

Quarterly published newsletter
for Umphumulo hospital.
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Watch out on our
next issue:

We will be in-
forming you
about our Male
Medical Cir-
cumcision

CEO BID'S FAREWELL TO THE HOSPITAL STAFF!



2 010, no matter how exciting was, is coming to a close. There have been successes and challenges as always. All of these experiences the institution has taken all these experiences on its stride.

Similarly to the civil service, the institution experienced disruptions during the "strike season". It is worth mentioning that each of these seasons bring a number of learnings. It was very humbling to note that allies come from unexpected sources at such times. There are still good soldiers out there –people who still value life and are committed to quality patient care even during the most stressful of situations. Hats off to such servants of the people. Debriefing has been done at institutional level, and although all might not be well, there is hope going forward.

In the last issue the institution lamented on its inability to offer cataract surgery, which had resulted in a huge backlog of people out there have failing vision resulting in the Department being unable to reach its targets. The institution is very grateful to the Ilembe District Office that has managed to source the KZN EYE CARE Coalition to come and perform operations at this institution on a monthly basis. More people will regain their vision. The project is still experiencing teething problems but hopefully these will be resolved soon.

On HAST, the institution is well on the way of down referring patients on ART to clinics. The approach being encouraged is that it should be similar to any chronic condition. The Chief Medical officer that goes out to the clinics is always willing to cascade information so that nurses are better able to service these patients.

Last but not least, I would like to bid farewell to all the Staff of Umphumulo. As you are aware I am taking a well deserved retirement. I have enjoyed my stay at Umphumulo. Together we have faced challenges, mastered some and lost others. I owe the successes that we had as an institution to the dedication of the staff. The failures we experienced we treated as learnings of how we could do better in the future. I wish each and every individual in Umphumulo God's grace and may you be stronger and more focused in order to service the community the best way that you can. Thank you for the support during my tenure and may you be blessed.

Enjoy Christmas and 2011!

UPDATES FROM THE HEALTH & SAFETY OFFICE



There is an ever –increasing need for safety in our workplace.

The Health and Safety Committee of Umphumulo Hospital has embarked on a training system. This system has been carefully structured and uses the most modern principles of educational methodology in the form of “hands on training” and *PowerPoint* presentations in workshoping employees.

The programme integrates the knowledge and teachings of incident prevention along with health promotions. Managers and workers must understand that it is more efficient to prevent incidents and injuries rather than to treat the resulting pain and disability which are the costs of carelessness.

Mr Nishen Mohanlal: Occupational Health & Safety Officer

Programmes of incident prevention is introduced and emphasized at every opportunity, particularly when real life incidents can be used as examples of injuries which might, with care can be avoided.

Principles of Safety

There are risks in most activities of daily living but these risks can be eliminated or considerably reduced if you take appropriate actions and safeguards.

As employees of this institution, we know the terrible consequences of injuries, hence this will motivate one to recognise hazards and to ensure to apply the principles of Safety to avoid such incidents.

Applying the Principles of Safety means that you must:

Identify and Assess hazards – report them and ensure corrective action is taken

Plan the activity – So that the job can be performed safely and so that dangerous situations can be controlled as they arise.

Train for the job/task – So that you can work safely with equipment and material, recognise unsafe acts and unsafe conditions and take appropriate steps to eliminate the incident potential.

Use of Personal Protective Equipment (PPE) – This is recommended in job training and in Material Safety Data Sheets(MSDS), such asgloves, respirators, safety boots, overalls, helmets, earmuffs. etc

Make a Personal Commitment to Safety- At home, in leisure activities and in the workplace for others as well as yourself. Be constantly on the look out for incident potentials and eliminate, mitigate or report such hazards.

Safety is your responsibility

Be constantly alert and on the look out – For potential hazards.

Health and Safety as in all fields of learning, needs to be updated as new information becomes available through experience, statistics and research.

We as the Health and Safety Committee will identify risks in the workplace through inspections and discussions in the Health and Safety Committee meetings which are held regularly.

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We also conduct periodic reviews of its teaching materials to ensure that employees are well equipped with the latest knowledge skills and techniques when called upon to assist in an emergency and in everyday work situations.

The Health and Safety Committee is indeed grateful to the Management and Staff for their assistance and co-operation.

We do look forward to your continued support.



WORLD AIDS DAY

"I am Responsible, You are responsible, Kwa-Zulu Natal is taking Responsibility"

Isibhedlela saseMphumuo besimasha sinosuku olukhulu lokugubha usuku lokuqwashisa ngesifo esiwumashaya bhuqe okuyisandulela ngculazi, kanye nengculazi uqobo lwayo ngomhlaka 09 kuZibandlela 2010.

