



MEET OUR FINANCE & SYSTEMS MANAGER

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It is just a matter of few days a man of his words arrived in Greytown Hospital. This man is known to be energetic and passionate about his work. Mr. S.F. Mdlalose has shown commitment and he has already made his mark.

Mr. Mdlalose is a transfer from Hlabisa Hospital and he is no stranger in Greytown Hospital as he has just done

a call back. Believe it or not, he is not here to play



MR. S.F. MDLALOSE
FINANCE AND SYSTEMS MANAGER

and he has shown the enthusiasm and commitment, and expect more to come. Each and every task to him is taken as a project.

I wanted to thank Greytown Manage-

ment and staff for their warm welcome to Greytown hospital. I promise not to disappoint them.

Ndate Ngubo, I do enjoy your way of doing things and my

colleagues Dr. Ndlangisa, Mam' Sosibo and My friend Mr. Khoza. "I say cheers"

We hope Mr. Mdlalose will enjoy his stay in Grey-

THOLITHEMBA CLINIC

Tholithemba Clinic has dedicated staff and they are doing wonders. This clinic started an out reach programme in the last two months and they are doing so great. They have visited five hard to reach areas and the results are amazing. Following areas have been visited Mdlalanto, Mbuba, Ngome, Muden and Thulini.

420 patients were seen and screened for HIV/AIDS, TB, STI's

and management of minor ailments. Some patients were even referred to the hospital for chronic diseases management.

Looking at this department and its spirit Umlevo decided to take a

closer look at them and we were able to get squeezed in their very busy schedule when interviewing Sister Buthelezi— Operational Manager of this programme.

Our interview went like this:

Umlevo: Sister Buthelezi your

have a wonderful team by my side. We all know what we want and I for one know the fulfillment of meeting a woman on the street and she will greet you with a smile and she show you her baby and say “ look at



This THOLITHEMBA CLINIC staff members THE WINNING TEAM

your baby she is doing very well she is infection free” that is the most rewarding experience not even OSD can give me that pleasure!

clinic is doing very well what is your secret?

Sr. Buthelezi : Thank you, actually there is no secret. Its just that I love my job and I

Umlevo: How do you keep your staff motivated?

THOLITHEMBA CLINIC

Sr. Buthelezi: I can answer that one because I never get to the point where I need to motivate them. They are my inspiration and my pillar of strength and there is absolutely nothing that I can do without them. Team spirit is our culture. I must say ngisebenza noDadewethu naba Fowethu ngempela!

Umlevo: Your Clinic was meant for 500 patients and your records show us that you have about 2500 patients enrolled in your programme. How do you cope?

Sr. Buthelezi: To be honest we are not coping due to increasing number of clients we have to serve every day.

Umlevo: You use Saturdays for out reach programme, do you get



Sister Buthelezi with the MEC during his visit in Greytown Hospital

over time for this?

Sr. Buthelezi: No, but if staff member desperately needs time off I do give her/ him hours off considering that some Saturdays are used for our Community outreach. But to tell you the truth outreach is like an outing and a dis-

trekking session to the team members. Seeing our hard to reach clients give us

so much joy and we just enjoy that .

Umlevo: Thank you very much for your commitment and dedication you always

present in your work place. Ungadinwa Shenge!

Tholithemba Clinic Operate from 7:30—16H00 everyday. They run a support group and they have recently started a vegetable garden.

VISIT BY MEC HONOURABLE DR DLOMO

On the 17th July 2009 Greytown Hospital was graced by the visit of our Honorable Dr. S. Dlomo. He visited the hospital to give support and to listen to the cry of the employees. This was an announced visit and some members of the Executive Management had to come back from leave.

MEC and his team were joined by the District Manager Mr. J Mndebele and his Deputy Ms. N.F. Ngema. They all took rounds within the hospital and were accompanied by hospital management. Dr. Dlomo interviewed some of the patients and staff members and

the commented on some issues.

The highlight of the day was when the MEC and

Hospital. His team witnessed the cleanliness



DR. DLOMO AND HIS TEAM, HOSPITAL MANAGEMENT AND DISTRICT OFFICE PERSONNEL AFTER HOSPITAL ROUNDS. THEY WERE ALL IMPRESSED WITH THE HOSPITAL CLEANILINESS.

the team went to the board room for the feedback. Everybody who was in that boardroom came out walking tall. The comments were amazing Dr. Dlomo was impressed with Greytown

and observation and implementation of Batho Pele principles.

