

"SIZOPHUMELELA" RICHMOND HOSPITAL NEWSLETTER

September– December 2008

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FROM THE ACTING CHIEF EXECUTIVE OFFICER'S DESK
MRS. NOMAKHOSAZANA JOJO ZIMU



Mrs. N. Jojo Zimu
Nursing Manager & Acting C.E.O

Let me take this opportunity to thank the Management team and all the employees at Richmond Hospital. During the course of the year, despite all challenges and budgetary constraints, you showed commitment in service delivery.

For those of you who are going an extra mile trying to make ends meet as we are working with skeleton staff, I really salute you. Keep doing that because the people we serve are expecting more and more from us.

Achievements through your dedication and hard work are acknowledged and appreciated. I am not forgetting to thank Edendale Hospital Management for supporting us throughout the year in terms of Finance, Human Resources and Supply Chain Management.

Most importantly we must strive as a team to live our own values and in so doing achieve the balance of providing quality health care for our patients.

Richmond hospital Management wishes All of You A Merry X-Mas and A Happy New Year.



"The elevator to success is out of order. You'll have to use the stairs... one step at a time". Joe Girard





Seasons Greetings to all Health Officials and our Readers. The year has reached to an end and indeed we all hope to fulfill the expectations we had at the beginning of 2008. December month on the Health Calendar is Aids Month and it reflects us to the thoughts unifying and taking responsibility to fight the global epidemic of HIV and AIDS. December is also famously known as a festive season for most South Africans as families and friends gather to celebrate the birth of Christ and appreciate one another.

2008 at Richmond Hospital has been an extremely highlight as we had lot of goals to expand our institution. Consequently, we partly achieved our goals but we did not succeed on the initiation of the water reticulation programme which is our main concern in the entire hospital. This project mostly concerns the health, hospitality, safety as well as the security of our patients hence we certainly believe and hope that it will succeed on the new financial year. This project will also assist us in maintaining the best health service.



Miss Silondiwe Hadebe
Public Relations Officer

We also believe that the filling of critical posts on the new financial year will introduce change since there will be joint team work among the hospital officials to embrace the spirit of Batho Pele.

I applaud my colleagues for working hard in ensuring that the health service delivery is not compromised and may they come back next year with more energy and drive to further develop our institution and maintain the good standard of the health department.

Until next time, Take Care.....

Sloho Hadebe


“Act well at the moment and
you have performed a good
action to all eternity”.
-Johan Kaspar Lavater





Mhla zinhlanu kuMasingana onyakeni ka 2008, iMinyango ehlukeni kaHulumeni e-Richmond yabamba iqhaza lokubungaza usuku lweNgculaza ehholo lomphakathi wakwaGengeshe. Njengoba sonke sazi ukuthi lolusuku lugu-jwa minyaka yonke ezweni jikele, Kulonyaka lelithimba labona kufanele ukuthi liqwashise umphakathi wakwaGengeshe ngesifo sengculazi njengoba lomphakathi wakhele kude nezindawo zosizo lukahulumeni.

Isimo sezulu esasingesihle asivimbelanga umphakathi wakwaGengeshe ekuphumeni ngobuningi bawo ukuzofunda kabanzi ngalesifo kanti lomcimbi waba isasasa elikhulu njengoba ezinye zezitatanyiswa zawo kwaku yisekela le-Meya yase Richmond u Bonisile Dlamini ilungu lasePhalamende uNkk. Renie Naidoo kanye nelungu lika Khongolose. UNkk. Naidoo wadalula ukuthi uHulumeni usudlale indima enkulu ekunciphiseni ukusabalaliswa kwesifo sesandulela ngculaza kanye nengculaza njengoba kunezinhlelo eziningi zokugwema lesifo ezikoleni, emisebenzini, ezikhungweni ezahlukene nakuzwelonke.

“Kusekuningi okumele kwenziwe uHulumeni njengokulonda nokuqhuba ukwelashwa kweSifo seNgculaza kanye nokubandakanya onomPilo ohlelweni lokunikeza usizo kubantu abahaqwe yilesifo”. Kuphetha Unkk. Naidoo.