Abasebenzi besibhedlela bebephume ngothi lwabo bezokwenza konke okusemandleni abo ngokuzimisela befake izikibha ezibomvu belayithe amakhandlela evutha, befake amaribhini abomvu ebekuwuphawu olukhulu lokukhumbula labo esebashishiya nalabo abasaphila negciwane lenkulazi kanye nengculazi.

Ezikhulumini zethu ebezishiyelana inkundla kube khona ukuqwashiseka lapho kuvela ukuba bantu bonke mabazithande bazinakele basebenzise ijazi lomkhwenyana, abangakalihloleli igciwane banxusiwe ukuba mabahambe beyohlolale igciwane nokubaluleka kokuthatha amaphilisi ngendela efanelekile.

Siphinde sahamba singabasebenzi sangena emagumbini wonke esibhedlela lapho ebesishiya khona umkhuleko, sikhuleka sibanika ithemba lokuphila.



ED's NOTE



Ms L. Ntenga: Public Relations Officer

Hi everyone, we are now all approaching the end of 2010. we should all be thankful to the Almighty who has taken us thus far, from the begging to the end. When I think back to the beginning of the year, we were in anticipation for many momentous events. The first that comes to mind is the first ever African FIFA Soccer World Cup to be hosted by our precious South Africa. 2010 has passed, and it has left it's footprint of both good and bad memories on us all as hospital staff.

2010 has not been a smooth year, and there were many challenges at Mphumulo hospital .It was all through God's grace that our heads were kept above water.

I would also like to thank Professor Norman Faull from the Graduate School of Business from University of Cape town for giving us a fruitful opportunity to be the hosts of a one week Best Practice Workshop in our institution. We are glad that we were the institution that benefited from the workshop this year, having been given this chance to host such a workshop it has left our eyes widely opened, after the workshop. We appreciate the fact that there were many new ideas and implementations that are now making our community's life much easier than it was before. We were able to identify all unnoticeable gaps and challenges and were instantly able to come up with all new tactics in order to close them. We are very proud to say that we are indeed improved, especially in the waiting areas in our Outpatient Department and with this I must say that our community is still enjoying the new maneuver that just took place.

In closing , I wish all my colleagues a happy festive season. May the spirit of Christmas prevail you, in your mind and souls, and have peace within yourselves. Always remember that "When we give and forget, life becomes fun to live".



AUGUST IS CANCER AWARENESS MONTH - WHAT DOES THIS MEAN TO YOU AS A

HEALTHY BREASTS

Firstly, and most importantly, you need to understand that every lump found in your breasts does not mean you have Breast Cancer, especially as your breasts are growing and changing, they'll have lumps and bumps anyway.

IMPORTANT FACTS YOU NEED TO KNOW

- On average, the final stage of puberty is around 15 years of age and at this time, you are physically an adult
- In your late teens and early twenties you have more lumps, bumps and pains in your breast that seem to come about just because your body is growing
- Lumps can form in your breast due to hormonal changes during your menstrual cycle and they usually go away at the end of that time of the month
- In your late teens and early twenties you sometime can have round rubbery types of tumors called Fibroadenomas and these are not cancerous
- Fat Necrosis is a fat lump that can be formed by damaged fatty tissue and develop from a bruise from heat or bump to the chest

BREAST CANCER

You may have heard a fair bit about Breast Cancer but really haven't taken much notice as everyone always seem to be saying that breast cancer only affects women 40 years and older. **Young women are being diagnosed in their teens, twenties and thirties.** Even if the percentage is very low compared to that of older women aged 40 years and older, the point is it does this happen. Would you also believe that 1% of all diagnosed breast cancers are in men?

If Breast Cancer is detected early, chances of survival are very high. Treatment is now much improved and getting better results. It helps if you can understand what to look out for and also how to check your own breasts and take ownership of the health of your breasts. It's not only really such a big deal and it's easy to do and gives you peace of mind and as you grow older. Do not hesitate to speak to your health care provider for more information.



UMPHUMULO CELEBRATES OPEN DAY IN STYLE

Umphumulo Hospital Open Day/ Imbizo was held at the hospital premises on the 08th October 2010. The main purpose of this event was to showcase the quality improvement projects that the hospital had embarked on in order to ensure that our clients receive the top of the range quality care services and also to inform the public about the package of the services that this institution offers.

