

## VRYHEID DISTRICT HOSPITAL



Fighting Disease, Fighting Poverty, Giving Hope



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## HEART OF GOLD

**V**ryheid Hospital's HEART Project won coveted Gold

Award at the Impumelelo Innovations Award Trust Ceremony Cape Town, 22 May 2008.

Vryheid Hospital's Helping Expanding ART (HEART) Project was the recipient of a coveted Gold Impumelelo Award, receiving R40-000 at the functions held at Cape Town's City Hall, the HEART Project was one of 11 Gold Award winners and one of five projects that were awarded from KwaZulu Natal.

The HEART Project came about due to the demand for more efficient HIV/ AIDS treatment at the Vryheid Hospital. As result, in 2006, the Department of Health and the Elizabeth Glaser Pediatric AIDS foundation collaborated to assist the hospital in expanding its HIV and ART programmes.

The HEART Project went through Impumelelo's almost yearlong receiving submissions from more than 130 project hopefuls from around the country, the project was one of 75 that were selected for a rigorous project evaluation.

We therefore take the advantage of this prospect and congratulate Vryheid Hospital, for the job well done, they made the whole KwaZulu Natal province proud.



*From left: Mr. M.T Zondi (HEART), Mrs. T.P Makamu HEART, Mrs M. T. Zulu (Vryheid Hospital CEO) receiving the award in Cape Town.*

*Below from left to right: Staff at Vryheid hospital celebrating the victory for their joint hard work and dedication.*



**WE CARE, WE SERVE, WE BELONG**



## Vitamin A



*For the love of Our People*

## Campaign

### **A healthy living is our motto.**

“Provide security, natural growth and a well developed lifestyle for your child was a message that was initially passed by nurses and dieticians of every department of health within the KwaZulu Natal region through a program the “vitamin A campaign”.

The vitamin A campaign had been running within the department of health for two weeks, (from the 3<sup>rd</sup> of March to the 14<sup>th</sup> of March 2008) for a purpose of distributing vitamin samples to every child between the ages of one and five.

The nurses and dietitians appointed were required to visit different schools, crèches and community locations to provide these vitamin samples.

The key purpose of the campaign was to reduce and prevent different kinds of infections (diarrhea and measles) as well as sicknesses that are always common among children. This campaign came as a graceful advantage and opportunity for children whose health was already at stake and for those whose family could not provide them with nutrients for a balanced growth and development.

Knowing the high rates of children not receiving correct vitamin supplements the Primary Health Care (PHC) staff of Vryheid took it upon themselves in being actively involved in the campaign’s enrollment.

The staff divided among themselves the areas to visit locally.

From the different daycares/crèches that were visited there were teary moments in others, yak faces in most but above all the vitamin A distribution was a success which meant that there will be lesser infections and more jolly faces.



PHC staff giving vitamin A. Samples to Crèche kids

### FINANCIAL MANAGEMENT WORKSHOP FOR STAFF

More often than enough the staff find themselves under pressure due to escalating standard and cost of living which often results in stressful conditions causing employees to perform at a very low standard. This results in a high level of absenteeism and depression and as the saying goes the “effective worker is a happy worker”.

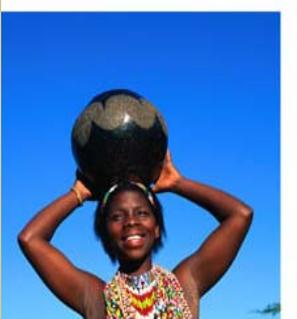
To correct the problem on the 12/03/2008 the EAP department invited representatives from various departments i.e. Debt Council to train employees on handling of debts.

ABSA Bank, was also present to advise people on savings and educate staff on benefits that staff has with ABSA. The workshop was attended by the Unit Managers and Clinic/ Facilities Managers. They would also disseminate the information to their staff in various sections.



Mr Singa Shabalala from Debt Council addressing the employees.

*fighting diseases, fighting poverty, giving hope—preventive and promotive health is our business*



# AMBIZO WOMEN EMPOWERMENT CAMPAIGN

## Power to Women!

### Women Empowerment Imbizo .

Imbizo Women Empowerment gathering was held at Lethimpilo Clinic, which is located at Mondlo area on the April 2008.

