlela engabanga yinhle neze. Ngingabalula isiteleka esakhahlameza ukusebenza komnyango, ukushiwa emhlabeni ozakwethu ebesibambisene nabo kanye nokungavali unyaka ngendlela esesiyjwayele lapha e Mashisini.

Mhla lulunye ku Masingana 2011 kuzobe kuyisikhathi esisha kithi sonke uma uMvelinqangi eyosipha ithamsanqa lokuwubona lo nyaka. Lokho kuyobe kusho ukuqala kwezinto ezintsha ezakudala zidlulile, ukuqala kwezinhlelo namaphupho amasha, ukukhula ngokwemiqondo, ukuba namasu amasha okwenza izinto nokuzibophezela ukwenza kangcono lokho esingakwenzanga kahle nonyaka.

Ngalamazwi ngifisa sengathi u Somandla anganigcina nonke kanye nemindeni yenu nibe nokhisimuzi kanye noncibijane onezibusiso size sibuye sibonane futhi siphila. Abazobe besebenza nabo sibafisela ukusebenza okuhle.

Ngibonga kakhulu ukuzimisela obekubonakala kumawodi ahlukene uma ehlolewa ngo Batho Pele. Umehluko ube mukhulu kakhulu uma kuqhathaniswa ngonyaka odlule lapho esabe sino 44% lonyaka uphele siku 82% .

Ngihlangabezeni kushicilelo olulandelayo. Khumbulani, wonke umuntu wamukelekile ukuletha noma yini anayo abona ukuthi abafundi balelibhuku bangayithokozela.