

ST AND NEWS

St Andrews Hospital

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NEW OPD BUILDING –ANSWER TO MANY PRAYERS

The construction of the new Outpatients Department at St Andrews Hospital is underway. This construction, which will take 15 months to be complete, is part of the hospital's multi year plan.

“This construction is a dream come true to both employees and the community of Harding. For the employees it will mean bigger and better work environment since the current OPD is small and it becomes congested at times,” comments the Hospital Manager, Mrs T. L. Ntleko.

The new OPD will definitely be a dream come for the employees and the community because at the moment other departments that are supposed to be in OPD are on the other side of the hospital but now departments like Physiotherapy Department and Laboratory Services will

be inside the new OPD.

A Casualty Operating Theatre will be part of the new OPD; this theatre will be for minor operations. The existing Operating Theatre will be used for major operations.

Every department will have its own staff rest room and its own waiting area. The doctors will have their own rest room as well. There will also be an office for Porters with its own wheelchair and stretcher bays.

The waiting area for visitors that was demolished when the construction started towards the end of April this year, it will now be inside this new OPD with its own ablution facilities for the visitors.

But this construction might cause an inconvenience



Construction site

since the existing OPD will be demolished halfway because the construction company will have to do a few changes.

The Hospital Management would like to ask all staff members to be more patient during the construction of this new OPD building and bear in mind that everybody will benefit the workers and our stakeholders.

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WHAT ELSE WILL BE IN STORE IN THIS BUILDING....

Other than the existing departments that will be in this new building like X-ray and Pharmacy these will be another additions:

- Ante Natal Clinic
- Physiotherapy/ Orthopaedic clinic
- Archives/records rooms

- Oral Hygienist room
- Eye Clinic
- Paediatric Consulting room
- Information office
- Counseling booths
- Ultrasound

- Resuscitation room
- POP removal room
- The admission department will be separate from the reception.

LIMITING BELIEFS

If you believe 'I can' you are correct

If you believe, 'I can't', You are also completely correct.

It is a fact that you become like the person you think and believe you are.

Warren & Sally

INTERVIEW WITH REV. J. S. KHOWA

The Public Relations Officer is delighted to have found an opportunity to speak to Rev. J. S. Khowa our hospital Chaplain about his work so that more workers can be clear about his duties.

He stated his duties as follows:

- ❖ Offer spiritual support to health care workers.
- ❖ If need arise the chaplain can also visit patients but if it is requested by the caregiver.
- ❖ Offer counseling and prayer to workers
- ❖ Encourages workers to test for and if they are HIV positive to accept their status.
- ❖ Encourage workers with chronic illnesses to join support groups.
- ❖ Encourage HIV positive employees to disclose their illnesses to their families in order to gain more support
- ❖ Visit ailing employees who admitted in hospitals
- ❖ Visit ailing workers at their homes if there is a need
- ❖ He also added that the staff can invite him to memorial services or funerals just to offer moral support.
- ❖ If a staff member passes on the supervisor of that staff member is free to contact the hospital Chaplain for moral support and to visit the home of that staff member who has passed on.
- ❖ Co-ordinate local religious meetings
- ❖ to ensure that health workers' rights are observed spiritually
- ❖ To ensure that patients/clients' rights are observed spiritually

DR MHLONGO'S VISIT IN OUR INSTITUTION



Dr Mhlongo (right) and Mr Nguza, Finance & Systems manager (left)

On the 12th April 2006, St Andrews Hospital was graced with a visit from our Area Manager, Dr Mhlongo.

The aim of Dr Mhlongo's visit was to meet with all doctors (including sessional doctors), Hospital Board members, Therapists and Hospital Man-

agement.

Dr Mhlongo pointed out some challenges that are facing the Department of Health like the standard of Nursing that has dropped, the lack of respect for patients and the shortage of nurses.

Dr Mhlongo also addressed issues of concern from the Harding community that were put forward by the Hospital Board members.

