INFECTION PREVENTION AND CONTROL

Infection Prevention and control audits have been conducted and Mrs Zuma - Infection Control Manager emphasized on Hand Washing Week (19/10/11) that, from now onwards we must all be sensitized that IPC is now one of the 6 key priorities in which the National Department of Health wants to improve the quality of life of all the Citizens of the Republic of South Africa. Therefore we are requested to integrate IPC to all other 5 key priorities. For an example:

- Positive and caring attitude can be displayed by proper washing of hands.
- Facility cleanliness by providing care on a clean environment which is free of pathogens.
- Improve waiting times for patients by screening and providing care to patients who can transmit infection to others.
- Improve patient safety and security by proper segregation and disposal of waste.
- Provide patients with enough medication and ensure that it is given timeously to prevent drug resistance.
- Once the above key priorities are linked, people will start saying that Lower Umfolozi District War Memorial Hospital is now... “Looking Like a Hospital”.

The Hand Washing Campaign conjoined with the above-mentioned was a great success!!

The Winners in IPC are:
1. Food Service = 90.5%
   1st Prize, Top Achiever
2. Intensive Care Unit = 89%
   2nd Prize, Best Achiever
3. O / Theatre = 86.8%
   3rd Prize, Best Achiever
4. High Risk Clinic = 83.7%
   4th Prize, Compliant
5. G O P D = 83.5%
   5th Prize Compliant
6. Labour Ward = 83%
   6th Prize Compliant
7. Neonatal Unit = 81%
   7th Prize Compliant
8. Post Natal Ward = 80.8%
   8th Prize Compliant

and they are pictured here with Mrs Zuma & Nkazi (Seated).
WORLD AIDS DAY COMMENORATION- 2011

Lower Umfolozi District War Memorial Hospital Staff donned red and white on Friday the 2nd of December 2011 to commemorate and create much needed awareness for World Aids Day. The Opening and welcome was done by Dr I Popa who also highlighted the main purpose of our gathering. Gynae Out-Patient Department entertained the audience with a very informative stage-play that incorporated the theme: Getting to Zero - for Zero New infections, Zero AIDS related Deaths and Zero discrimination. PMTCT Staff rendered a musical item, and then The Guest Speaker on the Dr. M. Khanyeza delivered his speech which had more emphasis also on Getting to Zero.

The CEO then gave a brief speech highlighting the importance of commemorating the day, just before the candle-lighting in which he was leading, and as the say goes “a candle looses nothing by lighting another candle” that process began, and a moment of silence was observed. Sr Mngomezulu from GOPD shared a powerful word of God with all staff in attendance, and Mr. Mbuyazi closed in prayer.

BENCHMARKING BY NEWCASTLE /MADADENI HOSPITAL

LUDWMH hosted Madadeni Hospital, Newcastle Hospital and AmaJuba District team, as they came to benchmark on all the activities entailed in managing a maternity hospital. This was because they are planning and are in the process of converting Newcastle Hospital to specialize in Maternity and Gynae cases only. The team was so grateful to receive the warm welcome from our Management and they left having another picture of what to expect in the running of such a facility.
New Mom writes matric in hospital

Eighteen year-old Slindokuhle Mthembu from Ndamkane High School in Ngwavuma was grateful to the Department of education for allowing her to write her matric examination despite being in hospital after delivering her twins.

Mthembu delivered her pre-term twins in our Hospital (LUDWM) on the eve of the IsiZulu second paper. Her Teacher, Nontobeko Nyawo came all the way from iNgwavuma to ensure that she writes the paper and a DOE representative was also present to observe proceedings. While we do not condone this teenage pregnancy that they put themselves in, but I know that Slindokuhle is one of the best students in my class, so I could not allow the circumstance to hinder her from passing matric, said her teacher. I wish she will recover soon for next week’s third paper, and hopefully she will be home by then.

The third paper was to be written on Tuesday the 23rd November, and Slindokuhle was so excited when she was discharged on Monday, just before the big day. Although two months pre-mature, her two babies were born healthy and strong, a boy named Luyanda and a girl named Lusanda Dhludlu, weighing 2,080kg and 1,840kg respectively. While she is overjoyed at the births, Mthembu’s advise to other young girls is to never involve themselves in sexual activities while studying. ‘when my Grandmother and Aunty told me that pregnancy will result form my unruly ways, I did not pay any attention. But I am now feeling the pain and the difficulty and I don’t wish it for any young girl out there. Nonetheless I am forever grateful for this rare chance that the department has given me, and thank you to Sr Shelembe and other Sisters who organized the room for me to be able to write. Ngiyabonga kakulu, said the patient.

