



## HEALTH KwaZulu-Natal

### PSH THANKS THE DEPARTMENT OF PROTECTION SERVICES

**H**ibiscus municipality introduced the use of parking meters in all public parking bays in town including parking bays surrounding the hospital. This has put tremendous pressure on patients, visitors and employees who are parking outside the hospital and has also posed a huge challenge for the hospital management as it was heart breaking to see employees and elderly people charged R100.00 fine for not depositing sufficient money in the meter boxes. These meter boxes need drivers to drop R2.00 for 30 minutes and it is very difficult to keep returning after every 30 minutes when patients are waiting on the queues.

Responding to queries, Protection Services Director Mr Victor Chetty listened to pleas by the hospital authorities, and decided to remove some meters until the hospital has additional parking for the patients. The main reason for his decision was that the bulk of patients at the Out Patient Section were retired people who go to the hospital for free treatment, and the time it takes them for this treatment is far longer than the parking meter time allows.

The Hospital management therefore would like to express its sincere gratitude for the support, lenience and understanding received from the Department of Protection Services. We hope as time goes on, this change will also apply to the parking bays on Bazely street as most hospital patients, visitors and employees are still using these. It's quite difficult for employees to pay in everyday yet they are expected to render services to the community. However, we are very thankful to the generous move by the department of Correctional Services of Port Shepstone.