The issues concerning hospital facilities were also addressed like the small space at the HIV Clinic

and about the hospital equipment that is needed. Dr Mhlongo gave an advice to Hospital Management as to how these issues can be addressed.

Dr Mhlongo also visited different wards in the institution

NEW CHANGES AT THE OCCUPATIONAL HEALTH AND SAFETY CLINIC

This is a staff clinic, which is behind the workshop between waste area and speech department. From January 2006 Dr. S. Zigana was allocated for staff clinic and she is available between 08H00 – 09H00 from Monday to Friday at the clinic. She sees sick staff and does pre-placement medical examination.

To make things easy, let's stick to time of consultation except for injuries on duty which needs urgent attention and they will be attended to anytime.

We offer Hepatitis B. vaccine and it is important to keep appointments and get full course of three doses for your own protection and protection of your loved ones. VCT is available for those who want to know their status and it is the best thing to do.

The clinic also caters for ex-miners programme. If an ex-miner with chest problems is seen in OPD or admitted in the ward, we will appreciate it if they are referred to Occupational Health before they are discharged. If the client has difficulty in walking, a relative can

be sent on his behalf.

We apologize for an inconvenience we understand people have gone to the clinic and found it locked, with the assistance of our management, with more staff we hope we will operate from Monday to Friday.

We request staff to come on monthly basis to check their weight, blood pressure & blood sugar level in order to detect any abnormalities very early as well as to promote and maintain good health.

THE LATEST ON SIMUNYE CLINIC

The Simunye Clinic (our ARV clinic) continues to work together with the CHIVA group.

The CHIVA group is the Children with HIV AIDS group from the United Kingdom, who have been consulting with Simunye Support Centre since October 2005, and have made a commitment to visit us every six months. In April this year, they returned and evaluated our progress. Some of the issues highlighted by the group, in consultation with Simunye, was challenging recruitment of children for ARV treatment, and follow up of RVD children from the wards.

Some of the further challenges that were highlighted included the need for more space to give us the ability to expand our program further. There was also the suggestion of local based programs to increase our recruitment of staff, especially pharmacists, as they are proving also to be a limitation to expansion.

It was also mentioned that there are huge problems provincially with the PCR tests.

and the speed that the results are returned to the client and facility. There was a suggestion that CD4 tests be done simultaneously for children that clinically present in stage 4.

Due to other returnee problems the clinic has started using appointment cards to remind clients of their return dates for the results of any tests done e.g. CD4. We wait to see if this is successful. Other suggestions include using internet based sms services through the hospital to contact clients on their cellphones.

The CHIVA group and consultation with the clinic is proving to be positive with an increase in children on the treatment since they left, from 19 to 24 children. We greatly appreciate their input and will hopefully see them again this year.

Down referral to the surrounding clinics

Simunye Clinic has chosen to start referring certain stable patients on treatment to some of the clinics in the area. We started

with an information and visit session to the following clinics Pisgah, Xhamini and Meadow Sweet. The clinics were visited by Dr Enoch, Miss G. Radebe (Pharmacist), Sr C. Manning and Sarah Chantler, the Dietitian .

This multidisciplinary approach will ensure that all clients referred will have the best care possible in all areas.

The clinics will be equipped with a file, including standard operation procedures from all the disciplines and will allow the clinics to function independently when dealing with ARV clients. We hope to start with +- four clients to each of these clinics at the start of June.

Article written by Simunye Support Centre Team.



EMPLOYEE ASSISTANCE PROGRAMME CORNER

SELF CARE AS A WORKER

Caring for people who have few resources in communities with high levels of poverty is emotionally exhausting. Sometimes workers may feel guilty that they are well whilst patients have had their lives irrevocably altered.

While most of us have found effective tools for coping with these challenges, the experiences do take their toll on most workers at some point. It is important that workers are able to assess their own symptoms of distress and take self-assessment and care seriously.