Serve with a smile...
A smile is the light in your window that tells others that there is a caring sharing person inside!
QUALITY DAY AND LONG SERVICE AWARDS CELEBRATION

LUDWMH held Quality Day and Long Services Awards on the 8th of December 2011 at High Risk Clinic. The audits were done in all departments for Quality surveys. The top four departments that were found compliant with the Quality standards include: Human Resources, Maintenance, Food Services and Gynae Outpatient Department. Mr Myeza Handed over the certifications of compliance and trophies to the departments and applauded them for the quality service they are doing in their departments.

The Guest Speaker for the day, Mrs N. Zulu - Our Hospital Board Chairperson, emphasized the point of ensuring that our environment is kept in good quality standards for the benefit of our patients and the community at large. The departments that entered for Quality projects then show-cased their projects. These included Radiography, Postnatal Ward, Nursery and Human Resources. Post Natal Ward took the first prize, which was comprising of a trophy, certificate, a nice pot-plant for the ward and a goody basket for all the team to indulge. Many thanks to our Hospital Board for moral and financial support in ensuring that the day goes as planned. Radiography project was also an eye catching display and they were the runner-up winners. All other departments that took part received certificates for the efforts that were highly commendable.

Then Mr Myeza and Mrs Zulu proceeded to handing out the certificates to our loyal staff members who have served the department for 20 to 30 years.
**DOWN SYNDROME AWARENESS DAY**

LUDWMH successfully hosted the Down Syndrome Awareness Campaign, organized Under the theme “Count us in” meaning Sibaleni Nathi - The Zimisele Support Group of Down Syndrome, hosted every last Wednesday of the month, was well attended this month as it was conjoined with Awareness Day on the 27th October 2011. The CEO, Mr Myeza graced us with the opening and welcome, then Matron Mtshali outlined the purpose of the day. Dr M Khanyeza was the Guest Speaker and he enlightened the community and all the attendees about Downs. Mrs D. Khanyile (Community member) addressed under the item “I’m raising a baby / child with Down Syndrome”. She encouraged new mothers that these children are very special and there is no much difference from them and other normal children. We also had a guest from Social Development Department and she explained the procedures and processes in applying for disability grant with regards the kids with Downs. Our Student Nurses and the Zimisele Group entertained us by rendering musical items, respectively. Mrs Zuma did a vote of thanks and then we marched around the hospital creating that awareness. Last but not least... lunch was served!!!

**CHRISTMAS AND NEW YEAR BABIES**

Our Christmas Baby was a twin set, and they arrived @ 00h02. Both girls weighed 2.6kg and were in a perfect condition. Their mother, Lahliwe Mpontshana was so excited to receive the double blessing on this special day. Twenty-seven mothers delivered twenty-eight babies on Christmas day.

**PRODUCTIVE NEW YEAR**

The first baby to arrive at LUDWMH on New Year’s Day was baby boy Luthando Ndlovu. Arriving at 30 minutes past midnight, he weighed in at 2.9kg. His excited mother, Nonhlanhla Sithole had NVD and was already discharged by 12h30 same day, as both mother and child were in fine health.

Nineteen babies were born in the hospital on the day.
As with many other years before, for over a decade now, Victory Church’s Bless-the-baby Ministry blessed our patients with early Christmas, when they came on Monday the 12th December 2011. The team visited all the wards with gift hampers for the moms and babies in each section, and they prayed with those who were allowing them to pray. A team from the Gideon's International in SA also came and donated Bibles to all the patients that were willing to get one. The compassion and tireless dedication of these ministry groups are always appreciated and brings so much joy to our patients.

FROM THE OFFICE OF THE EAP

What is an EAP?
"An organized, systematic, program of counseling, advice and assistance, operating within organizations, designed to help employees with personal and work-related problems"
EAP identifies, prevents and treats problems that adversely affect job performance

Role of an EAP
- Facilitate lifestyle change and wellness promotion in the context of improved productivity and performance
- Provide simple, quick access to help and information
- Incorporate assistance on a broad range of issues
- Evaluate itself and add value to the organization

What EAP can do for you!
- Confidential Service
- Help for the family
- Empowerment

Problems that employees are facing (Most Common identified)
Personal problems can affect an employees job performance, including, but not limited to health, family, financial, alcohol, drug, legal and emotional stress or other problems.