#### Inside



Batho Pele winner of the month



HR Supporting Batho Pele Campaign

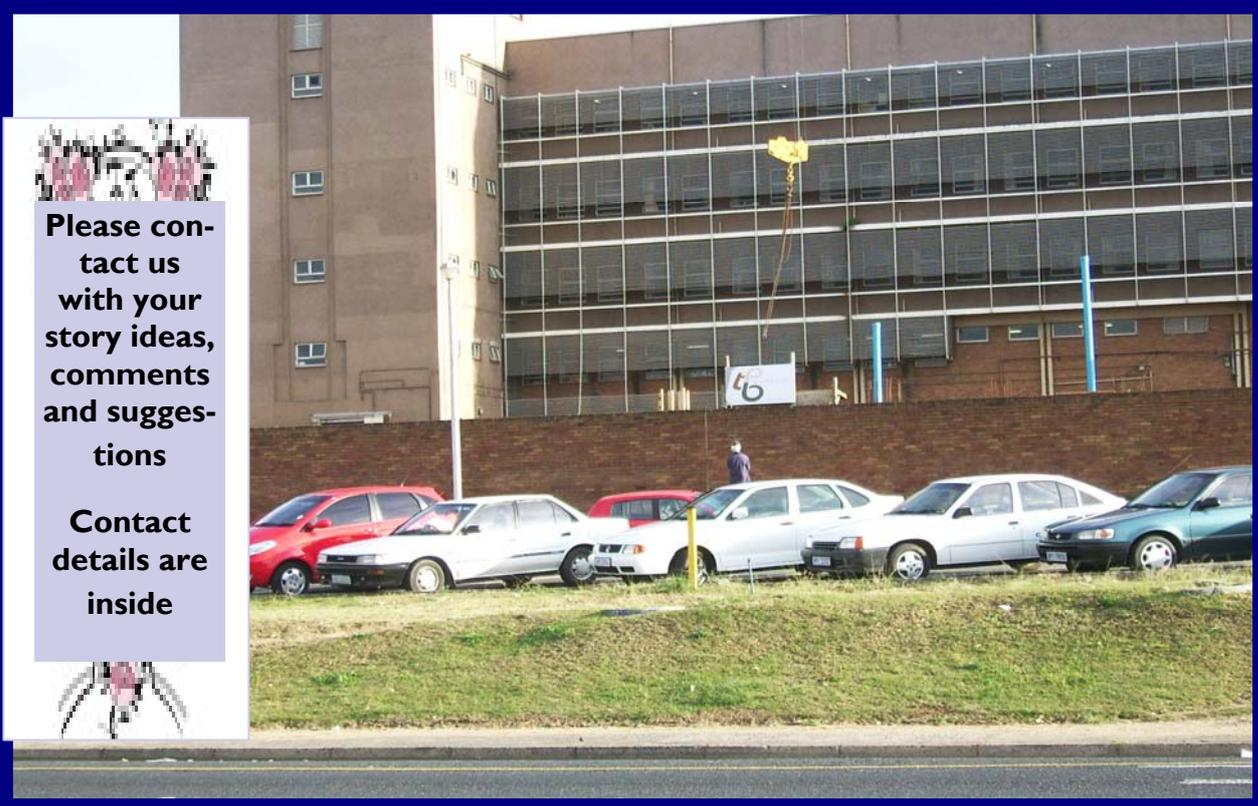


Rehab Team with Unkosi Nzimakwe



**Please contact us with your story ideas, comments and suggestions**

**Contact details are inside**





The Batho Pele project started in April this year and departments were required to take one principle per month and ensure it is being practiced and everything has been put in place for that particular principle. The Hospital management therefore is proud to announce OPD as the winner of this competition in April. Other departments almost made it, and that shows they were not completely out of the picture. However, there are still many months to come, the competition continues.



OPD OPERATIONAL MANAGER, SISTER MAIPERSAD AND CEO-MR GBC KHAWULA

TO OTHER DEPARTMENTS  
THE MANAGEMENT  
COMMENDS  
AND  
APPRECIATES YOUR  
HARD WORK,  
WELL DONE!

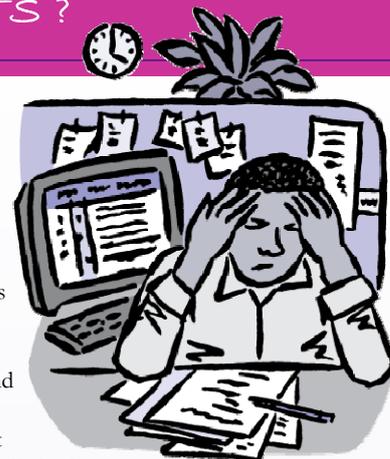
# 1ST QUARTER QUALITY CHAMPIONS



Port Shepstone Hospital - CEO –Mr GBC KHAWULA posing with Operational Managers and Supervisors who were awarded with Quality Certificates

# HEALTH NEWS

## WHAT MAKES YOUR HEAD HURTS ?



### Tension is the most common culprit.....

Most people may be stressed due to various reasons. Some of us may seem unable to cope and as a result suffer from headaches. If you suffer from headaches, you're not alone. Headaches are one of the most common health complaints and we've dedicated this page just for advices on how to handle this problem. They can be simply distracting or completely debilitating. Many headaches fade without treatment. Some are easily remedied. Still others are stubborn and recurring. But only rarely do headaches warn of a serious illness. Sometimes a headache may feel like a pain in the brain, but it's not. The brain itself lacks pain –sensitive nerve cells. Instead, most headaches originate from the network of nerves and nerve rich muscles and blood vessels that surround your head, neck and face. These pain –sensitive nerve cells can be activated by stress, muscle tension, enlarged blood vessels and other triggers. Once stimulated, the nerve cells transmit messages to the brain, causing you to feel pain. If you're feeling stressed, depressed or anxious - or if you're not getting enough sleep, you're at risk for a tension headache. Most diagnosed headaches are related to tension or muscle tightness, usually in the shoulders, neck, scalp or jaws. Tension headaches can cause a sensation of painful pressure on the head and neck.

They sometimes feel like the grip of a tight elastic band around your head. Migraine headaches are the second - most common, and is often described as intense , pulsing or throbbing . Migraine sufferers can have extreme sensitivity to light and sound. In some cases, nausea and vomiting accompany the headache. Although the exact cause of migraine pain is unknown, one theory is that its linked to the widening and tightening of the blood vessels surrounding the brain, which irritates the nearby nerves.



Beautifully positioned Occupational ( staff )clinic in PSH

Port Shepstone Regional Hospital, has therefore made means of assisting employees in many ways. We have an occupational Health clinic, running inside the hospital. It is located below A ward, near Ethembeni Clinic. It has dedicated nursing personnel and a sessional doctor who try by all means to assist employees and thereby reducing the rate at which employees would be on sick leave. Also, there is an Employee assistant programme in place where employees are welcomed to consult and share their problems and professional advice.

