Wellness Day an Astounding Success

It was a gorgeous day the weather was polite and cool. About 50 staff members from our hospital and more than 80 members from the neighbouring hospitals attended the Wellness event. On this day our staff showed off their skills and talents in sporting activities and the speakers of the day shared information, providing the very best in living healthy lifestyle.

“Everyday we see a number of people suffer....... and we don’t want our staff to be caught off-guard....”

Everyday we see a number of people suffering from various lifestyle diseases such as sugar diabetes, high blood pressure stress and high bad cholesterol and we don’t want our staff to be caught off-guard, so events of this nature are necessary to remind staff and everyone out there to live healthy” stated by hospital CEO, Mr. G.B.C. Khawula.

No one left the sports grounds empty handed, many thanks to our sponsors for free give-ways that included trophies, T-shirts, caps, water bottles and information materials.

Indeed, their support was of great value and we’re looking forward to working with them in the near future.

Port Shepstone soccer team scooped the trophy and all team members and participants of other sporting codes were awarded with medals.

This was a token of appreciation for their participation in various games. Once again we would like to extend our gratitude to our sponsors: Old Mutual, Germs Medicals Scheme, African Bank, New World Catering and Hibiscus Fitness Centre.

The Taebio session proved to be the most enjoyed activity by most participants. We were also pleased with the fact all participants showed tremendous character and tolerance with each other until all sessions were concluded.

Congratulations to Port Shepstone Hospital soccer team for bringing trophy home.

The Hospital management would like to thank the planning committee, sponsor and all who participated in making our annual Wellness event a raging success.

“The message we are putting across is very clear that, people should -eat correctly, reduce alcohol intake, exercise, stop smoking and manage their finances better”
Many of you should probably be aware of the National Core Standards that have recently kicked in. These are here to stay. This quality measure has been brought up to identify service delivery gaps in the hospital thus enabling us to come up with sustainable strategies that will enrich patient treatment programmes, rectify staff shortages and improve the quality of care.

This will be conducted through a chain of surveys that will often been administered and require patients to respond. We are optimistic that the results will increase quality care, greater satisfaction with services and better value for money.

The first audit conducted showed everyone in the hospital that these plans are most effective and valuable way to change staff behaviour.

National Core standards involves a functional analysis of all service delivery elements in the hospital.

The most critical aspect of these plans is consistent and systematic ways in which procedures are carried out. As part of our response to the service delivery gaps identified was to develop action plans for some of the services areas that are still behind. We are however, very much positive about this national initiative.

In remembering Florence Nightingale, the nurses of Port Shepstone Hospital celebrated nurses day on the 12th of May 2011. In the early hours of this day, a significance number of nurses gathered at the hospital foyer. As part of campaign, the hospital CEO Mr. G.B.C Khawula rendered a strong message of support and words of appreciation to the nurses.

"....We celebrate everything that is good about nurses..."

The Deputy Nurse Miss. B. Ndlovu reminded nurses that, nurses’ day is an international recognised occasion that celebrates everything that is good about nurses.

She further, elaborated, stating that, the 12th of May was chosen as it is the birth date of Florence Nightingale. She also reminded nurses of good behavioral qualities that Florence Nightingale had.
This day has drawn attention to the contribution our nurses make to society and in recognition of their hard work, the hospital management distributed tokens of appreciation throughout the day.

The symbolic light was lit by Deputy Nursing manager and handed it over to all nurses. This signifies the passing of knowledge from one nurse to another.
Use of e-mail @ work

Of late e-mail has made work very effective and efficient. It makes sure that required documents or information is delivered on time and has also been a helpful tool in contributing to exceptional relationship between staff and management, by maintaining interaction by means of this communication tool.

We all know that e-mail is used for a number of things but the scope varies when one is at a work place as each worker on individual capacity has to maintain that particular professionalism and taking into consideration all the policies in place that act as a guide and a regulator.

This simple means that, it is also expected and highly emphised to all the Port Shepstone Hospital staff to utilise e-mail in a professional manner at all times. We would also like to remind everyone that, using e-mail is cost effective, hence management has opted in sending information through e-mail. So, all departments that have e-mail will be communicated to via e-mail. One must always remember to check e-mails every morning, making sure you check your inbox timorously and give immediate attention to all urgent matters and always be quick to respond or give notification that you have received your emails.

...One must always remember to check emails every morning....
Ms. Hassina Kathrada is a well known South Coaster who works with the Al-Imdaad Foundation which was established in 2003. This NGO is dedicated to providing humanitarian assistance and services in crisis and no crisis situation to the most needy victims. Ms Kathrada with the members of Al-Imdaad supported us by providing food parcels that, had bread, juice, biscuits, chips and sweets.

