



We're in this together!

Volume 3 **MAY 2006** The official Newsletter for the staff of Northdale Hospital

What's Inside
Hospital Manager's Foreword
Editors Page
Spiritual Uplifting Messages
Activities & Events at NDH:
NDH ARV Clinic
Easter Egg Giveaways
World TB Day
Healthy workers for a healthy nation
Mindset for the nation
Human Resources Issues
Ezemidlalo
Offload

EDITOR-IN-CHIEF

You already know her as the Hospital Manager, but this time she is wearing a different hat. On all of our issues we'll get to hear what she has to say.



Well, it's only been six months since I have been with the institution. Obviously there are a lot of changes occurring, and more will happen. All the changes are to enhance and benefit both the patients/ the public, for effective service delivery based on the **Batho Pele, Patient's Rights, Citizens and Services Charters**.

As staff, we need to be patient with the restructuring of buildings. As management we are on a mission, a mission to totally alter the negative attitudes towards Northdale. We have a budget of +R123 million to deliver the mandate.

We are in this together to deliver caring, responsive quality health services to our customers.

EDITOR'S PAGE

This would be my first time as the new editor of **SISONKE** – official newsletter of Northdale Hospital. The newsletter has undergone a nip and tuck here and there. There are going to be additions though. We will be rotating the **SPIRITUAL UPLIFTING MESSAGES** column, and giving everyone an opportunity to contribute towards the success and upliftment of NDH staff. The column will focus on celebration of all the good, wholesome, hopeful, happy things in our lives, as well as the people around us who contribute to our inner strength and well-being.



Mbali Mwandla - 'hard' at work...

NORTHDALÉ HOSPITAL had some activities during the month of March - May.

Be part of the change, development and progress within our hospital.

CONTRIBUTORS
Khumbuzile Mbatha; Human Resources Dept.; www.google.co.za., Dr M. Naidoo; Goodboy Nkonyane

During the four editions of **SISONKE** various themes and/ topics will be included for staff development. But that also depends on your contribution towards what you would like to see on the newsletter. So, with that said, let's talk a bit about **ATTITUDE**. When you look under the Dictionary it is explained as

Without question, the most important possession you carry around with you in your day to day travels and adventures is your **ATTITUDE**. Regardless of whether it's good, bad or somewhere in between, your attitude shapes your day and molds your future. The type of attitude you embrace daily can literally make you — or break you.

It's not always easy to maintain an optimistic outlook and positive approach to life. With the hustle and bustle pace we must maintain nowadays, there seems to be an endless parade of distractions, misadventure and uncertainty tossed in our paths. If allowed to do so, these daily challenges can catch us off guard and throw us off track, eroding our confidence and putting a big dent in our dreams. Before long, a lousy attitude can take over and assume control of our lives. Like a heavy anchor tied to our feet, a bad attitude can drag you straight to the bottom.

We sometimes fail to recognize just how important our attitudes are in overcoming life's most troubling times. It shouldn't surprise any of us that a lousy attitude tends to paint an equally lousy future. And a negative attitude leaves us susceptible to just about everything negative in life. There's nothing good in a bad attitude.

"It's your attitude, not your aptitude, that determines your attitude." Why not take charge of your

life by embracing a positive attitude and start flying high today?

Here are a few tips when it comes to altering your attitude, especially towards getting along with people, whether at work or at home.

- ⇒ Keep skid chains on your tongue; always say less than you think. Cultivate a low, persuasive voice. How you say it counts more than what you say.
- ⇒ Never let an opportunity pass to say a kind and encouraging word to or about somebody. Praise good work, regardless of who did it. If criticism is needed, criticize helpfully, **never** spitefully.
- ⇒ Keep an open mind. Discuss but don't argue. It is a mark of a superior mind to be able to disagree without being disagreeable.
- ⇒ Let your virtues, if you have any, speak for themselves. Refuse to talk of another's vices. Discourage gossip. It is a waste of valuable time and can be extremely destructive.
- ⇒ Be careful of another's feelings. Wit and humor at the other person's expense are rarely worth it and may hurt when least expected.
- ⇒ Pay no attention to ill-natured remarks about you. Remember, the person who carried the message may not be the most accurate reporter in the world. Simply live so that nobody will believe them. Disordered nerves and bad digestion are a common cause of backbiting.
- ⇒ Don't be too anxious about the credit due to you. Do your best, and be patient. Forget about yourself, and let others "remember." Success is much sweeter that way.

