



MEGA NEWS : MADADENI STYLE!



- **HEALTHY LIFESTYLE AWARENESS DAY CELEBRATED.**

Issue no 2 of 2009

Healthy lifestyle awareness

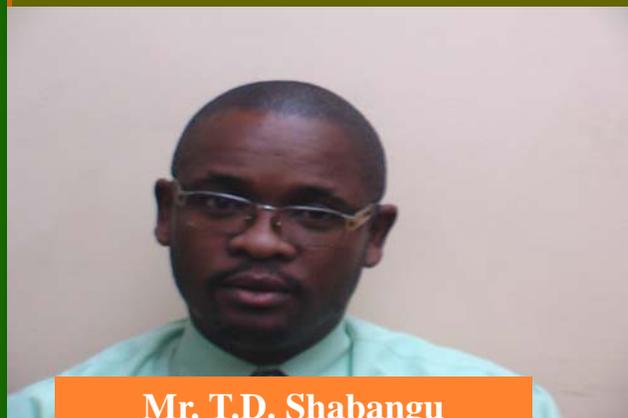


- **MADADENI PROVINCIAL READY FOR DISASTERS.**



DISASTER DRILL DAY

- **MEET MADADENI'S FACILITY INFORMATION OFFICER.**



Mr. T.D. Shabangu

- **WELCOME TO OUR NEW INTERNS**

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My viewpoint
“It’s about implementation of the
Departmental policies and service delivery”



Greetings once again.

By the time you read this edition, I think you would have voted, and hopefully the results of the elections would be out already. Lets wait and see what the new administration has in store for us, but all I know right now is that our mandate as the public servants hasn't changed. We are still expected to implement the departmental policies and deliver the service to the public. It is nice to know that there are some public members who acknowledge the work that we do as an institution. I wish our people were used to writing these things they say about us when I meet them at social gatherings, and when they phone. I do have one or two letters that we are going to publish, where community members voice their appreciation about their experiences at our hospital. We still have some challenges though where some of our colleagues crack under pressure. We are all human beings and it is normal for any person to reach a boiling point when pushed, but can I request that we refrain from uttering inflammatory statements under those circumstances. In fact they say it is better not to utter a word when you are angry, because you might say something that you will not be able to withdraw, something that you will regret having said them in future.

One other aspect that has been in my heart was that I never had time to thank you for your active participation in all the activities that we had as an Institution. This is encouraging because one gets a feeling that you appreciate what we are trying to do for you. We work under extreme difficulties as public servants, especially us from the department of health where we are having a very big shortage of the resources. These activities are meant to make us happy, cascade information, teach us some things we didn't know, reduce our stress levels thereby promoting good health for us all. May I say that you are doing yourselves a big favour by attending and participating in such activities because the information that is shared there is a very valuable one. I believe the saying that knowledge is power is very true, so if that be the case, it is obvious that we must ensure that such activities continue because information is vital for people to prevent diseases before they start. Remember our Department's slogan (**FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE**). May I also state that all the activities that are taking place at the hospital are authorized by the Hospital Manager in conjunction with his senior Management team. It cannot happen that the Public Relations Office decides on its own to host an events of what ever sizes without Management knowing and having authorised them. The PRO cannot under any circumstance authorise that staff can come to work dressed in their traditional attire or in their casual outfit without being authorised. The PRO cannot have staff gathering for whatever reason without an authority from the powers that be. Communication of such events is made with all the relevant Managers, such that by the time the invitations are sent out to the notice boards, internal memos signed by the Hospital Manager are already out to all the departmental heads through the relevant Managers. There might be challenges with regards to the communication of such information to other units, where information does not infiltrate correctly; which I think does not happen deliberately, but the PRO tries to ensure that every event gets communicated to every person following the correct channels.

We are still going to have other events in future and I hope we are going to follow the same procedure that we normally follow in communicating with all the staff members, as it is very important to observe the channels of communication, however there is another strategy in place that we will try; hopefully it will make a bit of a difference in improving our communication.

We hope you are going to enjoy reading this edition of your hospital newsletter. Can I assure that every article that you read about is investigated and we regard these sources of information as credible. If there is anything that you feel unhappy about, come to us we will account and we will apologise for any omission that may be founded.

Till then keep well and keep up the good work.

Sheki Unwala- DRO

Food Poisoning Sends Children Running To Madadeni Provincial Hospital.