Management want to acknowledge and thank Greytown Staff members for their effort. Keep up the good work , God will reward you someday!

MEC VISIT CONT....



MEC WITH PATIENT IN FEMALE MEDICAL WARD. EVEN OUR PATIENTS GOT A CHANCE TO SHARE THEIR VIEWS WITH THE MEC HIMSELF.



TALKING ABOUT BEING HANDS ON DR. DLOMO TAKING A CLOSER LOOK AT THE PATIENTS DRIP.



MR. MKHIZE EXPLAINING MARTENITY PROCEDURE TO THE MEC AT MARTENITY WARD.



MEC DR. DLOMO WITH HIS TEAM, MR. MNDEBELE THE DISTRICT MANAGER , DR NDLANGISA AND HOSPITAL MANAGER IN FEMALE MEDICAL WARD.

HEALTH AND REHAB PHYSIOTHERAPY BACK WEEK

The 7 – 11 September is National Physiotherapy Back Awareness Week. Almost 80% of adults will suffer with back pain at some point in their lives making back pain a very common occurrence. In light of this, it is vital that we look after our backs while we have the chance. **PREVENTION IS BETTER THAN CURE!**

WHAT CAUSES BACK PAIN?

Back pain is a symptom of underlying problems the root of which could be:

- overused or overstretched muscles or ligaments
- Irritated facet joints
- Bulging (herniated) discs which impinge spinal nerve roots and cause pain and/or numbness radiating down lower limb

Among other things, the following risk factors increase your chance of having back pain:

- Excessive body weight
- Poor posture
- A stressful lifestyle
- Poor physical health and fitness
- Incorrect lifting techniques
- Poor ergonomics
- Pregnancy

WHAT CAN WE DO ABOUT BACK PAIN?

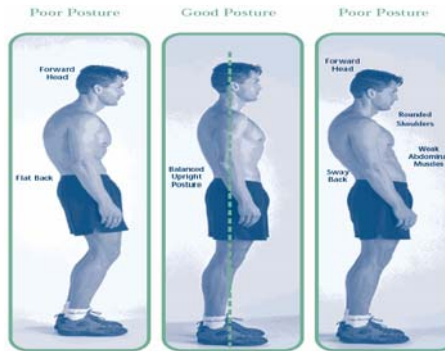
REMEMBER: PREVENTION IS BETTER THAN CURE!!!

Be aware of your back

Take care of your back



POSTURE



A healthy spine naturally has curves but exaggerated curves, slumped posture or excessively extended posture will lead to back pain. Your chin should never be poking out to the front but should always be in a neutral position. Stand tall! Whether sitting, standing or lying, good posture is essential to prevent back pain.

It is very important to have good posture while you sleep as one spends much time of the day in bed. The way you sleep will either help or harm you. Remember:

- Do not sleep on your stomach
- Use a firm mattress and the correct amount of pillows.

Try to maintain your normal spinal curves

EXERCISE

Regular exercise will:

- Build strength and endurance
- Stretch shortened muscles
- Improve posture and spinal column support
- Maintain joint mobility

Aerobic exercise:

- will help fight obesity and decrease load on back
- will help manage back pain

**Submitted by: Tarryn Elixer
Principal Physiotherapist.**

USE PROPER LIFTING TECHNIQUES

- Place feet shoulder-width apart
- Bend your knees
- Keep load close to body
- Lift smoothly using leg muscles and not back
- Pivot feet - don't twist your back

A FEW STRETCHES FOR REDUCING BACK ACHE

Lying on your back with your knees bent, feet flat on the floor:

Pull one knee to your chest with both hands. Hold for 5 secs. Do the same with the other knee. Repeat 5 times with each knee
Now repeat the exercise pulling both knees up at the same time

Put your **RIGHT** foot on your **LEFT** knee. Now pull your **RIGHT** knee across towards the left with your left hand and hold for 5 secs. You should feel the stretch in your right buttock. Repeat exercise with other leg.

c) Slowly lower both your knees to one side while keeping your shoulders flat on the floor. Raise them up slowly and drop to the other side.

GENERAL TIPS

Try not to keep your body in any one position for too long.

If you have back pain, come and see a physiotherapist!

OCCUPATIONAL HEALTH AND SAFETY CLINIC

Winter is gone but we are still left with the fear of this pandemic N1H1. even health workers are some how scared of this flu. Here are some tips on how to handle and prevent flu. Prevention is always better than cure.

