



Inkanyezi yaseMphumulo



INSIDE THIS ISSUE

<i>PHARMACY</i>	2
<i>FROM CEO'S DESK</i>	3
<i>SUPPORT GROUP</i>	4
<i>HEALTHY LIFE- STYLE</i>	5
<i>EYE AWARE- NESS DAY</i>	6
<i>SURVEYS</i>	7
<i>2008</i>	8
<i>CHISTMAS MESSAGES</i>	9
<i>SPORTS</i>	10
<i>ECONOMICS</i>	11
<i>ELOKUGCINA</i>	12

“HE WHO LACKS VISION CAN NOT REALISE HIS GOALS”

As the year draws to an end everybody is hyped up about the festive season. This is the time to unwind and take things easy, live the moment, meeting old friends, family members and enjoy all the good things that comes with the birth of Christ.

This is also another time to look back on all the successes we had as individuals and as a collective. Its also the time to reflect on missed opportunities and time to take new resolutions, leaving old habits behind and taking new challenges.

As we are in the last month of the year many thoughts come in to mind: The sadness that this year has brought into our lives and the triumphs that we had as individuals, but as an institution we had a fair share of both. This issue is about celebrating great opportunities we had this year and acknowledging the challenges we had and also about developing a sense of optimism as we begin a new year.



Eye Awareness Day

“ what do you want me to do for you? The blind man replied I want to see again. Go, your faith has made you well, at once he was able to see and followed Jesus” (Mark 10).

You can associate these words with this old lady, as she was giving testimonial after being the first person to be removed cataract at Umphumulo Hospital.

“Life most persistence and urgent question is ‘what are you doing for others?’” Aristotle



Created by **Miss N Moodley****Pharmacy staff members**

Everyone has an invisible sign hanging from their neck saying 'make me feel important' never forget this message when working with people" Mary Kay Ash

After witnessing the impact of our highly successful 2007 pharmacy week, the staff at Umphumulo hospital pharmacy was extremely motivated and keen on organizing and participating in this year's event.

As a runner up to pharmacy week, Mr. Moorad visited local high schools to talk to learners about pharmacy as a career.

On a daily basis interactive teaching sessions were held in the OPD waiting area, patients were also awarded prizes for answering questions or participating in the demonstration. Fruits were handed out to patients at the pharmacy on a daily basis to help promote pharmacy week and further emphasize the theme of **"your pharmacist cares"**

Learners from three local high schools were invited to the pharmacy, Mr Moorad co-ordinated the visit, and explained to the learners the many different activities that go on, in a hospital pharmacy.



Staff members who assisted on Healthy Awareness Day



Learners listening attentively to a talk entitled "Pharmacy as a career" by Mr I Moorad our Senior pharmacist



Sabuyaze High pupils receiving their prize from Mrs Sankar after winning the inter-schools pharmacy week



On 5 September 2008, a Health Awareness Day was held, staff members were invited to get their Blood Pressure, blood sugar, cholesterol and BMI's tested. A lucky draw raffle was held after the event for all those that participated. Three lucky winners walked away with prizes with the first prize being sponsored

courtesy of Solly's pharmacy in Stanger.

All in all it was yet another successful pharmacy week hosted by the Umphumulo Hospital Pharmacy. Apart from commitment and dedication shown by our pharmacy staff, the success of the week should also be attributed to the support they received from other departments within the hospital as well as all those who participated and helped in any way during and before the week.

CEO' S COLUMN

It is the end of 2008 already.

The year has been a challenging one but the institution has survived. There are always positives even in negative situations. There has been a lot of talent that has been observed coupled with a lot of innovations from the staff.

Contrary to the belief that personnel do not understand finances surprisingly personnel have really been shining stars in their understanding of the difficulties that the Department is going through. It has also been surprising that the majority have retained their sense of purpose to serve the public even amongst adversities.

The Management team salutes each and every one of the staff that have worked hard to ensure that the fire of service delivery was kept burning.

Just a few reminders of what has been achieved despite the challenges;

The institution ran 2 successful Cataract camps, one with Provincial staff and the other with the assistance of the Bureau for the Prevention of blindness personnel. This was an achievement because the service was starting from scratch. The institution would also like to thank Stanger Hospital for allowing their ophthalmic team to outreach to Umphumulo. Thank you to the Staff who donated funds so that the public were given refreshments and entertainment.

The Hospital has been able to secure additional land from the Lutheran Church for our "dream sports ground and helipad". The logistics still have to be done. The institution would like to thank Rev Cebekhulu as Chairperson of the Hospital Board who has been very instrumental in obtaining the land.