Izikhulumi zomnyango wezeMpilo, oweZemisebenzi kanye noWezobulungiswa zaphonsa inselelo emphakathini wakwa-Gengeshe ekutheni ubambe iqhaza ekuzinakekeleni banakekele nabanye ukuze kunqandwe lesisifo futhi negciwane lingahlaseli isizukulwane esizayo. Umphakathi wazuza ulwazi olunzulu mayelana nemvelaphi yesifo sengculaza, ukuthathelana kwegciwane, ukulihlolela kanye nokubaluleka kokusungula amaqembu okwesekana emphakathini.

Kuyajabulisa ukubona ukuthi iMinyango nezikhungo zikaHulumeni e Richmond ihlanganyela minyaka yonke ukuzo-qwashisa Imiphakathi ehlukeni ngesifo se sandulela ngculaza kanye nengculaza. Lokhu kuyantshengisa ngempela ukuthi babambene njengabaholi ekulweni nesifo se HIV, I-AIDS kanye ne TB.



Umphathi wohlelo eshukumisa inkundla



Unkk. Phoswa evula umcimbi ngo mthandazo



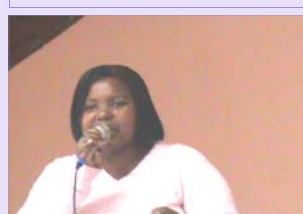
uSista Mntungwa wase Richmond Clinic ethula inhloso yomcimbi



uBonisile Dlamini oyisekela leMeya yase Richmond emukela izimenywa nomphakathi



uNkk. Naidoo oyilungu lePhalamende ethula inkulumbo yakhe enohlonze



uThembeka Hadebe oyi Site Mentor efundisa umphakathi ngesifo sengculazi



uKhanyisile Ngcobo oyi Peer Educator emnyangweni weZobulungiswa ekhuluma ngokusabalala kwegciwane lengculazi



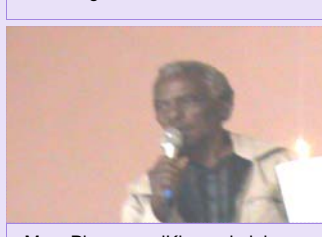
Kwachwaza ihholo ngenkathi lkhwaya yesibhedlela I Richmond icula



Izikhulumeli zosuku zikhanyisa ikhandlela lethemba



Kwavuka umunyu kwizithameli namalunga omphakathi bekhumbula labo asebadlula ngenxa yesifo sengculazi



uMnz. Phoswa oyiKhansela lakwaGengeshe ethula amazwi okubonga



Abafana bendlamu benandisa

RICHMOND HOSPITAL’S WORLD AIDS DAY COMMEMORATION



Mrs. Msenti Cleaning Supervisor opening the event with prayer



Acting Hospital C.E.O. Mrs. N. Jojo Zimu welcoming the guests

On 03 December 2008, Richmond Hospital hosted an Aids Day commemoration which took place at the hospital’s patients dining hall. The purpose of this event was to celebrate World Aids Day and promote HIV, AIDS & TB awareness to inpatients and staff members. The function was also aimed at commemorating and honouring hospital patients, staff members as well as fellow South Africans who died of HIV and AIDS.



Ms. S. Shange from the Social Work Department announcing the purpose of the day

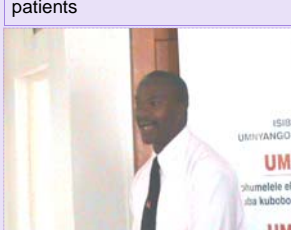


Sistr. Sabela from Richmond Clinic delivering a message based on HIV, AIDS & TB to patients

This event was attended by +/-300 people which really proved our patients and staff were keen in learning more about the HIV& AIDS pandemic. Our guest speakers kept the audience focused as they encouraged them to go for Voluntary Counseling and Testing as well as caring for their own lives in order to protect the upcoming generation from HIV and AIDS.