## Wise Choice—Talk to your doctor - ...and be part of your healthcare team

Headaches are one of the most common afflictions with as many as 90% of individuals having at least one headache per year. Severe disabling headaches are reported to occur in about 40% of individuals annually world wide, fortunately most are benign.

Tension type headaches are the most common occurring in all age groups with a female predominance. Patients describe that the head fee a pressure feeling on the top of the head or that the posterior neck muscles feel tight. The pain typically builds slowly, fluctuates in severity and may persist more or less continuously for many days. Patients usually continue normal activities and characteristically it is less severe in the early part of the

Day, and becomes worse as the day goes on.

The cause is unknown. Emotional stress and anxiety are common precipitants and some times there is an associated depressive illness.

Relaxation almost, always relieves these headaches (bed rest, massage, physiotherapy and or formal feedback training)

Treatment is simple analgesics (ibuprofen, paracetamol, aspirin or naproxen) help, but excessive use of analgesics may actually worsen the headaches. Low dose of amitryptiline can provide effective prophylaxis.

### Headaches that suggest a serious underlying disorder:

Severe headache, worst ever headache, sub-acute worsening over days or weeks, with fever, vomiting precedes the headache, induced by bending, lifting and coughing, disturbs sleep or present immediately when waking up. One must see a nurse or a doctor when experiencing this.

Article by : **Dr M.P Hunter - Principal Specialist, Port Shepstone**

# PSH BATHO PELE CAMPAIGN

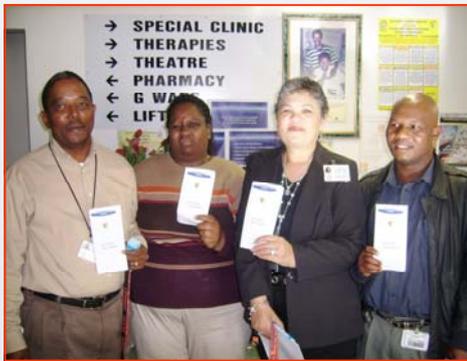
On Thursday the 24<sup>th</sup> April 2008, Port Shepstone Regional Hospital held a Batho Pele campaign. This was done to strengthen the spirit of Batho Pele amongst employees. Information desk with brochures and posters at the hospital foyer were made available. This campaign was also meant to educate staff about the Eleven Batho Pele principles and employees were advised on how they can implement these principles in their work stations. As the day progressed staff members were asked questions pertaining to these principles and how best they can implement them in their departments. Of course, this was in line with the passage written by our former President Nelson Rolihlahla Mandela



**Dr. Marais and Dr. Dimitriades supported the campaign**

more than three decades ago: No

Easy Walk to Freedom! Indeed. Batho Pele is about putting people first and this means that the needs of our people must take priority over any other consideration we as government officials must have - including our jobs. Batho Pele is a contract pledging government to bring services closer to the people. It is a commitment to 'serving', as opposed to simply ruling. It is about the needs of communities as opposed to the needs of government. It is about putting 'service' first, and not about putting pay packets first. Batho Pele is a radical new social contract between government and the people and Port Shepstone Hospital was embracing this vision as employees came in numbers ready to tell how they implement these principles in their work areas. The campaign was a success as staff members showed up to see what was happening and committed themselves in instilling a strong work discipline and sense of self-responsibility.



HR PRACTICES PERSONNEL



CHIEF EXECUTIVE OFFICER



WORKSHOP EMPLOYEES



FINANCE & SYSTEMS MANAGER



KITCHEN EMPLOYEES



TRANSPORT DEPARTMENT EMPLOYEE

## PORT SHEPSTONE REGIONAL HOSTS A CEREBRAL PALSY EVENT AT NTA-BENI LOCATION

On the 24<sup>th</sup> June 2008, Port Shepstone Regional Hospital Rehabilitation team hosted a celebratory event for children suffering from cerebral palsy. The day started off with mothers joyfully singing praise songs and Mrs Doreen Nzimakwe from Ntabeni location opened with prayer. The weather was awesome.

