



PMMH

NEWS

STAY INFORMED

March 2016

WORLD TB DAY

On the 30th of March 2016 the institution held its TB Day following the whole month of activities in the community to create awareness about this disease that has claimed so many lives yet it's curable if it's detected early and treatment is taken regularly as stipulated without defaulting.

Prince Nhlanguiso Zulu the National Ambassador for TB was the guest speaker and he emphasized that TB can infect anyone it knows no race or gender.

There's only one way to know if you are infected or not that's through different



Prince Nhlanguiso Zulu interacting with Sister Mzinyathi in a testing station for HIV.



**VISIT BY MINISTER M. GIGABA
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**WORLD TB DAY
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**STI & CONDOM WEEK
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WORDS FROM THE CEO

The first quarter of the calendar year has come and gone. This is coincidentally the last quarter of the financial year 2015/16. We thank the staff who during the summer holidays kept the fire burning in our home. They sacrificed the joy of the festive season, bayeka ubumnandi.

We started the year with a visit from the minister of home affairs, honorable Malusi Gigaba, who came with our MEC for health, Dr. SM Dhlomo on the 1st January. They had come to launch a programme that seeks to ensure that all children born in our institution leave our premises with their birth certificates.

The event went well with the finance manager, Mr Buthelezi presenting the outlook of the institution to the visitors. We pledge to ensure that this relationship cemented with the home affairs department remains helpful to the people we serve.

Kuyo lenyanga, ngomhlaka 28th and 29th, siqale uhlelo lokwenza inqubomgomo yesibhedlela. Lomsebenzi wahamba kahle futhi usaqhubeka. Siyabonga ithimba elalihlela lilungiselela lezinsuku. Kuzodinga ukuthi bonke abasebenzi base Prince Mshiyeni Memorial Hospital (PMMH), ephinde ibizwe nge Prince M bazibophezele ukuqinisekisa ukuphumelela kwalemigomo esiyibekile. Egameni le management ngibonga bonke abazimbandakanya kuloluhlelo, ikakhulu the hospital board no mnumzane Brian Shezi abafika balekelela ekwakhiweni kwalenqubomgomo.

Siphinde saqala uhlelo esilubiza nge outreach programme, ezosisiza ukwenza izinhlelo ezihambisana ne health calendar ka 2016.

Let us congratulate the departments that were able to implement their planned outreach activities, like the psychiatry department and others.

We urge all staff to assist in destroying the bug of natural death in our activities. We are the biggest hospital, third only to Chris Hani Baragwaneth and Ga-Rankuwa hospitals; which are number one and two respectively, in the province and our performance will have an impact on the life of the province, the country, the continent and the world. **Cont Pg 3**

We therefore urge you to give our clients the best quality of care they can ever fathom. The UTTTOPIA, which is our core values must be palpated by our catchment population.

The God of the mountain, the God of the valley, the one who was, is and is yet to be is on our side and all we need is to serve Him by serving His people. We are generally a good people, let us therefore do good to our own. They cannot die simple because we have decided to be uncaring and careless.

Let the love we share flow in the veins of our society as we serve with love and Ubuntu. The calling we are in calls for us to remain level headed. The management will always respect the workforce in the institution and listen to them as it gives guidance.

Let our people have an optimal life in and out of our institution. Let all institutions come to benchmark following our good results. Let us know it may not be easy but let us make it worth it.

We shall talk in the next edition, bring your own articles and avail your services when we start the editorial team soon. Many committees have been formed, support them and participate in them.

Thank you

Dr S.C. Tshabalala



VISIT BY MINISTER GIGABA FROM HOME AFFAIRS



MEC for Health KZN Dr Dhlomo, Minister of Home Affairs Mr Malusi Gigaba and Celiwe Kunene receiving and her baby's Asanda Kunene birth certificate

The 1st of January 2016 marked a historic day for mother's that delivered on that day as they were visited by the Honourable Minister for Home Affairs accompanied by Honourable MEC for Health Dr Sibongiseni Dhlomo to issue the birth certificates to these mothers using the Home Affairs facility located within the hospital premises.

Honourable Minister Gigaba emphasized that no mother should leave the health facility without a birth certificate hence his department has managed to set the Home Affairs facility in 28 hospitals in KZN alone.