Mrs. N. Ntlosi the Occupational Health Nurse delivering a message based on HIV, AIDS & TB to staff



Programme Director Mr.Hlela an Educator from Ndaleni Primary School kept the audience giggling with his funny jokes

Ms. K. Sabela the ARV Coordinator at Richmond Clinic discussed the significance of the HIV & AIDS disease and reflected on the HIV, AIDS and TB statistics in the KZN province. The patients and staff members gained hope in uniting to eliminate the spread of the HIV virus.

As a provincial TB specializing institution, one of our mandate is to eradicate the escalating epidemic of HIV & AIDS which mostly interrelates with TB. We would like to give many thanks to all participants who indeed made this event a huge success. Together we hope to strive for excellence in making a difference to the people we serve and we fully support the theme of

“Leadership and Unity to Fight HIV, AIDS and TB”.



“Let us keep the Light of Hope Burning”



Mrs. N. Jojo Zimu lighting the main Candle of Hope in honour of those who died of HIV & AIDS



From right: Rev. Phungula and Rev. Zuma leading the mass prayer



The Richmond hospital patients choir entertaining



Mrs. T. Zuma delivering an HIV, AIDS & TB Testimony



Staff members and patients partaking in candle lighting



Mrs. Mbuqe from the VCT Centre delivering the vote of thanks

QUALITY DAY CARNIVAL AT. R.H.

On 26 November 2008, Richmond Hospital hosted a Quality Day Celebration which took place at the hospital's lecture room. The purpose of this event was to enforce quality improvement in terms of implementing effective service delivery within the institution.

This gathering also served as an honour of Quality month as per the National Health Awareness Calendar.

The Acting CEO Mrs. N. Jojo Zimu motivated the staff to better their best in order for the hospital to improve on annual quality surveys.

She also highlighted the fact that quality doesn't only concern nursing personnel but it includes different officials in respective departments hence all their input is essential. ***"The appointment of the Quality Assurance Coordinator will also cultivate quality within our institution."*** remarked Mrs. Jojo Zimu.



As part of sustaining quality service and building staff morale, Richmond hospital initiated a rewarding programme for staff members who receive compliments from patients through suggestion boxes. In this regard, the staff members who received compliments for the month of October to November were honored with certificates on this event.

This carnival motivated officials to treat patients with courtesy and strive for excellence in their duties.

The Acting Quality Coordinator ;Mr. L. Ndleleni pointed that an enabling health care environment with adequate structures and resources will fully build and maintain quality within the institution.

SOME OF THE AWARDEES





EMPLOYEE OF THE MONTH CORNER

Richmond hospital continues to use this feature to showcase its employees who are making a positive contribution in providing quality health service within the institution. By making a difference in patients lives, Ms. Cebisile Cele, Mrs. Mano Julia Mbeje and Mrs. Zanele. Ngcobo have earned themselves best employee awards in their respective wards.

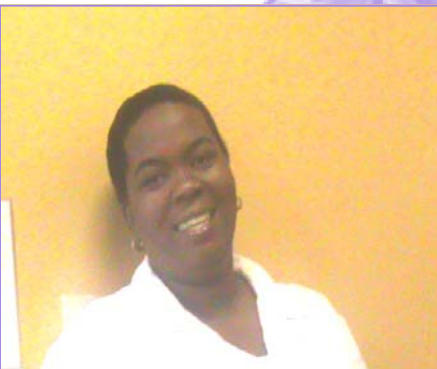
When asked about the secret of their success during the interview, this is what these committed staff members had to say for themselves;

Ms. C.M. Cele; an Enrolled Nursing Auxiliary in the A2 Male Admission Ward responded that her friendliness and openness to her patients has earned her to obtain the award in her ward. She indicated that she is easily approachable and assist patients when they have problems. Ms. Cele’s most admiration on her job is to communicate with patients and assist them especially when they are helpless.

Mrs. Z.P. Ngcobo who is a Professional Nurse at the A4 Female Admission Ward mentioned that she has a listening ear to her clients, motherly care and she is able to meet patients individual problems should it be spiritual, psychological, social, emotional and physical. Sister. Ngcobo added that she is a very good observer to her patients both direct and indirect. She indicated that the most thing she loves about her job is basically **Patient Care** in all dimensions including their relatives.

