



HEALTH
KwaZulu-Natal

USINDISO NEWS

An official newsletter of Osindisweni Hospital

VOLUME 1, ISSUE 1

**SPECIAL
POINTS OF IN-
TEREST:**

- **STRIVE TO
BE HUMBLE**
- **TENDER
HEARTED**
- **HAVE
COURAGE
TO SAY
WHAT NEED
TO BE SAID
WITH LOVE**

**INSIDE THIS
ISSUE:**



Editor's Voice	2
Prayer	2
Health Education	3
Control Cards	3
Traditional Healers	4
Social Initiative	4
EAP	4
Mental Health	5
Experiential Learning	5
Winning Poem	6
Words of Wisdom	7

HOSPITAL BOARD'S DESK

What is needed is the realization that power without love is reckless and abusive and that love without power is sentimental and anemic. Power at its best is love implementing the demands of justice at its best is power correcting everything that stands in the way of love."



Mr. Patakh- Chairperson

On behalf of the Hospital Advisory Board it is an honor to include a message on the activities and role of the board. The hospital systems prior to 1994 had many disparities along racial lines. Today we can boast an all exclusive system with the motto **FIGHTING DISEASES, FIGHTING POVERTY, GIVING HOPE** to the Rainbow Nation of South Africa.

The board experienced many challenges such as the establishment of gateway clinics, lab our issues, security , crime, training members on the role of the board and upgrade the main entrance. The CEO Dr Chinasamy through his perseverance and the DOH were instrumental in the training of its members on the role of the board and today Osindisweni Hospital Advisory Board can boast to been one of the most active Hospital Board. We record with great pride and honor the excellent results obtained for the norms and standard audit, the Pharmacy department and the training programme offered to the staff which promoted staff to higher positions. The financial records, procurement, maintenance and security as reported gives an excellent insight to the management of the hospital.

The participation by the Induna and other community leaders during the strike action in a programme of **PRAYER FOR RECONCILIATION** was an inspiration to the management and board to continue with the principle **A Better Life For All**. It is through such initiative that the concept of leadership for a consciousness becomes a reality and a pace setter that no matter the position you hold you are an integral part to the whole in the service delivery.

The **PRO,CEO, Matron** and all hospital staff must be commended for their effort and commitment towards the image of the hospital. To our many sponsors, partners, medical practitioners, all our professionals, support personal and volunteers we know your commitment and remind your of the maxim " We may forget our virtues but God never forgets " Thank you'll for your support. The aged sector and the community around Oakford enjoy health services at their doorstep. The Rights of Older Persons are truly respected and every effort would be made to ensure their comfort.

It remains the obligation of the community to remember that the hospital and its surroundings is as good as the community it represents. Suggestion Boxes is in place make use of their facility not just for complains but also for " compliments. " We are human and gratitude for services encourages and inspires mankind to grow from Good to GREAT. To the ill and less fortunate remember that alls not lost, **KNOW YOUR HIV STATUS, DON'T DESPAIR**.

Editor's Voice



Mr. E.M. Mthimkhulu-Public Relations Officer

Njengomhleli waleliphepha"Usindiso", iphephabhuku elisemthethweni kulesi sibhedlela. Kusazoba khona izindaba eziningi ezisazobhalwa, wonke umsebenzi uzothola inselelo yokuzwakalisa uvo lwakhe kuleliphephabhuku, ukuze sithuthukise abasebenzi basOsindisweni.

Leli bhuku liqukatha imibono yabasebenzi, okwenzekayo esibhedlela, imibono ngesibhedlela eya kumhleli omkhulu, izime-mezelo ezisemqoka, ezokungcebeleka nezemidlalo, imibiko esemqoka evela kubaphathi besibhedlela kanye nezinye izindaba.Kuzoba nezindaba ezithokozisayo, ezinika ithemba neziqhamuka ezigulini uqobo. Basebenzi yibani yingxenye yezinguguko nenqubekela phambili kulesi sibhedlela

I hope we are all going to work together in ensuring that Usindiso is publicized timeously and is made accessible to everyone within the institution. I urge everyone to be part of this wonderful publication. You can have your views and opinions published.

I would like to take this opportunity to thank everyone in this institution for their time, dedication and commitment in giving excellent service at Osindisweni Hospital.

Through all the bad things you experienced last year, just bury them and think about the good things you achieved. Remember to pray cause God is the Alpha and Omega. The best message I can give to you is "Just be yourself , no matter what happens" Also remember:

- Not to drink and drive
- Buckle up (use seat belt)
- Condomise

Prayer of Reconciliation

Hopefully , everything is possible with prayer. In many instances when you experience hardship, you need to kneel down and pray to our Heavenly Father.

This institution conducted a prayer of reconciliation. The main purpose of this prayer was to reconcile with one another after the strike action that took place.

Community members, board members, pa-

tients and staff were part of this prayer.

The CEO, Dr K. Chinasamy thanked all present for their time and making this day so special.