-Ann Landers-

"Attitude is a little thing that makes a big difference." Winston Churchill

*It's **your** newsletter, tell us what you think.
Write a letter to the Editor and have it published.
You can e-mail your letter to h043093@dohho.kzntl.gov.za*

OR

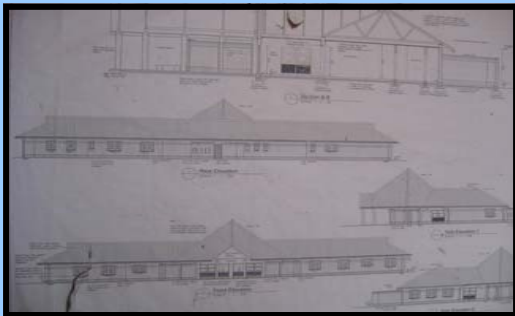
*Just drop it off at Registry or the PRO's office.
To discuss any ideas for the newsletter call the Editor on ext. 9048*

The New NDH ARV Clinic

Anti- Retro Viral Treatment (ARVT) Clinic is currently being built in the public car parking lot. The clinic will provide comprehensive care to patients living with HIV/AIDS. The hospital already provides most of these services but it is hoped that the service will be expanded. The service will incorporate Medical, Nursing, ARV Literacy and Adherence training, Dietetic and Social work services.



Construction has already commenced, making way for the new clinic.



The final look of the New ARV Clinic

It is anticipated that the clinic will facilitate the expansion of the program. VCT and PMTCT will continue to be provided from within the hospital.

MINDSET FOR THE NATION

MINDSET is one of the programmes that has been introduced by the **Department of Health**, together with the non-governmental organization **MINDSET**, and **SENTECH**. The primary objective is to deliver, on a mass scale, public health education and promotion on critical health issues, with an initial focus on HIV and AIDS pandemic, and Tuberculosis.

Northdale Hospital is one of the health institution that was chosen, and television sets were sponsored by

The **MINDSET HEALTH CHANNEL** targets health care workers, patients and/ public. The channel delivers digital health educational information in: video, multimedia and print in various local languages: isiZulu, Xhosa, Sotho, and English. The content is updated on a regular basis.

The content is delivered through the Sentech satellite broadcast daily (08H00 -17H00) at MOPD for the public and/ patients.

The MINDSET channels have already been installed at M.O.P.D, - targeted to patients and/ the public. For the staff, it has been installed at the Seminar room, doctor's complex.



The MINDSET TV set for the patients/ public

Staff is requested to make use of the MINDSET channel at the doctor's complex. The information can be of great use to expand, and enhance their health information, and also assist when hosting presentations on a certain topic, e.g. TB/ stress management/ AIDS, etc. Arrangements to be made with the secretary (at the doctor's complex) who has the keys to the seminar room.

Northdale Hospital's patients were visited by the 'Easter Bunnies' early this year. Seriously though, scholars from the Wykeham College gave treats of easter eggs.



The scholars giving away easter eggs to patients

Sakila Pillay attended a Stoma, Wound Care and Incontinence Workshop, hosted by COLOPLAST. It was a 4 day workshop held in Durban. Sr Pillay achieved the highest marks in the group of 21 delegates.



Sr Sakila Pillay receiving the award from Anette Snyman, from Coloplast.

AND THE AWARD GOES TO...

Once again one of our nurses won an award. Sr

WORLD TB DAY CELEBRATED AT NDH

Isibhedlela sase **Northdale** besigubha futhi siqwashisa umphakathi mayelana nesifo sofuba (TB). Ithimba lase Infection Control kanye nezitshudeni zase Nyuvesi yaKwaZulu-Natal be-bengazibekile phansi. Bebegququzela iziguli, umphakathi ngezinkomba ongazibona uma uguliswa isifo sofuba. Bebazisa ngezinhlolo ezigcono zokudla okufanele zidliwe. Umhlengikazi Zondi wayebonda emakhishini, epheka ukudla okunomsoco, uphuthu kanye nobhontshisi. Ithimba laliphana ngokudla okulula ukukwenza: umdokwe kanye nobisi.



Izitshudeni ziphaka ukudla okunomsoco. Umhlengikazi Zondi echaza kabanzi ngesifo sofuba.

HEALTHY WORKERS FOR A HEALTHY NATION



The Department of Health celebrated World Health Day on 07 April 2006. The celebration started with a 4 km walk from the Natalia building to the Royal Showgrounds by 3 000 KZN health workers. The event was to involve health workers to take care of themselves and their health. Various issues contribute to the physical, mental and emotional health of a person. At the showgrounds there were stalls varying from financial planning, health/ exercise organisations, and other medical and health advice given by the exhibitors. The message from the MEC urged health workers to take care of themselves and their health, as patients need them.

WELCOME TO NDH...

Management, and the rest of NDH staff would like to welcome the following personnel as new members of staff.

