



Vision of an Eagle

FEBRUARY to APRIL 2005

FROM THE HOSPITAL MANAGER'S DESK...

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ANNOUNCEMENTS

- Please donate books towards our library (see Sandra the P.R.O.) or call her on ext. 4190
- Sermons are still continuing every Tuesdays in either at the chapel or at one of the wards
- Toys and clothes are still welcome for donation to our paediatric ward and for the community at large. See Sandra Xulu



I take this opportunity of welcoming new members of staff. As you may have noticed we are approaching winter but our scenery is greener as ever. Enjoy the scenery and peaceful environment.

The hospital has a number of challenges but the biggest challenge is the absence of space. This is challenging because quality care is compromised. Doubling babies in a cot is not acceptable but still does happen. Support services are also affected as they may be 4 sharing a small office. Nurses have to share rooms and complain butlery about this.

I raise this issue because there is exciting news that al last the tender for the building of the nurses residence has been awarded. We will soon see the tractors, bricks and a lot of activity at the site. On the day that happens we should start ululating!! The other good

news is that the building of the new casualty, theatre, laundry and mortuary might also commence soon.

A request has been submitted for a 36 bed park home which will be used as a female ward. Once we get that we will start moving Peads/OPD etc to as to create more space for service providers and patients. This is of course a temporary measure whilst waiting for permanent structures.

Lastly I do wish to thank again the employees at the institution who have endured and are still enduring uncomfortable working conditions. Please be patient we are slowly getting there. I also want to thank the Hospital Board Members and the community of KwaMaphumulo who are assisting us in putting requests forward by use of inputs from suggestion boxes and inputs at the meetings.

We are embracing the present and future with excitement.

Remember: **“Long-range goals keep you from being frustrated by short-term failures.”**

Author Unknown.
Mrs T.D. Chiliza
Hospital Manager

THOUGHT FOR THE DAY

SAND AND STONE

Two friends were walking through a desert. During some point of the journey they had an argument and one friend slapped the other in the face. The one who got slapped was hurt but without saying anything, he wrote in the sand: **TODAY MY BEST FRIEND SLAPPLED ME IN THE FACE.**

They kept on walking until they found an oasis, where they decided to take a bath. The friend who was slapped got stuck in the mire and started drowning, but his friend saved him. He again wrote on the stone: **TODAY MY BEST FRIEND SAVED MY LIFE.**

The friend who slapped and saved his friend asked why when he hurt him he wrote it in the sand but when he saved him he wrote it on the sand.

His friend replied: When someone hurts us, we should write it down in the sand where the winds of forgiveness can erase it away, but when someone does something good for us, we must engrave it in the stone where no wind can ever erase it.

LEARN TO WRITE YOUR HURTS IN THE SAND AND TO CARVE YOUR BLESSINGS IN THE STONE
Unknown author

NEW STAFF MEMBERS AND BEREVEMENTS

NEW STAFF MEMBERS

FEBRUARY

- Xulu J,S—Prof. Nurse
- Xaba N.S.— Prof. Nurse
- Khumalo N.—Prof. Nurse

APRIL

- Mpongose S.Z.—Data Capturer

- Maphumulo L.N.—Nursing Assistant

BEREAVEMENTS

FEBRUARY

- Zubane T.P.
- Mthiyane S.E.
- Mbesi M.Z.
- Khumalo S.D.

- Mathenjwa H.P.
- Zungu P.G.

MARCH

- Gumede S.

APRIL

- Xakaza S.M.

WE ARE GETTING THERE...



Foundation is laid for the new office block

As you all might have noticed that there has been quiet a number of renovations taking place within the hospital. We are trying our best to at least improve on the way the hospital looks with the little that we have.

There is a new office block for management as well accommodation block (park homes), that was completed in early march but not in use as yet. We are hoping by April they will start to be in operation.

We have also tiled the OPD, Female wards, Pediatric wards, labor and maternity wards as well as their kitchen. The theatre renovations are still in progress, and we are hoping that we will be able to use our theatre very soon.

Please remember that we did discuss this in the staff meeting, that the department of health is not responsible for building of the hospital structures, it is the Department of works duty to do so, and they will be tasked by the Facilities Management Directorate.

Do not be confused by the park homes, they are not brick laid buildings they are fabricated buildings that does not need much planning and details as solid brick structures.

That is why it is much easier to Get them.



The new office block



One of two new accommodation block

“Let us support our staff members, let us love them as well as our family members who are infected and let us believe in them.”