By : Ntando Jele



It's a usual Wednesday morning of the 18th February 2009 at Madadeni Provincial Hospital's OPD. As usual patients came in to be attended to, so every staff member is busy with their routine for the day, then suddenly; the EMRS bus stops outside and a crowd of children from Siyamukela High School rush out to the OPD clutching tightly to their stomachs suffering from severe abdominal pains.

It was eventually mentioned that the children who are borders at the school's hostel had consumed chicken and mince meat the previous night. According to the children after having eaten their meal, they started to feel stomach cramps which they didn't take seriously until the next day when it got worse. 102 is the number of children who came in to the hospital with similar symptoms of the alleged food poisoning and the staff had their hands full trying to help the learners. The other patients watched in horror as the children hung on to one another crying in agony.

As God would have it, with the co-operation of the nurses, doctors, patients and the sick pupils, each student was treated and discharged and none of them were admitted or were regarded as seriously ill. Everything was then left to the Environmental health officials to investigate the matter to establish what the real cause of the problem was. Up to now our staff have proven to be equal to these emergency situations that we usually have to face and they have to be applauded for their dedication.

Siyamukela High School was very grateful for the services rendered to their learners by Madadeni Provincial Hospital. Let us hope we wont have similar problems again, as we believe the environmental health officials did their spade work to stop re-occurrence of such in future.

BIO-SLIM, VIRGIN ACTIVE, FUN WALK AT MADADENI PROVINCIAL?..IT'S YOUR CHOICE.

Writes : Ntando Jele

The desire to be fit, loose some weight and have fun was fuelled on the 24th of February 2009 when the staff of Madadeni Provincial Hospital celebrated the Healthy Lifestyle Awareness Day. This day is originally celebrated by the Department of Health on the 20th of February, but Madadeni Provincial decided on the 24th.

The Public Relations Office in collaboration with the Physiotherapy department, The Dietician as well as the VCT ensured that the function was well organised and well coordinated.



Hospital Staff entering the hospital premises after taking the 3kms healthy life style walk

On the morning of the celebration, the staff of the hospital was waiting outside the Administration Building, armed with their walking shoes and gym wear, anticipation written all over their faces, after all, days like this are unusual at their hospital.

To start off the day, the staff embarked on a fun walk around the hospital, which covers at least 3kms. The excitement was quite visible to everyone who saw the staff members chanting traditional wedding and health promoting songs, jumping and laughing.

After everyone was back from the long walk, they all met at the Recreational Hall to listen to the speeches that were given concerning living a healthy life. Dr Madonsela had much to say about **positive living**. This topic unpacked on how to live a good life when you have contracted HIV and how to ensure you are healthy at all times. He stressed on correct eating habits, and congratulated the staff on that morning walking exercise, which he regarded as the most important if one has to live a healthy life. Other very informative and interesting speeches were given by the Dietician Ms. Xoli Nkosi and Mr. Peter Mamaphfa from the Physiotherapy Department. People were particularly intrigued by the speech given by Ms. Ningi Mchunu- our Psychologist, which focused on substance abuse and depression as a lot of people could relate to the illnesses. A case study and questionnaire formulated by the physiotherapy department had a lot of people speaking as it made them more aware of their bad habits and how they should consider changing them.

After the speeches, people moved outside to the open area where netball, soccer, table tennis and other interesting activities were done. People also got a chance to get their blood sugar and Body Mass Index tested. A lucky draw was held after the activities where people won the promotional items, which included hats, scarf's and bags.

It was a great day for everyone who attended and they urged the organisers to organise another day like this. The Public Relations Department would like to thank Management, for granting them the permission to organise and host this event which proved to have been long over due.

HEALTHY LIFESTYLES AWARENESS DAY



When last did all of you play????



Girl , you better tell me the truth or else!



Aerobics one -o- one.



Where were you during the times of Umzabalazo!!!



Mirror mirror on the wall, who is the fit-test of them all?



We see the high heels and the uniform haven't ruined your abilities to run and jump!!!

WE EMBRACE OUR ORIGINAL IDENTITY



Left:Amazion gave a splendid performance to open the proceedings for the day



Left:The students displaying the clothes different cultures wear.



Top:Inkosi Bandile Hadebe the guest of honour on his way to deliver the keynote address

The 24th of September seemed too far for the fourth year nursing students (also known as group 7/07) of the Madadeni Nursing Campus, as they decided to celebrate their cultural day on the 19th March 2009. The event was specially planned and executed as part of their fourth year syllabus and they displayed exactly what they learnt in one of their subjects Social studies.

