



health

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

## UMGENI NEWS

January 2014 – April 2014



- \* Strategic Planning
- \* Easter Celebration
- \* Outreach in Lidgeton
- \* Employee Wellness Event
- \* Valentines Event
- \* Tips on Stain Removal

Fighting Diseases, Fighting Poverty, Giving Hope

Silwa Nezifo, Silwa Nobubha, Sinika Ithemba

# OUT REACH IN LIDGETON

“When activities of daily living become difficult because of age or disability, Outreach Health Services can help”.

*Umgeni Hospital* together with Rotary Club and other local clinicians worked in partnership to better the lives of Lidgeton Community members. The outreach was between 02 April 2014– 04 April 2014, the motive behind this project was to bring service at the door step of the community of Lidgeton. It is a patient right to access continuous health care so that was a purpose of organizing such a program.

*Umgeni Hospital* being a specialized hospital (psychiatric) is on board like other hospitals and clinics towards fighting diseases. This has been an initiative driven by Sister N. Mahlinza. She conducts outreach programmes in companies and other departments within Pietermaritzburg area.

### Services that were offered at Lidgeton

- Chronic Care
- Vital Signs Observations
- Medical Male Circumcision Education
- Child Health and Nutrition
- Social Work
- HIV Counselling and Testing
- Immunisation IPI
- Eye care
- Physiotherapy
- Occupational Therapy
- Dietetics
- TB Screening

### Umgeni Hospital

bringing services to  
the community

Thanks to the community of Lidgeton for coming in numbers

**“LIFE IS ALL ABOUT TAKING INITIATIVE”.**

## Umgeni News

*We Belong , We Care , We Serve !*



Team that worked hard bringing service to the community of Lidgeton



Nurse T. M. Mlotshwa (left) and Nurse S.F. Shange educating boys about Medical Male Circumcision



Physiotherapist (C.J. Jordaan) examining the patient



## STRATEGIC PLANNING SESSION

“**Strategic Planning** determines where an organization is going over the next several years, how it will know if it got there or not”. *Umgeni Hospital* Management also realized the importance of having a *Strategic Plan* as a guideline for managing the institution together with staff. The management understood that it is important to know the challenges that the institution encounters i.e infrastructure, finance, etc. to be able to know how those challenges can be tackled.

Due to financial constraints the *Strategic Planning* session could not be facilitated by an independent facilitator. Mrs. N.C. Zondi (Nurse Manager) took an initiative of facilitating the session, to drive such an important exercise of drawing the map towards the future of Umgeni Hospital with the full participation of staff (head of section).

On 28.01.2014- 30.01.2014 was set aside for the session and the venue was the Howick Bowling Club (across Umgeni Hospital). Pastor Chris Motsumba was invited to bless each day and give the participants the strength of starting the day in a positive note. He emphasized on the importance of working as a team and reminded the participants that it is a calling for them to help the Mental Health Care User's (MHCU's). “You need to love one another to be able to love MHCU's. The job title is not needed to demonstrate leadership but what is important is the way you manage”.

“LETS DO GOOD, LEADERSHIP IS ALL ABOUT LEAVING THE LEGACY”

Mr. Mark Green (Acting Chief Executive Officer) joined the session thanking the staff for supporting the initiative of paving the way towards better life for MHCU's. Mr. Green said “We need to remember that MHCU's are the centre part of the business. We need to give back to MHCU's even though they cannot compliment”.

