



New look for Paeds ward

The Rehabilitation Team from Murchison Hospital (C. Mpofo-Ngcobo, B. Wegner, C. Rabey, J. Graham, L. Erfmann, M. Richards, L. Worthmann) appealed for a donation of paint and craft materials earlier this year to make the Paediatric Ward more inviting and stimulating. The therapists felt that although the Paediatric Ward at Murchison Hospital is well maintained it lacked in visually stimulating pictures and mobiles, which aid in the perceptual and cognitive development of the children while in hospital.

The Port Shepstone Rotary Club was approached and the Rotary-Anne's (female members of the Club) jumped into action. They sponsored 400 Rands worth of paints and materials to paint the wards as well as collecting toys and other materials, which could be used by the therapists in the treatment of their patients.

The Rehabilitation Team painted Winnie-the-Pooh characters on the walls of the main Paediatric Cubical and made mobiles using the sponsored paint and materials.

Rotary Anne's- Vanessa Howard-Tripp, Gloria Bester and Terry Botha- attended a tea at Murchison Hospital on the 20th of June to view the newly painted ward and further methods of improving the Paediatric ward were discussed.

Finally the Rehab Team would like to extend their utmost appreciation and heartfelt thanks to all those involved in helping in the painting of the Paediatric ward , to the nurses for putting up with the mess and paint fumes and to the Rotary-Anne's whose continual support has proved to be blessing to staff and patients alike.

When this group of community service therapist are gone these walls will always bring good memories of them.



PB Ward before painting was done



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Front view of the hospital

Easter with Therapist

Easter was a special occasion for all children in the wards of Murchison. Children and Mom's were welcomed into the Rehab Department by Easter bunny dressed therapists and therapy assistants to hear the Easter story and to hunt for Easter eggs.

The occasion kicked off with music and paper Easter eggs that could be coloured in by the children. The Easter story was then told to the children and a prayer said together with the mom's and children.

It was then all fun and games as children had to try and find eggs that were hidden all over the Physiotherapy gym. Much cheating occurred with moms, therapists and assistants surreptitiously guiding children where to look and eventually all eggs were found!

Eggs were placed in a big box and redistributed fairly so that all the children left with big smiles on their faces.

It was a great day and I would like to thank my team for all the effort that they put into ensuring each child felt extra special and loved.

The true message of Easter clearly shone through you all with your love and care!

Article by Mary Richards



Picture 1 : are some of the community service therapist with Mary Richards in the centre.
 2. Britts and children
 3. Physiotherapist and children
 4. Mothers and Therapist enjoying themselves
 Therapist enjoying the days activities.



Launch of Wellness Centre

26 April was a staff day in our hospital whereby the wellness centre was officially launch.

This is a centre that has different departments including OHN - B Mvuna, EAP Practitioner - N Magudulela, OHS JML Zulu and Dr Lachman. The main focus of this clinic is to ensure wellness of employees.

The days activities started with formal function which was directed by Mrs D Sekese. As usual internal entertainment was available . Iscathamiya from laundry marked the day and theatre staff were were giving us spiritual tour to Xhosa land by their music.

The Guest speaker was Mrs. K Naidoo EAP Manager from Head Office . Dr Hardy our Medical Manager , Mrs. Z Ndwandwe and Mr. M Makellen unveil the plaque.

Inside the centre were displays of services offered inclusive of HIV in the workplace by Themba Dhlamini, Sr. Phakathi was checking BP, and lot of useful information to staff mem-

bers was available.

After this short formal event we then moved to the sports ground and the competition in variety of sports was obvious. Games that suits all individuals were organized and the participation from teams was great.

I therefore encourage all members of the staff to utilize this service to the maximum.



Picture 1 : Deneo Sekese, she was the program Director
 Top right: Theatre staff be xhensa .
 Bottom Right: Mrs Ndwandwe and Mr Mackillen unveiling the plaque.