The event started with a prayer from Pastor P. Gumbi which ensured the day was a success. Mrs. S.V. Hlatshwayo warmly welcomed the crowd and explained the purpose of the day, thereafter, the floor was given to the 2007 group to display their talents. These talents included dancing (dance group was called Amaphanzela) and also a gumboot dance. There was also a parade of the different clothing items different cultures wear, a variety of plays were performed by the group displaying how things are done in the different cultures. This included Umqomo, Umshado, just to mention a few.

The guest speaker Inkosi Bandile Hadebe gave a very informative speech in regards to culture, appreciation the students for such a brilliant idea. He further mentioned his greatest surprise that there are still some people who look down upon what is theirs, and then requested that people should pride themselves for who and what they are because a person cannot move forward not knowing where he/she comes from. He then shared with the audience some of the things they do as traditional leaders especially when there are traditional events; part of that is that they chase away people who come to their gatherings not wearing any traditional outfit. He then encouraged people to purchase these outfit, so that they can wear them at such events. His speech was applauded by everyone who attended the event

After a variety of items displayed, Mrs. I.B. Kubheka and Mr. S.J. Khumalo -Campus Manager thanked their students for a good show and everyone for attending. The Zulu dance that followed ensured difficulty in people eating and watching the dance item at the same time because everyone was amazed and fascinated by what was happening on stage. We would like to congratulate the students of Madadeni Nursing College and we can't wait for next year, for another powerful display of your talents.

INFORMATION DEVICES? ALL IN A DAYS WORK!!!!!!



After 7 years of service at Madadeni Provincial Hospital, our very own Facilitating Information Officer finally gets his own interview, and we see the man behind the one we think we know. We had a chat with Mr. T.D. Shabangu about what makes him tick and this is what he had to say.

- **WHERE WERE YOU BORN AND WHERE DID YOU GROW UP?**

I was born in Soweto (Mndeni Extension). My first 14 years were spent there. In 1982 I moved to Madadeni (section 4) and I have been staying there ever since.

- **TELL US MORE ABOUT YOURSELF, WHAT KIND OF PERSON ARE YOU?**

I am a born again Christian, I'm a reserved individual that doesn't tolerate nonsense, I have a good sense of humour, I like working with people, I'm not a quitter, I like reading extensively and I like working under pressure.

- **PLEASE TELL US ABOUT YOUR FAMILY?**

I have a wife, two beautiful girls and we are expecting an addition to the family very soon. We are also a God fearing family.

- **HAVE YOU ALWAYS BEEN FASCINATED BY THE CURRENT JOB YOU ARE DOING?**

Yes and No. It has challenges (which I like), it exposes me to avenues I didn't know existed. It's a drag sometimes because I work with people who can't work with other people

- **WHAT EXACTLY DID YOU STUDY AND WHERE?**

My vocation is theological. I have a diploma in bible study and church administration, an honorary doctorate in Theology. I'm currently doing I.T with MSC, I have an Office Administration certificate from Damelin and A-plus from Damelin

- **IF YOU WERE NOT IN YOUR CURRENT FIELD OF WORK, WHAT WOULD YOU BE DOING?**

I would be pasturing a church.

- **HAS WORKING AT THE HOSPITAL TAUGHT YOU ANYTHING YOU DIDN'T KNOW BEFORE YOU GOT HERE?**

Yes, quite a lot. It opened my eyes on the operations of the government. It exposed me to labour related issues as I was once a shop steward. I also learnt about data management, operation of Information Technology. I also learnt to be very tolerant and control my emotions

- **HAVE YOU ALWAYS WORKED IN THE PUBLIC SECTOR, IF NOT, WHERE ELSE HAVE YOU WORKED?**

No, I worked at Metropolitan Life (1989-1993) and Sanlam (1993-1997).

- **WHAT OTHER INTERESTS DO YOU HAVE BESIDES WHAT YOU ARE DOING?**

I take time to do some Christian research, writing Christian articles, pasturing and editing sermons. I am also planning on publishing a Christian magazine

- **WHAT INSPIRES YOU IN THE MORNING TO WAKE UP AND TO COME TO WORK?**

My family.

- **WHILE WORKING AT THIS INSTITUTION, WHO HAS HAD THE MOST IMPACT IN YOUR LIFE?**

Lucia Nkosi, (who taught me how to work at accounts and for the good advice she gave.)