The purpose of the gathering was to give hope to those living with the HIV& AIDS pandemic & also to encourage youth which resides at Mondlo area to go for VCT (Voluntary Counselling and Testing). Secondly was to empower each other, because women are still oppressed, socially and financially.

Lethimpilo Drop-In-Centre was mainly made for the entire Mondlo inhabitants, because the rate of people living with HIV & AIDS is so rife due to ignorance and stigma attached.

Mrs. Khumalo's utterance was followed by Mrs. Mlambo, who stressed humanity on black's women, more especially to those families who were financial stable, to give hand to their neighbors who were HIV /AIDS victims. "We were raised by the culture of belonging together Ubuntu abubuye bomama, uma kungaba yithi esisebenzisanayo we can win this battle of poverty, HIV / AIDS and sexual molestation of young kids".

The address by the guest speaker Miss Magubane just added the cream on the cake, because the conservatism was erased by Mama Khumalo's speech.

Miss Magubane described the role of a woman at home. She said a woman is a "manager", who looks after everything at home regardless of her education. She also becomes a "teacher", for the reason that she is able to communicate with an infant while she is her womb. And she can be a "social worker" as she is able to make something out of nothing.

She also affirmed that if ungumama kufanele wazane noNkulunkulu ngoba uma ungamazi uNkulunkulu your child will also resemble your reputations. She encouraged the culture of communication between mothers-to-child.

Women were very impressed with Miss Magubane words of wisdom, which after her speech did a public test. Immediately after she concluded plentiful of them were already on long queues for VCT just to exemplify the theme of the day and also to encourage youth to go for VCT.



**Mrs Mbatha( Founder of Lethimpilo )**



**Zazibuya kanje kwi Women Empowerment**



**Miss Magubane District HIV/AIDS Coordinator ehlola igazi lesandulela ngculaza.**



## PREGNANCY AWARENESS WEEK KWABHANYA



### PREGNANCY AWARENESS WEEK

A pregnancy awareness week was held at Kwa-Bhanya for the purpose of educating school children about the importance of safe sex and sticking to one partner no matter what. The main reason for this was to ensure that the children were made aware of their future as well their importance and worth in society.

For that day's precedence the educative event was accompanied by different spokes persons from different fields of practices i.e. Psychologists, Health Care Workers etc.

The educational talk started with Mrs Dlamini a program coordinator from Vryheid PHC who talked about the importance of focusing on ones goals at a specific time.

Speakers from different Departments generally emphasized that school children must work hard in achieving their dreams and at no cost should they let things like unwanted pregnancy as well as related diseases be a cause of them letting go of their dreams of being something good one day.



**Sir Musa Simelane giving analysis on mental disorders caused by unwanted and untimely pregnancies.**



**UNkk M. T. Dlamini wakwa SHS nezingane zaseNdumuka kuxoxwa ezamalungelo.**

### CHILD PROTECTION WEEK ENDUMUKA.

NgeChild protection week 26/05-01/06 2008 iVryheid PHC kanye nethimba lozoNhlalakahle namaPhoyisa balibangisa uNdumuka indawo yasebaQulusini ukuyoqwashisha izingane nabazali ngamalungelo ezingane nangezifo abangazivikela kuzo.

Iviki lonke laqhubeka ngempumelelo ikakhulu ngoba ngesikhathi umnyango wezeMpilo ushamba kwabe sekucaca ukuthi izingane, othisha nabantu bendawo bayaliqonda iqhaza abangalibamba ukulwa nezifo nokubhekelela amalungelo ezingane.

### CBC CHURCH CELEBRATES CHILD PROTECTION DAY

On the 01<sup>st</sup> of June 2008 the Abaqulusi Health Team from the hospital and PHC assisted in a Child Protection celebration which was funded by the Department of Health for the children from the dumping site.

The project was initiated by Miss Khumalo who had compassion for children who were collecting food from the dumping site. To assist the DOH is funding the feeding project where churches take turns to cook and dish the food to the children (*Fighting diseases, fighting poverty, giving hope*).

The event was held at church and children gathered to have a wonderful celebration and educational talks that day.