Dr Glen Barton highlighted that Cerebral palsy is a condition that affects the mind and to assist the sufferers we need a holistic approach hence the following personnel had to be involved:-

- Medical personnel
- Physiotherapists
- Audiologists
- Occupational Therapists
- Dieticians
- Speech Therapists and
- The Social Worker



After I got support from the PSH Rehabilitation team, I've started loving and accepting Aphwie, said Cynthia Cele

Displays and information brochures were made available from all these disciplines, with an intention to further educate the community about cerebral palsy causes, the types, diagnoses and ways of managing it. The fundamental rule given to parents at home is to take their babies to the clinics for check-ups whenever they notice unfamiliar behaviours.

Cerebral palsy shows itself differently as some patients tend to be stiff, some floppy, some have uncontrolled movements and others have a mix of the latter.

As the slogan of the KZN Department of health states : Fighting disease, fighting poverty and we are giving hope, we therefore say prevention is better than cure. If mothers could attend the antenatal clinics when they are still pregnant, live healthy lifestyles, avoid smoking and drinking, know their HIV status and give birth at health facilities, this disease could be prevented to a certain extent. Parents were advised on ways in which they can best assist children with Cerebral palsy by these rehabilitation team members who attended the function.



**L-R Front row : A. Fayers, A. Kerry, S. Phehlukwayo, B.F Nzimakwe, A. Auge, E. Schutte**

**L-R Back row : A. Bennett, C. Fluck, J. Britz, Mr Nzimakwe, N. Mncube, G. Barton**

# WHAT YOU NEED TO KNOW

## HOSPITAL VISITING HOURS TO CHANGE

The Ward visiting times at Port Shepstone Regional Hospital are being changed. This change is to ensure patients and nursing staff have enough time to do clinical routines, serve meals and thereby allowing patients to rest in the afternoon.

The new times will be introduced on the 01<sup>st</sup> July 2008. This is to better suite patients and aid their recovery. Visitors are a hugely valuable aid to the morale, well-being and recovery of patients in the hospital. However, under the current visiting arrangements some patients may find that their meal-times can sometimes be interrupted and clinical care compromised. New times are as follows:-

**Morning session** : 11H00 to 12H00  
**Afternoon session** : 15H00 to 16H00

## Arrival of the new park homes

Once equipment installation and full cleaning is complete patients and staff will be able to move in soon and experience the new building and facilities. Our patients have waited a long time for a healthcare environment that is fit for delivering healthcare services. It is to the credit of the staff that we manage to attain such high standards of care in buildings that are often full and not fit for this purpose, hopefully by the end of the year staff and patients will have the facility that they deserve'



Paediatric Outpatient Department, Social work services & Dieticians, Crisis Centre.

## Patient Administration 'can be trusted' over records

Ms Khawula, the new head of the hospital filing division said "the losses were taken seriously and the new re-records system would be more secured than the previously used. This move is very Good for the patients and best for the image of Port

## PHC TREATMENT TO BE DISPENSED AND COLLECTED AT LOCAL CLINICS



Clinics under Port Shepstone Regional Hospital render comprehensive integrated PHC services. These clinics receive a supportive monitoring visit by the hospital management at least once a month. This is done to support personnel, monitor the quality of service and identify needs and priorities. They have nurses who have completed recognized PHC courses.

Doctors are accessible for consultation, support and provide periodic visits every week. Clinic managers receive regular in-service training in facilitation skills and primary health care management.

Although these clinics may be located in rural and deep rural areas, but they have almost every thing including medication that may be needed by patients and management is trying by all means to equip these clinics with all materials necessary to deliver PHC services.

Patients are therefore encouraged to utilize these clinics and down referral letters will be given as from 01 July to all patients receiving PHC treatment.