Although Dr Dhlomo expressed delight at welcoming the new-borns, the number of teenage mothers remained a concern. "We continue to be concerned by teenage pregnancy in the province. As a department we bear the consequences of this. I want to emphasise the point that some of these teenaged mothers can't deliver because they are simply too young. As a result, they end up having to deliver by caesarean section, and some of them die". Dr Dhlomo said the South African government always encourages abstinence from sex for as long as possible — until one is physically and psychologically ready to deal with its consequences.

He also pledged his support for Early Registration programme by the Dept of Home Affairs "We will continue to create an enabling environment for that programme of early birth registration.

This hospital has a Gene-Xpert on site so TB test results are accessible quickly. He encouraged people to love one another and that those with TB and HIV should be cared for and be encouraged and supported to take treatment all the time. The Prince further gave hope to people by saying TB can be cured only if one uses medication regularly and within a stipulated time, his reasons to give full support and being patient to TB was that he was also diagnosed with TB where he lost weight from 80kg to 24kg as he was put on life support machine, he express sincere gratitude to nurses and doctors who work tirelessly to ensure that people get cured from TB.

“Find TB, Treat TB, Working together to eliminate TB”



1. Prince Zulu accepting his thank you gift from PMMH personnel.
2. Prince Zulu , Dr Hussain with some of the patients that attended the event.

STI, CONDOM & PREGNANCY WEEK



From left: Sister Makhathini and Sister Dlamini educating about different types of contraceptives

Pregnancy and HIV infection amongst teenagers is still a great concern in our province so the maternity department held an educational session on the 18th of February 2016 since this month is marked as the Reproductive Health Month. This session was focusing on the use of condoms, different types of sexually transmitted diseases and different types of contraceptive so to avoid unwanted teenage pregnancy.

Teenagers were encouraged to utilise these services as they're free and accessible to them to ensure a brighter healthy future.

HEALTHY LIFESTYLE EVENT

February is regarded as Healthy Lifestyle Awareness Month, Reproductive Health Month as well as Environmental Health Awareness Month. PMMH held its Healthy Lifestyle Day on the 24th of February 2016. A number of activities took place including health screening and aerobics by Muscle Fitness Gym based at Mega City.



One of the staff members having her eyes tested

Aerobics Classes: Tue—Thurs

15H00 - 16H00

Staff Residence Hall

Instructor: Dr Babongile Zulu

Don't forget to drink atleast
8 glasses of water a day

IDEAL CLINIC GOLD STATUS FOR PMMH CLINICS

Congratulations to the four Primary Health Clinics under Prince Mshiyeni Memorial Hospital for getting the accreditation as the Ideal Clinics. The teams worked very hard in ensuring that these clinics meet the standard set for them.

Now the hard work starts as these clinics must maintain their current status and more clinics. More clinics have been added on the project and we're confident that these too will get the status required for accreditation.

"Working together we can do more"

Thank you to everyone for their support in making sure that these clinics are the Ideal Clinics that they're today.

GATEWAY CLINIC = 84%
Gold Status

UMNINI CLINIC = 90%
Gold Status

DANGANYA CLINIC = 84%
Gold Status

FOLWENI CLINIC = 84%
Silver Status

INTERNATIONAL RECOGNITION FOR DR A.B. MAHARAJ

Dr Maharaj joined PMMH on the 1st of December 2006 as the Head of Internal Medicine of which he has been for the past 9 years. He's also a Consultant Rheumatologist and has received international recognition for his great work. He has published a number of articles either as an author or co-author. He has served and still serving in a number of clinical bodies.