- Public Relations Officer : Mbali Mwandla
- Pyschologist : Taryn Kihn
- Pharmacy Assistant (ARV): Nonhlanhla Msweli; K. Morgan
- Human Resources Development Practitioner: Zandile Sithebe



Colleagues saying a few words about their colleague. Veronica Hlophe, has moved on, and is now employed at Fort Napier as a Senior Systems Officer

YOU ARE PROMOTED...

Mrs V.M. Daddy has been promoted to a new position, as an Assistant Manager (Radiography), and Mr P Sewrathan as the Principal Human Resource Officer.

EAP a helping hand...

EMPLOYEE ASSISTANCE PROGRAMME

TO NORTHDALE...

The following have been transferred from various clinics/ hospitals/ health institutions, etc..

- Transport Officer : Linda Mbuyisa
- Supply Officer : S. Khumalo
- Pharmacy Assistant : Zandile Zondi

As we all know it, life is unpredictable and throws curveballs when you at times least expect it to happen. Some problems, be it work related or other social issues can be resolved and sometimes cannot.

Northdale Hospital wants to demonstrate its concern for the emotional and social well-being of its employees through, the establishment of an **Employee Assistance Program (EAP)** at the institution.

NDH is sad to loose some of its staff members to other health institutions. The following are some of the people that have been with NDH for several years.

Remember you are **NOT** alone. For assistance, please contact **MALA** on ext. **9119**



Mrs C. Hutheram bids farewell to Sr Mfeka, and seated is Matron Pillay, and I. Subhan



The Spotlight on...

There is little recognition given to some staff members within an institution. One of the primary objectives of SISONKE is to make our own staff 'shine' within and outside our institution and the department. So the editing team decided to interview one of the counselors from the **CRISIS CENTRE** (*down under*). You might know her or not. **MELODY MHLONGO** never thought she would be a counselor. Guess life takes you on a different road at times, she smiles. She started working in the hospitality field at Port Elizabeth, and Durban. But wouldn't you say that counseling can be draining at times? It can be, but as counselors we have debriefing sessions where we talk about your difficult case and other counselors contribute ideas on how to handle such cases in future. Or else one speaks to the hospital's psychologist.

Life has thrown some curveballs at me, like anyone else. Counseling victims of various circumstances has aided me professionally and personally in dealing with challenging situations.

She adds, what I am passionate about is life, waking up every day and knowing I can contribute to someone's life, in a positive manner. I would love to see myself being my own boss, as to what kind of business, I still have to figure that one out. When I am not working though I dine out with friends and go out of town for a breath of fresh air. Changing your environment also contributes to replenishing yourself, whether professionally and/ personally as a human being.

Do you have someone that you would like to be featured on our SPOTLIGHT column? If so, call me on ext 9048 or pop in at Editor's office.



Pictured in front is Dr Naidoo who recently ran the Ocean Marathon that took place on 01 May 2006. His finishing time was 4hours 14 minutes in completing 42.2km

The Road Runners...

Vumo Ngubane, Ncamisile Khanyase, Dr Mergan Naidoo are just some of the dedicated runners from NDH. Recently they ran the POSTNET MARITZBURG MARATHON on 19 March 2006. It was a 21,1 km and 42 km race. Hundreds of competitors entered the race. Dr Naidoo, was assisting on the medical team, Vumo Ngubane ran 42 km and finished at 02:46, and

Ncamisile Khanyase finished at 02:30. This year, Dr M. Naidoo, and Vumo Ngubane will be competing at the 2006 Comrades Marathon.

Good luck guys, and hopefully we can share the prizes that you will win.

Ezikanobhutshuzwayo...

Umnyango wezeMpillo usuqalile ngamalungiselelo ngomncintiswano webhola likanobhutshuzwayo, kanye nelezandla lamantombazane (netball). Amafayineli wona azoze adalwe ngo Septhemba kuwo lonyaka. Imininingwane mayelana nezemidlalo izokwaziswa maduzane nje, uma imidlalo isizokwenzeka.

Iqembu lase Northdale seliqalile ukuzivivinya, futhi selidlala kanye namameshi kanye nezinye izikhungo. Uma ungumdlali futhi unogqozi lokuba igxenye yeqembu likanobhutshuzwayo lase Northdale, ungaxhumana no Goodboy noma u Magoso.

USIZO LWAMAHHALA NGEZIKHATHI ZONKE!

UMnyango weZempilo kwaZulu-Natal usungule inombolo yamahhala esebenza izikhathi zonke ukuze umphakathi usizakale ekunikezeleni usizo kanye nezimo eziphuthumayo.

Make use of this toll free number for reporting emergency matters or fraud in the Health Department. What you have to do as a reader of **Sisonke newsletter** advise family and friends that free service is available.



**KWAZULU-NATAL
DEPARTMENT OF HEALTH**