Mandla Jele (my first supervisor when I got here)

Mr T.A Mtshali (I am very fond of his leadership style, being approachable.)

Mrs Mary Mdlalose (teaching him data management)

Mr F.O. Mtshali (who was always very accommodating to him)

- **IF YOU HAD TO LEAVE THE HOSPITAL, WHO OR WHAT WOULD YOU MISS THE MOST?**

I would miss Mr. B.V. Thwala and Mr. Mgaga. I would also miss the pressure of the work.

- **IF THERE WAS SOMETHING YOU COULD CHANGE IN THE HOSPITAL, WHAT WOULD IT BE?**

The lack of cooperation. 'People need to know we are here to work not for our egos!'

“DESPERATE TIMES CALL FOR DESPERATE MEASURES”

On Tuesday, the 30th March 2009 at approximately 07:30, a cloud burst accompanied by gale force winds, swept low lying houses along the Ngagane River. This caused collapsing of houses, drowning, crushed injuries and exploding of an electrical sub – station causing severe burns to some victims. That called for desperate measures to be taken to ensure that people’s lives were rescued. Lucky enough for then that was not happening in reality, but it was a scenario that would call for real action to be taken to see how ready is everybody to face the reality of the world; if circumstances should force real action. On the 31st of March 2009, Madadeni Provincial Hospital through that scenario has an opportunity to asses its capabilities to handle large number of patients with the limited resources it has, and that is called a **disaster drill**.

This mass casualty drill is held as part of an annual plan of the hospital to gear itself for the unforeseen . Madadeni Provincial Hospital usually holds it’s drills before the Easter Holidays and the Festive seasons as it is the time when most accidents occur. It is beneficial that these drills are held in order to be prepared when disasters occur, to co-ordinate internal and external stakeholders, to improve communication between the stakeholders and to orientate new staff, so they know what protocol to follow when there has been a disaster. The external stakeholders (EMRS, SAPS, Traffic Department and the fire department) and internal stakeholders (Medical, Nursing, Systems and Admin Departments) worked together to ensure the success of the drill. This drill sees everybody taking an active participation and performing their duties as per their job description. During this time, a team consisting of a doctor and nurses was assigned to other patients who were not involved in the disaster drill to ensure no one feels neglected. After the drill, a briefing session chaired by the medical manager was held, where the strengths and weaknesses were identified and planned for by the team. According to the assessment, the mistakes that were incurred were minimal as the mass casualty drill is done regularly and therefore the drill had gone according to plan and was successful. Matron Khanye encouraged the people to take the drill seriously and to participate whenever one is held.

Another drill will be held soon and everybody will be expected to play his/her role actively, otherwise this is capacity building and people should be positive about it, as it will help you to know what to do when real disaster strikes.



Scene of the accident



The busy casualty ward



Panicked family member

THE NEW BREED FOR 2009!

Some years back, the National government came up with an internship programme to help the qualified graduates to become interns at various government institutions. An intern is someone who is not regarded as a full time employee but performs all the functions of full time employees in order to gain experience.

On the 1st of April 2009, Madadeni Provincial Hospital welcomed another batch of interns. On this special day, five interns were welcomed and were assigned to their departments in which they were to practice in order to improve their skills. Two interns were assigned to the Finance Department, another 2 were assigned to the Human Resources Department and one intern to the Information Technology Department. Madadeni Provincial Hospital received their first interns in 2005 through this internship programme after a directive from the national Department of Health, which was then channeled to the Provincial Head Office and then to the Amajuba District.

The selection process of interns for Amajuba District Institutions is quite simple, you have to have a National Diploma /Degree in your chosen field, you have to be between the ages 18– 35 years old and you must be based around Amajuba District . The job description of an intern depends on the department he/she is operating, the job description is usually similar to the one of the normal employees. Having an intern in the Organisation benefits it because there is an extra worker who contributes to the production within the Organisation but not being a full time employee, interns also bring their theoretical knowledge from the different tertiary institutions they attended and the full time workers ensure they bring their practical knowledge of working that they have obtained through years of working.

Mrs. Mabizela urged the employees and the interns to work hand in hand and to cooperate with one another to improve service delivery.

