

## VRYHEID DISTRICT HOSPITAL



Fighting Disease, Fighting Poverty, Giving Hope



**Mr M. P. Msomi**  
*Finance and Systems Manager*

### *Finance and Systems Managers' Desk.*

It's that time of the year where we have to look back at how we have performed financially in the first and second quarter of the financial year. This helps us project our financial performance going forward, i.e. the remaining two quarters of the financial year (2008/2009).

Our financial position is really not good at all as Vryheid Hospital due to the fact that we have overspent our budget in the first two quarters by 16%.

This picture could be attributed to OSD (nurses), General Salary Adjustment, EPMS Pay Progression; unfunded employment mandates e.g. appointment of Data Capturers etc. What worsens the situation is the fact that this financial

year (2008/2009) we got the same figure in budget allocation as that of 2007/2008 which is R 92m in spite of global economic changes and new health programmes that are implemented now and then. Our expenditure projection for 2008/2009 as at 30.09.2009 is R 122m.

However we did try and we are still trying to curb overspending. We sincerely hope our projected expenditure would have dropped drastically by the end of the financial year (2008/2009). Below are interventions implemented to address the issue of over expenditure:

- OSD audit
- Pin codes implementation at clinics (telephone)
- Done away with 12 out of 14 direct lines and faxes at the hospital (immediate saving on line rentals)
- Adherence to non-procurement of prohibited items, e.g. departmental catering etc.
- Revisited stock replenishment (Core vs Support items)
- Close monitoring on payments of allowances (Persal)
- Close monitoring on medicine procurement and control
- Timeous employee terminations
- Timeous payment of suppliers, etc

Regarding revenue collection, we set ourselves a revenue collection target of R2m. To date we have collected R973, 617 in revenue. Our projected revenue collection is R1.9m.

Over and above this, we are certified that we have demonstrated our responsible public financial stewardship by adhering to financial reporting through monthly reports that are submitted to Head Office for monitoring and evaluation purposes.

A big thank you therefore goes to the Hospital CEO, Senior Management Team, Cash Flow Committee, PHC Management, Finance, Systems, Maintenance and all hospital staff in general for understanding and patience during these trying times particularly since we started experiencing financial constraints in 2007/2008. *Thank you, M. P. Msomi*

### ***Inside this issue***

#### **Contents**

<b>Finance and Systems Manager's Desk</b>	<b>: PG 1</b>
<b>Rehab Workshop</b>	<b>: PG 2</b>
<b>Party time in the Children's Ward</b>	<b>: PG 2</b>
<b>Hlola Manje Campaign:</b>	<b>PG 3</b>
<b>Stress Management Workshop</b>	<b>: PG 4</b>
<b>Article in Vryheid Herald</b>	<b>: PG 5</b>
<b>Cerebral Pals</b>	<b>: PG 6</b>
<b>Staff News</b>	<b>: PG 7</b>
<b>Men's Health Month</b>	<b>: PG 8</b>
<b>Laughter...medicine</b>	<b>: PG 9</b>

## *Rehabilitation Workshop*



*CHW practicing what they had been taught.*

*Tina (Physio) and Yolande (OT) demonstrating exercises to the CHWs.*



Next up was the Physio and Occupational Therapists. They demonstrated ways in which a person can ensure their maximal physical well-being as well as that of their loved ones.

On the 25<sup>th</sup> of July 2008, the Rehab Department from Vryheid District Hospital held a workshop at Mondlo for CHW's from Abaqulusi municipality and other representatives of Local NGO's.

the purpose of the workshop was to equip those attending with the necessary skills to provide the basic health care services needed in the communities they serve.

The workshops started with a session from Nanathu, the Audiologist, where she focused on the different functions of the ear and emphasized the importance of how to take care of one's ear and why.

The workshop was an outstanding success and the rehab department will aim to ensure that more like these are run more frequently in future.

## *Party Time in the Children's Ward*

Being outside your comfort zone can be quite challenging especially if you are a young person. To try alleviate the situation on the 13/08/2008 pupils from Lukas Meyer Primary School threw a party for the children in Paeditric Ward. The party was a community project by the children from Lukas Meyer.

The children from the Paeditric Ward were pampered such that some of the party goodies were reserved for another party time. The gesture was appreciated by the hospital management, Paeditric Ward staff, children and parents of the children that were in the ward.



