



VRYPHEID DISTRICT
KZN HEALTH

INQOLOBANE NEWSLETTER

DEC 2007 – MARCH 2008

“Preventive And Promotive Health And Quality Care Are Our Business”.

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2007/08 year has come and gone. The new financial year 2008/09 is approaching. May I take this opportunity to thank all of you for your continued commitment to service delivery during the past year and the others.

With all ups and downs, we have been able to sail through with God on our side. No matter how hard one works the communities are still dissatisfied with the way we deliver the services. Those that always commit to our vision and mission should never be discouraged by the negative publicity that we see weekly in our local newspaper, but to strive for excellence.

Let's be impatient with those that let us down disregarding Batho Pele, Health and Human Right as well as our service commitment charter. Let's correct one another and influence one another on positive attitudes etc.

Let's love ourselves and one another our patients/clients, our communities etc. Let's do good always, avoid doing harm to others. Let's recommit ourselves to Quality Service Delivery and to Human Rights Charter despite all.

There were some numerous achievements for this hospital e.g.

New appointments, new CDC—increasing ARV rollout, BHFHI Award etc.

Thanks again for your efforts.

We have also lost our beloved colleagues and family members. May their souls rest in peace. They will forever live in our hearts.

Thanks for reviving our newsletter again after 1 year 3 months without a fulltime PRO.

As 2008/09 is approaching, let's all recommit to making our weakest points the strongest.



MRS M. T ZULU

CEO VRYPHEID HOSPITAL

OUR CHRISTMAS MIRACLE



Baby Lethuxolo and his proud mother Fikile Ngxongo accepting the token from the hospital Post Natal staff.

While most of us were waiting in anticipation for Christmas Day Fikile Ngxongo was hoping and praying that the baby she was carrying would see the light of Day.

It was a great feeling for everyone more especially for Fikile to welcome a bouncing 3,7 kg healthy baby boy to the world at Vryheid Hospital on the 25th of December 2007. For Fikile this was a miracle as she had had a miscarriage before and to bear such a healthy big baby boy was a blessing for her.

The staff in maternity ward donated a token towards baby Lethuxolo Ngxongo and the mother as he was the first baby to be delivered this Christmas at Vryheid Hospital. Wishing that the Christmas boy would have a heart of the great man that was born that day.

OUR NEW YEAR BABY!!!

Phiwa on the right holding a healthy baby boy Gcina also started a year on a good note as she gave birth to the first New Year baby in Vryheid Hospital.

May he also be blessed with long life.



PREGNANCY TIPS.

1. Attend ANC early.
2. Avoid smoking and drinking.
3. Eat a well balanced diet.
4. Don't overeat.
5. Exercise.
6. Avoid stress.
7. Know your status.

VRVYHEID HOSPITAL DONATES OLD BEDS TO SAVF JUBELEUM OLD AGE HOME.



Ms Duvel Unit Manager in Vryheid Hospital handing over the beds to Sr Krappie De Jagger from SAVF JOAH.



Elderly people at SAVF doing exercises.

On the 12/02/2008 Vryheid Hospital donated 20 old beds to SAVF Jubeleum Old Age home in appreciation of their long term commitment to the welfare of Vryheid community. On the 10/01/2008 the SAVF JOAH had requested the Vryheid Hospital to donate beds for the residents of the old age home where some patients are discharged to. The facility serves as an old age home and offers rehabilitation services for the people in Vryheid and surrounding areas.

The management of SAVF JOAH appreciated the gesture so much as they had previously ordered the beds and for 8 months beds had not arrived from their suppliers. The main challenge that they had initially was that they had a lot of space and in short of beds. Blessed is the hand that gives than the one that receives.

LET THE GOOD TIMES ROLL—OUR FUNNY VALENTINE.

Ever noticed how most of the times when you ask people how they plan to spend their Valentines Day they tell you they don't celebrate Valentine's Day. This year was no exception for me. I kept on getting the same answer from people telling me they don't believe in Valentine's Day.

Then on Valentine's Day it's the same people who come wearing red and white (symbolic of Val-

entine's Day celebration or acknowledgement) secretly hoping to enjoy Valentine's day but not letting it to show in case of disappointment. Thanks to the children of Nino's Day Care Centre who ensured that a lot of staff in Vryheid hospital and some of the clients' go home feeling special this Valentines Day.

On the 14/02/2008 children came in a bus dashingly beautiful in red and white distributing roses and love to the staff, OPD clients and the kids in Paediatric ward. They gave us beautiful

songs and were very generous with hugs as well. The day ended with a very large cake also brought by the children.

Everybody should have a special Valentine's Day and thanks to Nino's Day Care Centre, everyone had a fabulous time including the sceptics.

What still puzzles me is that no roses were returned back to the children as a lot of people I asked didn't celebrate Valentine's Day. Hhayi abantu!!!!



Children arriving in a bus with their teachers.



NSM Mrs Eckersely getting roses and hugs from the young admirers.



Sr Miya and the cake brought in by the children.



Staff getting roses



Client in OPD also getting his fair share of love



Children posing with OPD staff members



Children giving other kids roses in Paeds



Children giving other kids roses in Paeds



Even Dr Shezi had his Valentine that day.

