



Sisonke

We're in this together!

Vol. 4 DECEMBER 2006 The official Newsletter for the staff of Northdale Hospital

WHAT'S INSIDE
Editors Page

WORDS OF WISDOM:

OUR OPENDAY

Human Resources Issues

Activities & Events at
NDH:

CELEBRATING &
COMMEMORATING
OUR HEALTH DAYS:

CANCER DAY
WORLD FOOD DAY
WORLD SIGHT DAY
WORLD AIDS DAY
(Update NDH ARV Clinic)

The Hands that keep giving...

Sixoxa ngezithombe

Ezemidlalo no XOLANI

Ezamahlaya noZULU



Staff and their patients from the Paediatrics' Ward
getting ready for the Christmas

Phew!!!...time does sure fly. The festive season is already here, and it'll be over soon. Too many events have taken place during the past few months. From awareness campaigns, examinations, competitions... it surely is a mouthful. Santa Clause (Father Christmas) dropped by at Northdale (see the Hands that keep giving pages), with the help from his assistants—the elves. The Toy Story—EAST COAST RADIO & the Natal Witness came by. John Dory's Seafood restaurant from the GOLDEN HORSE CASINO also came by; and FAMILY CARE.



All I know that the TEAM SPIRIT at NORTHDALÉ HOSPITAL is growing from strength to strength. The past few months have been **hectic** for us Northdalers. With all the ups and downs, the hospital has been going through all types of hoops, small and big. The fruits are already starting to show. We have been in the front line of the firing squad (the media).

No matter how hard one works, no-one works as an island. Eventually you will need assistance from other people in order to get the results you require. That is where **TEAMWORK** starts. Sure there are people who would want to see you fail, and then you have those who share the same vision with you. Surround yourself with those people. And the ones who want to see you fail, eventually loose interest, especially if you show your perseverance. When it comes to teamwork, I again saw it with staff members at Northdale. It's good to know that there plenty of hands that are willing to help.

Have a **BLESSED, peaceful, safe Christmas and a groovy, fruitful 2007... see you next year.**

Editor -
MM



Hands that keep on giving...

CONTRIBUTORS

Andersonchris Govender, Xolani Khanyile, the ARV CLINIC; www.google.co.za., Good-boy Nkonyane; Nkululeko Zulu; Nomonde Nkubevana;

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 mbalenhle.mwandla@kznhealth.gov.za

OR

Just drop it off at CEOs office with NOMONDE or the PRO's office.

To discuss any ideas for the newsletter call the Editor on ext. 9048

*Birth was not our choice, death will not be our choice,
but the way we live our life is absolutely our choice.
So laugh more, love more, dream more, trust more, hope more,
kiss slowly and live life to the fullest*

ΩΩΩΩΩΩ

*When we spend our time focusing on negative people and negative experiences, we end up
missing opportunities and blocking our blessings. We can't see the future because we're
too busy living in the past.*

ΩΩΩΩΩΩ

*People will forget what you said, people will forget what you did.
But people will never forget how you made them feel*

ΩΩΩΩΩΩ

*When you make a mistake, don't look back at it long,
rather look forward.
Mistakes are lessons of wisdom.
The past cannot be changed.
The future is yet in your power.*

ΩΩΩΩΩΩ

*As we sail through life, don't avoid storms and rough waters,
Just sail and let it pass.
But always remember calm seas never make skilful sailors.*

ΩΩΩΩΩΩ

NORTHDALE HOSPITAL OPENDAY...

Not even a cloud in sight, mother nature was sure on our side. The last two days it rained and our plans to host the event looked dimmer. The Northdale Hospital team was determined to make this event a success, and it was. With various stakeholders invited, faith mission organisations, non-governmental organisations, educational institutions, councilors, public members and patients.

Hosting the event was the Chief Executive Officer (CEO), Dr L Ndlovu from Mahatma Gandhi. The ceremony was blessed by RT REV BISHOP F Mbhele.

The Chief Executive Officer addressed the public, and thanked all social partners, especially African Enterprise for the donations of blankets.

The purpose of the day was to exhibit and market the Northdale Hospital's services and also to have dialogue with our customers – the public and the patients. The highlights were also to commend the dedication and commitment of the hospital staff they have continued to exhibit for the last 8 months.

