



**health**

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

# UMGENI NEWS

July — October 2015



Healthy Lifestyle  
*Promotional Initiatives*

Men's  
*Day Event*

Justice  
*Visit*

SANBS @  
*Umgeni Hospital*

## Healthy Lifestyle Promotional Initiatives

The MEC for Health Dr. S. Dhlomo with the support from the HOD initiated a project of promoting healthy lifestyle for employees of the department. This project was launched at Grey's Hospital on 07 February 2012 where all District Managers pledged to support the project and cascade this initiative down to the CEO's of all institutions. The MEC is calling upon all health care workers to be role models to their communities by living active healthy lifestyle.

In support of this initiative by the MEC, *Umgeni Hospital* participated in two events i.e. National Nutrition Week and uMgungundlovu District Sports Tournament.

Part of being healthy also depends on what one eats, so it is very important for anyone to be cautious at all times. National Nutrition Week was on 09-15 October 2015 so the *Umgeni Hospital* Dietetics Department encouraged staff to eat healthy and exercise. Mrs. N. Naidoo (Dietician) played a role in making sure that this institution participated towards the Nutrition Week with the support from Mr. A.S. Cele (Human Resource Manager). All staff were encouraged to participate in a competition for a healthy lunch box during the nutrition week.

The main event was organised on 14 October 2015, it started with educational talks on IPC, Diabetics (Medical & Clinical Perspective), Soul Food, etc. Further to that, living healthy and physical exercise should go hand in hand. Staff gathered outside the Recreational Hall for a fun walk/run after that aerobics were conducted by Miss. N.H. Hadebe and Mrs. N. Ramcharan. During the workout, basic exercises were demonstrated and staff participated in exercises such as squats etc. Workouts that were performed were simple for one to remember because the main aim was for staff to sustain the programme of healthy lifestyle in and out of workplace. All staff that participated on physical workout/ aerobics were given certificates.

uMgungundlovu District Tournament was held at the Howick Sports Field on

23 October 2015. All health institutions from uMgungundlovu District participated in this tournament; *Umgeni Hospital* soccer, netball and umlabalaba teams were part of the tournament. To represent uMgungundlovu District in Provincial Tournament(20 November 2015) 16 players were elected from *Umgeni Hospital*. All this proves that staff at this institution do have passion for supporting healthy lifestyle initiatives.



**Trying to loose weight might not be easy but these ladies completed the fun run**



## Healthy Lifestyle Event in Pictures

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**Umgeni Hospital Soccer Team**



**Dr. Ejegi (left) handing a prize to Miss. N. Hadebe being a winner for healthy lunch box during nutrition week**



**Umgeni Hospital Netball Team**



**Staff doing aerobics**

**FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE**

**I**n South Africa we celebrate Men's Month in July; the purpose of the event was to thank the male employees of *Umgeni Hospital* and also to show appreciation for the event that men organised in 2014 for all women including the outsourced companies.

The theme for 2015 was: "Healthy Living for Men". The day was celebrated on 14 July 2015 with the following objectives:

- To celebrate Men's Day while focusing on Men's health.
- To improve gender relations and promote gender equality.
- To highlight positive male role at this institution.
- To celebrate Men's achievements and contributions towards the fulfillment of the goals of this institution.

"I rather not be a good person if, I'm not making my wife happy"

Mrs. N.C. Zondi (Nursing Manager) recalled the event that was organised in 2014 by men which was the first of its kind at KwaZulu- Natal Health Institutions. It was also confirmed by the management team from Diversity Management (gender & equality) from Head Office in KwaZulu- Natal. She further articulated that women of this institution felt so honoured in 2014 when a great event was organised which made all women feel special. "Today we are really honoured, *Umgeni Hospital* would not be the same without the men of this caliber" said Mrs. N.C. Zondi. She further thanked them for their commitment in their work. "What you do at work portrays what you are at home, we see colleagues that are full of love" said Mrs. N.C Zondi.

The Guest Speaker for the day was Mr. M.K. Ngobese from South African Police Services (Secretary: Provincial Executive Committee: Men For Change). He encouraged men to be in connection with GOD so that they can be able to deal with challenges of life. He mentioned that there is no shame if a man mourns and cry as long as he believes in prayer which can equip him to deal with any challenge. Mr. Ngobese criticised men who pretend to be good at work while not loving their partners; "I rather not be a good person if I'm not making my wife happy" Mr. Ngobese said. He continuously praised men of *Umgeni Hospital* while emphasizing that it is also important for them to do the same at home because charity begins at home. He alluded on the increased numbers of cases reported to SAPS for Domestic Violence which proves that community has a challenge. Mr. Ngobese mentioned that men invest in their marriages so how can they forget about love. He posed a challenge to men to be interested about what their partners say about them in their absence.



