



HEALTH
KwaZulu-Natal

MURCHISON HOSPITAL NEWSLETTER
ZIYENZIEKA NEWS

EMPLOYEE OF THE YEAR 2007/8

Who's next for 2008/9



Annually Murchison Hospital organizes Quality day. The main purpose for this event is to reward staffs who work tirelessly to ensure that all customers' needs are adequately met. At times this means for employees to go an extra mile but enthusiastically they do that. Also the employee of the year is crowned on this day.

In 2007 the Employee of the year category was introduced for the first time, Mrs F.S. Shozi won. She was competing with people from different departments and ranks within the hospital.

Who is Mrs. FS Shozi?

She was appointed on 5 July 2000 as a general assistant in the occupational therapy department. She came from the Sithole family in Pomoroy and married to Mr. Shozi of Port Shepstone in Mbayimbayi area. She has 5 children the eldest is 33 years old and the youngest is 15 years.

What does she do?

When she joined the hospital she was working under the supervision of Mrs Allen who was in charge of Occupational Therapy department. Mrs. Allen played a crucial role in her career by training her to make hand crafts.

She makes assistive stuff to assist children with cerebral palsy, people with stroke , people who have fractured body parts, physically challenged and all those who cant' help themselves due to sickness and accidents.

Among the things she makes is a Wonder Box. It was an interesting moment for me since I have heard of it for quite some time but has never seen it. The wonder box saves energy and time. It produces healthy and nutritious meals. It can be used by anyone but comes handy for sick people who don't have enough strength to cook. This box helps to cook every meal without direct heat e.g. when cooking beans you put them on the stove, let it boil for few minutes and put your pot in the

wonder box. It fully cooks your meal. You can cook anything and the wonder box is 100% safe.

She teaches female patients to make hand crafts such as bible and cell phone covers, key and pen holders, necklace, earrings, sewing shorts, T-shirts, aprons and children's clothes.

She also teaches women house decorating items such as table mats, tray mats, etc. Since most of our patients are unemployed. They make these things and take them home when discharged to sell or personally use them.

Mrs Shozi makes corner seats with seat-belt and cushions for children with cerebral palsy– for better support when sitting. She sews universal stripes to help children with CP to feed themselves.

She makes bath brushes used to scrub person's back , face towels that fit like a glove, vegetable holder which helps when cutting vegetables if a person has one hand to use.

Furthermore she provides interpretation services to all rehabilitation team. She does ward visits to train people on wheel chairs to be able to move around and help themselves. She gives health education on people with diabetics and advice them on proper eating plan to control weight. Educate mothers with cerebral palsy children to properly manage this condition.

The list of her achievements is endless you will have to visit her department to see her in action and you will be astonished.

She is a real asset to the hospital not to mention to patients who are given lot of education on how to handle people with different diseases.

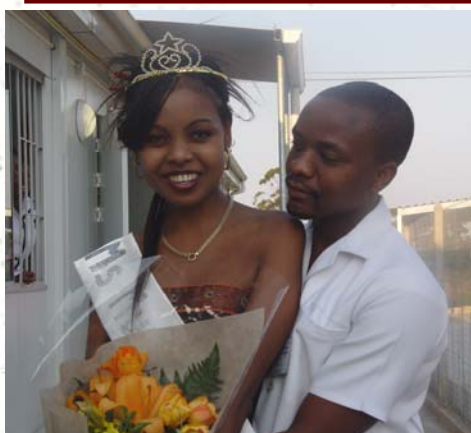
Having mentioned all this you can see that indeed she deserved the title of being the employee of the year 2007/08. The search is on for the next candidate



Front row: Mrs T Ntanza, Mrs FS Shozi, Kajal Brijmohan.