The community members commended the efforts that the hospital management is doing. Mrs C Singh, one of the important guests for the day, expressed her gratitude with all the changes that are occurring, especially the queues at Pharmacy are decreasing and moving faster, but more effort and emphasis is needed at Primary Health Care Clinic (PHC).

The District Manager, Ms Zuma spoke of the vision of the district. Achieving excellence in service delivery, so all customers receive optimal care. In order for such vision to be accomplished, relationships with other stakeholders are important as government we cannot act, and deliver as an island. And that vision is followed by action.

Dr SSS Buthelezi, General Manager: Western Area Operations spoke on the transformation of the health services, in alignment with the national constitution. The Department of Health is obligated to provide access to healthcare services to all customers. He emphasized that all government employees need to ensure that they are well familiar with the Constitution.



L-R: NDH CEO: Mrs ZSI Ndwandwe, with "Princess of Paediatrics Dept. Karenlee Naidoo.

Middle photo: Mrs C Singh—a former NDH patient, receiving a thank you gift.

If music is food for the soul, let it play on... the NDH choir



HAVE YOU CHECKED YOUR LUMPS & BUMPS YET??

Cancer is one of the diseases that affects anyone. Previously, in African communities especially it used to be conceived as a 'white man's disease'. I am now one of the 'reformed', black sister who has changed her mindset. Researching and reading more has opened my eyes about the disease. I now know people who have lost the fight against the dreaded disease. Breast cancer is closer to my heart. It destroys a limb of a woman which primarily defines what a woman should look like.

Sr Sandra Moody – Unit Manager: Primary Health Care Clinic, has witnessed how this disease has rapidly increased within the African community. As a patient, you would have to bypass her Gateway clinic where they teach patients how to self examine themselves. "It is always important we stress the importance of examining yourself atleast once a month" she explains. I would know, I have done it myself, and just to be on a safe side, checked myself – with the assistance of the expert health worker of course.

Even though the disease ravages people in their mid 30's and 40's, these days the youngest breast cancer survivor is young as 26-30.

Sr Moody and Sr Mahlanzi (from the Ante Natal Clinic) were all ready to examine the public members, and give them information regarding cancer. Moody would spend approximately 10 minutes with a patient examining them, and advising them on how to detect lumps in your breast, and stressed that as women we should know and be familiar with our bodies. +/- 30 public members were examined.

The awareness was not ONLY about breast cancer, but various types of cancers. Educational pamphlets in isiZulu and English were made freely available for the public members and patients. The Gynaecology Outpatient attended to patients who did not have appointments for PAF SMEARS.

Before the Cancer Day on 26 October, staff members were encouraged to buy a rose for R5. 628 roses were sold, and R3 140 was raised and the proceeds went to CANSA (Cancer Association of South Africa).

Pat Moodley (Ante-Natal Clinic), Shakiela Pillay were the (SOPD) project coordinators.



Clockwise: Sr S Moody (Unit Manager: Gateway Clinic) with a public member to be examined

Public members, sharing knowledge about the different cancers.

Sr Mahlanzi (from Ante-Natal Clinic) advising a public member.



UKUDLA OKUNEMPILU...

Waphuthelwa wena owawungekho esibhedlela ngenkathi iziguli, umphakathi wamukeliswa ukudla okunempilo nokunomsoco. Ngisho ne District Manager, Miss NM Zuma ebambisene nomphathi sibhedlela uMrs Ndwandwe kanye nabahlengikazi, abasebenzi bokudla, abezolwazi ngokudla babeqwashisana, befundisana ngezinhlobohlobo zokudla okufanele umzimba uzithole ukuze uphile kagcono. Sibonga kakhulu ngokudla okwanikelwa ukuze kwenze lolusuku lube impumelelo.



Ukudla okunempilo kwakulungiselelwa umphakathi, kanye neziguli. Osolwazi ngezokudla kanye nabahlengikazi belungiselela ukwamukelisa isidlo sosuku.

WORLD SIGHT WEEK

CATARACT OPERATIONS AT NORTHDALÉ HOSPITAL – 12 October 2006.