## Men's Day Event in Pictures

Mr. M.K. Ngobese: Guest Speaker  
delivering the speech



Dignitaries from left: Mr. M. Ndlovu, Ms. N. Mayeni  
Mr. M. Buthelezi & Mr. M.K. Ngobese



Umgeni Hospital Management & dignitaries from Diversity Management  
(Department Of Health) before cutting the cake in celebration of Men's Day



Men entering the hall

South African National Blood Service (SANBS) has recently identified *Umgeni Hospital* as one of their donating sites. This has been achieved by working together with Sister N.P. Mahlinza (Occupational Health Nurse). In 2015 SANBS visited this institution 4 times with positive response and 126 staff members donated.

At this institution, some of staff members have been regular donors as they managed to donate 4 times in 2015.

SANBS strategy for blood safety emphasises on an integrated three-fold approach. Effective quality assurance forms an essential part of this approach:

- The collection of blood only from voluntary non-remunerated blood donors from low-risk blood donors and the use of stringent donor selection procedures.
- The screening of all donated blood for transfusion-transmissible infections, including HIV, hepatitis viruses, syphilis and other infectious agents, and blood grouping, compatibility testing and processing of blood.
- A reduction in unnecessary transfusions through the appropriate clinical use of blood. These include the use of intravenous replacement fluids and other simple alternatives to transfusion.

The commitment, honesty and responsibility of regular blood donors is always appreciated.

Thank you to those staff members that donated blood as a gift of life to people.



Miss. N. Dlamini one of committed blood donors (she donated 4 times in 2015)

Staff from SANBS







Mr. M.V. Ngcobo (Systems Manager) trying to extinguish fire



Left: Miss. L. Tembe (Food Service Manager) about to extinguish fire

## What is fire?

Mr. L. Govindsamy (Health & Safety Officer) organised an in-service training on how to deal with fire emergency on 11 August 2015. The in-service training was conducted by Mr. Alfred Mazibuko (Fire Instructor) from Fire Department (Howick branch)

Fire is the name given to the process of combustion which is chemical reaction. For this to take place, the following are needed: fuel, air and heat. These three elements form part of what is known as the triangle of fire.

### Methods of Extinguishment

Remove any one of the triangle and the fire will go out e.g. \_Water will remove the heat. \_Carbon Dioxide will remove or limit the oxygen. Shutting off the gas supply to a gas flame, if it is safe to so, will cause the fire to be extinguished due to a lack of fuel.

### Classes of fire

Before attacking a fire with an extinguisher, it is important that the correct type for fuel or fire type is selected. Choosing the wrong extinguisher may result in the fire not being extinguished or injury to the operator i.e. water on flammable liquids will spread or intensify the fire. Carbon dioxide on wooden pallets would not be effective.

We at *Umgeni Hospital* felt it is very important to train our staff on how to extinguish a fire. On the day of the in-service training 38 staff members were trained on basic firefighting.

“With the observation during training, I’m happy because staff is now equipped with the knowledge and are able to extinguish fire” said Mr. L. Govindsamy.

**Article submitted by : (Mr. L. Govindsamy)**

On the 04 September 2015 Department of Justice & Constitutional Development (Howick site) were at *Umgeni Hospital* to celebrate Casual Day with Mental Health Care User's (MHCU's). The Office Manager for Howick site (Ms. Rose Budhal) mentioned that they are always motivated by their Regional Office to be involved in community activities.

To celebrate 2015 Casual Day, they decided to share a special moment with Mental Health Care User's by singing and giving them snacks. "Among ourselves as staff we collected and bought these goodies to put a smile to your patients" said Ms. Rose Budhal.

By visiting this institution she encountered a very emotional journey, which is a journey to appreciate life. "When interacting with these patients I became touched about the way they appreciate someone that they don't know. They are full of respect as if they are taught" said Ms. Rose Budhal.

She admired the staff of *Umgeni Hospital* especially the nurses for their dedication in working for people with special needs. They promise that they will contribute money among themselves to purchase teddy bears and donate them to Mental Health Care User's.



