



health

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

# UMGENI NEWS

January 2015—May 2015



#### Inside this issue:

- Page2-3: Leading Story (Nurses Day Event)
- Page4: Opening Prayer
- Page5: Welcoming Note from Mrs. N.C. Zondi (Nursing Manager)
- Page6: Meet our H.R. Manager & Systems Manager
- Page7: Employee Health Wellness Day
- Page8: T.B. Awareness day
- Page9: Learn more about Down Syndrome & Autism
- Page10: List of Newly Appointments , Exits and Deaths


**I**nternational Nurses Day Event was celebrated at *Umgeni Hospital* on 27.05.2015 not on the 12<sup>th</sup> of May when Florence Nightingale was born. It was a first time that this institution organised such a good event to honour the nurses of this institution who are dedicated into caring for Mental Health Care User's. The event was to celebrate the role nurses play in delivering quality care to Mental Health Care Users (MHCUs) of this institution and working towards the achievement of Millennium Development Goals (MDG) since nurses are the most health care profession which contributes to Millennium Development Goals. The theme for 2015 event "a force for change, care effective and cost effective"

The event started with ±1 km walk from the hospital main gate down the road to Cash Build lead by the Salvation Army Instrumental Band. Mrs N.C. Zondi & Chaplain Bhengu were also part of the walk which made the Howick main road users to witness the march.

The walk took about 30 minutes then the event proceeded with a formal programme at *Umgeni Hospital* Recreational Hall. The guests were Mr Senjaveraj (chairperson for the hospital board) Mr Tungay (chairperson for Friends of Umgeni) Sr M. Nxumalo (mobile clinic). All Head of departments gave messages of support to the nurses on their special day. "Nursing is about calling that is confirmed by the type of patients we have at this institution" said Mr. Cele Human Resource Manager.

The management of *Umgeni Hospital* supports the Quote "Nurses are the heartbeat of Healthcare". It has been long overdue for this institution to thank or praise the nurses in a special event of this nature. The nurses of this institution work under difficult circumstances as they work with mentally challenged patients with special needs and some are fully depending on the nurse for their daily living.

Part of the programme was to explain to the staff members the meaning of the lamp which was done by Mrs N.C. Zondi (Nursing Manager). She explained that Florence Nightingale Lamp symbolizes commitment and dedication of nurses to their work. "It is an international symbol of nursing accompanying the most important ceremonies. It symbolizes a lit lamp used by Florence Nightingale while caring for injured soldiers during the Crimean war".



"Nurses are the  
heartbeat of  
Healthcare"

On the day of the event the nurses were wearing traditional uniform i.e white uniform and caps. This type of uniform was derived from nuns who were caring for sick in ages ago.

All nurses were awarded with medals as a symbol of appreciation for their hard work. Caring for people with mental & physical disabilities is a challenge that needs one to be dedicated to his/her work but working as a team is always appreciated for the betterment of *Umgeni Hospital* Mental Health Care User's.

Thank you to all staff for their participation, this day will always be remembered.



## INTERNATIONAL NURSES DAY EVENT



Nurses marching on Howick Main Road in commemoration of



The march lead by the Salvation Army Band



From left to right: Sr M. Nxumalo (Mobile Clinic), Mr A.S. Cele (H.R. Manager), Mrs N.C. Zondi (Nursing Manager), Mr C. Senjaveraj (Chairperson Hospital Board), Mr M.V. Ngcobo (Systems Manager), Mr J.R. Tungay (Chairperson Friends Of Umgeni) & Mr Chaplain Bhengu



From left: Board Member & Nursing Manager initiating lighting of the lamp



Reading of the Nurses Pledge



Nurses of Umgeni Hospital on their special day

*Umgeni Hospital* has made it a norm to start each year with prayer, this has been an initiative of Mrs N.C. Zondi (nursing manager). The prayer session is to invite Almighty God to be with the staff and patients of this institution not forgetting families of our staff and patients.

"It has been a dream to start with these church services and the results of our prayers happens" said Mrs N.C. Zondi (Nursing Manager). She mentioned that the staff of this institution needs prayers working in such a environment of caring for patients that are mentally challenged.

