



# **TOWNHILL TALKS**

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**TOWNHILL HOSPITAL  
P.O.BOX 400  
PIETERMARITZBURG  
3200**

**TEL: 033 341 5518**

**Fax: 033 394 2105**

**Email: [themba.hlongwane2@kznhealth.gov.za](mailto:themba.hlongwane2@kznhealth.gov.za)**

## MEET THE ASSISTANT MANAGER NURSING MR DZ (ZAKES)



**Mr DZ (Zakes) Ngubane**

Town Hill Hospital would like to welcome the newly appointed AMN Mr DZ Ngubane. Mr Ngubane commenced his duties at Town Hill hospital on 1 November 2009. Before coming to Town Hill hospital he has been working at Fort Napier. Surely, Zakes was meant for psychiatric institutions as he moves from one to another.

Fortunately Mr Ngubane who is affectionately known as Zakes is not new to me as I worked at Fort Napier for ten years. I was so privileged to chat with some of Fort Napier hospital staff who praised the dedication and commitment of this tall and soft spoken guy. I just told them straight forward that at Town Hill hospital we do not want the second best but the best. Surely, FNH will be able to replace Zakes as there are so many men and women there who can be

equal to the staff and continue from where Zakes left off. Let us assure you Mbovu that from now onwards you will have to feel at home. I can assure you that Town Hospital is a good place to be and you will observe that as the time goes on. Who knows? May be you have already noticed that. Mbovu, Ngcukumani feel at home, you are most welcome.

## MEET THE NEW QUALITY ASSURANCE MANAGER

In everything we do we strive for quality, in everything we do we strive for the best. To achieve this objective one needs to go an extra mile and give it all. It is for this reason that the department of Health employed officials who will be able to oversee and monitor the good quality of services being rendered by the health facilities. Ms Thandeka Nzama took over from where Ms Thoko Mnikathi left off sometimes early this year who laid a very good foundation for before Ms Nzama took over. Ms Nzama has been a QAM at Church of Scottsland hospital before joining

us here at Town Hill Hospital. The reason for Ms Nzama to come to Town Hill Hospital is that her home town is Pietermaritzburg as she lives at Imbali township. Ms Nzama has got three lovely children, the first born is Leigh followed by twins (Owele) O-boy no-Girl as she normally calls them uGirl noBoy. I must say I have been so privileged to work with both former QAM Ms Mnikathi and the current one Ms Nzama as they have got almost the same character. Nzamo we hope you will enjoy your stay at Town Hill Hospital as it is a good place to be. We know that psychiatric



**QUALITY ASSURANCE MANAGER MS. THANDEKA NZAMA**

institution operates differently from general hospitals but you seem to be coping very well with the challenges encountered at psychiatric facilities. We wish you all the best and we are looking forward to work with you during your stay at Town Hill Hospital.

## INFECTION CONTROL



**Infection Control Practitioner  
Sr. Barichiev.**

Sr. Carol Barichiev is the Infection Prevention and Control Practitioner at Town Hill Hospital. She is experienced, trained and committed to infection prevention and control. One of her duties is to act as a source of information and to advise on all infection control matters.

She stressed that her main objective of her job is to provide a quality standard of care which is essential for the safety and wellbeing of the patients, employees and visitors to the institution.

She further explained that infection and control requires a programme to accomplish a reduction in infection rates and to prevent any spread of disease.

Infection prevention and control encompasses the entire hospital and is interwoven with all departments. Sr.

Barichiev commended these wards departments which are doing their utmost best to comply with the infection control principles.

Maybe the unannounced visits to the various departments keeps the staff on their toes. Credit should be given to the general orderlies who are on the driving seat of keeping the wards and departments clean **keep on shining** says Sr. Barichiev

## ADHD AWARENESS DAY



**Ms Gwen Reddy occupational therapist addressing the audience who are attending the event.**

It was an awareness day initiated by the child and adolescent task team headed by Dr. K. Jhazbhay. The aim of the day was to create awareness about ADHD within the community and to educators and people involved in the care of children and adolescents. The event received an overwhelming response from the greater PMB areas with approximately 130 delegates attending. The talks covered a holistic overview of ADHD and included talks from the psychology, occupational therapy and psychiatry departments as well as an educational psychologist and general practitioners approach to ADHD.

The talks were informative and the day covered all aspects of ADHD from identification to holistic management.

The feedback has been positive and there is a great demand for further education and awareness about ADHD.

## DONATIONS FROM THE ROTARY CLUB



THE HOSPITAL CEO MS Z. G. MFEKA WITH THE ROTARY CLUB OFFICIALS.