Back from left: Megan Robinson, Claudine Onoya Tara Pretorius, Liezl West, Delicia Appana, Lauren Bennett

Miss Murchison Hospital 2008



Above : Shannon Redman and Sabatha Bhengu (Mr Personality)



Above: Shannon Redman (Queen of Murchison Hospital 2008)



Above from left: Khanyi Xulu - 1st Princess, Shannon Redman & Nomkhosi Gumede - 2nd princess

Below from left: Ms Dinah Mokoena, Tiny Myende & Nosipho Nzama. They won fashion show competition



Far Right : Mrs Zola Memela the best Program Director in South Coast



Above from left: Mrs Gugu Khambule 1st Princess, Tiny Myende Miss Sdudla & Zodwa Zungu 2nd Princess



From left: Mfihlo Khumalo 1st Prince, Tiny Myende, Sabatha Bhengu & Matron B.S Mdluli - Previous reigning queen



About Talent Show Festival

Working in a hospital at times could be very stressful. One sees very sick people daily and it makes you to realize that it's a blessing to be healthy.

Social activities play a significant role in assisting personnel to debrief and forget about their challenges for few minutes.

It is for this reason that talent show festival came to life. The function was held on 21 May 2008. There were a number of participants who entered for

different categories is a fun loving person.

unfortunate only few people had to win.

Congratulations to all winners.

Shannon Redman is the newly crowned Queen of Murchison Hospital. She works in pharmacy department. She started modeling at the age of 11 and has never looked back since then.

Tiny Myende is the hospital Miss Sdudla. She works in Good Hope Ward, she is full of energy and ideas welcome on board girl. She is a great cooker, designs and sews clothes; she

Sabatha Bhengu won the Mr Personality title. He works in Good Hope Centre. He is highly talented on a number of things. Contact me if you need more information on him.

Thank you to the task team who made this day a success. I know I can always rely on you. Let's roll up our sleeves and get ready for the next big Event (quality day)

To all staff members you guys are the best in this province I can never ask for better colleagues.

World Breastfeeding Week

2008 Theme:

Mother support: Going for gold

Mothers need to have basic, accurate and timely Information. They must be encouraged and listened to empathetically and given practical help by skilled people.

The main aim for this campaign was to disseminate updated information about support for breastfeeding mothers.

Among the weeks's activities was an eye catching stall outside Maternity ward with information brochures on breastfeeding.

Posters were put up in and around the hospital to promote breastfeeding and to create awareness to staff, patients and visitors of Murchison hospital.

A file was also displayed showing diagrams of breastfeeding positions, proper latching and happy breastfed babies.

Focus groups with expecting moms and new moms were held in the maternity and paediatric wards throughout the week. Educating and practical interactive sessions were done.

More focus groups were held by

the dietician and a midwife trained in BFHI and PMTCT, in the maternity ward on three mornings and one morning in the paediatric ward.

Both expecting and already new moms were targeted and sessions were attended by an average of 5 – 8 ladies.

The agenda of the focus group was as follows:

Advantages of breast milk for babies and mother. Initiation on breastfeeding (colostrum, size of baby's stomach, amount needed per day etc

Premature babies and their feeding development;

Kangaroo mother care.

How to position yourself and baby during breastfeeding (demonstration with doll)

Latching onto the breast (not nipple feeding)

Expressing and storing milk

Cup feeding vs bottle feeding

HIV and breastfeeding (disadvantages of mixed feeding)

PMTCT and formula feeding



Display table showing diagrams of breastfeeding positions.

Sister Matuleka educating mothers



Visit to Sidumile primary school

We are lucky to have several organization and individuals willing to donate a variety of things to us. We felt we also needed to do something for the community.

Earlier this year Murchison hospital nursing manager (Mrs NNP Ntuli) and the public relations officer (Miss SG Mabaso) visited Sidumile Primary School which is situated at Bhobhoyi area in Port Shepstone.

This school was first visited by Public relations officer and quality manager during the school health promotion project in 2007. It was discovered that teachers and learners were working and learning in an unhealthy environ-

ment. School property was stolen or damaged by community members more often.