EAP Services available in this institution operates under Legal and Ethical guidelines as stipulated by the HPCSA and the South African Labor Legislation.
For more information please contact the EAP office
1st floor PMTCT clinic
EXT 7096

Hi, My Name is Sindy Mchunu, I am the Employee Assistant Practitioner @ LUDWMH, and I joined them in October 2011. Before that, I worked for Bidfreight Port Operations for 4 years and prior to that, I was at Hulletts Refinery for 2 years in the same field. I obtained my BA in Industrial Psychology @ Unizul, and am currently doing my Honours through UNISA. In my spare time, I love reading and travelling. Please Make use of EAP Office.
A warm welcome to all our new staff members, and all the best to those who left on promotions. We also pray that God will soothe the hearts of those who lost their loved ones. Below are the changes that took place in HR files as of October-January.


Hello, My name is Channelle Coetzee and I am also from Durban, and have joined LUDWMH as a Comm Serve in Diagnostic Radiography. Before that I was studying at DUT and have travelled for a year to US. I love painting & outdoor sports.

Wise Corner…
The great pleasure in life is doing what people say you cannot do.
Walter Bagehot

A WARM WELCOME ALSO TO:

October - December 2011
HL Nathan Medical Officer Grade 1
MA Godfrey Medical Officer Grade 1
VS Mthembu Finance Services Officer
XD Selwane Records Officer
S Mfeketho Artisan foreman Plumber
MS Dlomo Supply Services Officer
TK Gumede Professional Nurse

Dr. Motsema Medical Officer Grade 1
Dr. T Magwaza Medical Officer Grade 1
Ms. NV Mlambo Comm Serv Prof Nurse
Ms. M S Mthimkhulu Comm Serv Prof Nurse
Ms. Z Ngcobo Comm Serv Prof Nurse
Ms. S. Maseko Comm Serv Prof Nurse
Ms. GK Ntuli General Orderly (in-serv prom)
Ms. NE Shozi General Orderly (in-serv prom)

SAD GOODBYES FOR THE FF TERMINATIONS:

October - December 2011
AK Ismail Resignation
M Naicker Resignation
ZG Masondo Post transfer
A Goldstone Post transfer
NT Ngcobo Cross transfer
SN Ngonyama Post transfer
JP Mkhize Deceased
MC Hlongwane Deceased

TF Ndlovu Retired
MP Zungu Deceased
PA Dubazane Deceased

January 2012
TM Pewa Retired
CZM Magagula Dismissed
NS Mzimela Transfer
DF Ifeorah Retired

GF Makhaye Transfer
CL Ngcobo Cross transfer
SI Ngonyama Transfer
EN Ngxongo Post transfer
ZG Dube Post transfer
UJ Akpan Transfer
BT Fusase Retired
ST Mthiyane Retired

NN Biyela General Orderly
SS Mthiyane Human Resource Officer
SH Makhathini Linen Orderly
PN Manzini Comm Serve
OE Usher Medical Officer Grade 1
SI Ndaba Enrolled Nurse

KE Ncwinyana Health and Safety Officer
BL Buthelezi Finance Service Officer
NN Myeni Radiographer

January 2012
MS Bodlani Medical Specialist Grade 1
B Duze Medical Specialist Grade 1
SN Cebekhulu Medical Officer Grade 3
M. Pule Medical Officer Grade 1

TF Ndlovu Retired
MP Zungu Deceased
PA Dubazane Deceased

January 2012
NN Myeni Retired
DF Ifeorah Prom transfer
BC Mthethwa Transfer
PICTURES TELL IT BETTER..!!

Left: Mrs Phakathi was answering one of the questions during the Infection Prevention and Control awareness day.

Middle: Nurse, NS Mlungwana showing the Judge Mrs Paliam how it done, during the hand-washing competition.

Right: Nathi Mtshali, from Stores, showing that it is not only the wards that are expected to comply with hand-washing.

Left: Almost everybody was in orange during the Down Syndrome Day to create much needed awareness.

Middle: Not even the rain could deter the staff members and community from marching around the Hospital.

Right: Sr N Mkhize, from Genetics organized the awareness, and with her is Sr Zondo, who was the MC on the day.

Right: Radiology put up a table during the world Aids Day, very informative , thank you so much X-Ray team for your valued participation on the day.

Middle: Educational and informative stage play was performed by GOPD team, exactly on to the theme “getting to zero”, the team kept audience laughing all the time. Your effort is very much appreciated.

Left: Sr N.N Diamond was the MC of the day, and the program was very well driven.
GOING DOWN THE MEMORY LANE...

“EXTERNALLY”

Top & Below: We took part in the Cansa Shavathon & Cansa Relay 2011 - LAUGHTER ALL THE WAY!!!

