



HEALTH
KwaZulu-Natal

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RENDERING FIVE STAR HOSPITAL SERVICES

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In this issue

From the desk of the CEO

2

Editor's notes

2

Healthy baby competition

3

37 young men undergo Male Medical Circumcision

4

And the Biggest losers are...

5

Hospital Improvement for Service improvement

6

Hospital Improvement for Service Improvement

7

Youth Ambassador Certification Ceremony

8

Orientation and Induction

9

HCT Nerve Centre in Action

10

COSH SPORT NEWS

10



From the desk of the CEO

Strike 2010

I want to make use of this opportunity to thank all employees at COSH and at PHC on how they conducted themselves during the national strike.

It was clear to me that despite the fact that staff exercised their right to strike the hospital was fully functional and patients still received quality health care. Not once did the strike result in the death and compromised the lives of the health care users of Msinga.

It is heartening that the staff and our social partners (organized labour), upheld our vision, mission and core values. As a strong and unified team we managed to take care of our impoverished community.

I know and understand that it was a stressful time, but we survived and I believe that we are stronger after the strike.

We are proud that all displayed respect for human life, dignity and that we upheld the key principal's enshrined in our constitution.

Once again, thank you to all those that place their patients first – it is recommendable and highly appreciated.

We will always strive to render five star health services at COSH.

Yours in health.



H J HUMAN

CHIEF EXECUTIVE OFFICE: CHURCH OF SCOTLAND HOSPITAL

Editors notes

First and foremost, I would like to thank management, the hospital board, the community and staff I have been in contact with for the warm welcome I have received since my arrival. For those I have not met yet, this shall serve as an introduction and I hope to meet you soon.

I have since been privileged to chair the complaints, batho Pele and events committees - all these committees have energetic people and people with lively enquiring minds, and I appreciate that. Not to say that both all committee members have brainstormed wonderful ideas to improve the lives of people of COSH. Keep it up!

Thobani Ngcobo

HEALTHY BABY COMPETITION

AND THIS YEARS' JOHNSON HEALTHY BABY COMPETITIONS WINNERS ARE...

This year's Johnson's healthy baby competition was held on the 13th of August 2010 at Douglas Clinic hosted on behalf of Umzinyathi Health District.

Parents with babies aged two and below were invited to enter their pride and joy in the "2010

The qualifying criteria was an up to date road-health-chart; timeous attendance of clinic appointments and successful answering of health related questions posed to mothers. There were three categories; 0 - 06 months; 07 - 13 months and 13 - 18 months. The Judges comprised of health workers working in the Umzinyathi Health District in surrounding health facilities. Winners were awarded with prizes courtesy of Johnson's Baby Company.



Above: mother answering health questionnaire about her baby whilst judges were scoring her.



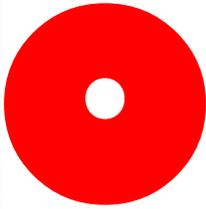
In pictures: Rose Khan and the winners of the competition.



Right: Rose Khan and the awarding the grand winner.



37 YOUNG MEN UNDER GO MALE MEDICAL



In the weekend on 23 - July 2010, 37 young men ages 16 - 25 underwent Male Medical Circumcision (MMC) procedures in a camp held at the hospital's old gateway clinic.

The Camp was a success following a district launch of Male Medical Circumcision hosted by Inquthu's Charles Johnson Hospital which saw 207 young men successfully undergoing the MMC procedures.

Church of Scotland hospital was first in the Umzinyathi District to host the MMC camp with the support of Maternal Adolescent and Child Health (MATCH) who provided data capturers for monitoring and evaluation and surgical supplies whilst the Umzinyathi Health District pledged their support.

The three day camp consisted of a comprehensive programme which focused in preparing the young men before and after the procedures. Whilst moral rooting, protected sex and behav-

ioral change formed the basis of a better future for the young men. This is one of a series of camp that will be host by the hospital before the end of this financial year and all camps planned will be hosted during the school holidays to accommodate scholars. The qualifying conditions of the MMC procedure is HCT (HIV Testing and Counseling), HB (Haemoglobin), RPR (Rapid Plasmin Reagin, vital signs and STI's (Sexually Transmitted Infections) testing and checking.

This is co-ordinated by all feeding clinics under Church of Scotland Hospital and are the first point of contact.

The procedures started at 09h10 and were finished at 13h20 with no post operation complication such as severe pain, swelling or bleeding reported by the initiates. They were observed overnight for any of the latter and were discharged the next morning. It only took 3 hours and 10 minutes for the seven doctors to com-



Above: A team of medical professionals who volunteered for the MMC camp.



Above: a group of young men celebrating the successes of the MMC procedures done to them by the medical professionals in a photo across.

And the **BIGGEST LOSERS ARE...**

Thirteen participants, only six made it to the end of the race, the Biggest loser title was at stake.

