



Vision of an Eagle

DECEMBER/JANUARY 2004/5

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ANNOUNCEMENTS

- Please donate books towards our library (see Sandra the P.R.O.)
- Speech Therapy is now open, contact Lee-Ann Naidoo on 4168 (for difficulties with speech and hearing)
- Sermons are still continuing every Tuesdays in either at the chapel or at one of the wards

FROM THE HOSPITAL MANAGER'S DESK...



It is strange that this newsletter marks the end of the year and beginning of the year all at once. 2004 has come and gone and it is remembered as the year that marked 10 years of democracy. It is also remembered as the year that a number of challenges and targets were given to the different departments to challenge them to deliver services more effectively.

The question is how did Umphumulo perform? Was the hospital able to meet it's targets? Did it satisfy the health needs of the Maphumulo community? Did the community get value for money? Were their voices listened to? What about the internal customers- were their concerns taken seriously?

As these questions are asked

they also pose as challenges for the New Year where new commitments need to be accompanied by time frames and targets and a system of tracking progress so that come the end of the year there is a noticeable difference between beginning and the end.

Management wishes to thank everyone who has delivered well to the Vision and Mission of the institution. To those that worked at Umphumulo for 1 year, it is hoped that they have fond memories of the institution. To those who suffered loss of any kind during the course of the year our heartfelt sympathy. To all who had to cope with difficulties in 2004- let 2005 be a better one. To all the 2004 class, those that joined the staff a most hearty welcome.

Management also acknowledge the 2005 medical officers and therapists who are here to spend one short year at the institution. It is believed that you will have a comfortable stay and perhaps wish to come back as

Professors.

As we begin the year maybe we all should be saying "Let us begin the New year- full of things that have never been" (Rainer Maria Rilke)

MRS T.D. CHILIZA
HOSPITAL MANAGER

MERRY X-MAS

We were very fortunate to have had an angel of mercy who responded to our cry in the Stanger Weekly, for Christmas presents for all the admitted children.

Our Medical Manager and the Chief Medical Officer, Dr Paratzak and Dr Pharik, joined us at the paediatric ward to give out these wonderful gifts. A huge thanks to all our peads staff who helped us with the distribution.

Many thanks to Fiona and her family and friends for making a difference in these children's lives in this joyous time whilst they are in pain and not with their loved ones.

NEW STAFF MEMBERS

Xaba N.—Prof. Nurse
Khumalo N.—Prof. Nurse
Ndlovu B.—Artisan
Pillay T.—Radiographer
Mhlekazi—S. Senior Radiographer
Christopher N.—Physiotherapist
Bodasing Z.S.—Med. Officer
Naidoo P.—Speech Therapist

Damon M.M.—Med. Officer
Mathenjwa Z.N.—Med. Officer
De Carvalho B.R.— Med. Officer

PROMOTIONS

Kotagiri U.S.S.R.R.—Chief Med. Officer

BEVEREMENTS

(Dec. & Jan.)

Sihlangu L.
Mthiyane S.J.

WORLD AIDS DAY AT UMPHUMULO HOSPITAL



THE CHAPEL WAS ALL DECORATED AND READY FOR THE FUNCTION



REV. CEBEKHULU ONE OF OUR BOARD MEMBERS STARTED THE CEREMONY WITH A PRAYER



MR S.S.S. MAJOLA WAS THE M.C. FOR THE DAY



MRS CHILIZA OUR HOSPITAL MANAGER WELCOMED EVERYONE PRESENT



THE GUEST SPEAKER FOR THE DAY FROM NETCOM



OUR VERY IMPORTANT GUESTS AT THE MAIN TABLE

WORLD AIDS DAY CONTINUED



FRIENDS CHOIR SERANATED THE AUDIENCE



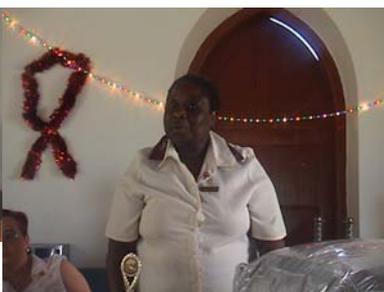
THE V.C.T. TEAM DID NOT WANT TO BE BEATEN SO THEY SHOWED OFF THEIR VOCAL TALENTS AS WELL

“Judge by the pictures with world Aids Day”

CANDLELIGHT MOMENT IN REMEMBERING ALL THOSE AFFECTED AND INFECTED WITH H.I.V. AIDS



OUR GUESTS FROM NETCOM JOINING IN THE CANDLE-LIGHT CEREMONY



THE NURSING MANAGER SAYING THE VOTE OF THANKS TO ALL PRESENT.