*Kids having a wonderful time during the day.*



*The champions who made the day a success from left to right: Freddie Schallies, Gustav van Zyl, Etienne Luthleiff, Garhard Swart, Niel Fourie, Maritz Cronje.*

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

## Hlola Manje TB campaign

During the last week of July and the first week of August 2008, the PHC (Primary Health Care) workers from the department of health (KZN) conducted a TB campaign called Hlola Manje.

The campaign was a door to door community out reach that was initially conducted due the high rate of people victimized by TB and to educate the community about the concerns of TB.

As part of the Hlolamanje Manje campaign the health workers were allocated to different locations surrounding the Vryheid region going door to door, that is including the different streets and taxi ranks.



*Community from R300 having their sputa collected.*



*Community from KwaNgenetsheni queuing for the services.*

The community we came into contact with was required to submit their sputa for TB check-ups.

1131 people were screened and sputa specimens were collected in Abaqulusi Municipality.

## TB campaign at Vryheid Comprehensive High School



*Sr N.C. Ngcobo and Mrs C. Gunther Operations Manager in Bhekuzulu Clinic answering questions from learners after the workshop presentations.*

Due to a large number of pupils coughing in Vryheid Comprehensive High School the principal requested the services of the Department of Health to offer information on Comprehensive TB Management.

Bhekuzulu clinic staff led by Mrs Gunter Operational Manager took a week from the 11— 15/08/2008 to educate students from different grades on TB, types of TB, common causes, management etc.

Pupils were also given time to ask questions one on one as some of them were already on TB treatment and others were contacts maybe in their homes, school and dormitories as well.

Pupils who were found to be TB contacts and TB suspects were referred to Bhekuzulu Clinic for testing and management if need arise.



TB CAN BE CURED



## Staff Wellness—Stress Management Workshop



***Stressed out ?????***

Stress is the inability to cope with perceived threat to one's mental, physical and spiritual well being, which can affect one's physical health.

We also refer to stress as our perception of situations our circumstances in our environment which are rooted in our feelings of fear and anger. these feelings can be expressed

as impatience, frustration, envy, depression, anxiety, guilt etc.

It is noted with regret that many staff members are affected one way or the other by stress. Some of the causes are either from home or from work i.e. being overworked or under utilized. Lack of balance in the social, work and spiritual life of a person.

On the 27/08/2008 Vryheid Hospital had a stress management workshop. The workshop was conducted by the EAP practitioner Miss N. A. Dube and Psychologist Mr S. Mhlongo. Presentations were also from Dietician, Physiotherapist, Social Worker and Medical Officer.

Things that were highlighted in the workshop were causes of stress which were:

- Grief
- Hurried approach to life
- Lack of exercise
- Relationships problems
- Self perception—when your self worth is based on anything outside yourself, by opinion of others or by material things.
- Poor diet etc.

### Effects of stress:

- Fatigue
- Lack of sleep
- Headaches
- Tearfulness
- Low concentration
- Depression
- Irritability etc.



### Ways of dealing with stress:

- Eat healthily, sleep well, and exercise
- Observe time management
- Set realistic goals
- Remind yourself your good qualities
- Identify the problem
- Identify what you can do about the situation.
- Be prepared to try more than once.
- Give yourself what you expect somebody else to give you.
- ***Importantly in life enjoy the journey, What ever the project enjoy the processes because the excitement at the destination is short lived.***



*Psychologist S. Mhlongo and staff that were attending Stress Management Workshop.*



*Imbokodo from Vryheid Hospital doing Zulu dancing as entertainment for the day since it was Women's month.*

### Call-out

***It is better to identify your problems early for an early intervention. For assistance don't hesitate to call or visit your EAP practitioner.***

***"Stress can be managed".***

**EAP Practitioner**

## Article on Vryheid Herald:

### VHD Hospital: HEART initiative



*Mrs M. T. Zulu with the award that was won for Impumelelo HEART project.*

THANDEKA Zulu, Chief Executive Officer of Vryheid Hospital will be one of the speakers at the Impumelelo Innovations Award Trust's second HIV/Aids workshop in Cape Town on September 11 and 12.

The Hospital's Helping Expanding ART (HEART) project scored a coveted Gold Impumelelo Award in May this year, receiving R40 000.

The exemplary initiative was one of 11 projects awarded in Impumelelo's Gold category and one of four award winners from KwaZulu-Natal. The HEART Project started in July 2006 under Zulu's leadership at Vryheid Hospital. Up to that point ARTs were provided from a small prefab building that was increasingly becoming inadequate for the HIV/Aids prevalence of the rural high-risk Zululand District.