Madadeni Provincial Hospital would like to officially welcome, Bongiwé Thwala (Finance Department), Mthokozisi Khumalo (Finance Department), Thembelihle Nkosi (Human Resources Department), Njabulo Mabaso (Information Technology Department) and Sbhongiseni Kheswa (Human Resources Department) [who was not available on the day the picture was taken due to unforeseen circumstances.]

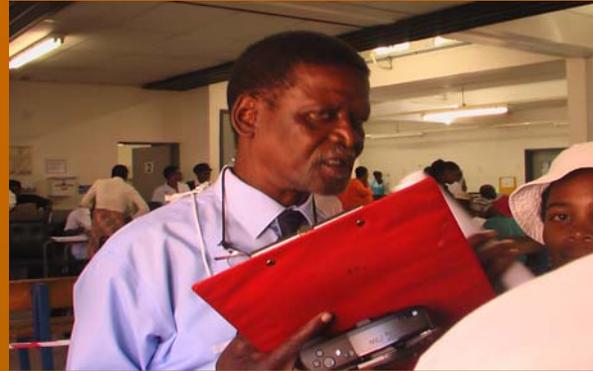
**Mrs. Mabizela in glasses
(HRD Practitioner) and the
new interns of Madadeni Pro-
vincial Hospital**



THROUGH THE LENS OF NTANDO'S CAMERA!!!!



Casualty drill drama



The "media" of the drill drama



The scene of the casualty drill incident



Haemophilia awareness raised by the doctor



Haemophilia awareness team and their truck



Swati's are what we are



The Zulu's dominated the cultural day



Various cultural display dominated the event

RELEASE YOUR FRUSTRATIONS AND GET MOTIVATED!!

Writes : Ntando Jele

- A magistrate was scolding the accused: "this is the seventh time in three years that you are appearing in front of me! I don't want to see you in his court anymore, the next time I see you here I'll give you a life sentence! What do you have to say for yourself?"

The accused replied: "Nee Man your honour, stop releasing your frustration on me! Jy kan mos nie vir my blame as jy nie a promotion kan kry nie! I also don't want to see you in this court anymore!"

- A man is so happy with his wife having given birth to six children that he starts calling her 'Mother of Six'. One night, while attending a party, he wants to find out if his wife is ready to go home. So he shouts at the top of his voice: "Shall we go home, Mother of Six?"

His wife, irritated, shouts back: "When you're ready Father of One."

- A guy is reading his paper when his wife walks up behind him and smacks him on the back of the head with a frying pan.

He asks: "What was that for?"

She says: 'I found a piece of paper in your pocket with 'Shelly' written on it.'

He says: 'Jeez honey! 'Shelly' is the name of the horse I went to the track to bet on.'

She shrugs and walks away. Three days later he's reading his paper when she walks up behind him and smacks him on the back of the head again with the frying pan.

He asks: 'What was that for?'

She replies: 'Your horse called.'

- In Germany they invented a machine that catches thieves; they took it out to different countries for a test.

USA— in 30 minutes it caught 500 thieves

India— in 20 minutes it caught 3000 thieves

Nigeria— in 10 minutes it caught 6 000 thieves

South Africa— in five minutes the machine was stolen.

- A 20c coin meets a R20 note and says: "Hey wena (you), where've you been? I haven't seen you around here much."

The R20 answers: "I've been hanging out at the casinos, went on a cruise and did the rounds of the ship, back to South Africa for a while, went to a couple of rugby games, to the brothel, to the mall, that kind of stuff.

"How about You?"

The 20c coin says: "You know, same old stuff, church, church, church."

THERE IS A FEW WISE WORDS:

- The man who keeps busy helping the man below him will not have time to envy the man above him. - Henrietta Mears

- There is no greatness where there is no simplicity, goodness, and truth.— Leo Tolstoy

- Keep your fears to yourself, but share your courage with others.— Robert Louis Stevenson

- If you desire a hour's happiness, take a nap. If you desire a day's happiness, go fishing. If you desire a month's happiness, get married. If you desire a year's happiness, inherit a fortune. If you desire a lifetime's happiness, help someone else.' - Chinese proverb.

- When life makes you have to put up with mean and hateful people, think of them as sandpaper. They may scratch you, rub you the wrong way, but eventually.....you end up smooth and polished and the sandpaper is just going to be worn out and ugly.' -

A VISIT TO CHANGE POSSIBILITIES

‘Victories often occur after you see no way to succeed but refuse to give up anyway.’ - Dave Weinbaun. This is the message that should be sent out to all haemophilia patients around the world.