## LETTERS TO THE EDITOR

We would like to cover your departmental stories, so please send your letters to :



The PRO  
Port Shepstone Regional Hospital  
Private Bag x 5706  
PORT SHEPSTONE  
4240

Tel : 039 688 6276  
Fax : 039 682 6723

Email : [phumza.morai@kznhelath.gov.za](mailto:phumza.morai@kznhelath.gov.za)

# PARTY TIMES

APRIL, MAY AND JUNE WERE BUSY MONTHS AT PHS

## MATRON COCHMAN'S FAREWELL



Matron Cochman speaking at her farewell function



People snacking at the farewell function.

## RUTH MAKHANYA'S BABY SHOWER



Ruth Makhanya shows the people the present for her child.



## MRS NDODA'S FAREWELL



## SISTER NGWANE'S FAREWELL SISTER NGWANE'S FAREWELL FUNCTION



## PSH SPECIAL CLINIC

Various clinics are held at the Special Clinic. Patients seen at this clinic are referred with letters from the local clinics and private G.P's via OPD. Patients from other hospitals are booked directly for the specific clinic. Patients must be on time for the specific clinic.

If a patient was booked for a Monday clinic and did not arrive on that day, he/ she cannot be assisted the following day because another clinic is scheduled for that day. All patients are advised to collect their files from the administration section from cashier number 3, except the eye clinic patients and paediatric clinic patients. Patients are seen at a first come first served basis. Patients for the morning clinics such as Gynae, Surgical and Diabetic, must arrive before 11h00. All late comers will be re booked .

Patients who have stitches or clips for removal must attend their local clinics as per referral note from the hospital. Patients must ensure that they make new appointments if the doctor wishes to see them again e.g.. 2 weeks time. All files are handed over to the admin clerk if they are not going to the dispensary.

Article by: Sister Naidoo

*Special Clinic*

## THE SOCIAL SERVICE SECTION WITHIN THE HEALTH SECTOR

The hospital Social Services Department was instituted with an aim to support patients in dealing with their social issues identified during their interaction with the health professionals. This division handles issues such as : Child and adult neglect, emotional, physical and sexual abuse, poverty, domestic violence, HIV/ AIDS, TB, or any other chronic illnesses, adoption and foster care request, placements, substance abuse, marital issues, mental health concerns, termination of pregnancy, sterilization etc.

However, in this publication we would like to center our attention on the aspect of physical abuse on children. This has been prompted by a case of a fifteen months old baby whose middle finger had been amputated after having been beaten up with a knobkerrie by an adult family member as a form of punishment / discipline.

As most of us are aware, it is illegal to beat up children, especially when this act results in children sustaining injuries. Nevertheless, to some of us this is the only method of punishment that we are familiar with, probably because of the way we were socialized or we were reprimanded when we were kids or it is because of our belief systems( children have to be given a hiding if they don't listen or misbehave)

This article serves to invite parents to attempt alternative means of discipline that are age and cultural appropriate. We also want to open a platform for those that have experimented "good" methods of discipline to share their views with us in order to obtain ideas of what has worked for them . For example taking away a privilege, cancel a hobby, entertainment, luxuries. This includes activities such as partaking in sports, music practice, going out, visits, sleep over, holiday trip, no T.V, no pocket money, no snacks, be grounded etc. This means taking away the things that the child can do without and not curtail staff, like food, school attendance/ activities/ uniform, warm clothing because these are essential to a child.

As we can learn a lot from one another, please feel free to forward your suggestions either to the Social Work Offices or the Public Relations Office for the next publication.

## *ALWAYS LIVE LIFE TO THE FULLEST*

**DON'T LET GO OF HOPE.  
HOPE GIVES YOU THE STRENGTH TO  
KEEP GOING  
WHEN YOU FEEL LIKE GIVING UP.  
DON'T EVER QUIT BELIEVING IN YOUR-  
SELF.  
AS LONG AS YOU BELIEVE YOU CAN,  
YOU WILL HAVE REASON FOR TRYING.  
DON'T LET ANYONE HOLD YOUR HAPPI-  
NESS IN THEIR HANDS;  
HOLD IT IN YOURS, SO IT WILL ALWAYS  
BE WITHIN YOUR REACH.  
DON'T MEASURE SUCCESS OR FAILURE  
BY MATERIAL WEALTH,  
BUT BY HOW YOU FEEL;  
OUR FEELINGS DETERMINE THE RICH-  
NESS OF OUR LIVES.  
DON'T LET BAD MOMENTS OVERCOME  
You;  
BE PATIENT, AND THEY WILL PASS.  
DON'T HESITATE TO REACH OUT FOR  
HELP**