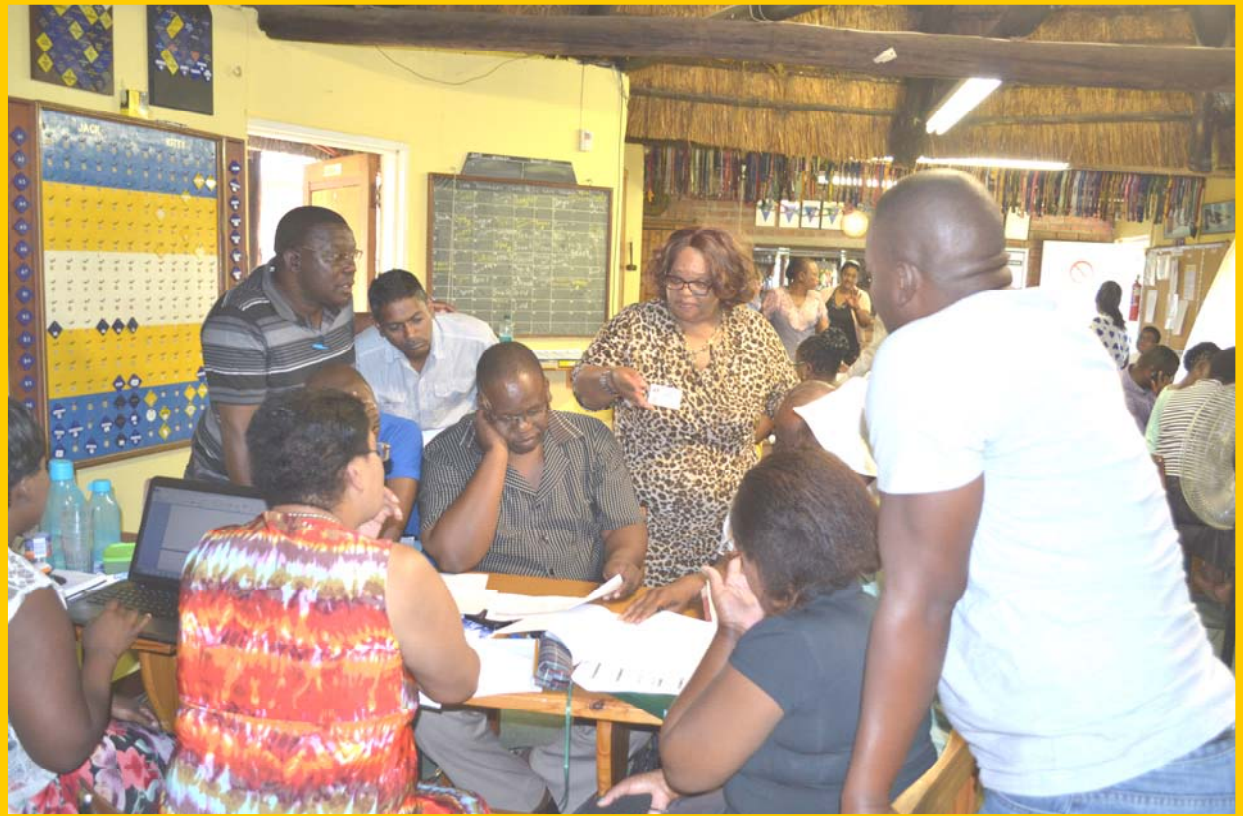


Pastor Chris Motsumba after opening with prayer is reminding the staff about their calling of leading the staff

More pictures next page

## Umgeni News

*We Belong , We Care , We Serve !*



**Mrs. N.C. Zondi (Nursing Manager):** who was a facilitator explaining the task to the group



**Participants (Operational Managers)** listening attentively to the group that was doing the presentation

# Employees Awareness Day



Just like your body and lifestyle can be healthy or unhealthy, the same is true with your beliefs. Your beliefs can be your medicine or your poison.

Steve Maraboli

“Health, safety and wellbeing of employees is essential element of a successful and sustainable hospital or any organisation”. It is very important for an organization to be committed in providing safe workplace and also encourage staff for their wellbeing through wellness event, this refers to their general safe wellbeing examples physical, emotional etc.

*Umgeni Hospital* Management together with Employee Health Awareness Committee knows how important it is to organize workplace health programmes. Employees in a hospital environment especially those that work directly with patients are prone to a variety of health hazards so it is important to organize wellness events timeously.

On 08 April 2014 Employee Wellness Event was organized and the purpose was to inform, screen and educate employees on potential health risks. The results were individually discussed with employees. Employees with results of concern were referred for confirmation tests, support and disease management.

## **FOLLOWING TESTS WERE PERFORMED:**

- Blood pressure check
- Blood sugar and cholesterol
- Weight, height and waist circumference
- HCT (HIV Counselling and Testing)

## **SERVICES**

- Optometrist
- South African National Blood Service (donour education)
- Old mutual (financial planning, government pension fund, education plan, retirement plan)
- Metropolitan (retirement annuity, saving, children’s education)
- Absa Bank (Debt Management)
- Naidoo Bros Gym and Fitness (importance of exercise)



The management and staff would like to thank the service providers for their services at the door step. Such initiatives or regular health care services are important in maintaining a healthy lifestyle.



## Umgeni News

*We Belong , We Care , We*



**Staff member getting a massage from a masseur**



**Mrs. N. Naidoo manning a table at the event educating staff about eating healthy**



**Old Mutual representative talking to a staff member**

**VALENTINES DAY EVENT**



**Mrs. N.C. Zondi (Nursing Manager) handing party packs to Mental Health Care User's**

Occupational Therapy Department was very proud to announce, that it has successfully hosted a Valentine's Day Event for Mental Health Care User's (MHCUs) of *Umgeni Hospital*.

All MHCUs were encouraged to dance along with their loved ones, friends and staff.

*Competitions were held with lots of prizes. Competitions consisted of the following:*

- Best dressed Male and Female MHCUs
- Best dressed couple
- Best couple in the category of dance, where by the winners won prizes.