REST— are you getting proper rest? Are you getting a good 8 hours of sleep in every 24 hours. Without adequate sleep, we will struggle to cope with our daily responsibilities. Make a plan and get your sleep see how much better you feel.

EXERCISE– we have by now heard the song on the radio that goes something like “ fat thighs, flabby arms, pot belly” and so on. Does that sound like you? go to the gym, exercise encourage the release of endorphins into our bodies. These make us feel good and feeling good assist our immune system.

“ME TIME”- we owe it to ourselves to make time for the things which brings us pleasure. Distressing your system will go a long way to building immunity.

DIET– the ideal immune – boosting diet is no different to diet for anyone. Vegetables especially carrots, beetroot and their tops, sweet potatoes, tomatoes and bean sprouts. Fruit is particularly beneficial, especially watermelon, oranges and kiwi fruit, plus ground seeds, lentils, beans. All fresh food should be eaten as raw as possible . Resist the temptation to overcook everything . The longer you cook them the more nutrients you destroy.

FLUID INTAKE– two thirds of the body consists of water which is therefore our most important nutrient. The body loses 1.5 liter of water a day through skin, lungs, gut and via the kidney as urine. We therefore need to drink plenty of water. Minimize your intake of coffee and fizzy drinks. Rather drink diluted fruit juices or herbal teas.

Finally, good health can be measured in three ways: Performance, Absence of illness and Longevity

Submitted By Sister
Shirley Smith-Symms
Occupational Health
Nurse.

NEW APPOINTMENTS - JUNE - SEPT

Dlamini PO	Professional Nurse
Zulu NF	Professional Nurse
Nkosi MA	Principal Pharmacist
Skead DR	Medical Officer
Modley K	Medical Officer
Zaca PS	Professional Nurse
Nyathikazi TL	Principal Medical Officer
Zulu HS	Professional Nurse
Mdlalose F.S.	Finance & Systems Manager
Msani MS	Professional Nurse
Ndlovu S.	Professional Nurse



EXIT - FAREWELL

Dr. Singh	Nyoka HP
Dr. Ndamase	Tanda NG
Dr. Jeevarathnum	
Zondi NP	
Mvemve MMs	
Ngcobo PP	
Zondi TG	
Sithole TA	
Buthelezi N	

Farewell you will
always be missed
in Greytown !!!!!

DONATION FROM OLD MUTUAL

Winter is now gone but it will come back again next year. Greytown is not scared by that, we will be more than ready when winter comes again. Old Mutual donated a 25 l urn to the hospital.

Management received this urn as a gift for patients to be served with hot tea all the time. It is kept by Nursing Management and will be utilized for patient needs. Special Thank You to OLD MUTUAL.



OUR 25L STAINLESS STEEL URN



MRS. SOSIBO RECEIVING URN ON BEHALF OF THE HOSPITAL MANAGEMENT WITH MS. S. Haribans and Mr. Hlatshwayo.

GOOD WORK PAYS.....



Staff of Female Surgical received two fresh cakes as a token of appreciation. A patient was impressed by the way she was treated and nursed by the whole staff in the ward. She confirmed that she has never seen people of this caliber.

"I will definitely come back should I get sick again and I'm sure I'll go home healed again. May God bless you with everything. Nikwenze nakwabanye"

Well Done Female Surgical Ward!!!!!!!!!!

“Everybody can tell that Greytown Soccer and Netball players are more than ready to win any cup that could come their way.”

This statement is quoted from the previous issue of our newsletter. It is indeed the truth though some felt that it was just cheap talk.



OUR NETBALL TEAM, THAT IS TOO HOT TO BE HANDLED!!!! SIYASHA KWASANI.....

In the past three months we have played more than six institutions with both netball and soccer codes neither of them took a victory from us.

We are up for any challenge. If you want to be taught soccer and netball “we are up for grabs”

On the 16th of September, we will be walking over some heads again.

Players are still needed in both teams. Join today and enjoy proper netball and soccer...



SERVICE COMMITMENT CHARTER

On the 26th of August hospital management together with Hospital Board members met to discuss Service Commitment Charter with community members.



HOSPITAL MANAGEMENT, BOARD MEMBERS AND MEMBERS OF THE COMMUNITY

The meeting went well and all parties gave their strategic input.

We hope the charter will meet the needs of the community of Umvoti Sub-District.