STAFF MEMBERS

HO!HO!HO! MERRY CHRISTMAS LITTLE ONES. CHRISTMAS FUN AT PEADS



Fiona our Angel of Mercy.



Dr Parik handing out the gift to one of our little patient



Then staff nurse N. Ngubane joined in the fun, so did Mr



Fiona, her children and Mpho. With the gift packs for the children in pediatric ward.



Peads sister, sister Nzama also helping Dr Pharik



C. handing out a gift to one of the younger patient's mom.

CHRISTMAS FUN AT PEADS CONTINUES...



Dr Paratzsak, our Medical Manager also left her office to join in the Christmas spirit at Peads.



Our physiotherapist, **Mr S. Blose** didn't want to miss the fun so he also joined us.



Staff Nurse P. Mkhize was also pulled into the fun. **Thank you all, for participating. The end.**

"Be drug wise- Nadia Naidoo"

NAMES, NAMES, NAMES BY NADIA NAIDOO FROM PHARMACY

There has been much confusion about Trade names and Generic names of medication in the past, especially since the explosion of "Generics" as an issue onto the market. I hope to clarify and make people aware of the differences in this article.

A generic name is the name of the active ingredient in a drug. It is the main constituent that produces the effect of that particular medication.

A trade name is the name that a manufacturer attaches to the drug that it makes.

For example Adcock Ingram (Manufacturer) makes Panado (Trade Name) which contains Paracetamol (Generic Name).

So you can see from this, that there are many different manufacturers that can make the same type of tablet. This is the case for all medication,

be it syrups, ointments or tablets. Therefore, one should not be alarmed when the medication they have been getting suddenly changes its name of appearance. Trade names are continuously changing, with the changing of manufacturers, contracts and distribution chains. This is why it very important that you know what medication you are taking, giving or otherwise handling. I would suggest that people should begin drugs by their generic name or at least know what the generic names are.

Umpumulo District
Hospital News

Private Bag X9219
Maphumulo
4470

Phone: (032) 481 4168
Fax: (032) 481 2203
Email: H043154@dohho.kzntl.gov.za

We're on the web!

[Www.kznhealth.gov.za/umphumulohospital.htm](http://www.kznhealth.gov.za/umphumulohospital.htm)

NO NEWS IS OLD NEWS



FROM THE DIETICICS DEPARTMENT

WEIGHT MAINTANANCE PROGRAM

Being overweight is a health hazard because it puts you at risk of having chronic diseases of the lifestyle such as obesity, diabetes mellitus, hypertension and cardiovascular diseases.

It is very important to know your weight so that you can do something to keep it normal as early as possible.

The dietician with wishes to assist all those staff members who are passionate and concerned about their health, by starting a weight maintenance program. She will do their weight, height, BMI (Body Mass Index) and WTHR (Waist To Hip Ratio) and will therefore determine if you are healthy or at risk of developing chronic diseases of the lifestyle. You will also get dietary advice on healthy eating and weight reducing (if you are overweight) guidelines. Follow up sessions will be necessary.

The program will run once a week on Tuesdays (making an appointment will be appreciated)

"TOGETHER LET US STRIVE FOR OPTIMUM NUTRIONAL STATUS ELIMINATE RISK OF DEVELOPING CHRONIC DISEASE OF THE LIFESTYLE"

By: T.C. Madlala
Dietician

AWARDS DAY



As the hospital manager had said before the start

Dedicated to their duties from all walks of work and departments within the institution. For those employees who did not get anything, it does mean, they are not working

hard. It merely means that those who have, have excelled and perhaps next time it will be them receiving awards.

of this wonderful ceremony, That a ceremony of this nature is to congratulate and encourage staff members to be more

**Happy birthday to
S'lindile Mabaso
&S'thembiso Blose**

Mrs Thwala one of our board members did the honor of handing out the awards.