Mrs. M. J. Mbeje who works as a Senior Enrolled Nursing Assistant at the A3 Female Admission Ward indicated that she builds and maintains effective relationships with patients by interacting with them and treating them as her own family but not as patients. She also added that the relationship that she has with patients is two way meaning that they also treat her as family. Mrs. Mbeje mentioned that she admires all the aspects about her job but she mostly enjoys teamwork, the relationship with patients and supervision.

“Congratulations to all of you and may you continue to strive for excellence in your duties”



Ms. C.M. Cele– Enrolled Nursing Auxiliary
Best Employee– October 2008
A2 Male Admission Ward



Mrs. M. J. Mbeje– Senior Enrolled Nurs. Ass.
Best Employee– November 2008
A3 Female Admission Ward



Ms. Z.P. Ngcobo– Professional Nurse
Best Employee– December 2008
A4 Female Admission Ward

Merry Christmas

“HOSPITAL CHILDREN CHEER FOR CHRISTMAS”

This year's Christmas promises to be hardly forgotten by our TB children inpatients who are admitted in the hospital's "C" ward. These kids were more than fortunate to receive unexpected surprises from outside visitors who were thoughtful enough to put a smile on their cute faces.

On the 2nd of December the children were visited by Educators from Mkhuzane Primary School (locally situated in Richmond) who spoiled them with Christmas goodies. Once again on Thursday the 11th of December, the Social Work Department hosted an annual Christmas party for the kids and they seemed to enjoy the tasty food but most especially the toys they received from Toy Story.

The St Mary's Anglican Church and MG Car Curb Team also paid an unexpected visit to our children on 11 December. They kept them entertained with the music, various children activities and adoring toys.

A token of appreciation to Mkhuzane Primary School, St Mary's Anglican Church and MG Car Curb Team for blessing our children for Christmas, their happiness indeed proves that they would be able to spend Christmas without their families.



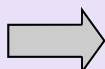
ST MARY'S CHURCH CHRISTMAS VISIT



St Mary's Team arriving with some of the goodies for the kids



Hospital Children playing with bubbles and unwrapping their gifts



Some of the kids testing their toys



MKHUZANE PRIM. SCHOOL CHRISTMAS VISIT



Mkhuzane School Teachers, scholars and hospital children gearing up for a photo



"C" Ward children showing their "yummy" goodies

SOCIAL WORK DEPT'S. CHRISTMAS GIFT TO KIDS



Kids looking happy over a Christmas tree and their presents



They couldn't resist showing off the toys they got from Toy Story



The festive season always brings a lot of excitement and unity among Richmond Hospital staff members and surely a Christmas party is considered as a good start to prepare for the jolly season and celebrate Christmas before hand. A Christmas Celebration was held on Wednesday the 17th of December 2008 at the Staff Dining Hall where hospital staff members sacrificed their lunch hour to appreciate one another through gifts. The main aim was to thank the All Mighty God for his presence on their daily duties throughout the year.

Indeed this party proved to be very pleasant and interactive most specifically because staff members changed their daily ordinary lunch meals to a variety of fancy and tasty food. The activities of this joint event are detailed on the following pictures;



Our vibrant M.C's handled the function very well. From left Ms. N. Mckenzie; ARV Lay Counselor and on the right is Mr. T. Sindane- who works as a Social Work Assistant



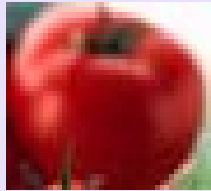
A party wouldn't be a party without good food



Sistr. M. Sithole delivering a thoughtful purpose of the day

“ITS TIME TO EXCHANGE PRESENTS”





BOOST YOUR IMMUNE SYSTEM

Eat Right for better health

DIET ADVICE



A health immune system is necessary for fighting off illness and keeping you in good shape and mind. Remember that the food you eat plays a big part in how strong your immune system is.

HOW TO KNOW IF YOUR IMMUNE SYSTEM IS WEAK

There are certain signs that will tell you that your immune system is not working well and that you need to improve it to enjoy better health.

if you experience regular feelings of fatigue, allergic reactions, colds, flu or your wounds take longer than normal to heal, your immune system may be weakened and you should consult a medical doctor.