There has been improvement in the hospital efficiency indicators. Sadly the institution has also witnessed an increase in the number of PHC clients coming to the hospital despite a steady

Doctor visitation to the 6 clinics.

2009 will have to see an operational plan that will address this concern.

Challenges

Space remains the biggest challenge and Management sometimes has to rob Peter in order to satisfy Mark, Thank you to all the Staff who work under such conditions.

The staff is aware that the implementation of the MHCA remains a challenge.

Lastly there is no promise that 2009 will be any better, but God has protected us thus far and any challenge that is to come He will still be holding us by His hand and leading us on for the betterment of man kind.

As Christmas approaches may all the staff and community experience the joy that was experienced by the Shepherds as they discovered the Baby in the manger.

May we all have a joy filled Christmas. Remember it is not the size of the present that counts but the love that is shared during this period. Reach out to the weak, old and lonely especially in this period and God will bless you.

To those that will be taking vacation leave may they rest and come back revived and ready to roll again and those that will be holding the fort may it be a peaceful Christmas season so that there is no additional burden for you.



Mrs T.D.Chiliza

Umphumulo Hospital

CEO



ART SUPPORT GROUP

Ngo- mhlaka 23 kuLwezi iqembu le- ART support group libe nomhlangano njen-genhlala yenza, lapho behlangana khona zinyanga zonke banikezane usizo nezaluleko mayelana nezinkinga abahlangabezana nazo. Okwenze lolusuku lahluka kakhulu ukuthi, ngalelilanga babezo bonisana ngemisebenzi yezandla abebekade beyenza, kanye nesivuno abasitholile emuva kokusebenza kanzima engadini.

Emuva kwezinyanga behlangana babona kungcono babe nemisebenzi abazoyenza en-gabangenisela imali. Bakhetha ukuthunga ubuhlalo no kulima engadini, esikubonayo ezithombeni ezinye izithelo zemisebenzi yabo.



Ubuhlalo ababebuthunga ba xhaswa ngabo yizinhlangano ezizimele I World Vision no MCDI. Ubuciko bokuthunga, babe-fundisana khona eqenjini, kamuva umuntu waye nikezwa ithuba lokuba enzelokho akufisayo.

Iqembu ladlulisa ukubonga okukhulu ezisebenzini zomnyango wezempilo ikakhulukazi e VCT nase ART ngoxhaso, nokubasiza ngezaluleko nangokubambisana.

Bathi nimenjalo

**Promise yourself
to think only of
the best, to work
only for the best
and to expect only
the best"**

Bud Bilanich

WHAT IS A HEALTHY LIFESTYLE?

Its abroad concept that involve regular form of physical activity, healthy eating habits, safe sexual practices, responsible use of alcohol, sound mental health (stress management and adequate sleep) and tobacco control..

If you consider your family activities for a moment, your children don't walk or cycle to school anymore because it's not safe. Limited resources at school mean that they are exposed to fewer sporting activities. When you get home after spending the whole day at work you are also in no mood to engage in any physical activity.

It was estimated that physical inactivity had caused more than 17000 deaths in 2000 world wide while there is reason to believe that this figure has risen in the past seven years.

Physical activity isn't necessarily synonymous with physical fitness. You don't have to be a top athlete or run marathons to benefit from physical activity, but you need to be more active. and if your job and other circumstances don't involve doing regular physical activity, you need to make a plan to get some form of regular exercise.

There are several factors in the South African scenario that contribute to our inability to take part in regular physical activity. e.g. lack of safety it is recommended that we must encourage regular physical activity from the childhood age.

If you live in a safe environment or can organize a group of people to walk daily with you, you will meet this recommendation. Lets all make a plan to be more active and encourage our children to be more active for the rest of their lives.

Health 24

Serenity Prayer

“God grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference.”

Cataract blindness can be cured

Eye awareness day was celebrated in style at Umphumulo Hospital, this event happened a week after our first cataract removal in our theatre.

This was done in collaboration with ILEMBE Health District. A dedicated team worked tirelessly to ensure that the removal of cataract on patients was a success.

During the celebration a testimonial was given by a patient who was operated a week before. This has marked a great improvement in the lives of patients in Maphumulo sub-district who were on a long waiting list for cataract removal.



Our CEO Mrs. Chiliza , District Manager Miss Dube, Nursing Manager Mr. Mbele and AN Manager Mrs. Shabane with patients before the first operation.