Nurses day of prayer

Nurses day of prayer for Ugu health district was held on 29 August 2007. It was more than a prayer day but we also gathered to revitalize the spirit of nursing as a call and to remember some of our nursing staff members who are and were infected and affected by the HIV Pandemic.

All nursing personnel from Ugu district government bodies including municipalities correctional services, hospice were invited in this event including the retired nurses. This was organized to thank them for working tirelessly to ensure lives of thousands people are saved.

The guest speaker was Mrs D Mkhize from Pietermaritzburg who is a retired nurse she used to be a matron. She spoke strongly with emphasis on nursing as a call and a profession.

The final nail was put by Reverend Lokwe who spoke about a good shepherd that God has put us in positions that we are in because he trusted us to be Good shepherds of his sheep.

Within ugu District there is a nurse who

was awarded with Cecilia Makiwane award she was honored on this day .



Mrs Mdluli and Mrs D Mkhize Guest speaker



Cecilia Makiwane Winner, Mrs Nxasana & Mrs Sihlali of ST Andrews



Murchison staff with their Banner designed in Physio dept by Therapist.



Mrs B Cele unit Manager of Lindikuhle Clinic and Mrs Z Ncama HIV Coordinator from District Office lighting a candle in remembrance of colleagues who has left us.

Satellite clinics

Murchison Hospital is a District hospital with 08 satellite clinics which refer to us directly. These clinics are categorized as ABC

Clinics under A category are those that operates seven days in a week from 07h30 to 16h00. Bhubhoyi clinic falls under this category.

Category B clinics are those that operates 6 days in a week from 07h30—16h00: Murchison gateway clinic which was opened in 2006 July operates 6

days in a week

Bhomela clinic, Mthimude clinic Thonjeni clinic which previously was referring to St. Andrews hospital it provides a 12 hours service to the community ,

Braemer Clinic has recently joined the hospital and Imvutshini clinic is currently under construction but will be referring to us as well.

Clinics under category C are: Gamalakhe clinic, Izingolweni and Thembalesizwe clinics These clinics provides

24 hour service

The supervisor of PHC is Mrs. TS Ngidi.

The hospital is working very hard to strengthen the functioning of PHC by abiding strictly to the referral policy. Self referrals are accessed in OPD before they are seen by a doctor if they are of minor ailments they are then referred to Gateway clinic.

The map of clinics referring to us and a referral poster should be available in all wards. If not contact PRO.

Capital services

2007 has proved to be challenging and exciting with many positive challenges in both TB wards.

Initiation of MDR unit is being awaited anxiously. The introduction of this unit has resulted in the department decreasing its bed numbers.

Female TB ward

used to have 15 children and 48 females but has been restructured to 12 males and 20 females. Children

were moved to paediatric ward. This ward will now be used as a step down facility for patients on TB treatment.

Male Tb ward

used to have 60 male beds but was decreased to 42 beds. 20 beds will be used for female TB patients and 22 for males.

The bathrooms and toilets are also going to be restructured to accommodate female patients

MDR unit

2 parkhomes were delivered in September to serve this purpose. The construction of these is almost complete .

They are expected to be functioning by January 2008. this unit will accommodate 20 female patients and 20 male patients.

Absenteeism awards

Nursing Management initiated a Quality improvement project of Absenteeism monitoring in 2006.

This QIP won them an award during 2006 Quality day (a day of rewarding excellence).

The aim was to reduce the number of people who absent themselves from work for no valid reason.

On monthly basis the ward that had less percentage of absenteeism wins the price. Only the first and second position gets the award.

During unit managers meetings the winning wards are given their

prices. This is one from many best practiced projects we have in our institution, and it's working well to reduce absenteeism rate. It's also a classified interdepartmental competition. Keeps people on their toes



2nr price went to night duty. Matron Mdluli and Sister Zweni



The winner for the month of October. From left :- Matron Mdluli - DNM, Mrs Cele - Unit Manager , and Matron Nyuswa - the zonal matron of

Lindokuhle clinic

Operational plan for 2007

On 22 August the annual operation workshop was held. Facilitators were J le Roux and Deneo Sekese. This was a two day training.

