



health

Department:

Health

PROVINCE OF KWAZULU-NATAL

UMGENI NEWS

FEBRUARY—JUNE 2012

**CHIEF EXECUTIVE OFFICER
WELCOMING
NURSING SERVICE MANAGER & FINANCE MANAGER**



Mrs. N.C. Zondi
Nursing Service Manager



Mr. M. Mathobela
Finance Manager

WORDS OF WELCOME FOR NURSING SERVICES & FINANCE MANAGERS

It is with great enthusiasm that I welcome Mrs. Zondi to *Umgeni Hospital* as Nursing

Manager for the institution. Her appointment will serve to close a management gap that has been vacant for an extended period of time. Mrs. Zondi previously worked at Ekhuhlangeni Hospital in Ethekewini District and was an asset to that facility. It was with reluctance that the Chief Executive Officer allowed her to leave and join us here at Umgeni.

We look forward to a time of measured, balanced management with regards to nursing as we move forward. Please keep in mind that moving forward means that there will be a change which is not a bad thing. It was once said the only constant thing in our lives is that things change. Embrace this with a positive attitude and remember that this is for the benefit of the patients.

Secondly, I will take advantage of this opportunity to congratulate Mr. Mpatheni Mathobela on his appointment as Finance Manager here at Umgeni Hospital. This also serves to strengthen management capacity here at the hospital ensuring that we are able to appropriately manage the budget we have been allocated in the institution.

The Executive Management Committee of the hospital is now almost 100% complete with only the Systems Manager, Chief Artisan and CEO posts now vacant. The Systems Manager post has been advertised and the recruitment process will be complete soon.

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The National Department of Health has advertised the CEO post and recruitment is being conducted centrally. We continue to battle to find a Chief Artisan.

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The hospital has grown in terms of maturity and commitment over the last year due to the staff's attachment to their clients and their duties. I would be the first to admit that there are challenges however these are not insurmountable as long as we continue to work together in good faith as a team.

Mr. M.R. Green

Acting CEO - Umgeni Hospital

HEALTH AWARENESS EVENT

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mgengi Hospital organised a *Health Awareness Event* on 01 April 2012 for staff. The event was conducted at the Recreational Hall. This kind of an event was an initiative from the Acting Occupational Nurse (Sister. N. Mahlinza) together with other stakeholders i.e. Sr. S. Manser (Infection Control Practitioner), R. Mahomed (Optometrist based in Durban), Nurses and Beauty Therapists from Government Employees Medical Scheme (GEMS) and the Dental Practitioner (Andisa Madikizela based in Port Shepstone).

“It is very difficult to enjoy much that life has to offer”

To organise such an event was the continuity of care for the staff of this institution meaning the staff were the target group. The aim for this event was to prove or show how healthy the person is. Furthermore the event was to educate staff that their bodies are like vehicles, they cannot trade them in for the new cars in few years. In addition if a person is not physically healthy, it is very difficult to enjoy much that life has to offer.

If a person is not healthy common illnesses can be hard to be treated. It is very important to be healthy for our overall lifestyle. Eating right food and exercising can benefit the body immensely. We can have heart failure because of fats and greases. When one does exercises it helps for emotional and physical wellbeing and also to get right amount of vitamins and minerals will help the organs.

The Infection Control Practitioner (Sister S. Manser) also organised an informational table which displayed Infection Control practices and protocols. The staff who were visiting the table had an opportunity after being informed about Infection Control practices and protocols to enter the competition. The prize was the shopping voucher of R100.00 at Howick Pick n Pay. The draw was done to rap up the day by the Public Relations Officer (A. Biyase). The winner was Sister L. Marquart (Quality Assurance Manager).

The staff members were delighted for having services provided by optometrist, dentist etc to their door step as sometimes it is a challenge to get such services due to commitments when not on duty. This was proven by the number of participants (staff).

Thank you to the Acting Occupational Nurse

**Friends of Umgeni (FOU) encourages the public to unite
towards putting a smile or to care for the
Mental Health Care User's of Umgeni Hospital**

Dear Friends

Our committee is made up of volunteers, who give unselfishly of their time and expertise, purely with the sole purpose of improving the lives of the patients , who are often unable to care for themselves. We fund various projects each year, a few examples of which are listed below:

- FOU promotes Social and Recreational activities, not provided by the Government, which are enjoyed by the patients
- Provided computers in the One to One Therapy area
- Sunshade for the many wards
- Garden benches in the hospital grounds
- Assist funding of outings, parties, special events, including eats for Christmas & Easter celebrations
- Provided television sets for wards
- Refurbished the play ground, provided much needed swings.
- Purchased a piano for the recreational hall, which will be used for concerts to entertain the patients.
- Donated the memorial plaques for the deceased patients for the past 5 years.
- Encourage and canvass donations from the community.

Friends of Umgeni is a Non Profit Organization, founded in 1978, by a group of friends who realized the huge need to improve the lives of those less fortunate. We have a vibrant committee, led by our chairman Mr John Tungay, and with your help, our tasks ahead are not insurmountable. We can and we will, make a difference.

We have members and friends, who have made FOU, their charity of choice and donate monthly, or some prefer an annual donation, or perhaps you have time to spare and would like to join our dedicated committee.....all will be most welcome!

Always remember our motto "Because somebody cared, because somebody did something, a child smiled and was comforted"

Thank You and May God Bless your Kindness

for more information you can contact Mr. John Tungay (Chairperson) : 082 739 9087

Mr. Rob Malloy: 033 330 6146 ext 257

WOW THE NEW CHIEF OCCUPATIONAL THERAPIST



Ms. Jennifer Wainwright

As the new *Occupational*

Therapist at Umgeni Hospital, I enter this position with an enthusiasm I hope to sustain that vision.