MHCUs enjoyed savoring in milkshake which was kindly donated by Fairfield Diaries situated in Howick and fresh cream cake which was donated by (Rebecca Ramcharran).

To add on refreshments Occupational Therapy Department also purchased a cake.

The event was well organised , MHCUs as well as staff enjoyed the event.

Thank you to all the donors, their generosity is well appreciated.

*Occupational Therapy Department will greatly appreciate any donations for 2015 event since the event is hosted annually.*

*More pictures on the next page*



## Umgeni News

*We Belong , We Care , We Serve !*



**Mental Health Care User's after the event carrying their party packs**

**(left) Mental Health Care User with Sister Chetty: Operational Manager**



### EASTER DAY CELEBRATION 2014

Once again, the Occupational Therapy Department is proud to announce that they have successfully hosted an Easter Day Celebration and hunt for Mental Health Care User's (MHCU's) of Umgeni Psychiatrist Hospital. The activities for the day consisted of:

Prayer and a play about Easter which was performed by volunteers from the Hilton Christian Fellowship Church.

Refreshments were served being donated by: Fairfield Diaries (milkshake) which is situated in Howick, Merrivale Spar and Friends Of Umgeni donated cross buns.

Merrivale Spar, Wykeham Collegiate and Friends Of Umgeni Committee also donated Easter Eggs. Finally after enjoying the above, the patient, were involved in a Easter Egg hunt.

NB: "We host this event annually and will appreciate donations".



## Amber Ridge Residents Dining Room Decorating Project

Two residents of Amber Ridge, Joan James and Jos Stanford, decided that we would like to brighten up the lives of the patients at the Umgeni Specialised Psychiatric Hospital, so we painted a big mural on a wall of one of the dining rooms, using bright colours and putting in a lot of detail, as we thought this would give the patients something stimulating to look at and talk about. We are now busy painting smaller pictures on several other walls in the dining rooms and would then like to move on into the wards, especially the wards of the patients who are confined to wheelchairs or their beds. It is very rewarding hearing the comments of the patients when they look at the pictures and those who talk to us all say that the pictures are very nice.

**Pictures and decoration painted by Amber Ridge Residence (Jos Stanford, Joan James)**



**Article and photos supplied**



# Rights of Persons with Intellectual Disability

## Respect and Dignity

Mental Health Care User's have a right to be people first and be treated with dignity and respect and be accepted.

## Non- Discrimination

Mental Health Care User's have a right not to be discriminated based on race, ethnicity, religion, sex, age, disability, sexual orientation or ability to pay.

## Education and Training

Mental Health Care User's have a right to be believed in as people. They have a right to develop their ability and skills to their full potential, irrespective of degree of ability.

## Protection from Abuse

Mental Health Care User's have a right to be protected from exploitation, abuse or degrading treatment.

## Community Participation

Mental Health Care User's have a right to be part of a family and the community and share the joys and sorrows that life holds for all people.

## Decision- making

Mental Health Care User's have a right to make informed decisions and have those decisions respected.

## Self Advocacy

Mental Health Care User's have a right to express themselves and be heard. They should be encouraged to speak up about the bad and good things, and to take action to change the bad things into good things.



## HOW TO REMOVE STAINS ON CLOTHES?????

- Ballpoint:** Apply Dettol until stain loosens. On wash-able material apply eucalyptus oil or surgical spirits. Methylated spirits can also be used but it tends to leave a water mark, so use only on washable garments.
- Beetroot:** On any material: wash, rub with household soap. Wet it and leave in the sun to bleach
- Blood:** Work on the stain as soon as possible. Soak the garment – if washable – in cold water and salt until the stain is almost gone. Then wash in warm soapy water. For an old or stubborn stain, try adding two teaspoons household ammonia or two cups salt to each five liters used for soaking. When the stain has faded to a light brown, wash in warm soapy water.
- Coffee:** Soak in biological detergent. If stain persists, treat with meth or hydrogen peroxide solution. Use dry-cleaning solvent to remove residual grease, as well as on non-washable garments.
- Cosmetics:** Apply liquid detergents directly to the stain. When the outline of the stain is gone, rinse thoroughly. If there is still a mark, sponge with benzene. Sponge non-washable with benzene repeatedly.
- Curry:** Soak garment in warm water, until water runs clear. Rub in a solution of glycerine and warm water. Soak for 10 minutes, rinse, soak in biological detergent and wash as normal. Whites may need bleaching.
- Deodorant:** Wash with warm soapy water, rinse if the stain remains bleach then rinse. Colours are sometimes restored by sponging with water mixed with an equal amount of ammonia.
- Grass:** Sponge the stain with methylated spirits, wash in the normal way. If the stain remains, wet it, rub with soap and leave in the sun.
- Rust:** Apply a sprinkling of salt and lemon juice. Pour boiling water through fabric, wash very thoroughly in warm soapy water to neutralize the salt and lemon mixture