In this forum the institution comes together as a collective and charts the way for the year follow.

The hospital as an implementing arm of government receives mandate from District office in the form of District Health plan.

This document consists of policy decisions and quantifiable objectives.

On the first day managers were assisted to understand general processes of government with respect to planning , the importance of report-

ing accurate information on which decisions can be based.

Budget forecast in relation to human resources and finance were presented. Staff participated in team building exercise.

Second day was the actual planning .

Participants from departments were broken into various groups (e.g. OPD, X Ray, PRO Phlebotomist, etc).

All groups worked well together and lot of ground was covered in terms of planning what needs to be done by who and how.

Pertinent questions were raised as well as innovative solutions provided.

The teams showed a thorough understanding of their mandate as implementers and were able to effectively put together comprehensive plans on how to meet their targets for 2008.



Marshmallow spaghetti twin towers were built as part of team building exercise.

Management thanks all who participated and hope to make great strides in service delivery in the coming year.

Editors Corner

Our hospital is honored to have a number of N.G.O.'s P.R.O.'s rotary clubs and lot of individual donors.

These organizations sponsor our hospital in so many different ways:- food parcels clothes, spiritual support and much more. We appreciate all their donations and efforts to make our patients feel comfortable.

Thank you to Mary Richards and

her team, Sister M.R Govender, Dr Thom, Themba Dhlamini, Deneo and Nathi Magudulela for newsletter information.

If you want your story or departmental information to be added on the next issue contact Silindile Mabaso on 2220. Keep sending those newsworthy articles.

On 05 December we had a day of rewarding excellence . Pictures and stories will be on the next is-

sue before end of the year.

Internal Batho Pele day/ Christmas decoration competition will be held on 24 December 2007. All sections are encouraged to participate in this activity.

Departments that entered especially wards will be given a beautiful well decorated pot plant you are therefore encouraged to improve on it and make Batho Pele displays.

Eye Clinic

The Eye services at Murchison Hospital consists of two parts.

The first part which is also the entry point to further services is the Optometrist clinic.

Every Thursday an Optometrist from Port Shepstone Hospital comes to Murchison for a clinic.

At this clinic eyes are checked and subsidized glasses are provided if needed.

Any other eye problems are then referred for further attention.

(Usually assessment will be the same day.)

This clinic is by appointment only and bookings can be made by phoning O.P.D.

It is advisable that all patients with poor vision are first referred to this clinic.

The second part is the prevention and treatment of blindness caused by cataracts.

Specifically we do uncomplicated age-related cataract where the patient cannot count fingers at 6 meters distance and is older than 55 years.

Other patients are referred to

St.Aidans Hospital in Durban.

Cataract surgery consists of an operation under local injection with implantation of an intraocular lens.

Most patients spend 2 nights in Hospital. (eg. Admitted on Wednesday and discharged on Friday.)

Further follow-up visits are needed 2 and 8 weeks after the surgery. At this stage the sutures are removed.

We can do about 8 operations per week depending on finding suitable patients and enough beds.

Bookings for this service is done via the Optometrist from their clinics here, in Port Shepstone, in Harding and Scottburgh.

We also attend to eye injuries and other sight-threatening diseases. For urgent cases such as sudden vision loss or painful eyes.

It is advisable to phone Dr.Thom directly to ensure effective management of all patients.

The challenges are that there is a huge backlog in Ugu district and the surrounding Eastern-Cape areas.

Services will need to be expanded as to operate 1500 patients per year instead of the about 250 which will be done this year.

Marketing of this new service is essential so that everyone is aware that cataract blindness can be treated.

Music is always in the air in Female extension ward Friday mornings where some of eye clinic patients are admitted. When Dr Thom removes eye pads.