CHANGE YOUR DIET TO BOOST YOUR IMMUNITY

Less fat, more fibre: Cut down on fatty, fried foods and stock up on foods rich in soluble fibre, such as fruit, vegetables and whole grain items like whole-wheat bread. You should eat at least five servings of vegetables and fruits everyday.

Drink lots of water: Water is needed for the body to perform most of its functions. You should drink at least six glasses of water per day.

Avoid sugar: sugar contains no essential nutrients, and instead eating too much of it robs your body of minerals and vitamins you do need. Avoid foods high in sugar, such as chocolates and refined products like doughnuts or pastries.

Talk to your doctor about a multivitamin that would help you.

FOODS TO EAT MORE OF

Whole grain foods such as whole wheat bread. **#** Beans **#** vegetables, including carrots, spinach, squash, potatoes, beetroot and garlic. **#** Small amounts of seeds and nuts. **#** Mushrooms. **#** Foods rich in vitamin C promote a stronger immune system. These include oranges, kiwi fruit, broccoli, tomatoes, mangoes, peppers and even potatoes. **#** Fruit. **#** Foods in high protein, such as fish, skinless chicken, lean pork or beef. **#** Vegetarians should eat lots of beans, soya products, tofu and soy milk to supplement their protein intake.

FOODS TO EAT LESS OF

Red meat. **#** Alcohol. **#** Sugar.

GENERAL TIPS FOR STRONGER IMMUNITY

Manage your stress levels. It may not be possible to cut stressful situations out of your life completely, but it's important to learn to manage your stress. Exercise regularly and do fun activities that relax you.

Cut out alcohol and stop smoking. Alcohol interferes with immune responses, and cigarettes are full of chemicals that harm the immune system.

Don't overeat and don't eat late at night.

Chewing your food slowly and thoroughly helps you to absorb nutrients faster.

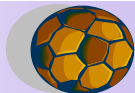
Get enough exercise. An adult should aim for 30 minutes of exercise (at least a brisk walk) everyday. People who exercise are less likely to become ill.

Make sure you get enough sleep. Most adults need between six and eight hours per day, but pay attention to your body to work out how much you need. Remember: sleep helps the immune system to repair and strengthen itself.

To reduce exposure to potentially harmful microbes, wash your hands before touching your face, eyes, mouth or ears.

{ Article sourced from Diet Advice,
Move Magazine, December 2008 }

SPORTS FEATURE



On Thursday 20 November 2008, the Richmond Hospital Soccer and Netball team took a soccer and netball challenge against the Doris Goodwin Hospital team. This game was held at the Doris Goodwin Hospital Grounds and our players approached it as more of an exercise since they left the hospital premises promising to beat Doris Goodwin at their home grounds.

Judging by the results of this sweating activity, we can conclude by saying that the Richmond Hospital Girls are in no doubt the Netball Champions as they managed to win the game by 15 goals to 9. Our Soccer team really tried their best even though they lost the match from Doris Goodwin scoring two goals to 1.

“Anyway the Richmond hospital soccer guys are more than ready to tackle the Doris Goodwin boys since they showed mercy by making them shine just for once in this game”!!!



Richmond Hospital Netball Team



Richmond Hospital Soccer Team

Compiled by Silondiwe Hadebe.

For inputs, comments and enquiries kindly contact the Public Relations Officer on 033 212 2170 etx. 210

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WE ARE ON THE WEB!!

<http://www.kznhealth.gov.za/richmondhospital.htm>



RICHMOND HOSPITAL VISION & MISSION STATEMENT

VISION STATEMENT

Our vision is to strive for optimum TB and Health Management in the entire KZN Province.

MISSION STATEMENT

Our mission is to deliver high quality, fully integrated patient care within our TB Hospital. To maintain relationships with all stakeholders and partners in the TB programme, ensure sustainable comprehensive, coordinated and integrated service delivery.

CORE VALUES

Commitment to performance
Trustworthy
Innovation
Integrity and Reconciliation
Transparency and Consultation
Teamwork
Respect
Holistic Approach

***KZN Department of Health, Departement van Gesondheid
Fighting Disease, Fighting Poverty, Giving Hope***