"What I do isn't work, it's my passion" this is his moto and it's supported by his extensive involvement in a number of clinical research hence his numerous publications in international publications. Today we're only focusing on his achievements for 2013 - 2015



Dr Ajesh B. Maharaj

**MB. BS, IMS, BHU(Varanasi);
H.Dip.Int.Med.(SA); FCP(SA);
Cert in Rheum(SA), Consultant
Physician / Consultant Rheu-
matologist**

**PMMH HEAD : Internal Medi-
cine**

PUBLICATIONS FOR 2014/2015

1. Suboptimal management of rheumatoid arthritis in the Middle East and Africa: could the EULAR recommendations be the start of a solution? El Zorkany B, Alwahshi HA, Hammoudeh M, Al Emadi S, Benitha R, Al AwadhiA, Bouajina E, Laatar A, El Badawy S, Al Badi M, Al-Maini M, Al Saleh J,Alswaillem R, Ally MM, Batha W, Djoudi H, El Garf A, El Hadidi K, El Marzouqi M,Hadidi M, **Maharaj AB**, Masri AF, Mofti A, Nahar I, Pettipher CA, Spargo CE,Emery P. Clinical Rheumatology 32 (2): 151 (2013)

PMID: 23274756

2. ACR/ARHP Poster Session B: Vasculitis II (1662) Developing Guidelines for Polymyalgia Rheumatica: Prioritisation of Outcome

Measures – Perspective of Patients, General Practitioners and Rheumatologists. Yogesh Singh, MD, DM (Presenter); Christian DeJaco, MD, PhD; Sarah Mackie, MBBS;Daniel Ching; Artur Bachta; **Ajesh Maharaj**; et al.

3. Comprehensive Treatment of Psoriatic Arthritis: Managing Comorbidities and Extra-articular Manifestations A Ogdie, S Schwartzman, Laura C Coates, L Eder, **Ajesh B Maharaj**, D Zisman, S Raychaudhuri, Soumya Reddy, Arthur F Kavanaugh, Philip J Mease, Christopher T Ritchlin, Elaine Husni J Rheumatol November 2014 41 (11):2315-2322;

PMID: 25362717

4. Unusual Cause of Limited Elbow Movement in a Patient with Psoriatic Arthritis

AJESH B. MAHARAJ and VINOD CHANDRAN J Rheumatol 2014;41(12):2482-2483

PMID: 25452180

5. Spondyloarthritis in African Blacks **AJESH B. MAHARAJ** and PAUL P. TAK

J Rheumatol January 2015 42(1):139;

PMID: 25554810

6. Pancytopenia in a Patient with Psoriatic Arthritis Treated with Methotrexate and Concomitant Lithium. **AJESH B. MAHARAJ** and VINOD CHANDRAN J Rheumatol March 2015 42(3):557

PMID: 25729049

7. Summary of Sensitivity and Specificity for Psoriatic Arthritis in a South African Cohort according to Classification Criteria. **Ajesh B. Maharaj**, Jayandran Govender, Kasthurba Maharaj, Michelle Rajkaran and Paul P. Tak J Rheumatol 2015;42:960-962

PMID: 25877500

8. Drs. Maharaj and Chandran reply **AJESH B. MAHARAJ** and VINOD CHANDRAN J Rheumatol 2015;42;1062

PMID: 26034234

9. 2015 Recommendations for the Management of Polymyalgia Rheumatica

A European League Against Rheumatism/American College of Rheumatology Collaborative Initiative

Christian Dejaco, Yogesh P. Singh, Pablo Perel, Andrew Hutchings, Dario Camellino, Sarah Mackie, Andy Abril, Artur Bachtá, Peter Balint, Kevin Barraclough, Lina Bianconi, Frank Buttgerit, Steven Carsons, Daniel Ching, Maria Cid, Marco Cimmino, Andreas Diamantopoulos, William Docken, Christina Duftner, Billy Fashanu, Kate Gilbert, Pamela Hildreth, Jane Hollywood, David Jayne, Manuella Lima, **Ajesh Maharaj**, Christian Mallen, Victor Martinez-Taboada, Mehrdad Maz, Steven Merry, Jean Miller, Shunsuke Mori, Lorna Neill, Elisabeth Nordborg, Jennifer Nott, Hannah Padbury, Colin Pease, Carlo Salvarani, Michael Schirmer, Wolfgang Schmidt, Robert Spiera, David Tronnier, Alexandre Wagner, Madeline Whitlock, Eric L. Matteson, and Bhaskar Dasgupta Arthritis and Rheumatology 09/2015; 67 (10):2569-2580. DOI:10.1002/art.39333

PMID: 26352874

10. 2015 Recommendations for the management of polymyalgia rheumatica: a European League Against Rheumatism/American College of Rheumatology collaborative initiative