Bureau for the prevention of the blind

One could say it was an EYE season at Umphumulo Hospital. Two weeks after our first operation, the bureau for the prevention of blindness visited us. They wanted to assist us with reducing the waiting list for cataract surgery. The team that was well greased, assembled again to ensure success.

They stayed in the hospital for a whole week doing screening, issuing spectacles and selecting patients who were ready for cataract removal. Overall 22 patients were removed cataract during their stay.

Patients who needed glasses were given on this day for free by our District manager.

A lunch was provided to patients and community members who attended the event. Appreciation should be extended to staff members for their donation towards the event.

Do you know that smoking doubles your chances of sight loss?

Quality surveys

Client satisfaction was conducted in our institution on 12 November, this was done for both in-patient and out-patient. When analyzing patients response the following was noted:

- 1) Some staff members don't identify them self when attending to patients.
- 2) Not enough information is given about the side effects of medication.

But the overall perception about the services rendered, patients expressed satisfaction and said they would recommend our service to friends and relatives.

Staff satisfaction survey was done by HR department to access level of satisfaction on our staff.

Different responses were given, some challenges noted are long term and others need more effort.

"In the arena of human life the honours and rewards fall to those who shows their good qualities". Aristotle

Waiting service time survey was conducted on the 26 November, great appreciation should be extended to our community health workers who worked hard to ensure that this survey was a success.

the following challenges were highlighted by this survey:

- 1) Great staff shortage which resulted in longer waiting times.
- 2) Most waiting occurred during break and lunch time.
- 3) Scattered departments meant that patients spend most of the time moving around from one department to another.

Above all, what came out is that communication need to be reinforced when delays are expected.

2008what a year

How will this year be remembered?

As a year of drama,
newsmakers and a year
of challenges

This began with the speech from our former presidents “ BUSINESS UN-USUAL” indeed the business has been unusual.

- ◆ If we remember load shedding, which became our daily bread.
 - ◆ To shortage of funds in our department, which became a huge limitation in our functioning.
 - ◆ Soon there was a moratorium on workshops and filling vacancies.
 - ◆ Constant escalation of petrol and decline recently.
 - ◆ Humiliating scenes of Xenophobic attacks on foreigners.
 - ◆ Recalling our state President and change of our National Minister
 - ◆ VHF out break and Cholera recently.
- ◇ As an institution our Finance and Systems Manager left us in the beginning of the year.
 - ◇ Some services came to a stand still when our dieticians and social worker left us, then PRO followed.
 - ◇ That was like an opening of a runaway,+/- 12 Professional Nurses left us.
 - ◇ Hope was regained when the new PRO and Finance and Systems Manager joined us, also that was short lived, leaving their positions unfilled.
 - ◇ Consistent need of our staff members to stretch themselves to ensure that the institution serves our clients.
 - ◇ Functioning on tight budget
 - ◇ Constant begging on our staff for donations, when there was any event planned.

There are whole lot of other good things to remember



May angels smile from up above
and bless your Christmas with
joy and love and have a prosper-
ous New Year.

Supply Chain Management

Wishing you glorious festive
season, simple take Psalm 23
as the theme in all you do!

In- service Trainer



“May you have the gladness of
Christmas which is hope,
The spirit of Christmas which
is peace and the heart of
Christmas which is love”

CEO

May the coming festive season
bring joy and laughter to you
and your families.

Infection Control

May joy that come with birth
of Christ fill our heart.

OPD

Sicela ningaqedi imali yezi-
tok’fela ngama nandi nandi, ku-
yavulwa ezikoleni maduzane.

Transport

May you all wonderful people of
God be protected in incidents
and accidents that might come
your way.

Quality Assurance

Time of endless showers of love, poetry
has arrived but time of giving has kept
alive in our hearts and bounds 365
days a year merry Christmas.

Crisis Centre

Siyo kukha amanzi ngenjabulo
emthombeni wosindiso.

(please Santa give us a workshop
next year)

Maintenance

Have fun responsibly.

Psych Clinic

“As one person I cannot
change the world, but I
can change the world of
one person”. May 2009
be the year we together
change the world around
Maphumulo, have
blessed merry Christmas

Physio Dept

Sinifela konke okuhle
ngonyaka ozayo.

Female Ward

Wishing U & yrs a
‘fantabulous’ holiday season.
Remember to have clean, re-
sponsible fun & cum back to
work in one piece. **HR Dept**

If you take care of your teeth
they will take care of you

SMILE!!!!