22/08/2007

Student Nurses entertaining the audience

Taking Health Education to Schools



Mrs. M.N. Nsibandé- Health Promotion Nurse

Hospital Health Workers to embark on the awareness programmes, aimed in educating Learners from Lockhat High School.

Learners were given presentation on Teenage pregnancy, HIV/Aids as well as Drug and Substance Abuse. Team involved were Mrs. M.N. Nsibandé

(Health Promotion Nurse), Sr B.M. Luthuli (VCT),

Mrs. .N. P .Mthiyane , Matron Mkhize, Mr. Ngidi (Social Worker) and Mr. Mthiyane (Member of the Hospital Board)

Learners from grade 8-12 were the one's who were targeted and the main aims of the awareness were to educate and to inform learners and teachers about the availability of services and support system as well as to prevent diseases and promote health by giving

health education, awareness and events.

School Principal Mrs. Goba thanked our dedicated staff and she stated that she is looking forward to work with us.

*Did you know?
Fertilization can occur in a blink of an eye.*

Nowadays many people believe that children are our future. Yet there are some consequences that today's youth face , but that did not stop Osindisweni

Control Card System

The PR Department in conjunction with the Complaints Committee as well as Senior Security Personnel introduced a new card system for out-patients.

This was invented after seeing that some patients cut the queues and this also help in identifying patients. At the moment there are three different types of cards, there are

orange cards for MOPD patients, white cards for SOPD patients as well as red cards for Emergency patients. Emergency patients are regarded as those who are sleep-over's, those who come with an ambulance as well as older people(pensioners) who are very sick and unable to stand on the queue.

Cards are issued by a security officer in the Admitting Section, then the patients have to follow

each other according to their numbers.

Patients are very pleased with this card system, they feel that it will make their lives much easier as they will be not worried anymore about those people who are cutting the queues.

It is believed that card system has played a huge difference as we can see that patients are no longer fighting and making noise.

Strategic Plan Photos



Sizabantu Traditional Health Practitioners



Chairperson – Health Practitioners

The Sizabantu Traditional Health Practitioners Organization started in April 2006. More members are still joining the organization.

Most members are from Osindisweni area and the surround-

ings. The organization has started sharing ideas jointly with the Professional Health Practitioners of Osindisweni Hospital.

Traditional Health Practitioners would like to thank Osindisweni Hospital especially Dr Chinasamy, CEO and Management for opening communication between the high ranking staff members to meet each other and discuss different issues concerning health because at the end of the day we would like to see a Healthy South African Society.

There are bi-monthly meetings hold by Traditional Health Practitioners and Hospital staff, Health Promotion Nurse Mrs. M.N. Nsibande.

The objective is to empower Traditional Healers with knowl-

edge to facilitate and bringing together their views and the main aims of both Traditional Healers and Health Workers is to create a disease free nation.

Social Responsibility Initiative

The PR Component together with Management would like to thank the FOREST HAVEN SRI SATHIYA SAT SEVA CENTRE, GREEN PASTURES TEBANACLE&MRS S RAMNARAIN for the social responsibility initiative showed to upgrade the lives of the needy community.

Osindisweni acknowledges the contributions provided by the abovementioned organizations and individuals.

Children in the wards and the community who need the most benefited from the initiative.

Distribution of clothes, giving of tea and sandwiches once a month in the outpatient area, children' wards and Thandimpilo Clinic)

as they are aware of the plight of some of the community background they come from.



Ruby from Forest Heaven handling toys to the kids in paedics ward

The Employee Assistance Programme (EAP)

Well, life is very unpredictable, it can turn around at times.

People experience problems at work and in their social standings. Other problems are solvable and others are difficult to solve.

The Employee Assistance Programme was introduced for the well-being of staff members. People have social problems and emotional problems. There are trained Employee Assistant Programme Practitioners in our institutions and they often provide valuable services to the staff of Osindisweni

Hospital.

Staff is coming to EAP for assistance and their problems are being addressed. The EAP is successful in that people are happy with the services by the EAP Practitioner.

Kind of problems that could cause your job to suffer:

- Alcohol and drug abuse
- Depression
- Health problems

- Marital difficulties
- Financial problems etc.

Mental Health Awareness Event



Programme Director-Sr Z. Chamane with psychiatric patient

Osindisweni Hospital embarked on the Mental Health Awareness Event.

Different talks were conducted and most of our speakers did specify that mental illness is a very complex disease because it comes from different circumstances, such as heredity, substance abuse, head injury etc.

We felt so honoured to have dignitaries from District Office. Amongst them there was Ms Lungi Shongwe (Chief Coordinator-Mental Health) Ms Vijay Naidoo who spoke about treatment and care. She also emphasized

that we as health workers need to understand these conditions in order to know their rights, cultural and religious beliefs. She also stated that patients should be protected from the public and public should be protected from mental health patients.

Wide variety of entertainment played a huge role as our audience seemed to enjoy it. There was a role play, iscathamiya, traditional dance done by Amakhosi, music by Hospital choir as well as individual dancing by our audience.