The Pastor who preached emphasized that it does not matter where you come from but God can be able to change your destiny for better forever.



**Left: Children queuing for health services at CBC Church Child Protection Day.**

**Right: Mrs S. E. Mlambo Abaqulusi PHC and Ms Magubane project coordinator at District having fun with the children**



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## HEALTH CORNER—LET'S TALK FATIGUE

Fatigue is a common health complaint. It is, however, one of the hardest terms to define, and a symptom of many different conditions.

Fatigue, also known as weariness, tiredness, exhaustion, or lethargy, is generally defined as a feeling of lack of energy. Fatigue is not the same as drowsiness, but the desire to sleep may accompany fatigue. Apathy is a feeling of indifference that may accompany fatigue or exist independently.

Fatigue is common.. Physical causes are estimated at 20-60%, and emotional causes are the other 40-80%. The challenge is how to tell what is causing your fatigue and whether it is serious enough to see your doctor.

### FATIGUE CAUSES

- Sleep disturbances i.e. Not enough sleep, Too much sleep.
- Heart diseases i.e. Congestive heart failure (fluid in lungs), Cardimypathy (dysfunction of the heart muscle).
- Lung diseases i. e Asthma, Emphysema or chronic obstructive pulmonary disease (COPD).
- Nutritional disorders i.e. Malnutrition (Kwashiorkor protein deficiency, total calorie deficiency).
- Endocrine disorders i.e. Low blood sugar or high blood sugar (diabetes), High or low thyroid.
- Neurological disorders i.e. Multiple Sclerosis, Stroke
- Connective tissue disorders i.e. Arthritis
- General disorders i.e. Anemia (blood loss or not making enough blood)
- Exercise disturbances i.e. Lack of exercise, Too much exercise (worn out), Excessive workload
- Psychological i.e. Depression (loss of interest, ambition), Anxiety, Grief.

### WHEN TO SEEK MEDICAL CARE

**Generally, you need to see your doctor if you experience any of the following:**

- Fatigue that comes on suddenly
- Fatigue that is not relieved by adequate rest, adequate sleep, or removal of stressful factors
- Fatigue that is accompanied by unexplained symptoms
- Feeling as if you are going to pass out
- Unexplained weight changes
- menstrual irregularities
- Any new masses, lumps, or bumps
- Mild to moderate pain in your head, chest, or abdomen

**If you experience any of the following, you should go to a Hospital's Emergency Department:**

- Pass out
- Chest pain
- Shortness of breath
- Bleeding - rectal bleeding, vomiting blood
- Severe abdominal, pelvic, or backpain
- Severe headache
- Irregular or fast heartbeat

### Medical Treatment

- Many causes of fatigue may be treated with medications.
- Iron supplements for anemia
- Medications and machines to help sleep apnea
- Medications to control your blood sugar
- Medications to support your thyroid
- Antibiotics to treat infection
- Vitamins
- Recommendations for dietary changes and a sensible exercise program

# Dual Therapy

## DUAL THERAPY WORKSHOP

On the 7<sup>th</sup> of May 2008, Ritas Guest House at Vryheid was a place to be, for doctors from all over Zululand area, to congregate for yet another exclusive and most imperative workshop for Prevention- of -Mother –To-Child Transmission of HIV (PMTCT).

The workshop which was coordinated by the District MCWH Coordinator Mrs W. S. Mbambo commenced at 19h30, with Dr. Kambaran as a guest speaker. He was accompanied by another two specialists Dr. Thebe and Dr. Marco.

The purpose of the workshop was to give each other guiding principles with regards to treating HIV pregnant females.

This Prevention of Mother –To-Child- Transmission of HIV (PMTCT) programme was first introduced in the province of KwaZulu Natal in 2001, however the programme has experienced limited success in general, as well as challenges.

These include some degree of failure to test some pregnant women resulting in subsequent infection of babies.

After years of offering the single dose nevirapine interventions guidelines have now been revised to change to dual PMTCT programme using AZT and NVP.

This follows after a study that nevirapine has 11-14% of chances of infection while AZT reduces the infection of Mother-To-Child by 4.2%.