Haemophilia is an inherited bleeding disorder that affects 1:10 000 in the general population. On the 15th of April 2009, Madadeni Provincial Hospital was proud to host the haemophilia Committee. This committee is on a road campaign around KwaZulu Natal raising awareness about haemophilia, just before the world celebrates the world haemophilia day on the 17th of April 2009, and Madadeni Provincial Hospital was one of the stops they made.

The committee had a big truck that attracted attention and interest from the hospital staff and patients who were at the hospital at the time. They explained how you get the disease, the symptoms of the disease, what happens when you have haemophilia, and many other factors concerning haemophilia. Their visit was successful in that they identified two people with symptoms of haemophilia who had come to hear about what this disease was.

According to Mr. Chonco, who is a haemophilia patient and part of the committee, the committee now plans to target younger people who are more likely to be based in tertiary institutions and high schools around the Amajuba District to ensure ignorance about the disease is combated at an early age. The committee is also hoping to open up a haemophilia Clinic at Madadeni Provincial Hospital to ensure people around the district have necessary information and can be treated when the need occurs and everyone can be victorious at living positively with the disease.

Madadeni Provincial Hospital would like to thank the haemophilia committee for their visit and can't wait for the next visit.



The haemophilia team



THE SPORTS CORNER!!!

Know your Institutional sports personalities



Name: Mandla Radebe
Department : Human Resources Planning

• **WHEN DID YOU START PLAYING SOCCER?**

I started playing while I was still in Primary School and with friends when I got home from school. I then started playing for Madadeni Provincial Hospital in 2005

• **WHAT POSITION DO YOU PLAY?**

Defender

• **WHAT TEAMS HAVE YOU PLAYED FOR?**

I have played for Peace Lovers and the Lucky Lads. While I was in high school, I played for Phendukani High School.

• **WHAT CHALLENGES DO YOU FACE AS A SOCCER PLAYER?**

Lack of commitment from fellow team mates
Weight problems, I lack fitness because we don't train much.
We also don't have an established sports committee within our institution. We also have to wash our own soccer jersey's.

• **WHAT ARE THE EXCITING THINGS ABOUT SOCCER?**

We travel a lot when we are playing soccer, this ensures that we meet new people all the time and we see new places we never knew before.



Name: Cyprian Msimango (Ace)
Department: Supply Chain Office

• **WHEN DID YOU START PLAYING SOCCER?**

While I was in Primary School. I started playing for the hospital in 1993

• **WHAT POSITION DO YOU PLAY?**

Middle Fielder

• **WHAT TEAMS HAVE YOU PLAYED FOR?**

Leeds United Football Club (Newcastle)
Condors Football Club (Newcastle)

• **WHAT CHALLENGES DO YOU FACE AS A SOCCER PLAYER?**

I'm usually captain and should ensure discipline within the team, this ensures I am always under pressure. Game planning which includes organising a team that will play. In the field, monitoring the players and the game while still playing your best game is difficult. Winning matches is part of the challenges we also face.

• **WHAT ARE THE EXCITING THINGS ABOUT SOCCER?**

Soccer is in my blood, which keeps me excited. I like the fact that everyone in my family played soccer and everyone ended up forming a team called the Condos. I also like the creativity of the spectators (they gave me the name Ace of Trouble).
It also makes me proud that I work in an institution that supports soccer and ensures it's success.



Name : Thembisile Sibisi
Department: Clinical Orderly at the Maternity Ward (Anti-Natal Ward)

• **WHEN DID YOU START PLAYING NETBALL?**

When I was in a Higher Primary School

• **WHAT POSITION DO YOU PLAY?**

I play Goal Attack

• **WHAT OTHER TEAMS HAVE YOU PLAYED FOR?**

I played for the Cosmos Girls, the Fighters and the Spinners. I now play for Madadeni Provincial Hospital's team (the Originals)

• **WHAT CHALLENGES DO YOU FACE WHILE PLAYING NETBALL?**

There is a lot of fighting with other teams when they are not satisfied with the empires decision. This also ensures they make enemies which they didn't anticipate they might make, because of the feuds.

• **WHAT ARE THE EXCITING THINGS ABOUT NETBALL?**

Playing netball ensures a lot of traveling and I make new friends in all the provinces we travel to. It also keeps me fit and it relieves my stress levels. I also like the fact that I am saluted by my fellow netball players and they look up to me, and , members of other rival teams are afraid when she walks into the court ready to play