



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

St. Apollinaris Hospital

SINGABENU

St. Apollinaris Newsletter

Jan. to March 2017

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St. Apollinaris Hospital Choir with CEO



Quality Day and Long Service Awards event.....



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Words from the outgoing C.E.O



Sakyiamah family posing with nursing component staff

I just want to say it has never been easy for me to say goodbye but the time has come for goodbyes. I want to talk this opportunity and thank each and every person who supported me for the past 6yrs at St. Apollinaris Hospital. When I started the terrain was not easy but God saw me through. Firstly I want to thank God who has been with me till to date. If it wasn't for God I would have failed and thrown in the towel but God saw us through as the management of St. Apollinaris Hospital. My colleagues I just want to thank each and every person that contributed to my work while I was at St. Apollinaris Hospital. I still want to emphasis no person is greater or better than the other while serving or providing services to our pa-tients and clients. Colleagues, I just want to appreciate every person from the main gate, the security personnel both departmental and private for the wonderful work they have done. Colleagues we understand that there is a shortage of staff but none of you decided to put tools down because of pressure.

I was so humbled with the work OPD staff has done till my last day with you. We understand the issue of shortage of space but nonetheless you have attended to all our patients as required. I also applaud you for the innovations your came up with, there were things that were not there and some we were not going to get them, but working together made us to achieve more. All our wards i.e. ward 1 & 2, 9 &10, 7, Ma-ternity and Paeds are doing an amazing job. The hospital may have high ceaser rate which could be a

Words from the outgoing C.E.O continued

To all the support services i.e. HR, Systems, Maintenance, Finance and Supply Chain Management, you colleagues are amazing. I can range you without fear or favor that you are among the best in the district if not the province. All PHC Facilities though you may be struggling with immunization but colleagues most of the initiatives that you came up with are amazing. I urge each and every manager of these facilities not to forget Phila Mntwana centers which help us to achieve some of the indicators. This include the partnership with eThembeni clinic which is our HAST Unit. The hard work is much appreciated and I hope and believe that even if the institution might not have enough personnel, shortage of working space but the quality of service will never be compromised.

Colleagues I might have not mentioned each and every one of you but please know that you are still in my heart and the patients and/clients we serve are proud of us. I also colleagues want to appreciate the work done by monitoring and evaluation team i.e. M & E, Quality, Infection Control and Prevention, Waste Management and Data Management. Colleagues each team needs a coach and referee. I had be made to understand that is the role of the monitoring and evaluation team. As departments we can work very hard but there is no one that report our work we are doomed. I humble appreciate this team by working tearlessly with other colleagues to ensure that our figures go to the next level.

I also want to thank all our partners who worked with us till my last day at St. Apollinaris Hospital. We appreciate the value you added in providing quality of care. This is much appreciated. In closing colleagues, I just want to thank almost everybody who worked hard to put the hospital to the limelight, much appreciated. I also want to thank each and every person who contributed during my farewell either with presents, monies, and minds during planning. Bafowethu izandla zidlula ikhanda. I felt so humble colleagues what you did for me nikwenze nakwabanye. Everything was so well organized and in order. The decoration was also amazing. My appreciation goes to everybody especially the events committee that were on the horns of the organization.

I would love also to thank the district office for the support and presents, hospital board members and clinic committee members, our chaplain and community members that were present, I felt honoured. Colleagues we need to continue put each other in prayers so that we don't fail the people we serve.

God bless you all.



Staff participate in the Harry Gwala District Municipality Marathon



St. Apollinaris Hospital staff posing with their medals

On the 5th of March 2017 staff from St. Apollinaris Hospital participated in the Harry Gwala District Marathon from Ixopo to UMzimkhulu. Some of the staff participated in the 21 kilometres half marathon and 10 kilometres fun run.

St. Apollinaris Soccer team participates in a local league which takes place on Sundays at Centocow Sports Field and so far they are winning all their games. The employees participated in HGDM marathon which took place on the 15th of March 2017. From St. Apollinaris Hospital 15 employees participated by running different distances like 10 and 21 kilometres.

Employees are involved in physical activities, there is a group of ten that jog/ run in the mornings and afternoons every day, there is also a group that exercise by lifting weights, this helps to keep them healthy and gives them healthy minds all the time.

The contribution of “physical activity” is positive in the workplace as absenteeism level lowers; high sick rates are rare amongst employees who are active physically.

Compiled by: *Ms. N Cwecwe (EAP)*



St. Apollinaris Hospital staff posing with MEC Dr. S.H Dhlomo and their medals

Hospital Board Meetings



St. Apollinaris Hospital's board members with the management

The hospital board duties entails:

- Acquaint itself with the operation of the hospital.
- Make representation for equitable access to services for all community members.
- Liase with other organizations with the view to assist patients and staff in areas of special needs.
- Contribute to the strategic plan drawn up by a hospital.
- Provide expert advice and input to hospital management as required.
- Provide a visible presence at the hospital on a regular basis to build relations with the staff and gain an understanding of hospital working conditions.
- Act as a conduit between the community and the hospital and receive feedback from the community.
- Be responsible for receiving and perusing regular management reports.