**Don't wait for what you want  
to come to You.  
Go after it with all that You  
Are,  
Knowing that Life will meet  
you Halfway.  
Don't feel like you've lost  
When plans and dreams fall  
short of your hopes.  
Anytime you learn something  
new  
About Yourself or about Life,  
You have progressed.  
Don't do anything that takes  
away  
From your Self-Respect.  
Feeling good about Yourself  
Is essential to feeling good  
about Life.  
Don't ever forget how to Lau**

**Or be too proud to Cry.  
Or too stubborn to Smile.  
Don't ever forget a friend who  
truly loves You  
As it could be that friend who  
is true  
To Your Needs  
Don't ever forget who helped  
you Grow as your need for  
more seeds may often re-  
appear.  
With all the above live life to  
its Fullest...**



## **NEW APPOINTEES ,APRIL 2008**

*We wish the following employees a successful and fruitful stay at  
PSK*

### **APRIL 2008**

- ♦ Ngcobo CB :Artisan Foreman
- ♦ Wilmans : Medical Intern
- ♦ Zuma ZL : General Orderly
- ♦ Ndadane TB : ENA
- ♦ Ngidi NP : ENA
- ♦ Mvundla KI : Professional Nurse
- ♦ Madolo IN : Professional Nurse
- ♦ Shazi JT : EN
- ♦ Mavundla JT : EN
- ♦ Mbhele WX : EN
- ♦ Malinga RK : Professional Nurse
- ♦ Msthalo TM : Professional Nurse
- ♦ Cele BE : GO
- ♦ Mazibuko CS : HRO
- ♦ Ngxumza BM : Clinical Nurse Practitioner
- ♦ Mlaba NG : EN
- ♦ Ngcobo DO : Lecture
- ♦ Mbali PM : Lecture
- ♦ Hadebe B : ENA
- ♦ Gumley DF : PN( Sessional)
- ♦ Aderibidge : Chief Physiotherapist
- ♦ Mpaxa CN : Clinical Nurse Practitioner

### **MAY 2008**

- ♦ Ndlovu NP : Health & Safety Officer
- ♦ Nxumalo MP : Medical Intern
- ♦ Sewram R : Operator X-Ray
- ♦ Shabane NV : Clinical Practitioner
- ♦ Qumbisa NN : Staff Nurse
- ♦ Khambule BG : Professional Nurse
- ♦ Sewunan A : HOD Nursing Camp.
- ♦ Mbonambi TP : ENA
- ♦ Nyawose Ms : PN
- ♦

### **JUNE 2008**

- ♦ Shinga SC : EN
- ♦ Mjali ZBS : Medical Intern
- ♦ Koyana NP : PN
- ♦ Mbhele XP : PN
- ♦ Sihya N : PN
- ♦ Mzize T

## **THE PARADOX OF OUT TIMES**

**Remove phrases like ‘one of these days’, ‘some day’ and ‘not now’ from your vocabulary.**

**Write that letter you thought of ‘one of these days’  
Do not delay anything that adds laughter and joy to your life.**

**Everyday, every hour and every minute is special.**

**We have learned how to make a living, but not a life.**

**We have added years to life, but not life to years.**

**These are times of fast foods and slow digestion.**

**More leisure but less fun—more kinds of food but less nutrition.**

**That is why I propose that, as of today, you don’t keep anything for special occasions, because everyday you live is a special occasion.**

**Search for knowledge, read more, spend time with your family and friends, eat your favorite, nutritious food, drink water and visit the places you love.**

**Life is moments of enjoyment and not just about surviving. Drink from the finest glass , do not save your best perfume or after-shave, but use it everyday !!**