Dr Jay Karappian – Ophthalmic surgeon, and Anaesthetists – Dr Dinesh Raghavjee and Dr Clem Jolly and the rest of the Eye Clinic team were extremely busy on Thursday. They had twenty (20) cataract operations to perform.

Dr J. Karappian explained that the waiting list for such operation at Northdale is one (1) year. The twenty patients that were going to be operated on were not from that list. Each operation was going to take between 30 – 60 minutes. Patients were going to be operated on in the morning, and will be able to go back home same day.

What is Cataract?

Dr J. Karappian clarified what is cataract. It is a clouding of the natural lens, the part of the eye responsible for focusing light and producing clear, sharp images. The lens is contained in a sealed bag or capsule. As old cells die they become trapped within the capsule. Over time, the cells accumulate causing the lens to cloud, making images look blurred or fuzzy. For most people, cataracts are a natural result of aging.

Costs of the Operations

The patients that were to be operated were pensioners, and the cost for the operation was free. Alcon Laboratories, Bausch & Lomb partially sponsored the operations. Alcon Laboratories sponsored the doctor with ten intra-ocular lenses, while Bausch & Lomb sponsored with six. Each lens from these companies cost approximately R1 200.

The Beauty of Sight

“I feel good. I am going to be able to see my great grand children”, said Thora McKay. She was one of the patients’ who was going to be operated on. She had a 27.0 size lens.

After the operations the patients were able to remove their eye patches on Friday, and they were invited to a ‘tea party’ hosted by the Eye Clinic team: Dr J. Karappian, Sr EML Brown, Sr J.G Govender. Assisted also by Sr L Pillay and Sr B. Hypolite. Deputy Mayor, Mr. M Dirks (from the Mayoral Officer) sponsored with the cake for the patients on Friday.



Eye Clinic patients putting on a brave face... awaiting for the cataract operation

WORLD SIGHT WEEK-Continued...



Dr J Karappian together with the sisters from theatre.



"I can see better now" those were some of the words uttered by the patients who had the cataract operation. Pictured here are the patients, looking at a photograph of themselves the day before the operation



Dr Karappian with his team, and the patients



The HAART Clinic is nearly coming to an end (*see below picture*). The ARV clinic staff will be moving in approximately in the month of February.

Throughout the world, everyone knows someone who is infected with HIV/ AIDS. The world remembered those who have fought against this dreaded disease. Those who have lost their lives, and those who are continuing to live their lives **positively**. Statistics continue to swell, and as a health institution, we are continuing with the awareness campaigns about this disease and how as mankind can prevent the spread of it. Northdale Hospital, commemorated and dedicated the day to all those who are infected and affected by the HIV/ AIDS pandemic. The primary project coordinators—the ARV Clinic made sure that the day was fruitful. The ARV clinic patients/ Management and public members were invited to be part of the commemoration.

Various activities were done on the day, which included poets, stage plays, speeches, etc.. Sr. Maharaj (Unit Manager: ARV Clinic) and the team, made sure that the event was a success—with assistance from other departments.

The Chief Executive Officer, Mrs ZSI Ndwanwe supported the **16 days of Non –Violence and Women and Child Abuse**. She expressed that some of those who are infected that they have contracted the virus through various types of abuse. Then she stressed the importance of women to be assertive than being submissive.



NDH Management remembering those whose lives passed away. *Below right:* ARV Clinic Organising team: Sr S Maharaj, Sr Iyer, and Dr M Naidoo. *Below left:* Silent moment



The Hands that keep giving...

Northdale Hospital has been blessed this year, and hopefully the blessings will continue. African Enterprise, EAST COAST RADIO & the Natal Witness, John Dory's Seafood restaurant, and FAMILY CARE all gave with their hearts to the Paediatrics' wards. Toys, blankets, cakes, hugs, compassion were definitely ordered by the doctors. To the wonderful people who continue to put a smile on an ill child, the hospital's Management would like to say **THANK YOU**.



Bon Voyage...








Management threw a small farewell party for the institution's Community Service Officers (CSO) from the MEDICAL component. On behalf of the CSO doctors, Dr J. Kay passed on a word of gratitude to the nursing staff at Northdale. He commended the effortless, and dedicated nurses at the hospital. Even though the institution is at a district level, it is doing and performing very well.