There are some key intervention that, form part of the PMTCT strategy. Like Voluntary Counselling and Testing (VCT) also known as the Provider Initiated counselling and Testing (PICT).

These interventions are designed to ensure that all pregnant women are offered VCT and are encouraged to test at all visits.

This is an important aspect in ensuring that as many as possible pregnant women are tested for HIV when they present at antenatal facilities. By so doing a significant number of mother –to-child transmission of HIV will be prevented..

There were abundant of obstacles based on facilities that were raised by doctors, who are in rural areas. One of them was the issue of breast and formal feeding, which is still a major concern, since AZT is in favour of formula feeding whereas in the rural areas plenty of mothers can't afford formula feeding.

But ultimately, the success of Dual Therapy is based on the adherence on both the mother and the doctors in-terms of subsequent protocols.

Vryheid has successfully implemented Dual Therapy in all 14 facilities (hospital and clinics). It is soon to be implemented in 3 mobile clinics.



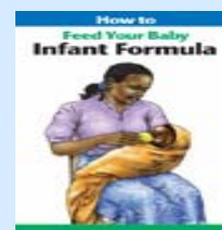
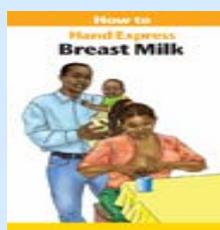
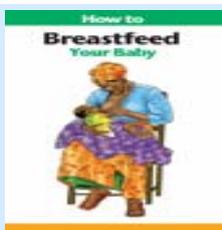
From left: Dr. Kambaran and Dr. Marco.



Dual Therapy at Rita's Guest House



Dr Kambaran and Mrs W.S. Mbambo addressing the doctors.



## CHANGING DIABETES BUS AT BHEKUZULU TOWNSHIP IN VRYHEID

Vryheid hospital had an honour of hosting the first Changing Diabetes Bus Campaign on the 26/05/2008 at Bhekuzulu Township. Zixoxwa ngezithombe.



UMike Brown wase Norvo Nordisk elung-  
isela indawo yokusebenza



UMelusi Zulu PR Intern echazela aba-  
fundi ngokuzobe kuqhubeka osokwini.



Abantu beqala befika.



Ms TBT Dlomo District Office ethula  
izinhlelo zosuku.



Mrs M. T. Zulu CEO Vryheid Hospital  
emukela bonke abahambele lolusuku



Ms Mthethwa Head Office enika injongo  
yosuku nomkhankaso wonkana.



UNkk Buthelezi (Programmes District  
enaba ngesifo sikashukela ebaQulusini)



Umsebenzi wosuku. Kuhlolwa iB P. Ku-  
kalwa noshukela emzimbeni.



Sihlola amehlo njenganye yezinto  
eziphazamisekayo uma unesifo sika-  
shukela.



UMnu Thibela—Dietician echaza ngi-  
kudla okunempilo okumele kudliwe ukug-  
wema isifo sikashukela



Isikole sesiphumile, nezingane zesikole  
zazifisa ukwazi kabanzi ngalesifo



Asilubonge usuku. Sesiymakhaya

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## VRYHEID HIGH SCHOOL PAINT PAEDIATRIC WARD.



Into enhle iyanconywa. During the school ten days holidays Vryheid High School pupils volunteered their community service to Vryheid Hospital. They were posted to different sections i.e. OPD, Rehab etc.

Among beautiful things they did is the painting of Paediatrics Ward and corridors. The management, staff as well as children in Paeds appreciated the gesture so much . Sibusisiwe isandla esiphayo.



**Above left:** Group of students responsible for painting the wall on the left.

**Right :** Lee Bezuidenhout, Vryheid hospital specialist Dr Caballero and Zaheer Paruk



We spoke to Lee Bezuidenhout (**see above right**) to get feedback on her experience working at Vryheid Hospital

**Name:** Lee Bezuidenhout

**Age:** 17

**Nickname:** Lee Bee

**Hobbies:** Playing netball, reading, watching sport, hanging out with my friends and listening to music.

**How was your reception at the hospital:** On arrival at the hospital from the very first day every staff member I came across were so helpful, welcoming and made me feel like it was the type of place I would like to work in.

