



# ISIBANI



13 APRIL 2005 Volume 1, Issue 2

## Special Points

- Have say, submit your voice to your PRO
- Abet is real
- Bus Rank Opening
- Food is fuel
- Challenging post for our former hospital manager
- Christmas stories
- Ackermans brings joy to mothers in Maternity ward
- New staff

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## WELCOME THE HOSPITAL P.R.O— Mrs P.P. Morai

**B**efore taking the position as Public relations Officer I worked as a Finance Service Officer in Tayler Bequest Hospital –Matatiele. My impressive academic qualifications include a BBIBL Degree—Bachelor of Baccalarious Bibliothecologiae and have majored in Information Science, Industrial Psychology, Library Science and Public Administration.

Despite the knowledge and qualifications I have, my new position as Public Relations Officer will add more skills that I need in order to expand sound leadership which will be based on effective and open communication. I am excited about the prospects of my new position, not least because it gives me the opportunity to provide a comprehensive hands- on exposure to the best of PR practice. However my role means doing everything that is calculated to promote mutual

understanding between our hospital and all with whom it comes into contact, both within and outside the hospital. My role also involves organizing , writing, editing, research , training and contacting news media and most importantly handling patient complaints. Readers, this is one of the medium we will be using in conveying messages, educating each other and telling our stories through .

I therefore urge you to participate and bring your views for the next publication to my office. I guess you might be wondering why –It's because we value your input and your voice is our joy! So I urge you to submit written articles to your Public Relations Officer any time from Monday to Friday between 7:30 –16h00 .



Phumza Patience Morai— P.R.O



Dr McNeil , Liz Hewitt and the Municipal Mayor Nolwazi Shusha

## BUS RANK -OPENING

It was such a pleasant moment on the 23 March 2005 when Liz Hewitt from Rotary Club paid tribute to Port Shepstone mayor Pauline Duncan whose idea was to erect a shelter at the Casualty entrance of our hospital. Before, patients from Casualty and all other sections in the hospital were struggling up the hill to take a taxi home. Through decisions that have taken a while ago between hospital management, Rotary Club and Hibiscus municipality, a shuttle service was the solution. Local goodwill is important, particularly when people's lives are at stake. We therefore proclaim that their kindness has

been strong enough to bring help to people in need, and eradicate the course of suffering and so make our world a happier place for all concerned .



## Abet is for Real !!

### ABET IS FOR REAL!

Most employees in the hospital are welcome to join. U Abet ukhona okwangempela unga-ziphuthiseli. Workers, this is very important because the outcomes include the expectations that a student should exit from abet with the following competencies



**MARRY BATH—ABET FACILITATOR**

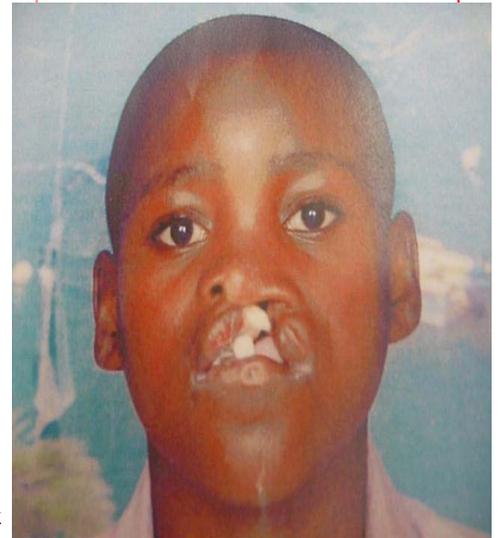
They will be able to communicate effectively using visual, mathematical and language skills in the modes of oral and written presentation. As it was mentioned in the previous news letter that our learners were going to write exams, the did write in August last year and the results were absolutely marvelous . U Abet ukhona, unga-ziphuthiseli ngalelithuba elavezwa u hulumeni “ uyothi wawuhlaleleni, ozakwenu Sebekwazi

Ukufunda, ukubhala kanye nokukhuluma ulimi lwesiNgesi bengato-likelwa .

We therefore say Phansi ngesithupha nesiphambano Phansi!

Phambili ngo Abet !  
Siyashosholoza isitimela sika abeti e Port Shepstone

Miss Barth our Abet Trainer would like to thank all student employees for their dedication and commitment in this programme. She also mentioned that the programme had both been challenging and rewarding since most of these learners never had the opportunity for formal education, but now they have passed with flying colours



**ABOVE – SIYABONGA BEFORE AN OPERATION  
BELOW— happy Siyabonga and Mbali after a successful OPERATION**

## DR MBILI'S SUCCESS IN REFERRING PATIENTS

Our Principal dentist Dr Mbili successfully referred Mbali who had a cleft palate and Siyabonga who had a cleft lip to King Edward last year. Whenever Mbali was eating food, before the food would come out of the ears. King Edward hospital also transferred them to Inkosi Albert Luthuli in Durban where they were fully examined and given an

operation date in November 2004. After the operation Siyabonga was okay but Mbali had some little complications , however she is sound and safe now . Children at school no longer make fun of them and this has also raised their self esteem and confidence. These children are also orphans and they therefore

still need support for their education and welfare. People with any offerings can contact Mrs Mbatha their legal guardian at 0735315264