Since then noticeable improvements were made. The yard is cemented and has beautiful green grass and flowers. Flood lights are installed, computers are provided for HOD's. Security is tight. A new administration block with sick bay was built.

Upon interviewing the principal on how he managed to make major changes, he stated that the school has developed a good relationship with the community. The hospital donated a bed with mattress, two first aid kits. We plan on assisting the school in every way





Capitol Caterers donated soccer kit in the picture from left: Gene Mzobe Rev Mzotho, Vumile Somi , Bonga Mvuna, Msa Cele ,Siza Mwelase, seated Professor & Russell Nzimande Thank you Capitol: your kit is doing wonders for this team.

BATHO PELE PROJECTS

The ball is again rolling. All eyes want to see which ward or department will take 2008 Batho Pele and Christmas decoration award.

In 2007 all wards were given a beautifully decorated pot plant to improve reception areas. Wards were expected to change reception areas to be more welcoming and appealing to visitors and mostly to patients.

Since it was during Christmas season wards and departments were also expected to put up Christmas decorations. This is done to elevate spirits of hospitalized people.

Departments were asked to identify Batho Pele principles which suit them the most and how they relate to those principles. This exercise was given to promote and improve team spirit within colleagues and unleash the concealed innovative ideas. Ach ward and department was expected to have Batho Pele display with as much information for patients as possible.

It was amazing to see creativity by staff members in different wards, unfortunat there could be only three departments to walk away with Batho Pele Shield, as seen on the pictures on the left of the page.

Even in 2008 Batho Pele Projects will be given to wards and departments. The main aim is to see if people understand and value principles of Batho Pele. This is somehow obvious since there is a little percentage of complaints received which can be addressed by Batho Pele.

Dr Hardy and sister Nxasana were giving out the awards and gifts to all winning departments

BEREAVEMENTS Since the beginning of 2008 we have lost some of our hero's to death. And also have lost Themba Dhlamini who was a columnist in all my newsletters. It was sadly noted during the compilation stages that this issue is complied without an article of his idea . We have lost Dlamini BV, Z Sosibo, Shange NP, Ncayiyana IN, CN Shusha, ZA Ngcobo, O.T Nciki, EZ Msane, Z Sobhoyise, Gobhozi TC, V Shibe & T Nzuke May their souls find rest in the bosom of Jesus Christ

2007 BATHO PELE CHAMPIONS



Position one went to Paediatric ward



Position two went to Maternity ward



Position three was taken by Female ward



Physiotherapists Nonhlanhla & Delicia demonstrating to EN's on how to manage stroke patients during stroke awareness week.



Umdlazi primary school learners from Bhubhoi visited the hospital to get detailed information on HIV/AIDS for their school project.



Hard work pays , Sifiso was one of the patients who took his time to work in the garden as a relaxation exercise. The first fresh produce of spinach was given to his mother when she came to visit him. In the picture he was taken with rehab team and his mother .



Doctors came dressed casually during National casual day . This year we were supporting Schola Amoris— School for intellectually disabled children.



Some of staff during heritage day in their traditional outfits.



Nokuzola Matshoba and Enkosi performing traditional dance during hospital heritage day



Fountain of gifts as seen on the picture. It was a farewell party for Mrs Qadi and Mrs Shange in October.

HAPPY RETIREMENT LADIES



The picture of Mr and Mrs Qadi was taken during the farewell party.



Mrs Shange was taken with her husband Mr Shange on her last day at Murchison hospital as an employee.



Kwesingenhla iqembu lesicathamiya elishaya into esezingeni elicokeme bazibiza nge Siphithiphithi



Left Picture:
Mrs Thobile Cele
and Miss
Nokuthula
Khanyile

Right picture :
Mrs Nomonde
Tutwana

These pictures
were taken during
the hospital heritage
day in Sep-
tember 2008



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