“INTERNALLY”

We celebrated Women’s month (Aug) in style with the most beautiful and craziest hats.
Sabuye sadla ngoludala sigubha amasiko ethu ngokwehlukana kwawo, ngo Mandulo.
**MEDICAL CORNER**

At the launch were: Drs Logie Govender, Nasim Mayat, Prof Sturla Eik-Nes, Sr Sthandwa Mnqayi, Dr Charles Batchelder, Gerd-Inger Laanke, Eva Tegnander, Morten Dreier (Front): Ntokozo Buthelezi, Nonhlanhla Hlongwane and Dana Moodley

**MIDWIVES RECEIVE ULTRASOUND TRAINING FROM NORwegIANS**

Ten experienced midwives began an intensive five week course in the use of ultrasound technology in our institution in October 2011. The Midwives are primarily from a number of local rural clinics, but some had come from as far as Mpumalanga and Gauteng provinces.

The training was run by a group of Norwegian doctors and midwives, headed by Professor Sturla Eik-Nes, who is the head of the National Centre for Foetal Medicine in Trondheim, Norway and an international authority on ultrasound technology. After completing the course the midwives will receive field training with intermittent further training at LUDWMH, before writing exams in order to be issued with certificates allowing them to do ultrasounds on pregnant women. According to Dr Batchelder, Africa has a very severe shortage of the staff and equipment needed to offer ultrasound scanning in many rural areas, and this training will certainly have a positive impact on the health of pregnant women and their babies.

The midwifery training is part of an extensive programme by the Norwegian delegation, with back-up from the Norwegian Government, the University of Trondheim and various international companies including “Laerdal and Siemens” to improve maternal and child health in the rural areas of South Africa.

**FAREWELL DR ISMAIL**

Colleagues shared some laughs as they bid Dr A K Ismail (Second from right) a goodbye, with him are: Dr Nasim Mayat, Dr James Turner and Dr Charles Batchelder. Dr Ismail has taken up a new challenge in a new environment, with effect from November 2011. A nice gift from his colleagues was handed over to him during the farewell lunch that they organized for him. We wish him everything of the best in his career.

Wise Corner...

*Winners are losers who got up and gave it one more try.*

Dennis DeYoung
Fashion footwear hurts feet

If you're a fan of sexy, trendy shoes you might be doing your feet a disservice. Most fashion footwear places stress on ligaments, tendons and intrinsic muscles (the ones that connect your joints), forcing the body to compensate. Here are 6 ways sexy shoes damage your feet, and how to prevent this from happening:

Unnatural foot position

High heels force the feet into an unnatural position every time you take a step. Each step puts four times your normal weight on the ball of your foot when you strike the ground. In this position the long metatarsal bones meet the sesamoid and toe bones. Pressure can inflame these bones and the nerves around them. A lower heel will ease the pressure on the metatarsal bones.

How high can you go with wedges?

Wedges are the ‘in’ thing this summer. Although they may appear comfortable, they have stiff foot-beds. This throws off the mechanics of walking as your feet try to bend a certain way. If the heel is higher than the toe it also puts pressure on the metatarsal bones. Experts recommend a lower wedge or one that is parallel to the ground, as it will lessen the pressure on your feet.

No arch support

Ballet style shoes may be cute and comfortable, but they are no good for feet. There is no which puts pressure on the knees, hips and back. With no strap to sup- toes claw at the shoe to keep it on. Experts recommend a shoe with a and wider heel and a higher back. Don’t wear them for extended peri-

Sources: www.webmed.com

Visit the site for more kinds of shoes that are described.
A call to all departments: we would like to share in our employees’ successes and celebrations by publishing such on our Bambino news. If there is a staff member in your section who is getting married, been blessed with a new-born baby, received academic achievements, celebrating birthdays etc. please contact the editorial team with the information, and we will gladly add it on our next issue.

GBPY… (Gilikidi Bhu Phansi Yinsini)
A sales rep, an administration clerk, and the manager are walking to lunch when they find an antique oil lamp.

They rub it and a Genie comes out.
The Genie says, ’I’ll give each of you just one wish.’
’Me first! Me first!’ says the admin clerk. ’I want to be in the Bahamas, driving a speedboat, without a care in the world.’
Puff! She’s gone.

’Me next! Me next!’ says the sales rep. ’I want to be in Hawaii , relaxing on the beach with my personal masseuse, an endless supply of Pina Coladas and the love of my life.’
Puff! He’s gone.

’OK, you’re up,’ the Genie says to the manager.
The manager says, ’I want those two back in the office after lunch.’

Moral of the story:
Always let your boss have the first say.