She further narrated the story of Moses from the Bible who was asked by his followers to talk on their behalf because of the strength he had. "Lets make God to be at the centre of our lives, He has been with us and continue believing in Him".

Another purpose for such gathering was to declare *Umgeni Hospital* staff in front of angels from heaven. "Nothing can separate us in your Love Lord", God has sustained the staff of this hospital" said Mrs N.C. Zondi. She further asked the staff of this institution to be like John who was appointed to preach the gospel and baptize the people. "The strength from the Lord should be upon us and heal the patients of this institution. Let's continue to ensure that patients feel that they are at home". said Mrs N.C. Zondi

The programme Director (Mr T. Buthelezi) invited Pastor Trevor Phoswa to share his powers of being blessed by the Lord. Pastor Trevor Phoswa who is also the preacher at uMgungundlovu Radio station was so impressed with such an initiative of this hospital for starting the year in a positive note i.e a day to be dedicated for prayer. Pastor Phoswa did not preach but he motivated staff about the importance of having a vision that should be achievable through hard work. "If you aim high you will achieve your dreams, take all challenges as stepping stones towards your future. The vision should be like a navigator giving you direction to your future" said Pasto Trevor Phoswa. He further shared his difficult moments when he grew up but he continued to praise the Lord saying "A person is what he or she is because of God's will". In motivating staff he further touched on day to day challenges, mentioning that people are in this world to fulfill God's wishes. In Proverbs 29v18 "where there is no vision there is no perish".

"Let's continue to ensure that patients feel that they are at home"

Vision cannot be achievable in some cases due to many things like pride, lack of knowledge, problems, procrastination, unforgiveness, laziness, but one needs to be focused. "Focus on future, use your past accomplishments as reference towards your bright future" says Pastor Trevor Phoswa. Staff departed to their working areas with appreciation of the Word of GOD because prayer heals.



Nursing management on the day of prayer



Pastor Trevor Phoswa preaching



Nursing Manager: Mrs N.C Zondi

It gives me great pleasure to receive to Umgeni Hospital, Mr M.V Ngcobo the newly appointed Systems Manager and Mr A.S Cele the newly appointed Human Resources Manager. I am positive that their world of experience and knowledge will assist the management team of this institution to drive the quality service deliver agenda as laid out in the strategic plan.

I would like to welcome you colleagues to this institution and hope you will have a wonderful stay.

Together and united we can achieve anything!!!





Mr. S.A Cele: Human Resources (H.R.) Manager

I am known as Sifiso Cele. I started working for the Department of Health at Appelsbosch Hospital in 1990 to 2005 as Administration Clerk to Principal Personnel Officer, promoted at Ndwedwe Community Health Centre (CHC) as Chief Human Resource Officer in 2005 and then HR Manager at Tongaat CHC from 2005 to end February 2014. I have rejoined (bathi ukshaya isdudla) Health Department this year March 2015 at eDumbe CHC and now at *Umgeni Hospital* in front of you, but can you see that I belong to Health: hahaha!! My role is to manage a Human Resource component of *Umgeni Hospital* in such a manner that will enable us to deliver accessible, efficient, integrated, coordinated and sustainable services. I believe challenges will always be there and I believe life without challenges will be a challenge itself. We have to develop strategies to overcome identified challenges but I don't think we will ever finish them. Therefore I will do the best I can in my capacity to ensure that the set vision, mission and objectives/goals of Umgeni, Umgungundlovu District and KZN Health is achieved.

I strongly believe that together we will make it and if we let GOD lead in execution of our duties we shall see a difference. Thank you for making me a Celeb today my sister and may God bless.



Mr. M.V Ngcobo: System Manager

My name is Mduduzi Vincent Ngcobo. I joined Department of Health in 2001 in Greys Hospital where I was working as an ordinary employee. I realised that there was a lot of potential to grow within the Department, I upgraded myself through registering and studying at Technikon S.A and UNISA that is how I was promoted in various ranks within the Department to where I am now. *Umgeni Hospital* is a specialized hospital, therefore one needs to have special skills and do things in a special way, collectively as a Systems components, we need to focus on the priority programmes of the Department e.g. National Core Standards compliance etc. My plan since majority of work is done at an operational level is to support managers/supervisors of various sections by ensuring that there is enough resources and to have an open door policy.