Dental Clinic

Siyabonga kubobonke abasi
sizile kakhulu kulonyaka,
ikakhulu e psych ward, sicela
niphinde nivule izinhliziyu
zenu ngoyaka ozayo.

Male Ward

Wishing you a happy Christmas
and a Prosperous New Year.

May all your wishes for 2009
come true. **Revenue**

Show love to your Families, your
Friends, your Community, fellow
Africans and the entire World
during this Christmas.

VCT & ART

Kubobonke abaya emaholidini
sinifisela ukhisimusi omuhle
onezibusiso.

TB Clinic

Peace be with you
during Christmas
time.

Peads ward



God Bless You!

Sports

Our soccer team made us proud this year by winning ILEMBE Health District League. This shows that with determination anything is possible. Above the league games played, our teams had lots of friendly games with other institutions, (e.g. Hillcrest, Howick, Town Hill and Prince Mshiyeni) to fine tune their skills.

Indeed it showed when both netball and soccer scoop the trophies in the inter-departmental tournament held at kwa Maphumulo sponsored by Old Mutual. We hope that next year both our teams will continue to hold our flag high.



On behalf of players (Netball & Soccer Players), we would like to forward our gratitude for amazing support we have received in all sporting activities we have undertaken this year, mostly to our die hard supporter who supported us where ever we went.

To the entire staff for your donations, positive attitudes & team spirit and putting us in your prayers indeed it paid off. All that we have achieved this year belongs to all of you.

ILEMBE HEALTH DISTRICT LOG TABLE : SOCCER

TEAM	P	W	PTS
1. Umphumulo Hospital	14	10	31
2. Untunjambili Hospital	14	9	31
3. Stanger Hospital	14	6	24
4. Sundumbili CHC	14	7	23
5. Montebello Hospital	14	6	21
6. EMRS	14	3	11
7. District Office	14	2	7
8. Ndwedwe CHC	14	2	7



Understanding the way the economy works

Once upon a time, in a village, a man appeared and announced to the villagers that he would buy monkeys for \$10 each.

The villagers, seeing that there were many monkeys around, went out to the forest and started catching them. The man bought thousands at \$10 and, as supply started to diminish, the villagers stopped their effort.

He further announced that he would now buy at \$20 for a monkey.

This renewed the efforts of the villagers and they started catching monkeys again. Soon the supply diminished even further and people started going back to their farms. The offer increased to \$25 each, and the supply of monkeys became so small that it was an effort to even find a monkey, let alone catch it!

The man now announced that he would buy monkeys at \$50! However, since he had to go to the city on some business, his assistant would now buy on behalf of him.

In the absence of the man, the assistant told the villagers. "Look at all these monkeys in the big cage that the man has collected. I will sell them to you at \$35, and when the man returns from the city, you can sell them to him for \$50 each."

The villagers rounded up all their savings and bought all the monkeys.

They never saw the man nor his assistant again, only monkeys everywhere!

Now you have a better understanding of how Wall Street works.

Abasishiyile

Yonke into eyenzeka kulomhlaba yenzeneka ngesikhathi, unkulunkulu afisangaso.

Lona umyalezo wenduduzo kuyoyonke imindeni elahlekelwe izithandwa zayo. Sithi **“Alwehlanga lungehlanga”**.

Ikakhulu kazi laba:

1. Sister Hlongwane (Casualty)
2. Mrs. M Ngema (Housing dept)
3. Mrs. Magoso (Otimati clinic)
4. Miss T.H Msibi (Maternity Ward)

Abathathe umhlalaphansi

Sinifisela ukuphumula okumnandi. Sekuyiso isikhathi sokunethezeka nibone abazukulu bekhula.

Abathole abantwana nabaphumelele ezifundweni zabo

Siyanibongela sinifisela sengathi abantwana bengakhula baze bakhokhobe.

Abaphumelele sinifisela inqubekela phambili.

Abagulayo

Kubo bonke abagulayo nabasezi nhlungwini, sinifisela ukululama ngokushesha.

“If I were asked to give what I consider to be the single most useful bit of advice for all humanity, it would be this: expect trouble as an inevitable part of life and when it comes, hold your head high, look it squarely in the eye and say ‘I will be bigger than you. You cannot defeat me’”

Ann Landers

Lelibhuku lihlanganiswe u Mr. L MBELE (Quality Assurance Manager) siyabonga kubonke abathumele imibhalo yabo.

Siyethemba ukuthi ngokuzayo liyokubancono. Mhlawumbe nosomlomo wesibhedlela uyobe esekhona.

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