“anyone who can walk to welfare offices can walk to work.”

Al Capp

IN-SERVICE TRAINING—BY SIR MAGWAZA

Sir . P.M. Magwaza would like to formally present in-service department for the Nursing section. I raise a sense of appreciation to our management that provided us with facilities like a lecture hall that is big enough and conducive for learning situation— THANK YOU!

In spite of shortage encountered in the wards I request the

staff to provide time for in-service education sessions especially for their own development of knowledge and skills.

At least Supervisors should send one delegate to attend a session according to the target group invited please.

Continue with in-service education in your respective

wards /departments and health education in our clients or patients (monthly programmes)

Our aim is to improve the standard of our nursing care for the quality assurance of course.

Your co-operation will be appreciated.

FROM THE SOCIAL WORK DEPARTMENT

It has become more of a trend than a regulation that whenever people hear the term “Social Worker” they think of Grants and pensions. Indeed it does deal with poverty alleviation by using grants but it is not only about grants it is a form of discipline that deals with various issues concerning the psycho-social aspects, cognition and behavior. It is more on helping one challenge his perception and to help one find a way of deal-

ing with a current situation by acknowledging the positive things about her/him that she/he must use.

We try to encourage people to believe it is not that they can't do anything for themselves. They can, it is just that when people are having challenges they turn to Underestimate their intelligence and act as if they need sympathy of a donation.

I've encountered many patients in this hospital who tend to believe they need sympathy especially HIV positive patients.

Being HIV positive does not mean that one needs a donation. Off course one needs support. But it is an individual who needs to stand up for himself by accepting his status and doing what is right for him.

(continued on the next page)

SPEECH & HEARING DEPARTMENT

Seeing that our choir festivals are around the corner and personally observing our hospital choir group rehearse at our chapel, I thought it would be helpful to write a small article on general voice care and how to preserve your voice from a speech therapy point of view. This article will not only be useful for choir singers but also for those who use their voices at loud levels daily like teachers, pastors, preachers, politicians and lawyers.

WHAT DOES YELLING, SCREAMING AND SINGING AT A HIGH PITCH DO TO YOUR VOCAL CORDS?

In an episode of yelling or screaming, the vocal folds are forcefully pushed together by the amount of airflow involved in the act. The louder one yells, the

more forcefully the folds are pushed together. You can hear individuals misuse their voice in a number of everyday situations. In noisy environments such as work places, playgrounds and in our own homes we must compete with others, environmental noises and sometimes environmental toxins when we communicate. All of this yelling and screaming damages our vocal folds. If left untreated, this minimal damage could develop into a more serious voice disorder.

HOW CAN I PROTECT MYSELF FROM DEVELOPING A VOICE DISORDER?

There are alternatives to developing a voice disorder if you must communicate in a noisy environment.

⇒ Use gestures or instruments to attract attention—as a teacher, use

a whistle to call your class from the playground, or a raised hand to signify the start of class

⇒ **Reduce background noise** in the home, lower the volume or turn off the television, or radio when communicating try using only one household appliance at a time in the kitchen

⇒ **Reduce distance between yourself and the person you are speaking to**—talk to someone only if they are in the same room as you, maintain a distance of three to five feet when speaking

⇒ **Practice the art of listening**—If someone is asked to repeat, chances are they will talk much louder the second time, possibly damaging the vocal folds

FROM THE SOCIAL WORK DEPARTMENT

We must not expect people to do things for us, but we are still human beings irrespective of our status. Our minds still function just like all other HIV negative people at some cases they are much better. HIV positive people know what is good for them to keep themselves in a healthy condition.

All they need is our support. How much does it cost to give a staff member support

when we know they are HIV positive and they have disclosed their status.

They don't need the stigma we are giving them. They don't need us gossiping about them at residences, at our offices, over the phones, at the wards, at workshop department, at the Mobile clinic or at transport office. In fact we should be proud of them for the courage they had of going to V.C.T. for

testing and for not committing suicide.

Let us support our staff members, let us love them as well as our family members who are infected and let us believe in them.

Ends.

By: Nokulunga Mthiyane
Social Worker
(032) 481 4169

"take care of your voice"

SPEECH AND HEARING DEPARTMENT (CONTINUED)

⇒ **Avoid speaking with an injured voice**

It will only make matters worse and prolong the time it takes the vocal folds to heal properly.

⇒ **Use and model soft, breathy speech**

This will ease the tension in your own voice as well as provide a model of speech for those around you.