So, children were not only enlightened about their rights, but were shown love and were given goodies that put a smile on their faces again. The hospital management would like to take this opportunity to thank Mrs. Hassina for her support in this event and we wish them success in all their endeavours.
members of Port Shepstone Staff led by the Chief Executive Officer, Mr. G. B. C. Khawula toured the new core block recently. On the picture above, they are standing nearby the entrance of this beautifully designed new building. All reported how impressed they were with the manner in which the building is designed. There is quite a number of new technological advances in some departments.

The new core block will provide both staff and patients with open spaces and an appealing internal appearance. Mr. Pitt Scholtz, maintenance supervisor at Port Shepstone Hospital, told the technological advances in some departments and new core block will provide both staff and patients with open space and an appealing internal appearance.

Mr. Pitt Scholtz, Maintenance Supervisor at Port Shepstone Hospital, told the group that, they were one of the last groups to tour this core block prior to its opening which was anticipated to take place in March this year. We hope that, the new building will be officially handed over to the hospital soon.

Sister E. Thompson and Mr. Bobby Govender viewing one of the waiting areas of the new building.
On the 25th of May 2011, members of the hospital Management and C-Ward staff gathered parents and children in order to educate and remind them about children’s rights.

Raising and disciplining a child can be a challenge if one is not familiar with the latest laws on the subject. The people who were invited to give further clarity on the issue were, Constable Edwards (C.P.U), and social worker Veliswa Ntshangase also shared some techniques that one can use to discipline children instead of physically beating the child. Constable Edwards further explained the types of abuse, how do they occur, how one can evaluate if a child is experiencing any form of abuse. She also highlighted the importance of reporting abuse while in its earlier stages to the S.A.P.S.

This programme was organised by the Paediatric department and working together with the office of the PRO.

The day was well ended by a session of questions and answers from the audience, giving Constable Edwards and Social Worker Veliswa an opportunity to engage on a one one talk with the audience.

"We thank all other departments for their support.

Breast-feeding week

February 7-13 was a Pregnancy Awareness Week and Port Shepstone Hospital held a huge campaign, with the aim to educate everyone about the benefit of breast feeding. Key issues covered by the speakers and information brochures included the importance of breast feeding, the importance of knowing one’s HIV status when pregnant and methods one can use to avoid unplanned pregnancy by use of contraceptives. One of the messages that came out strongly was the importance of attending antenatal clinics by pregnant mothers in order to have regular check-ups.

This helps detect any complications that might occur during pregnancy. As usual, Sister Kanku, our breast feeding co-ordinator gave her undivided attention to all mothers who needed assistance with breast feeding. Mother commended the Hospital for its commitment in ensuring that their babies are well fed and mothers are well supported.

"Mothers commended the Hospital for its commitment in ensuring that their babies are well fed and mothers are well supported."

Sister Ngesi with Ms. Hassina Kadrada distributed treats to C-Ward
NEW EMPLOYEES CONTINUES...

April

65. V. Moonsamy.........Medical Officer
66. Z.P. Zuma............MO Intern
67. L.Y. Reddy.............Dentist
68. S. Saman..............Clinical head Medicine
69. N.A. Biyase............Enrolled Nurse
70. D.E. Blose............Enrolled Nurse
71. H.V. Duma............Enrolled Nurse
72. M. Gxumisa...........Professional Nurse

May

73. T.P. Mguni..........Finance Service Officer
74. M.C. Msani..........Finance Service officer
75. S.A. Mzele...........Human Resource Officer
76. S.M. Cele............Human Resource Officer
77. B.G. Radebe..........ENA intern
78. N.H. Hlongwa.......ENA intern
79. S.O. Ncwane.........Assets Intern
80. M.C. Zuma...........HR development intern
81. M.C. Malunga.........Finance intern
82. T.Z. Dlamini.........HRO intern
83. Z.P. Ngcobo........Finance intern
84. E.N. Mseleku.........HR. intern
85. A. Mditshwa .......Finance intern
86. N.S. Ncanini........Secretary intern
87. R.S. Cele.............X-ray intern
88. N.P. Mgcungama.....Enrolled Nursing Assistant
89. M.L. Nono............Enrolled Nurse
90. F. Soboyise..........Enrolled Nursing Assistant
91. N. Ntshakaza.......Professional Nurse
92. N. Sotshato..........Professional Nurse
93. A. Zindela..........Enrolled Nurse
94. N.P. Mabaso........Enrolled Nurse
95. Z.P. Msweli..........Pharmacist Assistance
96. D.T. Zindela...........Dental Assistant
97. N. Tikatika...........Dental Assistant
98. T.A. Hammond........Optometrist
99. B.M. Hooper.........Pharmacist