## Comments from the Media

*Encouraging letters from our patients and community members .*

*I want to dedicate this letter to everybody at Port Shepstone regional Hospital I was there for almost a week, having a very serious operation. During my stay there I experienced the absolute warmth of the nurses and sisters in O Ward. Dr Stephan and his Theatre team were very professional. I will never*

*forget this. Thanks to the cleaners and Kitchen personnel for all they did. You will always be in my heart and I will pray that God keep you safe and strong for the work you are doing with so much love and warmth in your hearts. By Maggie Strydom – Ramsgate (Herald 19 Dec. 2004)*

*Sheppie Hospital is the greatest. I would like to convey my sincere thanks*

*and appreciation to the doctors, matrons, sisters and nursing staf of ward 3 for the genuine care, compassion and treatment given to my wife. Thank you for making her stay pleasant and may God bless you all. By Ronnie Rudden– Sunwich Port ( S.C. Herald 31Dec. 2004)*

*Port Shepstone Hospital is tops. . I am now recovering after a major operation. A special thanks goes to Dr Legutko. Isabella Richter*

*Management response : Sincere thanks to the staff for showing this dedication and commitment which is visible to visitors and patients.*

# Lifestyle changes: Without proper nutrition the immune system will not perform well

This year you should take a very good care of your health. You should therefore know that :-

Air is a good source of life and also provides the source for activation of energies to form body fluids and maintain life by :-

1. Getting much fresh air as possible
2. Breathing exercises
3. Do not go from a very hot to a cold place

### SLEEP SLEEPING PATERNS

- sleep is very beneficial as it allows the body time to rest
- Sleep early and wake at around

6am

- Massage the body especially hands, feet and head with a heating oil such as Olive oil, Eucalyptus or Black seed oil, before or after warm bath

FOOD ; Leave your drugs in the counter if you can heal with foods

Listed below are a number of easy to follow guidelines that can assist your immune system and so improve your health

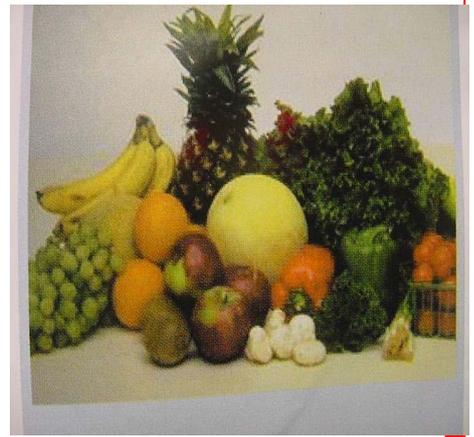
### GOOD FOODS

- Warm or room temperature foods
- Foods in their natural states
- Fresh clean water

garlic , Olive oil, Honey  
Fresh fruit and verge and room temperature water .....

### BAD FOODS

- Processed or canned foods
- Cold foods and drinks from the fridge
- White sugar and high re-fined foods
- Fizzy energy drinks
- Chocolates and sweets
- Alcohol
- Frozen foods



## FOOD IS FUEL

## CHRISTMAS AT PSH

Every child in December made efforts to wake up when Pick n' Pay members,



Teddy bear Knitters, FNB, East Coast Radio, and Gamalakhe group led by Mr Mzameko pitched up to pay

a special visit . These kind and generous people specially came to give Christmas presents to the children in the hospital .The ward was nicely decorated and children were given toys, sweats, juices, chips and they really enjoyed themselves. They left all the children, parents, ward staff and hospital staff filled with



Christmas spirit and joy. Hence the hospital management is also taking this opportunity again thank all members who sacrificed their time, and gave generously to the sick children



## PSH Netball Fundi flies to New Zealand

A 57 year old lady Dawn Casper ( C.A.S.O. in our dental clinic ) will be participating in the Golden Oldies World series Netball tournament which will be held in Cooke Island, NewZealand during the month of May 2005 . This, of course is an example to all other old ladies out there, that age does not always restrict you from playing instead it keeps your body fit ,healthy and famous. " I stated playing netball when I was 8 years old and played through my school days , when I joined P/ Shepstone Hospital I started to train the girls" she said. For about 6 years she has been involved with the hospital netball because of her love and dedication to this sport. " I still enjoy playing and training whenever I can " She is a mother of 3 boys and a grandmother of 2 boys. Her message to all readers is " While you are still able to play carry on and keep netball spirit alive " She said that with a big smile and enthusiasm.