*Did you know?
“Mental ill patients do have rights”*

Uyothi Wabonani? “uyoyisholo wena”



Amakhosi enza adume ngazo



Role Play by our dedicated staff members



Dignitaries from District Office

WORK INTERGRATED LEARNING— PUBLIC RELATIONS

I am Ms Thandeka Ngubane, and I am currently doing my Work Integrated Learning in the Public Relations Department.

Being part of PR Department has taught me a lot, I have adapted very well in the field of Public Relations. Mr. E.M. Mthimkhulu (PRO) is providing me with the assistance and guidance that I need as a PRO. I am gaining lot of experience through his helpful hand.

Day-by-day I learn new things that are related to Public Relations. I

learnt some of these things while I was still a student at Durban University of Technology. But practice has broadened my mind, in other words I really enjoy practice rather than theory.

I am proud to say that I have that potential and enthusiasm to do things on my own such as updating Hospital website, updating files, handling complaints, organizing events etc.

Being part of Osindisweni fam-

ily has taught me a lot. I hope I am going to have a wonderful and fruitful stay, as well as the kind of experience that I deserve as a PRO.



Ms Thandeka Ngubane

STILL I RISE



You may write me down in history
With your bitter, twisted lies,
You may tread me in the very dirt
But still, like dust, I'll rise.

Did you want to see me broken?
Bowed head and lowered eyes?
Shoulders falling down like teardrops.
Weakened by my soulful cries
You may shoot me with your words,
You may cut me with your eyes,
You may kill me with your hatefulness,
But still, like air, I'll rise

Leaving behind nights of terror and fear
I rise
Into a daybreak that's wondrously clear
I rise
Bringing the gifts that my ancestors gave
I am the dream and the hope of the slave
I rise
I rise
I rise

ALBUM OF EVENTS HELD AT OSH

MENTAL HEALTH AWARENESS EVENT



Dedicated OSH Choir



Staff Members participating in the role play



Mr. B.H. Ngidi (Social Worker) giving speech on substance abuse

STAFF LITERACY DAY



ABET Team on the day



Ms Jean Moodley delivering speech



Suresh, Jabulani & Lewis on the special day

PHARMACY WEEK



Ms Maharaj giving sandwiches to patients.



Silverstream buddies entertaining kids in paed wards



Sandwiches and juice being served

EZEMIDLALO /SPORTS

This institution recognizes staff members who participated in sports within the institution. Usindiso Newsletter's priority this year is to make our staff out shine other institutions in netball, soccer, and choir competitions.

Kamumva nje iqembu la lapha ekhaya kade linomdlalo wobungani kanye ne-sibhedlela sase-Stanger (KwaDukuza), lapho iqembu lalapha ekhaya laphumelela ukufaka amagoli amabili kwelilodwa (2-1).

Umnyango wezempilo minyaka yonke uba nemiqhudelwano kanobhutshuzwayo, owomqakiswano kanye nomculo.

Kulonyaka amaqembu alapha ekhaya ayathembisa ukuthi izindebe zizosala kulesi sibhedlela, konke lokhu kuncike ekuzimiseleni ngokuzilolonga.

Uma ungumdlali unesifiso sokubamba iqhaza kule midlalo ungaxhumana nehhovisi lomxhumanisi wesibhedlela nomphakathi(Public Relations Officer) kumbe abaphathi.



SOCCER TEAM



NURSING COMPONENT



ADMIN COMPONENT

NETBALL TEAM



NURSING COMPONENT



ADMIN COMPONENT



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IMPORTANT NOTICE

Kindly be advised that the printer for processing name tags is currently faulty. You can submit your names and extension numbers to the Public Relations Department and we will gladly inform you as soon as the printer is fixed.

If you have any views, opinions, suggestions, compliments, comments please feel free to contact Thandeka/Mbongeni (Public Relations Officers) on extension 9219 from 07h30–16h00



Words of Wisdom – Purpose

What is a purpose?

Lets agree" Life is a tragic experience".

Life without a purpose is a burden.

Everyday there is a season– being born is a season.

Every purpose in heaven has a time.

God sent you to this planet with a purpose to fulfill in the right time, you were given time to fulfill that purpose.

Now find that purpose.

The time that you have is exactly the time given to you to fulfill that purpose.

Find out what you have been born to do, when you have find it, you have nothing rest to do.

God is the Lord of purpose.

Purpose is an original intent for causing creation of the thing.

Purpose is a reason for the existing thing.

Purpose is in your mind.

It is dangerous to work hard in a wrong purpose, the purpose that God did not plan for you to fulfill. Check with God for your purpose.

Do not make plan without checking with the pur-

pose.

The earth is a product of God for you.

You were chosen before the

Do you know your purpose?

foundation of the earth.

destination, your existence was planned before your destination.

Not every purpose is known.

When you do not know the purpose of a thing, you abuse it.

BY

Mr. E.M. Mthimkhulu



You were not born because your father or mother decided on you to be born.

But God chose you before you were born and he chose your