June

100. V.X.M. Gumede........Professional Nurse
101. F. Ncayiyan........Data Capturer
102. M.N. Hlongwa.......Data Capturer
103. N.I. Zuke...........Data Capturer
104. S.S. Nondaba........Data Capturer
105. P.B. Gabe...........Data Capturer
106. P.B. Gabe...........Data Capturer
107. F.T. Nqondo........Data Capturer
108. T.H.G. Maphumulo...Professional Nurse
109. S. Mahaye..........Professional Nurse Specialist
110. D. Ledzinski........MO Specialist
111. N. Nbada...........Professional Nurse
112. N. Msongelwa.....Operational Manager (ICU)

113. K.D. Msizi..........Professional Nurse
114. B.S. Cole..........Professional Nurse
115. T.T. Msongelwa...Professional Nurse
116. M.G. Mbuli.......Public Relations Intern

117. F.T. Nqondo........Data Capturer
We would like to congratulate all employees who recently joined us from the period January to May 2011. We welcome you all hoping that, you will enjoy the our hospital environment. There are quite a number of interesting facilities that you will find in the hospital. We have a big swimming pool, taebo classes, plenty of accommodation for both nurses and doctors, to mention but few. Further more, on daily basis you will enjoy a beautiful sea view of Sea Shells Beach which is only few metres away from the hospital.
I must say, Port Shepstone areas is rich in many amenities such big shopping malls and centres.

**January**

1. S.I. Mbatha.................Audiologist
2. C. Carlyon................Occupational Therapist
3. B. Bunwarie.................Medical Officer
4. P.M. Mbhele...............Staff Nurse
5. A.A. Mfeka...............Staff Nurse
6. S.P. Lushaba..............Staff Nurse
7. K.K. Appadu...............Staff Nurse
8. N.B. Gumbl...............Staff Nurse
9. P.K. Madlala..............Staff Nurse
10. E.P. Jinara..............Pharmacy intern
11. K. Cele....................Staff Nurse
12. A. Maharaj...............Intern - Radiology
13. A.M. Ndlovu.............Sessional Medical Officer
14. M.P. Dube.................Medical Officer
15. A. Memela...............Community Service
16. B. Lavery................Physiotherapist
17. G.S. Evens..............Community Service
18. D. Fakey................Community service
19. E.M. Harry...............Community Service
20. K.P. Khuzwayo..........Medical intern
21. K.T. Hill................Medical officer
22. N.N. Nyathi..............Student Nurse
23. S.I. Shozi...............Student Nurse
24. Z. Shobeni...............Student Nurse
25. S.E. Phakade.............Student Nurse
26. N.P. Ngubo...............Student Nurse
27. B.P. Ndlovu...............Student Nurse
28. T.P. Swalibane.........Student Nurse
29. S.S. Sithakhane........Student Nurse
30. T.T. Radebe.............Student Nurse

**February**

31. R. Pandohe..............Student Nurse
32. S. Moonsamy............Student Nurse
33. M.K. Mlambo............Student Nurse
34. D.X. Ncane..............Student Nurse
35. R.L.T. Stevenson........Medical Intern
36. L. Radaman..............Medical officer
37. D. Viljoen..............Physiotherapist
38. A.L. Rostence.........Occupational Therapist
39. M.J. Nel...............Medical Officer
40. N.B. Ngongoma.........Student Nurse
41. D. van der Merwe.......Medical intern
42. V. Pillay...............Medical Intern
43. P.G. Mseleku...........Supply Chain
44. N.P. Duma...............Enrolled Nurse
45. P.N. Cele...............Enrolled Nurse
46. G.S. Delwa..............Enrolled Nurse
47. Z.P. Ndlovu.............Enrolled Nurse
48. N.P. Sithole............Enrolled Nurse
49. B.G. Zungu.............Enrolled Nurse
50. E.N. Kunene.............Enrolled Nurse
51. A.P. Mafu...............Enrolled Nurse
52. N.P. Mbokazi..........Enrolled Nurse
53. B. Njiyela..............MO Community Service
54. S.H. Cele...............General Orderly

**March**

55. T.G. Khuzwayo..........Supply service Officer
56. A.K. Sosibo............Enrolled Nurse
57. M.S. Zendra............Professional Nurse
58. P.G. Sithole............Professional Nurse
59. M.S. Mkhize............Enrolled Nurse
60. T.I. Mkhize............Enrolled Nurse
61. B.H. Mwandla..........Enrolled nurse
62. S.P. Ngcobo............Enrolled Nurse
63. C.P. Mpanza............Enrolled Nurse
64. N.S. Nduli..............Enrolled Nurse
64. J.N. Mlandu...........Professional nurse
64. N. Nowana..............Professional Nurse
Zixoxwa ngezithombe

Wellness event continued