When a person struggles to sleep, is distracted, tired, has difficulty in completing tasks, their memory deteriorates, decision making abilities decreases, hostility and defensiveness increases, anger, blaming and depression sets in, they experience mood swings and become exhausted reducing ability to function at work, home and socially this person is distressed. Gradually he/she loses interest in hobbies, work and everything seems too much effort leading to absenteeism and many other difficulties.

The people who offer our communities care; need to be cared for and to care for themselves.

It is helpful to identify whether one's distress is caused by everyday pressure at home, work or related to one's role as a worker.

THE PRINCIPLES OF SELF CARE

❖ **MAINTAINING A BALANCED LIFESTYLE:** One's energy should be spread into a variety of activities that both and tire one e.g. work + family+ social life+ spiritual life+ hobby. It is essential maintain a very strong boundary between your work and your personal life. Do not take work home. Do not let patients visit you at home. **WHEN YOU ARE OFF DUTY, DO NOT WORK!**

❖ **RELAXATION AND RECREATION:** You need to give your body time to recover and this requires more than sleep. Experts talk of the need for 40 of relaxation a day. This may involve massage, meditation, prayer, and creative activities such as cooking, dance, music, sewing or gardening.

❖ **MAINTAINING OUR CONNECTIONS WITH OTHERS:** The ongoing experiences of the

pain of life can make this seem to be the only reality and all other parts of life frivolous. Yet to keep perspective and to maintain our support systems it is essential to maintain our connections with other people

❖ **RESOLUTION OF OUR OWN EMOTIONAL ISSUES:** If you have identified that you still have strong emotions from things that have happened to you in the past, seek help through counseling and debriefing. This will enable you to offer support to others without feeling overwhelmed.

Support is available through the EAP and the comprehensive Wellness Programme which are mainly for assisting employees to cope with their problems.

CHILD PROTECTION & TEENAGE PREGNANCY AWARENESS DAY

On the 31st of May 2006 St Andrews Hospital team visited Jolwayo High School at Ikhwezi to conduct Child Protection & Teenage Pregnancy Awareness Day.

The reception from the school was warm and friendly especially from the teachers. Different guest speakers were present to address the scholars. Mr S. Mzila from Child Protection Unit in Portshepstone, who was one of the guest speakers addressed children on their rights and responsibilities.

Sr Gule also spoke about the dangers of engaging in pre-marital at a young age and the complications that can be caused by being pregnant at a young age.

The event was kept alive by the entertainment that was coming from the scholars.



Scholars from Jolwayo listening to different speeches that were delivered on this day.



Sr Gule from Maternity ward



Mr S. Mzila addressing the crowd



The scholars also did a play

LAUGHTER—THE BEST MEDICINE

WORLD CUP FOOTBALL - LIST OF TV RULES



Dear Wife, Partner, Girlfriend,

1. From 9 June to 9 July 2006, you should read the sports section of the newspaper so that you are aware of what is going on regarding the World Cup, and that way you will be able to join in the conversations. If you fail to do this, then you will be looked at in a bad way, or you will be totally ignored. DO NOT complain about not receiving any attention.
2. During the World Cup, the television is mine, at all times, without any exceptions. If you even take a glimpse of the remote control, you will lose it (your eye).
3. If you have to pass by in front of the TV during a game, I don't mind, as long as you do it crawling on the floor and without distracting me. If you decide to stand nude in front of the TV, make sure you put clothes on right after because if you catch a cold, I won't have time to take you to the doctor or look after you during the World Cup month.

4. During the games I will be blind, deaf and mute, unless I require a refill of my drink or something to eat. You are out of your mind if you expect me to listen to you, open the door, answer the telephone, or pick up the baby that just fell on the floor....It won't happen.

5. It would be a good idea for you to keep at least 2 six packs in the fridge at all times, as well as plenty of things to nibble on, and please do not make any funny faces to my friends when they come over to watch the games. In return, you will be allowed to use the TV between 12am and 6am, unless they replay a good game that I missed during the day.