**Where were you allocated:** Firstly I was in the children's ward painting pictures and then I was allocated to the rehab department. I also observed procedures in the OPD department.

**What were your responsibilities:** In the children's ward it was my responsibility to create a more inviting and less scary environment for the sick children. In Physio department I didn't really have much responsibility other than to observe the rehab team and see what they do on a daily basis.

**What were the highlights of your stay in Vryheid Hospital:** On my very first day at the rehab department, I got the opportunity to go around to all the clinics in Mondlo with the rehab team. It was a really great experience and I loved feeling important and educated.

**What do you aspire to be:** a doctor or physiotherapist

**How will the experience assist you:** It made me realise that I feel totally at home in a hospital and am truly happy in the hospital environment. The experience has motivated me to work extra hard at my studies so that I can be a successful and respected doctor/physiotherapist.

If given another opportunity....I would without any doubt do it again. I had the most enjoyable and fulfilling holiday ever!!!

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## Reality Check!!!!

A column that gets health talking

# “UVO LWAKHO”



**CONDOMS AT SCHOOL!!** Pupils should be able to get free **condoms at school**. That was the unequivocal call from one of the country's most respected health authorities.

**Ku-right** amacondom alusizo ngoba abantu abasebasha banamahloni ukuyofuna ama-condom e-clinic kanti ama-clinic aqhelile!

From: **Stylish**

**Ku-Right**- ngoba kuzovileleka ukwanda keHIV & AIDS no kuzonciphisa izinga lukukhulelwa kwentsha ezikoleni nezizinga lezingane ezingahleleliwe **From Rue**

**Ku-Right**-If government ethi izingane ena 12 ayiye eclinic iyohlela, than ngiyacabanga ukuthi ukuhlela nama-condom kuyahambisana, that is why ngithi awafakwe.

From **Anonymous**

**kuWrong**- ngoba kugququzela ukuthi izingane zilalane, futhi kwenza ucansi luphelelwe ukubaluleka kwalo, engikushoyo ukuthi abazali kube yibo abafundisa izingane zabo ngocansi nezifo eziphathelene nalo.

From **Anonymous**

Cha! **KuWrong**, kuzokwandisa izinga locansi ezikoleni ngoba bethembele kuwo amakhondomu, bese izinga lemfundo leyehla! **From Anonymous**

**Ku-Right**- ngoba kwehlisa izinga lokukhulelwa ezikoleni nezifo ezithathelana ngocansi ziyavikelela. **From Zakhele**

**kuWrong**- ngoba lukhu kukhuthaza izingane ukuba zibesexual active, ngenxa yokuthi vele amacondom akhona, and zigcine zilalane noma kuphi **From: Anonymous**

**Ku-right**. eqinisweni akukho okungenziwe manje ukwexwayisa abantu bonke ngobungozi bocansi olungaphephile kodwa amazinga okukhulelwa asaqhubeka nokwanda ezinganeni ezincane. Lokho kukhombisa ngokusobala ukuthi amakhondomu awasetshenziswa. Ukunqanda ukuthi abantu bangawatholi, awatholakale ezindaweni zonke kubalwa ngisho amasonto— **From Mlungisi**

## FRENCH IS THIS ISSUE'S LANGUAGE



**FRENCH:** It is an official language in 29 countries most of which form what is called in French.

**French** (*français*, pronounce 'j') is today spoken around the world by 72 to 130 million people as a native language, and by about 190 to 600 million people as a second or third language, with significant speakers in 54 countries.

Most native speakers of the language live in France where the language originated. The rest live in Canada, Belgium and Switzerland.

French is a descendant of the Latin language of the Roman Empire, as are languages such as Portuguese, Spanish, Italian, Catalan and Romanian.

### Learn the basics

Bonjour –hello

Salut- hi

Ca va –how are you?