.Dejaco C, Singh YP, Perel P, Hutchings A, Camellino D, Mackie S, Abril A, Bachta A, Balint P, Barraclough K, Bianconi L, Buttgereit F, Carsons S, Ching D, Cid M, Cimmino M, Diamantopoulos A, Docken W, Duftner C, Fashanu B, Gilbert K, Hildreth P, Hollywood J, Jayne D, Lima M, **Maharaj A**, Mallen C, Martinez-Taboada V, Maz M, Merry S, Miller J, Mori S, Neill L, Nordborg E, Nott J, Padbury H, Pease C, Salvarani C, Schirmer M, Schmidt W, Spiera R, Tronnier D, Wagner A, Whitlock M, Matteson EL, Dasgupta B. Ann Rheum Dis. 2015 Oct;74(10):1799-807. doi: 10.1136/annrheumdis-2015-207492.

PMID: 26359488

11. Assessing disease activity in psoriasis and psoriatic arthritis: impact on management and therapy

V Chandran, **AB Maharaj**. Expert Rev Clin Immunol May 2016; 12(06): 572-583

DOI:10.1586/1744666X.2016.1146133

PMID: 26807494

12. McArdle's Disease Presenting with Acute Renal Failure

Ajesh B Maharaj, Vinod B Patel. South African Medical Journal 2016;106(5):469. DOI:10.7196/SAMJ.2016.v106i5.10348

PMID: 27138678

13. In press: SAMJ

(a) Psoriatic arthritis (PsA): an assessment of clinical, biochemical and radiological features in a single centre South African cohort

Ajesh B. Maharaj*, Michelle Rajkaran, Jayandran Govender, Kasthurba Maharaj, Niek de Vries, Paul-Peter Tak

CONFERENCE PAPER: 2013-2015

1. Pfizer Pain Forum 2013- Cape Town – Rheumatoid Arthritis

2. Pain Forum – Cape Town: The Coxib Debate – Truth vs Hype 2013

3. Management of HIV associated Arthropathy ANNUAL WORKSHOP ON ADVANCED CLINICAL CARE - AIDS, Durban; 10/2014

4. APLAR 2015 Assessment of Peripheral arthritis in Psoriatic Arthritis. Chennai, India 09/2015

STRATEGIC PLANNING



1. PMMH Executive Management with Mr Brian Shezi , Clinical Support and Specialised Hospital Services
2. Mr Mavundla Board Member handing over a microphone to Dr Tshabalala CEO after his input

NEW VISION, MISSION AND CORE VALUES FOR THE INSTITUTION

Vision:

Optimal health for all persons in PMMH catchment area.

Mission:

To develop and implement a sustainable, coordinated, integrated and comprehensive health system at all levels, based on Primary Health Care approach through the District Health System, to ensure universal access to health care for people in our catchment.

Core Values:

Ubuntu, Team-work, Objectivity, Professionalism, Integrity, Accountability, Transparency, Respect

VISITING HOURS / IZIKHATHI ZOKUVAKASHA

Monday - Friday	Weekends and Public Holidays
13H00 - 14H00	13H00 - 15H00
18H00 - 19H00	18H00 - 19H00

NOTE: Visiting hours for ICU are the same as the normal visiting hours but exceptions are made on request by family members.

REFERRAL TO THE HOSPITAL :

- ◇ Referral letter from the clinic or private doctor,
- ◇ Proof of residential address
- ◇ Identity document

THINGS NOT ALLOWED IN THE HOSPITAL / IZINTO EZINGAGUNYAZIWE EMAGCEKENI ESIBHEDLELA

- Alcohol and Drugs / Utshwala nezidakamizwa
- Firearms / Izibhamu
- Weapons / Izikhali
- Smoking / Ukubhema
- Roller blades / Izicathulo ezinamasondo
- Taking of pictures / Abathwebuli zithombe
- Animals (except for guide dogs) / Izilwane (ngaphandle kwezinja ezisiza abangakwazi ukubona)
- Hawkers / Abadayisi

We urge our community to work with us by complying with the above so as to ensure a smooth process all the time.

NB: Posts at PMMH are not for sale / Izikhala zomsebenzi ePMMH azidayisi

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