It is a loss to our hospital but a recent promotion means that Miss Noel Phillips will be able to put her extensive experience and expertise to good use.

She has been appointed in the department of health ( Head Office) as a general manager. Miss Phillips has been in the public service for 36 years and much of this time she has focused on public health. She looks forward to the many challenges that her exciting new post will offer. Her previous post is still vacant and we are also looking forward in getting another competent person for it. However the heavy job at the moment lies with the left management members.

Miss Philips During her times in Port Shepstone Hospital

## THE INTRODUCTION OF ARV HAS BEEN EMBRACED WITH ENTHUSIASM BY THE DEPUTY MINISTER NOZIZWE

National Deputy Minister Nozizwe Madlala visited our hospital recently . However the ARV programme in our hospital is up and running well and we are at an exciting time with many patients using the programme but , the devastating impact of HIV/AIDS epidemic still prevails though . Fundamental to the approach is the recognition of the fight against this disease as a fight for basic human right, a fight that can only be won through a multi-faceted programme to mobilize all available resources. However In the midst of this storm that ravages our communities we must remain optimistic and believe that we shall overcome .



## New Staff

An overdue welcome to all new doctors, Physiotherapists, Pharmacists, Radiographers, Nurses, General assistants, clerks and We are so happy to have you all . Your presence gives a feeling of relief . There is phrase I like “ Pay now and play later “ Now that we have come to this hospital from all the corners of the

world we should work very hard for our success by paying with our time, efforts, thoughts and lives to serve our community and when we reach the end of our struggle ( when we retire ) we will start enjoying the fruit, we will play and forget the pains we went through.

We also had such a pleas-

ant atmosphere during the orientation programme of doctors. Most doctors admitted that they will continue delivering services with the recognition that health is a basic human right .

**“We will continue in delivering services with the recognition that health is a basic human right”**

## TRUCKS BUSY, BUILDINGS ARE DEMOLISHED What’s going on?

As part of improving access to our health services we are in a process of re-engineering our building structure in a manner that ensures we are more capable of delivering services with the impact we require . We are confident that this will mean better co-ordination and more effective support to the units that are delivering services.





Interns and Community Doctors who are already doing a marvellous job for the hospital this year



New pharmacy staff (with late Ndzimande T. M.) M.T.



New X-Ray Staff Members



New Physiotherapy department staff

Recently, Ackermans Clothing Shop brought joy to mothers in our Maternity Ward

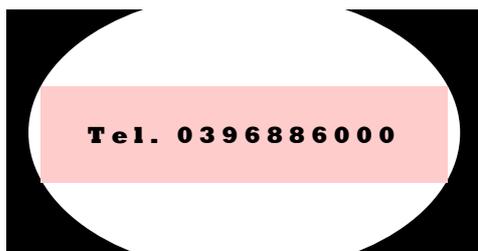


They say a picture is better than a thousand words— Photographs that tell the story of the good times

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Editor : P.P. Morai  
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*Calling All proud South Africans .....*

*-To have an Input for our next publication*

*Those who gave stories and were not published in this issue , please don't despair , I really appreciate your contribution and your stories will come up in our next bulletin .*

*Send your stories to: Pro's office /Fax : 0396825404/ Email: Mayeza.phumzile @kznhealth.gov.za*

## ERATIC WEATHER PATTERNS HAVE CAUSED STRANGE AND UNPRECEDENTED CONDITIONS

Due to heavy rains on 12 February 2005 there were floods in our Administration block. Blankets which were used did not help at all. Clerks took all files to other safe places. Mrs Duma from the cleaning squad group was called from home to come and assist. The General assistants who already knew what was expected of them cheerfully agreed and attended to the flood . The hospital management is therefore taking this opportunity to appreciate work done by the following employees :- Mrs Duma R, Nokuthula Sibi, Cele N. S. , M.M. P. Mazubane , Mkhize M, Mbhele S.G, Mr Xhelithole, Chiliza S, Nikwe N, Mbhele S, Khowa L, Smith B. Note that your cooperation is highly appreciated by the hospital management . Nenze njalo nangamso !!

**A** PEEP TO OUR

**HOSPITAL VISION**

**TO achieve efficient and compassionate regional regional health service for Ugu district that meets national standards by a proud and dedicated workforce Hospital Services**

**I wish to make a challenge here that we should be original and have time to think about what we want to accomplish. Nevertheless, beloved readers, we must work hard to achieve what we believe to be our objective. Let us put our minds straight and take off negative thinking because negative thinkers think the worst not only of the world around them, but also of themselves. When a new idea is brought to them they will often say the following : "It will never work, We have never done it that way before, we are doing fine without it, We cannot afford it, we are not ready for it, It's not our responsibility, it is not our way of doing it". It is therefore fulfilling to live for what we believe and follow our vision. If we do this we shall then say we are successful .**