Preventive and Promotive Health Campaign

Vryheid hospital working hand in hand with Abaqulusi PHC are talking on a new direction in service delivery. They are saying if “you will not come for the services we will take the services to you”. The name of the project is Preventive and Promotive Health Campaigns. These campaigns will run until they are satisfied that the services have been fully marketed and all the previously disadvantaged communities (because of prejudice and ignorance) have enough access to all services.

The campaigns started with taking VCT to the taxi ranks, bus terminals etc and would be tackling other health programmes as well. Look out for the people in pictures below. Ungashiywa.



PHC Staff doing VCT uptake campaign in Vyheid Taxi and Bus Rank on the 15th of February 2008.



PHC Staff doing VCT uptake campaign in Shoprite Taxi Rank on the 22nd of February 2008.

STI and Condom Week Awareness at Filidi High School.

In commemoration of the STI and Condom Awareness week School Health Team led by Mrs M. T. Dlamini including Bhekuzulu Clinic Nurses took a week from the 18-22/02/08 to educate the pupils in

Filidi High School on STI and Condom use. The campaign lasted for a week and it was a huge success.

It was encouraging to see pupils being in charge of their health for a change as they had a lot of serious questions and gave answers themselves to the questions posed by

their fellow school mates.

The school principal Mr Thusini appreciated the commitment by the Vryheid Hospital and DOH in improving lives of the children as they've had a high rate of STI infections in the school obviously resulting from no use of condoms.



Nurses demonstrating STIs to the pupils



Sr Dlamini distributing promotional material



Questions and Answers session.

PRO'S DESK



Ms Nqobile Mbatha—Vryheid PRO

I would like to take this opportunity to introduce myself. I'm Nqobile Mbatha Public Relations Officer at Vryheid Hospital. I've been with the Department for sometime now but recently joined Vryheid Hospital about 3 months ago. It has been a joy ride so far, I'm loving almost every moment here in Vryheid.

It's a blessing to work with such a wonderful team. People are beaming with positive attitude and I would trade anything to work in an environment like this all my life. I'm proud to be part of the winning team. There's so much to showcase. The year is still young but already we can't wait to show the world what we are made of.

HR MATTERS

NEW APPOINTMENTS, EXITS AND DEATHS

Appointments

We welcome the following staff members and hope they would have a significant input to Vryheid hospital and have a wonderful time whilst doing just that:

Name	Rank	Date of Appointment
Molefe M. M.	Speech Therapist	01/01/2008
Motlounng N. N.	Medical Officer	01/01/2008
Egbunike I. A.	Snr Medical Officer	27/12/2007
Henning R.	Radiographer	02/01/2008
March D. K.	Physiotherapist	01/01/2008

Exits

We bid farewell to the following colleagues.

Ntshangase M. D.	Operational Manager	Resigned
Nkosi V. D.	Admin Clerk	Resigned
Mbuyisa M. F.	Security Officer	Resigned

Deaths

Mncwango A.	Nursing Assistant	Deceased
Masondo H. A.	Staff Nurse	Deceased
Thabede S. E.	Nursing Assistant	Deceased

May their souls rest in peace. They will be forever treasured in our hearts.

SOCCER ZONE



Finance playing against Systems team

Dare you touch Vryheid Hospital this year. BE WARNED! The soccer team in Vryheid is SIZZLING HOT. Lunch times have become a bliss with every staff member looking forward to a sizzling game each time. No I'm impressed more especially with our Systems and Paramedics & Medical teams. They are really tight.

Anyway each game is unique with every team trying by all means and I mean by all means to redeem themselves after each and every defeat. As of now we are gearing up for the tournaments in Pongola and the friendly games with Madadeni, Benedictine and Piet Rietif Hospitals. More about that on our next issue.

Kodela umakhasana yena owabona zibulalana. Check out our internal log:

		GAMES	WIN	DRAW	LOSE	GOAL AGAINST	GOAL SCORED	POINTS
1.	Systems Team	4	4	0	0	9	31	12
2.	Paramedics & Medical Team	4	3	0	1	11	20	9
3.	PHC Team	4	2	0	2	20	16	6
4.	PHC Team	4	1	0	3	27	15	3
5.	Nursing Team	4	0	0	4	25	9	0

Contact us.

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Chase the seasonal flu away with this delicious tea.

You'll need:

- 1 sliver fresh ginger
- 200 ml prepared rooibos tea
- 10ml honey honey
- Pour 50ml boiling water over the ginger and leave to infuse for a few seconds.
- Pour the ginger infusion into the prepared rooibos tea. Stir in the honey.
- Sit back and enjoy!!!

Announcements:

- All clinics are requested to book at **least** 20 clients for doctor's visits to the clinics.
- The hospital Dentist is currently on leave till 1st of June 2008. Dental clinic patients are requested to make bookings at OPD by Monday every week for Tuesday and Wednesday.

Have your say.

Communication is two way. Much as we like to keep you informed, we also value your inputs.
 We might be missing some things and you might just be the right people to point out those things to us.
 So in a nutshell PLEASE direct your questions and your views to the office of the PRO we would like to hear what you have to say.