Praises goes up for people who came blind but can see and this ward suggestion box is always full of compliments from satisfied patients.



From Left: BC Myeza , Mr Samson Dayi who had just removed stitches and Dr Thom

Employees wellness

Our culture has become "future blind".

This statement make no sense right now but I am sure that if one continue to read one will concur with this statement.

We have developed a culture of buying things now and pay later, what I am basically trying to say is that we want to satisfy our gratification now.

As a result we find our selves in pressure to apply for credit in order to meet our needs like education for children.

We have a tendency of spending money before it even reaches our hands, some will be receiving their bonuses but they have already spent it.

They borrow money hoping that they will pay it back with their bonuses; this all goes to prove that we have developed bad habits.

The financial institution are not helping the situation either, because they offer us loans even if we have not applied for because they know that we are gullible.

Be warned with the new credit act it won't be easy now, so save money.

One can also argue that we are also 'future blind' with our health as well, I am saying this because we as employees of Murchison hospital are offered free VCT services but not many of us take advantage of this opportunity.

We live under the illusion that "What

we do not know will not hurt us". Believe me it will, testing for HIV earlier presents many benefits it means that, if one is found to be negative one can reinforce safer sex practices and if positive, could lead to earlier access to medical care.

Let us not wait until we are sick to know our statuses because we may not be so lucky to get treatment on time.

For confidential advice, counseling and testing visit the wellness centre. Not forgetting that we as the providers of this services have a duty to ensure that we are not barriers to the programme by providing a confidential service.

Culture has become
future blind
NS Magudulela EAP
Practitioner

Quote of the month

Understanding the human condition

There is no fixed, true and real person inside of you or me, precisely because being a person implies becoming a person, being in process, if I am anything as a person, it is what I think , judge, feel , value, honour, esteem, love, hate, fear, desire, hope or believe in and am committed to. These are thing that define my person, and they are constantly in process, in the process of change.

If I expose my nakedness as a person to you - don not make me feel shame.

Submitted by : T Dhlamini

Faith like potatoes

We have lost few members of staff during the course of this year. We forward heartfelt condolences to their families.

Some members of staff have lost their family members we also express sincere condolences. May this period in their lives bring them only beautiful memories of their loved ones.

To some the pain is too much to bear. My advice is, take one step at a time , put one foot in front of each other , you will soon be fine. Remember there is great power within you unleash that potential .

“What a mind of a man can conceive and believe it CAN achieve”
Napolean Hill

This and That

EZEMIDLALO



Nginethulela amaqembu amabili amela isibhedlela ebholeni lomnqakiswa kanye nono bhutshuzwayo. Abanye nobabona kokulandelayo

Bozakwethu anginakunibala ngamagama hleze nginganiqedi.



A survey was conducted by EAP Department in September to identify sporting activities which people are interested in doing . Following sports were popular:-

Aerobics, netball, soccer, music, tennis, karate, Ballroom dance and walking / jogging.

We hope by February 2008 we will be able

to start Aerobics classes and karate.

It would be nice to engage you in all these activities but due to inadequate space we can't.

Also in 2008 we are running a competition of the Biggest loser. Watch the space for more information. Nandipha Ngubane and me will be competing very hard for this title, join us.

Traditional Casual day



Ngenhla : u Mati , Themba and Khanyi besikhombisa eyabo imisiko.

This day was coordinated in September. I should say the outfits were great. Keep up the support.

If you have not collected your casual day picture please do so in my office.

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- ◆ Marilyn Lahana Award Trust winner
- ◆ Nutrition unit launch
- ◆ 2007 babies
- ◆ Quality day
- ◆ Community outreach
- ◆ 2007 Brides & grooms
- ◆ ECR Toy Story

Bakwethu khumu!

Amaningi angisenawo , Eyase Mantungweni isigadle zaphuka. Sesiyohlangana kushicilelo olulandelayo, Nime njalo nina be Silo.

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