Mr. Campbell's wife Sr. J.L Campbell works at Townhill Hospital as a professional nurse. Mr. Deetler asked if Townhill Hospital does not need some wheelchairs. Sr. J.L. Campbell told the hospital manager about the offer. These wheelchairs will have a very positive impact on the lives of the MHCUs who used to heavily rely on the nurses for any movement .

**ON BEHALF OF TOWNHILL HOSPITAL WE WOULD LIKE TO SAY THANK YOU ONCE AGAIN ROTARY CLUB!!**

On 20 November 2009 Town Hill Hospital received five wheel chairs from the Rotary Club. The wheel chairs were received by the hospital CEO Ms. Z. Mfeka who thanked the Rotary Club for such valuable donations.

The recipients of these donations were the geriatric wards (Uitsig A&B). Ms Mfeka thanked the donors for the donations as this will reduce the burden over the shoulders of nurses who assist our MHCUs if they move from point A to B, but the hospital would be failing itself if it does not thank Mr. Shaldon Campbell who works with the Mr. Grant Deetler who is the president of the Rotary Club.



MRS. MFEKA AND MS. MKHIZE THANKING THE ROTARY CLUB FOR THE DONATIONS



Ms Sanelisiwe Mkhize the PRO in-Service Trainee

## MEET THE IN-SERVICE TRAINING PRO

It is with pleasure to introduce our in-service training PRO Ms Sanelisiwe Mkhize. Ms Mkhize has been doing Public Relations Management course with Varsity College.

Ms Mkhize who is also known as Sane plays a very important role in as far as Public Relations Matters are concerned as she is trying to implement the theoretical aspect into practice. In case if I am not in the office Ms Mkhize will always be there to attend to your queries.

I am quit optimistic that after finishing her in-service training she will go out there and shine. I have got no doubt in my mind that this young lady can be an asset to any institution that might require her service. We are aware that the competition is tough out there in the labour market but you will have to compete with the best in order to be the best.

## WORLDS AIDS DAY



**KZN PREMIER DR. ZWELI MKHIZE ADDRESSES THE AUDIENCE DURING THE WORLD AIDS DAY**

The commemoration of world aids day was held at Lay Ecumenical Centre on 1 December 2009. The KZN premier Dr. Zweli Mkhize made an appeal to all KZN citizens to form support groups that will support and counsel infected and affected people.

Dr. Mkhize told the audience that KZN has the highest number of people with HIV AIDS. He also urged all traditional leaders, ward counselors , ward committee members and religious leaders to play an affective role in fighting the pandemic. He also warned the youth that they should go for HIV test and use condoms consistently and advised the youth to follow the policy of one girl one boyfriend, one boy one girlfriend. Umgungundlovu district mayor Tu Zondi urged the community to accept those who are infected by giving

them support they need.

On the same day in Tswane President Jacob Zuma announced that all patients with both TB and HIV will get Anti Retro Viral treatment (ARVs) if their CD4 count is 350 or less. The HIV positive children under the age of one year will get treatment immediately . This HIV policy has been welcomed by many organizations like TAC and others.



**DR ZWELI MKHIZE AND THE KZN FIRST LADY DR MAY MASHEGO - MKHIZE IN ACTION WITH THE UMTHETHOMUSHA PRIMARY SCHOOL**

## TOWN HILL HOSPITAL ALSO CELEBRATED THE WORLDS AIDS DAY AT THE HOSPITAL!!!!



**Mrs. C. Barichievy and the Townhill Hospital ward councilors receiving their health promotion packages**

On the 1st of December 2009 staff of the Town Hill Hospital attended a short decisive and fruitful programme which included a candle lighting ceremony and prayer which were said for all the people who are living with HIV/AIDS or who have died from HIV/AIDS. The prayer included a message of hope.

Mrs. Palm gave a talk on "why do we need a test". The aim was to encourage everyone to go for a test. The benefits of being tested were also highlighted. A health promotion package was presented to all wards and OPD, which contained an informative flip charts for educating patients on HIV.

There after a yellow wood tree was planted in the hospital "yellow wood grave" even though it was raining the staff participated in this activity. On the 2/12/2009 Dr. J. Naidoo gave a presentation on HIV and psychiatry and this too was well attended by staff and members of the medical fraternity from outside the hospital.

## DIABETES AWARENESS CAMPAIGN



**DR. ELLIS ADDRESSES THE AUDIENCE DURING THE DIABETES AWARENESS CAMPAIGN HELD AT TOWNHILL HOSPITAL**

“Diabetes is one of the silent killer disease if it is not managed on time and properly “ said Dr. Ellis during the diabetic awareness campaign at Town Hill Hospital.