MHCU (left) receiving a packet of chips with fruit



Employees from Department :  
Justice & Constitutional De-  
velopment (Howick site)



*Umgeni Hospital* has once again joined other Psychiatric Hospitals in KwaZulu - Natal in proving that people that are mentally challenged do have talents. MHCUs embarked in a sport activity to celebrate Mental Illness Awareness month (July). The event was on 22 July 2015 and was hosted by Madadeni Hospital.

Sports Gala Committee (representatives from all psychiatric hospitals in KwaZulu -Natal) worked together with management and staff per institution for the betterment of MHCUs through sport. Nurses started by preparing MHCUs in the wards ,transport and food was enough, etc. All those activities contributed to the most enjoyable day for everyone.

“It is important for MHCUs to be part of sport activities because sports plays a therapeutic role in addressing a number of psychological disorders”.

MHCUs could not be hindered by bad weather on the day of the event. They have waited for almost a year since this event is hosted annually. The weather was raining non-stop and very cold but MHCUs actively participated on this special day. The event started with Category A games even though Umgeni Hospital is formed mostly by Category B MHCUs. Due to bad weather, it was unfortunate that the organising team had to cancel games for Category B. *Umgeni Hospital* won the trophy for being the most dedicated team.

“The concept of a caring society is strengthened and deepened when we recognise that disabled people enjoy the same rights as we do and that we have a responsibility towards the promotion of their quality of life”. by: Thabo Mbeki (Integrated National Disability Strategy, 1997)



MHCUs and staff who attended the event

### Admission Criteria

- *Umgeni Hospital* admit patients who are diagnose with Severe to Profound Mental Retardation with other conditions such as: Autism, Cerebral Palsy, Epilepsy, Down Syndrome, Hyperactivity, Poor Sight and Hearing, Cortical Blindness, Physical Challenged and their IQ should be below sub-average.
- Applicants who suffer from the effect of Organic Brain Syndrome may be considered.
- Applicant must be 3years and above within KwaZulu-Natal.
- Patient must have a Birth Certificate and immunisation card if it's a child or identity document if its an adult .

### Applicants who are not considered for admission

- Applicants who require Intensive nursing or medical care beyond the capabilities of this hospital (e.g. psychosis, uncontrollable diabetes, extreme behavioural problems).
- Applicant who need a close ward e.g. seclusion
- Applicants who are not from KwaZulu –Natal
- Applicant who are diagnose with mild and moderate mental retardation.

### Procedure for Admission

- Patients should be diagnosed with severe or profound mental retardation.
- Intake and enlist patient name of waiting list.
- Posting, email or faxing of application forms to applicant.
- Forms should be returned to *Umgeni Hospital* within three months.
- On receipt of all application forms the file is open.
- The Social Work Department will arrange a Screening/Assessment of a patient. The Multi Disciplinary Team (MDT) and applicant will be informed about date of screening.
- The MDT will determine whether the patient is suitable candidate for *Umgeni Hospital*.
- If the patient is found suitable, the MDT will determine the ward that will cater for the applicant's needs.
- The patient will be admitted at *Umgeni Hospital* as assisted care in terms of section 27 of Mental Health Care Act no 17 of 2002.



## Appointments, Discharges & Death Notices

### Appointments

#### November 2015

- |                 |                  |
|-----------------|------------------|
| 1. B.B. Zuma    | 2. S.S. Mbanjwa  |
| 3. F.F. Mbanjwa | 4. A.H. Mthembu  |
| 5. M. Ngcobo    | 6. N.I. Ndlovu   |
| 7. M.P. Phoswa  | 8. H. Buthelezi  |
| 9. N.P. Dladla  | 10. P.S. Sithole |

### Discharges

#### August 2015

- |                 |              |
|-----------------|--------------|
| 1. S. Magagula  | Resignation  |
| 2. S.P. Ngubane | Transfer out |

#### September 2015

- |                |             |
|----------------|-------------|
| 1. A.C. Ndlovu | Resignation |
|----------------|-------------|

#### October 2015

- |                   |            |
|-------------------|------------|
| 1. P.F. Mashiyane | Retirement |
|-------------------|------------|

#### November 2015

- |                |            |
|----------------|------------|
| 1. P.S. Mnguni | Retirement |
| 2. P.M. Grant  | Retirement |

### Death

S.P. Potgieter

Newsletter compiled by: Mrs. Ayanda Biyase  
(Public Relations Officer)

For any inquiries or suggestions:

#### Contact Details

Mrs. Ayanda Biyase (Public Relations Officer)

Physical Address: Main Road, Howick, 3290

Postal Address: Private Bag X23, Howick, 3290