



**HEALTH**  
KwaZulu-Natal

*Happenings On The Hill*  
*Izinto ezenzekala entabeni E-*  
**HILLCREST HOSPITAL**



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June 2008—Issue 17

**A WORD FROM THE TOP**  
**MRS. B. MTSALI—CEO**

**UMBICO OVELA KUMPHATHI**



I wish to say I am very grateful to be part of Hillcrest Hospital staff. The Hospital is unique with a lot of challenges. I was also fortunate to work under the leadership of Mr Njabulo Gwala and Mrs Nonhlanhla Sibiya. The period that I acted as Hospital Manager November 01, 2005 to March 03, 2008 was challenging and rewarding at the same time.

Hillcrest staff, in general, are very positive in thinking, teamwork spirit in their day to day interaction. Because the patients are here for long time, management and staff would want to render the service that is acceptable and of a higher standard. We need to be compassionate and patient.

Although there are budgetary constraints for the institution to reach its targeted objectives, quality of care is still a priority and is being achieved through a united and collective effort by all role players. The present Management Team with its positive attitude is the reason for one to want to work at Hillcrest Hospital as we are all equal in the eyes of service delivery.

Editorial Team:  
Kathy Strapp  
Sr. Mgiba  
Mrs. R. Khuzwayo  
Mr. S. Majola

The editorial team is pleased to welcome Mr. Nkanyiso Ndlovu .  
Mr. Ndlovu has proved his enthusiasm and ability by contributing a great deal to this issue, Thus sacrificing his personal time. Many thanks to Nkanyiso and Salim!  
We also welcome Mr. Ndlovu as acting PRO.

We are hoping to present a regular sport column in future.  
A new facilitating committee has been set up.  
If you are interested in any sport or art project, eg: music—please contact the committee:  
Chair: Mr. S. Mkhize  
Vice: Mr. N. Ndlovu  
Secretary: Mr. D. Khumalo  
Treasurer: Mr. C. Vezi  
Member: Miss S. Mpande  
  
Let's get the hospital on the map, guys!



**Ponder This:** The difference between a neurotic and a psychotic is that, while a psychotic thinks that  $2 + 2 = 5$ , a neurotic knows the answer is 4, but it worries him.

Instead of always harping on a man's faults, tell him of his virtues. Try to pull him out of his rut of bad habits. Hold up to him his better self, his real self that can dare and do and win out.

Eleanor Porter (1868-1920) American Novelist

**MR. C—FINANCE AND SYSTEMS MANAGER**



**Welcome Mr. C.—Finance Dept.**

Mr. Cotchobos, known as Mr. C. (brand name) commenced his duties with the Department of Health in 1983 and gained his experience whilst working at the following hospitals:

Grey's Hospital

Taylor Bequest

E/G Usher Memorial Hospital

Christ the King

St. Appolinaris

Empangeni

Greytown

Mr. C. is a firm believer in the concept of C.P.R and TQM and is committed to the future of Hillcrest Hospital.



The nurse who can smile when things go wrong is probably going off duty

**MRS. MGOBOZI—NURSING MANAGER**



I would like to thank all the staff of Hillcrest Hospital for the warm welcome. I have noted that the spirit is high, teamwork is the name of the goal and expectations are high. Hillcrest Hospital is a long term chronic institution, the type of patients that we are having are very demanding in terms of physic as well as psyche.

I would like to thank nursing personnel for the commitment dedication and courage that they are displaying as well as the culture of quality. We have already completed our service delivery plan and we hope that through unity we will be able to achieve what we have set for ourselves, considering the financial status of the institution. Our theme is united we are committed to dedicated quality chronic nursing care!!

About the front cover picture:

The BIETSCHHORN is one of the highest mountains in the Bernese Alps. It was first climbed in 1857

**By: Salim Majola**  
**SIXOXA NO-MARIE JAMMINE**

#### PROFILE OF MARIE JAMMINE

Previously she has been an occupational therapy student at Westville University. She did her practical here at Hillcrest Hospital so she is familiar with the surroundings. Since her appointment on the 1<sup>st</sup> of July 2008 she feels that the staff has been welcoming and helpful. To be a qualified occupational therapist, you require a (4) four year degree including practical.

**GOALS:** - Her primary goals would be that patients get to learn to be independent as much as possible, and enjoy the capability to do things for themselves. Differences that make her job different from physiotherapy: Occupational Therapy is more functional e.g. Patients get to learn to dress themselves, bathing themselves etc.

**HER OPPINION ON THE INSTITUTION:** She is impressed with the resources in the institution and the only thing is for them (staff) to utilize them effectively.

**CHALLENGES:-**To get to know the patients, asses them and establish a relationship with them.

**COMMENT:-**She feels that she has established a good working relationship with Angel Khwela and she has helped her in understanding the whereabouts in the institution.