My role and responsibility at *Umgeni Hospital* is the participative management, meaning I am the part of the team, whether the team is winning or losing but my role will also be a turn around strategy especially at Systems Component. We cannot afford to identify gaps with no improvement plans in place.

I am humbled and honoured to be part of *Umgeni Hospital* Management.

Articles submitted

## EMPLOYEE HEALTH WELLNESS DAY EVENT



Staff participating on aerobics



Soccer game: security department (red & black) vs DUT students



Nurse from GEMS doing medicals

An employee Health Wellness day was organised by Sr N. Mahlinza (Occupational Health Nurse) in support of the employee health wellness initiative that was introduced by the MEC for Health, Dr. S. Dhlomo in 2012. The management believed that participation in health activities can make positive change to the wellbeing of staff. The day was a perfect opportunity for staff to learn about their health with assistance of qualified team of experts from GEMS.

The event started with a fun walk from the hospital gate all round to the Recreational Hall and then aerobics were conducted by the fitness trainers from Virgin Active Pietermaritzburg Branch. The following services were also available for the day:

Body Mass Index (BMI), measurement of waist, blood pressure, cholesterol level, blood sugar level and voluntary HIV Counselling & Testing and 15 minutes neck and shoulder massage.

At about 2 midday there were internal soccer games. Scores were as follows

Security Department vs Durban University of Technology (DUT) Nursing Students (students won by 3-0)

Systems Department vs Nursing Department (Systems Department won by 3-1)

Final: Systems Department vs DUT (DUT won by 2-1)

*Umgeni Hospital* team led by Sr S. Manser (IPC) celebrated the World TB day on the 24<sup>th</sup> March 2015 with a One Day TB workshop for all categories of staff. The theme of the Workshop was "Let every breath count".

The programme commenced with participants being requested to blow up a balloon, and then decorate it. Thereafter, each participant had to introduce his / her balloon which generated much creativity and laughter. Guest presenters, Keith Ruthanum and Seema Reddy (IPC practitioners from Town Hill and Fort Napier hospital) and they facilitated the programme. The participants engaged in the learning with many relevant questions and also executed a group activity with a high standard of thinking and responses. Topics for the day included the basics of TB signs and symptoms, treatments, complications, and the co morbidity of HIV and other diseases with TB. No IPC workshop is complete without addressing Handwashing and personal protective equipment and so the practical experiences of doing the handwash dance (12 step handwashing technique for healthcare workers), and a demonstration for the N95 respirator Fit Test Check were covered in the programme.

At Tea time the theme was continued by blowing out birthday candles on a cake which was rapidly eaten thereafter. IPC at *Umgeni Hospital* embraces the motto "learning and growing together for better health" and the workshop training days aim to equip staff with knowledge that is relevant not just in the healthcare environment context, but also in the community as part of everyday lifestyles.

Submitted by Sharon Manser,  
IPC Practitioner





**W**orld Down Syndrome is on 21 March and World Autism Awareness Day is on 02 April the information has been gathered to educate our readers.

In the current years there has been children diagnosed with Down Syndrome and Autism this is called dual diagnosis which simple means the child has got the condition affecting his/her health. Sometimes it is a challenge to identify Autism to a child who is already a slow learner. Autism cannot be tested like other diseases or through a scan; development in early stages can be delayed due to this Autism. Sometimes children with vision impairments, brain damage, severe learning difficulties etc. suffers from Autism.

### **What is Autism?**

It is essentially a social impairment, affecting children's ability to communicate with and to socialize with other children.

### **How Can Autism be diagnosed?**

With the help of psychiatrist it is possible for a child to be diagnosed with Autism or Autistic spectrum disorder (child not showing all difficulties associated with Autism): Psychiatrist will use will use one of two diagnostic test i.e Autism Diagnosed Interview. When this is conducted it was be in an environment that a child will be comfortable at to get true picture.

### **What are the Causes of Autism?**

It is easy to recognize Autism but it is uneasy to find what causes Autism, but it has been realised that it follows genetic patterns or sometimes profiles run in families.