Channels of Communication regarding the hospital board

Administrative, governance and service delivery matters are directed to these offices:

Administrative and governance matters must be directed to: Manager Corporate Services & ISC (Head office), and Service delivery matters must be directed to the relevant District Manager failing which to the Specialised Services & Clinic Support Unit (Head Office: Manager Quality Assurance)

All matters that relate to liaison with the media must be dealt with in line with the departmental policy

Long Service Awards & Quality Day



Mr. N. Ndzalela receiving certificate of appreciation to Systems.

On the 23rd of March 2017 St. Apollinaris Hospital held a Long Service Award and Quality Day event. The event was organized by the Events Committee working together with Human Resources Development and Quality Manager. The event celebrated staff members who have served the public sector for ten years, twenty years and thirty years.

The programme director of the day, Mr. M.M Mbhele requested Ms. T.E Kumalo, Nursing Assistant Manager to open the event and welcomed the guest on behalf of the management, followed by Mr. L.S Maphumulo, M&E Manager, who explained the purpose of the day.

Mr. S.S Thwala, Human Resources Manager and Mrs. L.V Sakyiamah, Chief Executive Officer handed long service awards to staff who have served the public sector. The next session was the departments who have excelled in providing services to the community. Hospital departments awarded certificates of appreciation, Kilmon Clinic received the recognition for being the best clinic in Ideal assessment and St Apollinaris Hospital soccer team receiving certificate for winning a Centocow League Top 8 Cup and being the runners up in the local league in 2016.

Entertainment and music was provided by Sister Ntoyakhe and Paeds ward. With event in the Salt Awareness week, Dietician Miss C.J Black was given an opportunity to educate the audience on the dangers of salt and actions to limit salt intake to improve our wellbeing.

The keynote address was done by Sister H.B Bhengu, who gave a moving speech on the importance of quality in the workplace. In her speech she explained what is meant by quality, why we celebrate quality day, how as the staff we can achieve and maintain quality. In closing she encouraged everyone to make sure that they know what the clients require from them and ensure that they conform and remember to ask themselves every day of what they have done to improve or strengthen their responsibilities.

The list of the staff and department provided with certificates:

Long Service Awards: 10 years service 1st April 2015 to 31 March 2016		
Initials/ Surname	Rank	Date appointed
P.B Dlamini	Darkroom attendant	14/10/2005
B.M Duma	Professional Nurse	01/07/2005
M.I Zondi	Admin. Clerk	14/11/2005
P.P Khozi	Nursing Assistant	01/11/2005
V.M Cele	Staff Nurse	01/12/2005
C.G Made	Nursing Assistant	01/12/2005
M.N Magoso	Nursing Assistant	01/12/2005
S.N Ngcobo	Professional Nurse	03/08/2005
C.N Shamase	Professional Nurse	01/09/2005
S.M.Y Dladla	Professional Nurse	01/01/2006
B. Ngcobo	Professional Nurse	03/01/2006
M.A Mlaba	Admin. Clerk	08/12/2005
M.S Sosibo	Admin. Clerk	08/12/2005
M.Z Xaba	Admin. Clerk	05/01/2006
G.D Khuboni	Finance Management Officer	01/12/2005
S.S Thwala	Human Resources Manager	01/12/2005
A.T Dlamini	Tradesman Aid	01/11/2005
B.N Mncwabe	Professional Nurse	01/12/2005
R.H Gwala	Staff Nurse	20/06/2005
N.E Mtolo	General Orderly	01/02/2006
N.B Mbele	Clinical Nurse Practitioner	01/07/2005
E.Z Khanyile	General Orderly	02/02/2006

Long Service Awards: 20 Years service 1st April 2015 to 31 March 2016		
Initials/ Surname	Rank	Date appointed
T..G Biyela	Operational Manager	01/09/1995
N.H Ntoyakhe	Clinical Programme	24/10/1995
N.R Njobe	Assistant Manager Nursi	03/09/1995
N.T Mkize	Professional Nurse	01/12/1995
Z.G Ngubane	Admin. Clerk	08/01/1996

Long Service Awards: 30 Years service 1st April 2015 to 31 March 2016		
Initials / Surname	Rank	Date appointed
T.A Memela	Staff Nurse	01/10/1985
A.N Mseleku	Professional Nurse	01/04/1985
S.K Dlamini	Supply Chain Clerk	15/01/1986





New staff and Exits January to March 2017

New staff

Initials / Surname

Designation

F.B Nene	Professional Nurse (Comm. Serve)
D.C Contreiras	Physiotherapist(Comm Serve)
K. Campbell	Speech Therapist (Comm. Serve)
P.T Msomi	Professional Nurse (Comm. Serve)
N.P Miya	Medical Officer
P. Vezi	Pharmacist(Comm Serve)
B.T Mncwabe	Pharmacist(Comm Serve)
M. Moodley	Pharmacist(Comm Serve)
P.H Magubane	Professional Nurse (Comm. Serve)
B.P Mngoma	Professional Nurse (Comm. Serve)
K. Saleni	Medical Officer
C.J Black	Dietician(Comm Serve)
Z.J Magwaza	Professional Nurse (Comm. Serve)
Q.Z Lokothwayo	Medical Officer
N. Ngcobo	Professional Nurse (Comm. Serve)
T.L Sparg	Occupational Therapist(Comm Serve)
C.M Malone	Physiotherapist(Comm Serve)
W. Busuku	Professional Nurse (Comm. Serve)
T. Pillay	Clinical Associate
G.N Miya	Data Capturer
D. Mkize	Data Capturer