“WHAT IS DIABETES?” asks Dr. Ellis  
Diabetes is a condition where your body cannot use the glucose properly which it produces from the food you eat especially carbohydrate foods. Symptoms of high blood glucose manifest themselves by losing weight, hunger, tiredness, thirst, headaches etc. whereas on low blood glucose can manifest themselves by nausea, hunger, coma, confusion and clumsy etc.

The diabetes diet should include a healthy eating plan and regular meals every day without skipping any meals.

Dr. Ellis emphasized that there is no cure for diabetes but it can be managed by taking medication prescribed and following a healthy diet as well as maintaining a healthy body weight.

He also stressed the importance of learning more about food so that people can make a healthy food choices. He also revealed that in every 10 second one person die, every ten seconds two people develop diabetes and in every year seven million people develop diabetes and every year 70 000 children develop type one diabetes.

## TOWN HILL HOSPITAL BLOOD DONATION



**TOWN HILL HOSPITAL OPERATIONAL MANAGER MR DENZIL CHETTY DONATING BLOOD**

We are about to approach the festive season which comes with lots of road accidents. People will be going out for holidays and the roads will be busy. KwaZulu Natal is known as one of the provinces with high road accidents. It is during this period when the blood is needed most for those brothers and sisters who lose a lot of blood from bleeding during the car accidents. It is for this reason people are requested to donate blood. By so doing one might save lives of many people who may die due to blood shortage in their body. Town Hill talks wishes to commend those staff members who donated blood. But most importantly Mr. Denzil Chetty who donate blood every year. Mr. Chetty you are not obliged to do it but you opted to do it.

I am quite certain that you have already saved lives of many people who might have lost their lives due to blood shortage.

## PSYCOGERIATRIC OUTING TO DURBAN BEACH FRONT



MHCUs and one of the nurses enjoying the sea breeze

The psychogeriatric picnic outing was arranged by the operational manager Mr. D. Chetty of Uitsig A and operational manager J. Masikane of Uitsig C was of great success, where the MHCUs toughly enjoy themselves IE enjoying all the eats, drinks , snacks, ice cream and of course playing in the ocean deep blue sea waters. MHCUs also met their loved ones and family members whom they spent quality time with. There was total supervision of MHCUs at all times , thereby ensuring no adverse incidents took place. We hope and wish that more events like these will take place in future, **AFTER ALL THE PATIENTS ALWAYS COMES FIRST.**

## TOWN HILL HOSPITAL SPRING DAY EVENT!!!



Town Hill Hospital staff together with the MHCUs celebrating the Spring Day

On 2 September 2009, town hill Hospital O.T department hosted a spring day for the Mental Health Care Users which boasted a morning filled with fun activities, prizes and enjoyment by both staff and patients alike. The special event took place on the hospital sport fields with a wide variety of activities being available for patients to choose to take part in, such as soccer, dancing, putt putt and also fun fair games such as ball toss, the fishing game, a wire shocking machine and many more. A selection of prizes were available for each activity to bring out a competitive element

amongst the patients and thus making it even more motivating and enjoyable. The morning festivities ended with a dance competition and patients were then provided with snack packs and ice lollies before departing back to their respective wards for lunch. This event was the first of it kind for the hospital and turned out to be a great success. We definitely plan to have another one in 2010 due to the positive responses received from patients and staff. A big thank you goes to all the staff who took time out of their busy schedule to assist us at the sports field with all the activities we couldn't have done it without you!



Town Hill Hospital staff members and MHCUs enjoying themselves during the spring day events which took place at the hospital sports fields.

## Presentation of certificate of appreciation



**Bekkie Palm (at the back) and some of the staff that received the certificates from left Jan Venter, Maria Shaw, Monica and Monica Miya**

***HIV/ AIDS and EAP fall under the umbrella of wellness which is managed by Occupational Health.***

Many persons today are affected and infected by HIV/AIDS in KZN and the only way to decrease the stigma and negative effect is to ensure everyone **knows their status**. To accomplish this we need people to educate, support and do the work on a voluntary basis in our institution.

For the period of December 08– November 09 a total of 164 VCTs were done in our institution by our counselors . Thanks to all those that gave of their time. Some counselors are exceptional as they “go the extra mile”. It is to them that we give thanks and knowledge for their contributions.

EAP (Employee Assistance Program) assists staff with a variety of problems from health issues to all types of personal issues. These clients are counseled and referred by EAP counselors for further support and help.

For the period December 08– November 09 a total of 143 cases were managed.

Some counselors always avail themselves and are exceptional as they “go the extra mile”. It is to them that we give thanks and acknowledge their contributions to this program.

The following persons were presented with certificates of appreciation on the 8th December 2009 at our final Extended Management Meeting. This presentation is usually held on the Year –end EAP function which due to financial constraints is not being held in PMBurg this year.