6. Please, please, please!! If you see me upset because one of my teams is losing, DO NOT say "get over it, it's only a game", or "don't worry, they'll win next time". If you say these things, you will only make me angrier and I will love you less. Remember, you will never ever know more about football than me and your so called "words of encouragement" will only lead to a break up or divorce.

7. You are welcome to sit with me to watch one game and you can talk to me during halftime but only when the commercials are on, and only if the halftime score is pleasing me. In addition, please note I am saying "one" game; hence do not use the World Cup as a nice cheesy excuse to "spend time together".

8. The replays of the goals are very important. I don't care if I have seen them or I haven't seen them, I want to see them again. Many times.

9. Tell your friends NOT to have any babies, or any other child related parties or gatherings that requires my attendance because:

- a) I will not go,
- b) I will not go, and
- c) I will not go.

10. But, if a friend of mine invites us to his house on a Sunday to watch a game, we will be there in a flash.

11. The daily World Cup highlights show on TV every night is just as important as the games themselves. Do not even think about saying "but you have already seen this...why don't you change the channel to something we can all watch?" because, the reply will be, "Refer to Rule #2 of this list".

12. And finally, please save your expressions such as "Thank God the World Cup is only every 4 years". I am immune to these words, because after this comes the Champions League, Italian League, Spanish League, Premier League, FA Cup, etc.

Thank you for your cooperation.

FOOD FOR YOUR MIND...

Today I will delete from my diary two days: **yesterday** and **tomorrow**

Yesterday was to learn and **tomorrow** will be the consequence of what I can do today.

Today I will face life with the conviction that this

day will not ever return.

Today is the last opportunity I have to live intensely, as no one can assure me that I will see tomorrow's sunrise.

Today I will be brave enough not to let any opportunity pass me by,

my only alternative is to succeed

Today I will invest my most valuable resource: **my time**, in the most transcendental work: **my life**.

NEW APPOINTMENTS



Bomela L.O.— Professional Nurse
Bonga F.R.—Professional Nurse
Caluza T.G.—Data Capturer
Cebisa Z.G.—Finance Service Officer
Cele S. F.—Human Resource Officer
Fundzo B.P.— Food Service Aid
Kambala MJP—Principal Medical Officer
Luvuno T. V.—Finance Service Officer
Maqwathi N.B.—Nursing Assistant
Mbewana N. J.—Food Service Aid
Mbonwa S.S.—Food Service Aid
Ndlovu B.P.—Food Service Aid
Ndadane M.H.—Dental Assistant
Ntsodo T.M.—Senior Professional Nurse

RESIGNATIONS

Cele P.F.—Systems Management Officer
Mazeka C.A.—Speech Language Pathologist & Audiologist
Noconjo—Pharmacist
Oliver G.R.—Supply Service Officer: Accounts

DEATHS

These are the colleagues that we have lost :

Madwe L.P.
Mbonambi D

May their souls rest in peace. Siyohlala Sibakhumbula

PROMOTIONS

We would like to congratulate the following colleagues who got promoted at the beginning of this year:

Dlamini N. C. Promoted to Finance Management Officer: Budget and Expenditure
Greeves C.A. Promoted to Finance Management Officer: Admitting
Ndlovu N.V. Promoted to Chief Human Resource Officer
Sosibo C. M. Promoted to Senior Systems Management Officer

GOT AN ANGELIC VOICE?

If you have a beautiful voice and like choral music, you can join the hospital choir. More people who can sing Soprano, Alto, Tenor and Bass are needed to join the choir.

If you need to find out more about singing in the choir, you can contact Mr S. Rabi on ext 232 or Mr Miya on extension 222.

INGABE UNGUMZWILI?

Uma unezwi elimtoto futhi uwuthanda umculo, ungalangena ube ilungu le-*choir* yesibhedlela. Kudingeka abantu abaningi abangacula I-*Soprano*, *Alto*, *Tenor* kanye ne *Bass* bayadingeka ukucula ekhwayeni

Uma udinga eminye imininingwane thintana no Mnuz. S. Rabi ku-232 noma uMnuz. Miya ku-222.

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