⇒ **Be aware of health factors that can effect your vocal folds**

Alcohol consumption, cigarette smoking caffeine also have a

drying effect, some industrial chemical and household intake and marijuana use can dry the vocal folds, some medicines such as antihistamines cleaners may irritate the vocal folds as well.

WHAT CAN I DO IF I DEVELOP A VOICE DISORDER

If you notice any change in the way you or others think your voice sounds or if you think it is hoarse, breathy, scratchy or strained contact your physician. The doctor may refer you to a Speech Therapist for

voice therapy. If these changes continue for a period lasting more than two or three weeks or you completely lose your voice, or there is a severe change in your voice lasting more than a few days, contact an ear-nose & throat doctor. Many times this hoarseness known as acute laryngitis, can be treated with vocal rest, but sometimes there may be a more serious problem.

PLEASE TAKE CARE OF YOUR VOICE ☺

by **Lee-Ann Naidoo**
Speech Therapist
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Umpumulo District
Hospital News

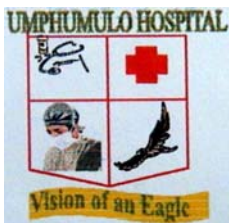
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We're on the web!

Www.kznhealth.gov.za/umpumulohospital.htm

NO NEWS IS OLD NEWS



Speak up and not end up in Westville Prison– women abuse

Culture in our Black communities plays a vital role in our perceptions and thoughts. When one grows up as a child he/she is socialized to abide by the norms, values, beliefs and rules of the community that one lives in. These norms shape our behaviors, they shape our perceptions as well as our thoughts about life.

When a woman grows up as a little girl she is told to be submissive and passive. Women become submissive and end up suppressing their feelings of what they want or what they don't want as well as their needs.

One will ask themselves as to why most African women are sentenced 20 years in prison for killing their husbands. It all goes back to our culture, the submissiveness that must be portrayed. Most of these

women convicted for murder have been severely abused emotionally physically, sexually and economically by their partners. The abuse has been going on, for some it has happened for over 10 years and they have been suppressing the anger and hurt. Some are lucky they are still alive, it is their husbands that got killed as others were killed their husbands with the children watching, the community watching and most of all the Police knew about it.

They can off course suppress the anger but it cannot happen for ever it is a psychological reaction. They were able to suppress it their unconsciousness but it just surfaces on its own and it is when they fail to control it. They think of all the tragedies they've been through and they just over-react. One minute the person is dead, you cant reverse the incident rather

you have to face the challenges of leaving you children and going to jail.

Funny but sadly enough though affected women don't realize they are being abused it is in fact one way of being strong and tolerant as expected culturally. When the constitution of the Republic of South Africa was amended in 1994, under the supervision of Cyril Ramaphosa women's rights were prioritized. We have to allow them to treat us as people without feelings, for quite a long time. It is high time we acknowledge what is good for us and build a new Maphumulo as women, although we respect culture of submission culture does not authorize women abuse.

"WATHINTA ABAFAZI, WATHINTA IMBOKODWE"

Author: Nokulunga Mthiyane

HAPPYYYYYYYY!!!!!!

BIRTHDAYS

MARCH:

Mrs T.D. Chiliza—Hospital Manager (4th)

Mr Sthembiso Zulu—Male ward (10th)



Congratulations to Mr Funo Xulu and Ms Zanele Mthembu on arrival of their baby girl

WEDDING BELLS:

Welcome to fatherland

Mr P. Magwaza.

Ms Ntokozo Shange is also tying hers soon.



Gents, I hope you are copying this lovely pattern.

THANK YOU!

Dr R.R. Padayachee a optometrist in Stanger donated baby and toddlers clothes and toys. Thank you Mrs Padayachee , GOD Bless you and your family.



Dr Padayachee receiving goodies from Sandra Xulu

I'm taking in comments , suggestions, criticism, congratulations, stories of interest etc. for this publication. Don't be shy, even anonymous writers are welcome. Remember we are improving on what we have!

Sandra Xulu ext. 4190

LAST WORD

Colleagues if you look around you, you will Notice some progress taking place. You have got to give credit where it is due. Although, slow, but we are getting there.

Besides the office block, there is a new nurses home block on construction currently and am certain that when it is built it will give some staff members relief and space for movement.

Complaining is good but you have got to learn to be patient and wait for the result after complaining. Don't misunderstand, we do need constructive criticism, so that we can see where to improve as an institution.

Salute management on work well done!