It took six months of intensive exercises and strict diet for the two participants to be crown "COSH 2010 Biggest Losers". The competition, co-ordinated by the dietetics and therapy department aimed at promoting a healthy lifestyle amongst the staff of Church of Scotland hospital.

The Competition started in January 2010 and 13 participants entered and it ran until end of July 2010. Participants had to adhere to a two part programme, exercising and attending nutrition education classes. Three exercise sessions had to be attended on Mondays, Tuesdays and Wednesdays .

A dietary nutrition plan had to be followed as well and the plans looked at food based dietary guidelines and meal plans, which were drawn for the participants to follow.

A consent form had to be signed by interested participants and only people with a Body Mass Index (BMI) of 30kg m² were allowed to enter the competition.

The two winners were Matron Dube in the first place and Dr. Ojo in the second place. They both had lost a considered amount of weight and the Body Mass Index had changed dramatically. A Prize giving ceremony was held on the 27th of July 2010 at Siqalo Court and prizes were courtesy of Nestlé and Fresenius Kabi.



L-R: Dr G. Ojo Clinical Manager and Mrs T. Dube Nursing Manager with their complementary prizes above for winning "the biggest loser" competition. Theirs is to lead by example.

HOSPITAL IMPROVEMENTS FOR SERVICE DELIVERY IMPROVEMENT



Houses, prefabs and parkhomes are refurbished under a shoe-string budget as part of management's hospital improvement plan for the financial year 2010/11. "Accommodation is key to retention of scarce skill personnel", one management team member said. The plan is to renovate all houses, prefabs and parkhomes which are not in good condition to uphold a good living standard.



HOSPITAL IMPROVEMENTS FOR SERVICE DELIVERY IMPROVEMENT



Above: a container which is another hospital improvement initiative by management of Church of Scotland hospital. The temperature controlled container has been acquired recently to increase the storage area for the needed anti retro viral drugs.

YOUTH AMBASSADORS CERTIFICATION CEREMONY

Perseverance, persistence and workhard is what took the youth ambassadors to qualify as Community Health Workers in an intensive programme (which costed more than R 2 Million) co-ordinated by Mrs Duma (in a photo below). The first and only group to qualify will benefit in a new programme announced by the KZN Premier, Dr Zweli Mkhize in an effort to standardise work done in the community by Non-Governmental Organisation (NGO) employed community members. Qualifying ambassadors were from around the Umzinyathi District and were awarded with SETA accredited certificates at Mthembu Community Hall on Friday, 10 September 2010.

Sitting L – R: Nokuthula Thwala, Nokuthula Ndlovu, Roz Jordan, Ntombenhle Sithole, Weziwe Ndlovu and Thembeke Mchunu.

Middle Row L-R: Duma Shange, Thembeke Mabaso, Thully Shabane, Hlengiwe Mchunu, Khayelihle Sokhela, Sbongile Shelembe, Nosipho Sithole, Qondisile Zondi and Bangephi Sikhakhane.

Back row L - R: S'phamandla Thusi, Maxwell Ndlela, Nombali Mazibuko, Gugu Sithole and Siboniso Mbatha



ORIENTATION AND INDUCTION



Across: Mrs N. Sithole - Human Resources Manager and Mr N. Ntombela welcoming all new employees at an orientation and induction event held on the 2nd of July 2010.



Above: Group 08/09, Pupil Nurses during the orientation and induction programme at COSH nursing college. Group 08/09 are last borns of the College and are wished well into their future endeavours.



HCT NERVE CENTRE IN ACTION

Voluntary Testing and Counselling is soon phasing out to make way for ever spoken about HIV Counselling and Testing (HCT) as president Zuma's announcement that the Country will be embarking on a National campaign to get more people tested for HIV.

Based on the understanding that HCT is an entry point to prevention as well as treatment, care and support services, the campaign's aim is positive behaviour change.

As a result the National Minister of Health, Dr A. Motshoaledi, established a National HCT Nerve Centre which aimed at analyzing data collected at various points in the country. This obviously prompted for provincial nerve centres to be established

which are in turn fed by district and local Nerve Centres.

Church of Scotland Hospital has since established its nerve centre, chaired by the CEO (Mr H.J Human) with meetings sitting every Tuesday mornings. In the photo adjacent the nerve centre team with two Umzinyathi Health District representatives during a meeting recently.

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COSH SPORTS NEWS



Church of Scotland Hospital are 2010 Metropolitan Cup Champion's after successfully beating all their district rivals to become Umzinyathi District Champions. The tournament was held earlier this year.

UPCOMING SPORT EVENTS

Church of Scotland Hospital will be hosting Baragwanath Hospital on the 6th of November 2010 for a soccer and netball games. And Umzinyathi Health District tournament will be held on the 29th of October 2010 at Dundee.