#### Sercice Excellence Awards: January 2008

Seen on a nurse's bumper sticker:

**ER RN**  
**Pass me now, see me later!**

There was an old owl who lived in an oak,  
The more he heard, the less he spoke.  
The less he spoke, the more he heard.  
Oh, if men were all like that wise old bird!



**By: Salim Majola  
SIXOXA NO-SBONGILE DLAMINI**

# PROFILE OF SIBONGILE DLAMINI

Sibongile is one of our social workers. Working in Hillcrest Hospital for her was the first experience in a hospital environment. Previously she worked at the department of social welfare. Upon her appointment here, the staff was very friendly and welcoming. She realized that it was easy to interact with people and to get to know people on a personal level.

**GOALS (Primary):-** She has a particular interest in therapy and feels that she has achieved that goal looking at the type of working relationship she has with the patients.

Sibongile was appointed at Hillcrest Hospital on the 03 September 2007 and unfortunately she will be leaving the institution on the 15<sup>th</sup> of July 2008.

**WORDS OF WISDOM:** - People should believe in themselves, know who you are and what you want to achieve in life. It is not easy but as Dr. Frankil V says “anything can be taken from a man but one thing: the last of human freedom is to choose ones attitude in any given set of circumstances.”

A genie gave three physicians one wish each. The first physician said, "I'm already the smartest pediatrician in the world, but I'd like to be 25% smarter." Poof! The pediatrician became 25% smarter. The second physician said, "I'm already the smartest neurologist in the world, but I'd like to be 50% smarter." Poof! The genie made the neurologist 50% smarter. The third physician told the genie, "I'm not only the smartest surgeon in the world, but I'm also the smartest person. But, just to be sure, I'd like you to make me 100% smarter." "This is the third and final wish," the genie said. "If I fulfill your wish, I can't change you back." "Just make me 100% smarter," the surgeon demanded. "Okay," said the genie. Poof! "You're a nurse practitioner!!"



# Welcome!

## SAMUKELA LABA ABASANDA KUQASHWA NGO JUNE

## JUNE APPOINTMENTS

- Dube S.L.  
Gumede N.A.  
Ali M.  
Buthelezi Y.  
Ndlovu D.



# ପ୍ରକାଶନ ପରିକଳ୍ପନା



## A day of celebration in the O.T. department:

Heart The blessing of the union of Mr. Calvin Stuck and Mrs. Maggie Mason.

 Thank you to all who joined in the joyous event



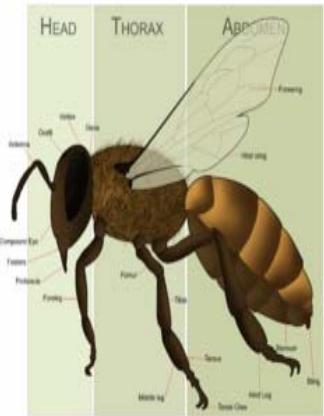
Confidence on the outside begins by living with integrity on the inside.

Brian Tracy



## FACTS ABOUT BEES ULWAZI NGEZINYOSI

Honey bees construct colonial nests out of wax. A colony usually contains 1 queen bee and a few thousand drone bees. The worker bees clean the hive and feed the larvae. They build comb cells to deposit pollen or nectar. Honey is a complex substance made when nectar is gathered, modified and stored in the honeycomb. The honey bee defends itself by stinging. The sting contains a venom sac which delivers a painful sting. Honey bees, signifying immortality and resurrection, were royal emblems of the Napoleonic empire.



### Medicinal uses of honey:

One or 2 spoons in hot milk is said to be a sedative, of particular use in children.. Honey acts as a disinfectant and antiseptic on wounds. Honey is good for sore throats, coughs and colds. Honey is reported to be a stimulant for a weak heart. Honey is a popular laxative. Honey is used by the Bedouins as a thirst quencher in the desert.



If we are facing in the right direction, all we have to do is keep on walking.

Buddhist Proverb



MR. AND MISS VALENTINE:  
MISS THANDEKA NGUBANE  
AND  
MR. SIFISO SITHEBE



### Service Excellence awards: 14 may 2008

Mr. S. Majola was the M.C. for this function and Mr. C. was the guest speaker. Awards were presented to:  
Mr. E. Ngcobo  
Miss H. Ngcobo  
Mr. A. Vermaak  
Mts. N. Botterill  
Mrs. M. Zuma  
Mrs. T. Hlongwa  
Mr. B. Dube



Mrs. R. Khuzwayo  
At the retirement of Mr. M. Goge.  
Mr. Goge worked in catering for over 30 years.  
We wish him a long and happy retirement.

If you have the courage to begin, you have the courage to succeed.  
David Viscott