COMMUNITY SERVICE OFFICERS being handed certificates of appreciation for their contribution to service delivery



Meet the new brooms...

<p>NONHLANHLA NZAMA PRINCIPAL PHARMACIST</p>	
<p>NOMUSA THABEDE Records Officer</p>	
<p>REBECCA RAMLALL HEALTH & SAFETY OFFICER</p>	
<p>TOPSY MOFOKENG EMPLOYEE ASSISTANT PRACTITIONER</p>	
<p>SENZO KHOZA ASSISTANT PHYSIOTHERAPIST</p>	
<p>S. GUMEDE SENIOR SOCIAL WORKER</p>	
<p>DT KHUMALO SENIOR SYSTEMS MANAGEMENT OFFICER</p>	

Moving up a notch...

<p>PRAVESH SEWRATHAN Promoted to PRINCIPAL HR OFFICER</p>	
<p>NSIKI V. ZUMA Promoted to HUMAN RESOURCES PRACTITIONER</p>	
<p>LW MBUYISA Promoted to SENIOR MANAGEMENT OFFICER ASSET CONTROL</p>	
<p>B VILAKAZI Promoted to SYSTEMS MANAGEMENT OFFICER</p>	
<p>CPN E. ZONDI Promoted to UNIT MANAGER: INFECTION CONTROL</p>	
<p>CPN R. MUNRO Promoted to UNIT MANAGER: QUALITY ASSURANCE</p>	

EZIKANOBHUTSHUZWAYO... Kwakushubile ezinkundleni zemidlalo esibhedlela sase Northdale



Kwesokunxele:

Bekunzima kakhulu inkunzi ikhishwa esibayeni sayo —uGoodboy we NDH emva kokwehlulwa enikeza inkomishi komele iNtunjambili

Kwesokudla: Intunjambili ijabulela ukunqobakwayo .



Qhude manikiniki, mniki isongo lakhe. Bezizithathiwe e Northdale Sports Grounds, ngomhlaka 25 ku Lwezi 2006. Noma bazama abadlali besibhedlela, kwakungakabi isikhathi sabo. Babenokuzimisela okukhulu, ngoba bona nje, bagcina befikelele kowandulela umqamla juqu, lapho bakhala ngaphansi, ngemuva kokuba zishayane zabukana neqembu lesi bhedlela sase Ntunjambili.

INtunjambili ibe isidla umhlanganiselo kwelano bhujuzwayo ngamaphuzo amabili kwelase Northdale. Phezu kwe simo sezulu esinzima ngenxa yomkhemzelo nokubanda, abathandi bebe gcwele injabulo benika umdlandla amaqembu. Inhlalo yalomqhudelwane ukugqugquzela abasebenzi abanempilo futhi abazilongayo, nokugqugquzela ubdlelwane ezikhungweni zikahulumeni.

Siphinde sabona amakhono amakhulu kakhulu kwelomqakiswano lapho iqembu lesi bhedlela lase Greytown lizivunela amabele emaqenjini. Isibhaxu se Greytown ungafunga ukuthi leliqembu lidlala emazingeni aphezulu.

Umqeqeshi uZulu webhola lezinyawo wase Northdale uthi “badlalale kahle abadlali bami noma bengaphumelelanga, sizimisela ukuyiwina ozayo.” Uphinde wabonga kakhulu abaphathi besibhedlela sase Northdale ngokusekela kakhulu ezemidlalo, washo nokusho ukuthi kungathi bangaqhubeka njalo nokuwesekela.



Abadlali base Northdale bezivocavoca, bezilula ngemuva kokuzilolonga kanzima isonto lonke ngaphambi komdlalo wabo



Iqembu lebhola lase Northdale : *ngemuva kwesobunxele:* N Zulu, S. Chule, N. Mntambo, S. Zaca, G. Nkonyana, M. Mpsí, S. Shayingca

Phambili:kusuka kwesokunxele: M. Chule, D Derrick, N. Cele, R. Ngcobo, T. Khenisa, L. Magoso, L. Mbatha

Kwe sokudla izihlwele zijabulile phansi kwesimo ebesishubisa umkantsha.



Kwe sokunxele: iqembu lase Northdale lezomqakiswano elizimisele kakhulu ukubuyisa idebe eyathathwa iqembu lase Greytown.