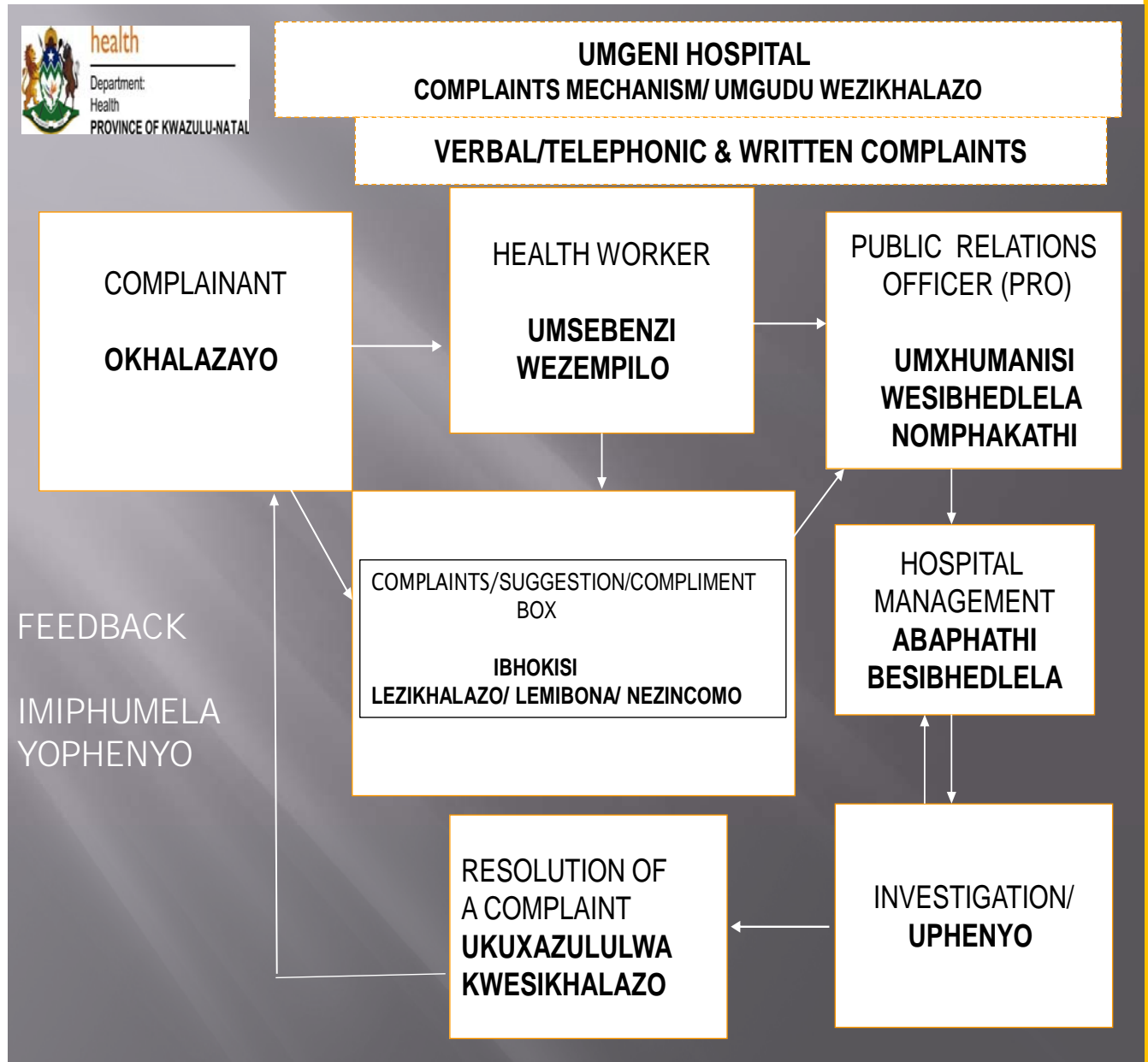


### TIPS

- ***Always read garment-care labels, non-washable items may need special attention.***
- ***Test all stain removals agents on a hidden part of the garment first.***
- ***If a colour change occurs, don't use it, consult a dry-cleaner if any doubt.***

*Umgeni Hospital* is striving towards the provision of high quality care, by empowering our internal (staff and Mental Health Care User's) and external stakeholders (relatives/ parents for Mental Health Care User's, Friends Of Umgeni and more) through the effective implementation of the Principles of Batho Pele (Putting People First).

The Complaints Mechanism Chart is displayed in strategic areas namely at the gate near securities, administration block, Allied Professional building and in the wards to inform our stakeholders about the way of lodging a complaint.



For Complaints, Suggestions and Compliments you can contact

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