Oui ca va merci et toi? – Im fine thanks and how are you

Au revoir –goodbye

Je t'aime –I love you

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# Vryheid Hospital New Staff Members



AIDS HELPLINE  
07 999-013-332

Khuzwayo A.K -ENA

Ntanda Z.G-ENA

Mhlongo N.J ENA

Sithole T.E-G/O

Kubheka NP-ENA

Gazu S.F ENA

Khumalo P.C-ENA

Manana R.F- ENA

Mkhwanazi K.R Nurs-

Simelane W.N -G/O

Xaba-GO

Zakwe J.N EN

Mtshali NL-Prof Nurse

Manyathi N.P. ENA

Zulu. S.D -G/O

Dlamini O.N -EN

Madi S ENA.

Msweli. A.Z EN

Sithole P.L-HRO

## SPIRITUAL CORNER



In His love He chose us, actually picked us out for Himself as His own, in Christ, before the foundation of the world that we should be holy... (Ephesians 1:4 AMP).

Before you were ever born, before the very foundations of the earth, God chose you. He approved you and called you His own. You may have been overlooked by people in your life; maybe you were passed up for a job or overlooked by someone whose opinion you valued; but remember, God won't ever overlook you. In fact, He handpicked you. He chose you to be holy, or set apart, for Himself.

Let that truth sink down in your heart today. You are God's most valued possession. You are special. You are the apple of His eye. He knows everything about you; He even knows the number of hairs you have on your head. He gave you the gifts and abilities you have for a purpose. You carry great value and significance.

Don't ever lose sight of the treasure He's placed within you. Remember, you are handpicked by God. Meditate on His goodness today knowing that nothing can change His love for you!

**JOEL OSTEEN**

# EZEMIDLALO/SPORTS NEWS



## *Sports Day!*

*Zululand District Tournaments ayebanjelwe e Vryheid zingqo 19 kuApril 2008. Zonke izibhedlela no EMRS bahlangana ukuzoqhude-lana bethi qhude manikiniki. Mnike isongo lakhe.*

*Indondo yahamba noCeza. Kodwa-ke sithi Ceza UKUJABULA KU-YASHINTSHANA.*



PUBLIC

RELATIONS



**Miss Thabisile Thwala—PR Intern**

Hello good people van health...

I would like to take this opportunity to introduce myself. My name is Thabisile Thwala and I am third year Public Relations student from DUT(PMB).

I have been with Vryheid District Hospital for a period of six months adding up the time slot required from my field of study.

Before I say goodbye I would like to thank the management staff and from Vryheid hospital for giving me an opportunity to experience public relations in practice, and for making me feel at home.

A special thanks goes to my Supervisor Miss Nqobile Mbatha (PRO) for willing to assist, guide and assess me through this period. I know that I would be going back with something valuable and treasure-able enough to apply both in my future profession and in everyday life.

ABAKE BABONANA BAYOBONANA  
FUTHI, IZINTABA ZODWA EZINGAH-  
LANGANI.



**Mr Melusi "Mntwana" Zulu—PR Intern**

Firstly, I would like to send words of gratitude to KZN Department of Health, for giving me this magnificent and exclusive prospect to expose my academic aptitude through Internship Programme.

I am from Ulundi (Olumahlikihliki), and I am a former student of University of Zululand, under Communication Science Department from 2004 -2006. I have learnt lots of things as far as Communication is concerned, under capable hands of Miss Nqobile Mbatha (Vryheid Hospital P.R.O). Through her guidance I am proud to announce that I am leaving Vryheid Hospital. I am now appointed as Content Controller at (MNET Supersport) in Randburg.

I would also like to express my gratitude to Vryheid Hospital Management and the entire staff, for their co-operation and support that they have demonstrated to me, it was an immense and delightful experience & adventure to be with you guys, and I hope kusazobamndi. It's just that in life you have to tell your self that "Success is never permanent, Failure is never final. So always do not stop effort until your victory makes a history". Always bear in mind that your own resolution to succeed is more important than any one thing. Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world.

So, lastly go confidently in the direction of your dreams. live the life you've imagined.

Ngiyathokoza!!!

**UMXHUMANISI: MISS NQOBILE MBATHA**

**SITHOLAKALA KU : COSWALD BROWN STREET,**

**P/BAG X 9371**

**VRYHEID 3100**

**TEL: 034-9822111 FAX: 034-9809757**

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**WEBSITE: WWW.KZNHEALTH.GOV.ZA/VRYHEIDHOSPITAL.HTM**

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