Exits

E.C Gebashe	Professional Nurse
C.M Mbanjwa	Professional Nurse
M.A Mlaba	Financial Clerk
B.V Jwara	Staff Nurse
M.Mthembu	Pharmacist
L.G Khambule	Professional Nurse

Salt Awareness Week by Dietician

World Salt awareness week was on the 16th – 22nd March 2017. In order to emphasize it at the hospital we decided to create an awareness of the harmful effects of consuming too much salt in your diet as well as ways in which to reduce salt in your eating habits.

Consumption of excessive amounts of salt can result in high blood pressure. In turn, when one has high blood pressure it can cause other diseases such as Heart disease and strokes. It is difficult to know one's blood pressure and whether one suffers from high blood pressure – therefore one should have it checked once a year!

When looking at how much Salt we should be eating daily – a guideline is, according to the World Health Organisation you must not have more than 5g (2300mg) of salt per day - this is the equivalent of 1 tea-spoon of salt and includes the salt that is added to food while cooking as well as the salt already found in foods. Anything in excess of 5g per day is too much! Below you can find a few ways of choosing foods with less salt

When buying and preparing food look at the labels. If these words appear then it already contains salt:

Sodium, Salt, MSG, Baking soda, Choose fresh instead of processed foods when you can.

Look for foods labelled “low sodium,” “reduced sodium,” or “no salt added.” Choose foods that have 5% or less of the daily value from sodium.

Finally, I will list a few ways of using less salt when cooking – these tips can help when you want to add flavour to food without adding salt.

- Try not to add extra salt onto food at the table – don't put salt out on the table.
- When cooking, taste the food while cooking to check if it actually needs extra salt.
- If already added stock cubes or soup powder to the food, you don't need to then add more salt as well.

Don't cook with items on the high salt list. Add other things to add to flavour instead of salt:

Gradually use less salt, don't just suddenly change – it takes three weeks to change a behaviour, after three weeks of adding less salt you taste buds will adjust to it.

To conclude, excessive salt in the diet can be extremely harmful to a person and steps should be taken to reduce the salt intake levels. This need not necessarily be difficult and the advantages of taking steps to reduce salt intake could have a profoundly positive effect on people's lives.

Article by C.J Black (Dietician)

Compliment from the community

venue where the influence occurs:	
	Esibomvu P School
	Box 259
	Centocow
	3263
	18-04-2017
Sis/madam	
Nobhala lencwadi noma leli phepha Ngizwala isiqinisekisa ukuncwadi, isibhedlela sangakithi, i St Apollinaris Hosp. Ngancama indlela isingane zabantu ezisebenza ngayo, eziziphela ngayo eziqukela kusuka ko Mesiy, oSipha, odokelela ama cleaner, ama security benke abasebenzi bakhona. Inkosi ibabusigela honke abaphiki. Izandise izisuku zabo zokuphila. Ngithi mabafunde ku Mabuba 103, Banobongo uJehova mphetumulo wani. Bangaphethela kahle Umyeni wami kahle ngokwengqondo.	
Entosi:	
Yimina obongayo	
N. M. 111 Kaba 272 6883215	



Words from in-serve: PRO

I have been with St. Apollinaris for a couple of months but I have learnt so much and I have realized that my passion for Public Relations was never a mistake. I actually felt at home. The way I love my profession makes me to go beyond the institution's expectation as the quote says "Don't wish for it, work for it".

I appreciate working with all the teams, on both a professional and personal level. I am willing to maintain my performance throughout my training period in this institution. You can count on me to put forth 100% effort on whatever that is required of me; I will work tirelessly to make sure that the needs of the institution are fully met.

I will contribute my communication and writing skills, creativity, honesty, reactivity, positive working attitude, multitasking and other core attributes to the institution. Listening to the views, suggestions and ideas of the others either from my seniors, colleagues or the society is what I will do and, since I am in a learning phase, I will make mistakes in the process and learn to not repeat them in future.

Lastly, the most important thing when working with people is to acknowledge the Batho pele principles and the Patient's rights charter to facilitate measures to realize the objects of these principles. The need for improving efficiency and effectiveness of the Public service is emphasized through these policies.

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Mr. M.O. Zondi
Writer/ Photographer



Ms. P.M.P Dlamini
Writer/ Photographer



Mr. L.Z Mhlamvu
Editor



Ms. T.E Kumalo
Approval of newsletter



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

CONTACT DETAILS

Physical Address:

Centocow Mission, CREIGHTON,
3263

Postal Address:

Private Bag X206, CREIGHTON,
3263

Web Address:

SWITCHBOARD:

039 – 833 8000

SWITCHBOARD FAX NUMBER:

039 – 833 1062