This spectacular event was attended by the community members from the Maphumulo sub-district, Amakhosi, Hournarable Mayor Ngidi, Representatives from the Flagship Projects, several financial institutions, the Hospital Board & Clinic's committees, media representatives and last but not least our fellow colleagues from other institutions. Organizing this huge event didn't prove to be a challenge from the organizing committee of this hospital as their hard work finally paid off. This was quite evident by how this event was well planned from the programme lined up to the rest of the logistics. Mr N. A Mbele warmly welcomed our guests and conveyed his gratitude for them for taking time to come to celebrate our Open Day with the hospital. Teams from different department from the hospital were already in action, showing off their displayed tables, it was indeed a colourful and exciting day for our staff which I believe worked extremely hard to deliver such high standard of quality care services to the rest of our community.

On our CEO's keynote address she highlighted that Umphumulo Hospital is currently in a progress of development, where she mentioned that the hospital is in a process of building a new OPD next year and as a result the community is going to benefit in this regard. She also highlighted the management of the hospital for the community's awareness

The community were given handouts such as hospital departmental information brochures, pamphlets containing the information that is promoting the services, and were all requested to make use the available hospital's marketing stands. The HTC was also promoted, including Eye testing.

Ms L. Ntenga passed the vote of thanks to everyone including the Programme Director who conducted the programme efficiently.



FAREWELL MUM CHILIZA

On the 27th October the hospital staff had a farewell for Mrs Chiliza who has been serving the hospital diligently for 8 years and 9 months.

Mrs Chiliza has been working for the hospital since 2002 as a Chief Executive officer. In her speech she stated that she has done her best to improve things and brought up to what it is today. Mrs Chiliza has not just been a CEO but a mother to everyone whether you young or old.

Amongst the guests that were invited to share and bless the vent with her, it was her colleagues and her family who traveled all the way from Port Shepstone just to share their happiness together with their mother.

The event was graced with the presence of the hospital board members, clinic committees as well as all the hospital staff.

The main speaker was the Hospital board Chairperson, Mr Cebekhulu, who spoke about the great enthusiasms highlighting that Mrs Chiliza was the strongest person. He emphasized and thanked her for the improvement she made while she was serving this hospital, he touched bases on the issue and changes took place with the effort of Mrs Chiliza.

Amongst the guests that were present there was Mr P. Sikhosana (Untunjambili hospital) who has been working in the same sub district with Mrs Chiliza for a long time. Mr Sikhosana described Mrs Chiliza as one of those people who are passionate about what they are doing. He described her as a strong person and eager to do something. He highlighted that she liked to see things done accordingly.

S In her conclusion Mrs Chiliza thanked everyone who had added value in her life while she was still working for the hospital. On her last encouraging words she stated that she likes people who work hard for themselves to improve their lives, she thanked everyone that worked with her.



Mrs Chiliza's Family on the opening prayer



The CEO receiving one of her gifts with excitement

COMM SERVE DIETICIAN SAYS GOODBYE TO ALL STAFF

2010 has been a year to remember. I have thoroughly enjoyed working at Umphumulo Hospital and have grown as a person. I have enjoyed working side by side with the doctors and nurses, particularly in the paediatric wards, and in most cases the relationship has been mutual. I have seen many changes take place this year from a nutrition-management perspective, and I truly believe that the hospital is slowly moving in the right direction in this regard.



However, my community service year has been one of battles won and lost. At times I have been frustrated with how paperwork and procedure after procedure can slow down progress to a seemingly dead stand-still. During the *Strike* this year I was uplifted by the humility and selflessness of a handful of staff and I have grown to respect these people immensely. But there have been real successful changes that have made a difference in the collaborative management and turnover of patients, particularly in paediatrics, and the battle against childhood severe malnutrition continues.

Overall, I am leaving Umphumulo Hospital with a heavy heart as I will miss this place, with its beautiful Zululand surroundings, the big smiles of staff and patients when success is seen with treatment and especially as I have worked hard to make a little difference in my way.

In closing, I would like to thank Pamela Mngadi, Dr. Mahadeo, Dr. Kortekiri, and a very special thank you to Siphindile Nxumalo as she has been my partner in the battle against severe malnutrition in children and the education of HIV positive mothers. I wish everyone at Umphumulo Hospital a merry festive season and a prospective new year.

Keegan Eichstadt

(Community Service Dietician)

MERRY CHRISTMAS & HAPPY NEW YEAR



**God is love
Christmas is all about love
Christmas is thus about God and love
Love is the key to peace among all mankind
Love is the key to peace and happiness with all creation
Love needs to be practiced - love need flow - love need to make
happy**

**Love starts with your partner, Children, Family and expand to all
the world**



For your inputs, comments, suggestions and enquiries - the **suggestion box** is always provided below ! Or kindly contact



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