Occupational Therapy (OT) program provides meaning and purpose to many of the patients of *Umgeni Hospital*.

The Occupational Therapy Assistants have managed to maintain a good standard of client treatment while they were having challenges of not being supervised and short-staffed.

I feel privileged to enter a department that has a solid foundation. I have been met with nothing but utter friendliness and support.

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To make a
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In the following months I hope to make a positive impact in three primary areas. The first of these areas is the Special Events. *Umgeni Hospital* is known for many magical special events held for its patients each year. Sport and fate's are in great need of revival and are fun and meaningful to both patients and staff.

The second area where I hope to place my focus is in improving and maximizing the existing therapy programs, such as Washers Therapy etc need constant advocating for new work and business from the private sector. While Female, Male and Central Occupational Therapy need to be constantly marketed so that sales can generate income for patients. Volunteer programs need to be assisted in terms of materials and venues 1: 1 Therapy would benefit from a good facelift.

With existing admission criteria, more and more of *Umgeni Hospital's* patient are ward bound.

As a result, my 3rd area of focus is that of ward programs. This is a challenging and difficult part of any Occupational Therapy Department's functioning and cannot succeed without the help of ward staff.

I hope that together with ward staff, we will be able to revive ward programs that may be sustaining and beneficial to our patients.

**OT
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Working at an institution such as *Umgeni Hospital* is very challenging and maintaining a well successful program has many challenges.

I am ready to face challenges and play my part in the enrichment of the lives for all patients at *Umgeni Hospital*.

Why is Occupational Therapy good for Mental Retardation ??????

Patients who attend therapy benefit from a routine which is similar to that of a job. Human's are by nature active, creative beings and therapy allows the patients a chance to express that natural human need. Patients are given responsibilities and an opportunity to complete a craft item. This helps to build self esteem and improve their self confidence. As humans, we naturally strive to be busy and achieve a goal. By giving patients the opportunities to be engaged, patients display better a disposition, are more manageable and often more contented with their life situation.

The second category of patient is not able to attend therapy, but has the same human needs. As humans we want to be busy and feel loved. By engaging with patients in the ward, assisting in positioning patients and removing them from the ward when possible, Occupational Therapy provides individual attention, stimulation and engages the mind and muscles that have not had the chance to be busy. As an Occupational Therapy team we also strive to advocate for these patients who cannot speak for themselves.

Mental Health Care Users
(MHCUs) at the Royal Show
(2012)

MHCUs before they depart to
the Royal Show



Art craft (mats) done by MHCUs displayed at
the Royal Show



From left: S. Mothilall (OTA) and the
MHCUs in front of the display for art craft



MHCUs
enjoying the
outing

With the icy blast of winter now truly upon us twelve members of the Sew What Knitting Group, assisted by generous public donors, have produced 56 scarves, 173 beanies and 27 blankets for the 360 patients requiring such items of winter comfort at the *Umgeni Psychiatric Hospital* in Howick.

"The Knitting Group is still open for further public donations of items for our Winter Warmth project," says Sally Evertse of Sew What? Knitting Group "The twelve ladies of the Knitting Group have been amazed at the support of so many people including Elaine of Elaine's Fabrics, donations of wool from Howick Hospice and a wool distributor and blankets from the Howick Presbyterian Church."

The items were officially handed over to the Chairman and Executive members of the Friends of Umgeni (FOU) at a tea party held at Sew What Knitting Group. FOU Chairman, John Tungay, said that his committee was deeply grateful to the warm-hearted generosity displayed by Howick residents for the hundreds of adults and children at the *Umgeni Hospital*. Many are permanently confined to bed, while others require wheelchairs to get about, so it is the task of the FOU to attend to the special needs and entertainment of these patients.

Meantime, Sally Evertse, Norma Bode and their colleagues Louise and Jeannette of Sew What Knitting Group are starting to create 360 Christmas Boxes for the patients of the *Umgeni Hospital* and they request all members of the public to bring along old shoe boxes and wrapping paper. Not a single patient will be forgotten this Christmas.



Article submitted by :FOU

From left: Sally Evertse & Norma Bode (right) handing over the scarves, beanies and blankets to John Tungay (Chairperson of FOU).

NEW EMPLOYEES APPOINTED IN JANUARY—JUNE 2012

- T.J. Mchunu
- T.P. Zondi
- K.F. Makhaye
- P.S.T. Thusi
- S.G. Hlengwa
- J. Wanright
- S. Balkrishen
- S.T. Bhengu

TRANSFERS

- N.C. Zondi
- I.S. Dakwa
- L.V. Thango (transfer out)
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RETIREMENTS

- I.A. Grant
- C.F. Ehlers
- R.S. Mbele
- D.R. Potgieter
- M.K. Hlengwa

RESIGNATION

K.P. Hadebe

tips from the editor

School holiday is a time of happiness and we also need to enjoy it. This is a time when some are traveling to visit their loved ones yet others are visited.

It is the time when parents need to be extra-cautious for their children whether indoors or outdoors. This time should not be a boring one for our kids

- Talk to your kids before the outing, telling him/her not to be out of your sight.
- Educate your children that when they are lost at the mall a person to contact should be a security in a shop, securities that walks around or sometimes a cleaner. They should not go away as this will complicate things and tell them that you will not leave the place without him/her being united with you.

As parents too we need to be extra careful during an outing

- Do not leave your child alone. Bring your child along even to the restroom.
- Your child should know your cellphone number, his/her name & surname and for the parents.

*Wishing all the children happy holidays and the parents should not forget that children are the blessing from the **GOD** and it is their right to be in a safe place and be cared for.*

AYANDA BIYASE

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