1. **Maria Shaw** for EAP services rendered and valuable contributions to HIV/ AIDS counseling and VCT.
2. **Jan Venter** for valuable contributions HIV/AIDS counseling & VCT.
3. **Monica Miya** for valuable contributions HIV/AIDS counseling & VCT.

**THANK YOU ONCE AGAIN FOR YOUR COMMITMENT TO THE PROGRAM**



**Showing off the Christmas tree are Ms R.M. Plaakie and Ms Happy Zulu showing off the Christmas tree they decorated**

Creativity is the name of Impala G ward staff. Those were the words of ward staff after designing the Christmas tree themselves. Indeed these people are very creative. I think they are wrongly placed in the ward, in fact they are supposed to be designers or decorators. This is a free publicity and what ever offer you get from now Town Hill Talks should receive some percentage.



## EDITORIAL MESSAGE



### THE PRO MR T. HLONGWANE

First, I would like to express my gratitude towards all Town Hill Hospital staff for the positive contribution towards this publication. Some newsworthy items sent to my office from various departments played a magnificent role in this issue of publication. Due to recession many of us could not accomplish their resolution and had a very negative impact on the lives of many people. But not all reso-

lution require some financial input, some just need commitment and dedication. It is now that time of the year which requires us to look back to what we have achieved and identify our downfalls . If you did not achieve your objective due to certain circumstances, do not look down upon yourself, try to keep your head above water till you achieve your dream. On a sad note we have lost some staff members due to deaths. This is a very difficult situation to cope with but at the end of the day life has to move on. This year we have lost Mr MC Mncwabe and Mr SM. Mlotshwa, this is a very devastating situation especially those who have been working with them in the ward and their families.

Town Hill Talks would also like to commend all Town Hill Hospital staff who supported Sr. Mntungwa through prayers and moral support after loosing her son in a car accident. Sr. Mntungwa your son was a gift of god and when god decided to take him back where he belongs, who are we to blame God?

Lastly, I urge you to wear the Bafana Bafana jersey every Friday to heed the call of our government to show our support to our national team before 2010 world cup.

## WORDS OF COURAGE

Every successful person has a painful story. Every painful story has a successful ending. Accept the pain and get ready for success.

Be bold when you loose and be calm when you win. Heated gold becomes ornament, beaten copper becomes wire, depleted stone becomes statue

Mistakes are painful when they happen, but years later a collection of mistakes is called experience which leads to success.

Changing the face can change nothing but "facing the change" can change everything, do not complain about others change your self if you want peace.

If you miss an opportunity do not fill your eyes with teas, it will hide another better opportunity in front of you.

If a problem can be solved ,no need to worry about it, if a problem cannot be solved , what is the use of worrying.

No one can go back and change the bad beginning, but anyone can start now and create a successful ending

## Peace heaven ward fight poverty



Operational Manager Mr M Titi reaping the rewards of his ward garden project

One home one garden, one hospital one garden in order to get rid of poverty, this is the message from our government. People must not depend on buying everything whereas they have vacant land in their home yards. Peacehaven ward had heeded to the call by utilizing that peace of land next to their ward. This project also involves the Mental Health Care Users. Surely, if these people are released back to the community they will be able to continue from where they left off to make a living out of this. This also serves as rehabilitation to our MHCUs.

## MENTAL HEALTH AWARENESS CAMPAIGN

### THE PICTURES SAY IT ALL!!!



## FAREWELL!!!

Discipline, respect, commitment and dedication are the only words that can be attributed to Nontobeko( Sbahle) Ngubo who has been doing an in-service training in Public Management at Town Hill hospital. Nontobeko has been working in the highest office of the hospital as an assistant secretary of the hospital CEO. Even though she was a soft spoken lady but she was very effective as she coped very well with the demands and chall



**MS. N. NGUBO RECEIVING THE PRESENT FROM THE HOSPITAL CEO MS J. MFEKA**

enges of that office. The hospital management praised her and encouraged her to continue to be a shining star wherever she will be employed. The hospital CEO told her that she has already got the job, all what is left is to pray and believe in Almighty God and grab the opportunity. No wonder why the hospital CEO named her "Sbahle" she looks pretty. Her last day at Town Hill hospital was 4 December 2006.

Indeed things will never be the same without you Sbahle but we wish you all the best in your endeavour to look for the job. Judging from your discipline and commitment, no doubt that you can be an asset of any institution



**MS Z. MFEKA GIVING THE PRESENT TO MS N. NGUBO**



## I- BIRTHDAY YAM

Ms N .Khumalo who is an intern at the medical manager's office was celebrating her birthday on the 29th of October 2009. Dr Thomson surprised her with a small party which was occupied by a gift. Ms N. Khumalo celebrated her birthday with other Town Hill Hospital interns which are also her friends.