### **What is Down Syndrome?**

Is a set of physical and mental traits caused by genes before birth. Most of the same features can be flat face and short neck. Down syndrome is a lifelong condition but one can live a healthy productive life.

### **What causes Down Syndrome?**

The cause has not been identified but one is at risk if:  
Possible chances of having a child with Down Syndrome if you get pregnant when 35 or above  
If you have a child with Down syndrome or a sister.

### **How can Down Syndrome Be Identified**

*Screening Test* (ultra sound) can assist 1<sup>st</sup> or 2<sup>nd</sup> trimester but this test can show false results in some cases.

*Diagnostic Test* can be further performed if the results for screening test are abnormal a pregnant mother wants to be sure.

*Blood Test* can be done if the doctors see the features for Down syndrome.

*Upure*  
**Welcome**

<u>Name</u>	<u>Rank</u>
N. Stroebel	Community Service: Speech-Language Therapist
S. Meghnath	Community Service : Physiotherapist
T.P. Mnyandu	Community Service : Professional Nurse
S. Booysen	Community Service : Occupation Therapist
P.K. Mthembu	General Orderly
B.J. Mbandlwa	Enrolled Nursing Assistant
N.I. Zuma	Enrolled Nursing Assistant
N.B. Mshengu	Enrolled Nursing Assistant
N.G. Madlala	Enrolled Nursing Assistant
M.G. Mkhize	Enrolled Nursing Assistant
N.I. Zuma	Enrolled Nursing Assistant
B.S. Mncube	Enrolled Nursing Assistant
S.E. Buthelezi	Enrolled Nursing Assistant
S.W. Colvelle	Enrolled Nursing Assistant
L. Dlamini	Enrolled Nursing Assistant
W.S. Bhengu	Enrolled Nursing Assistant
B.E. Dlamini	Enrolled Nursing Assistant
A.S. Cele	Human Resource Manager
M.V. Ngcobo	Systems Manager

**Farewell!**

<u>Name</u>	<u>Rank</u>
M.A. Moodley	Professional Nurse
N.N. Dladla	Professional Nurse
T.M. Mlotshwa	Professional nurse
H.S. Mkhwanazi	Professional Nurse
R.G. Malloy	Enrolled Nursing Assistant
M.G. Davids	Clinical Orderly
Z.I. Zulu	Food Services Manager
R. Schoeman	Operational Manager
J. Dunn	Occupational Therapist
P.K. Khoza	Data Capturer
C.B. Mncwabe	Enrolled Nursing Assistant
S.F. Zondi	Grounds Man
M.P. Zondi	Tradesman Aid
C.B. Mncwabe	Enrolled Nursing Assistant
T.F. Nzimande	Assistant Nursing Manager
D.B. Khumalo	Professional Nurse
E.Y Hendricks	Enrolled Nursing Assistant
H.G. Bishop	Senior Enrolled Nurse
A. Potgieter	Enrolled Nursing Assistant
E. Zondi	Senior Enrolled Nurse
K.Z. Mnikathi	Handy Man
S.P. Shezi	Handy Man



**DEATH: 2015**

<u>Name</u>	<u>Rank</u>
D.P Potgieter	Enrolled Nursing Assistance
A.J Ngcobo	Enrolled Nursing Assistance
D.B Khumalo	Professional Nurse
C.M Welcome	Enrolled Nursing Assistance



Being a **nurse** isn't about grades, it's about being **who you are**. No book can teach you how to **cry with a patient**. No class **can teach** you how to tell their family that their parents have died or are dying or the patients is dying. No professor can teach you how to **find dignity** in giving someone a bed bath. A nurse is not about the pills or the charting, its about being able to love people when they are at their **weakest moments**.



For any inquiries, suggestions and complaints  
[Contact Details](#)

Physical Address:	Main Road, Howick, 3290
Postal Address:	Private Bag X23, Howick, 3290
Telephone:	033 330 6146
Fax:	033 330 5564
Email:	<a href="mailto:ayanda.mazwana@kznhealth.gov.za">ayanda.mazwana@kznhealth.gov.za</a>