A strategic partnership was then formed with the Elizabeth Glaser Paediatric AIDS Foundation (EGPAF-SA), integral to its success.

As a result these partners and the Department of Health (DoH) have assisted the HEART project in providing 1 838 patients with ART at the

end of 2007, compared to the 634 patients assisted in 2005/06.

HEART has also expanded their services, housed in an excellent facility, to include a focus on PMTCT, the Osizweni Support Group, adequate nutrition through vegetable gardening and the dispensing of nutritional packs.

Many other projects dealing in HIV/Aids are initiated by civil society and receive some government funding. HEART however was initiated by government with partial funding coming from the EGPAFSA.

The provincial DoH has declared HEART a priority programme and it was developed in line with government's HIV policies. Such a fruitful public-private partnership is one of the key elements necessary to combat the pandemic in South Africa.

Impumelelo has been rewarding excellence in public service delivery since 1999. Since then it has amassed an invaluable database of innovative projects. Using these examples of best practice, Impumelelo has grouped them into sectors and created a series of 'best practice case study' booklets.

Workshops in each sector are held using these booklets to train government, civil society and other NGOs facing similar problems in their spheres of work.

Zulu and the HEART project will be part of this drive for replication of best practice at Impumelelo's second HIV/Aids Workshop. More than 100 participants are set to share and analyse these best practice models in the provision of services to those infected and affected by the pandemic, and hopefully incorporate these lessons into current policy and practice.

## Cerebral Palsy



Tina Mdlalose—Physiotherapist

### Iyini iCerebral Palsy (C.P.)

Ukulimala emqondweni okuhlasela izingane, kungaba ngaphambi kokuthi umntwana azalwe, ngesikhathi ezalwa noma ngemuva kokuzalwa. Umntwana oyi CP ubanenkinga emisipheni, kuyenzeka ithambe, iqine noma ihlanganise ukuthamba noku qina. Uma imisipha yengane inalenkinga engenhla lokho akusho ukuthi ingane isikhubazekile, kodwa umasiyinika ithuba lokunyakaza (ukujima) iyasizakala iphile kahle imisipha yayo.

### Iyithola kanjani ingane iCP.

ICP ingenziwa izinto eziningi ezechukene ngaphambi kokuba umntwana azalwe noma ngemuva kokuthi azalwe. Izifo ezechukene ezisuke ziphethe umama okhulelwe, njengo mama onoshukela neBP engagwemeki.

- Ukulimala komntwana ekhanda, ukugula/isifo senqondo e.g. mengetis, uma ingane ingaphefumuli kahle futhi ithatha isikhathi ukukhala ngesikhathi izalwa, umama ozithwele ophuza utshwala. Kubalulekile ukuthi umama okhulelwe ahlole njalo emtholampilo.

### Iziphi izinkanga ingane ene CP ebanazo?

Inkinga enkulu imisipha eqinile nethambile nokungathathi kahle kwengqondo. Lokho kube sekwenza ingane inganya-kazi kahle futhi enye ingakwazi ukuzihlalela. Ezinye izindawo ezisemqondweni ezingenza ukuthi umntwana abenkinga.

- Amehlo, ukungezwa kahle ezindlebeni, angakwazi ukukhuluma kahle/noma nhlobo, angakwazi ukufunda. Hhayi ukuthi zonke izingane ziba nezinkinga ngokufanayo.

### Singasiza ngani.

Ayikho into yokwelapha iCP kodwa ezinye izinto zinganqandeka zinciphe enganeni uma isheshe ukuthola usizo. Kodwa futhi kuya ngokuthi umqondo wengane ulimele kanganani. Uma ingane yakho ishesha ukuthola kubangcono. Ingane iyadinga ukunyakaza nokuzivocavoca. Ngesikhathi inyakaza noma idlala ungayenzeli izinto kodwa dlala nayo. Usizo luyatholakala ezibhedlela nasemaclinic.

*Article by: Ms Tina Mdlalose Physiotherapist*

## Staying Alive Your Whole Life

*Are you living every day filled with hope and expectancy? Are you living life to the fullest? So many people today have simply lost their enthusiasm for life. At one time, they were excited about their future. They were pursuing their dream, but along the way, they hit some roadblocks. Things didn't work out, and now they're just going through the motions of life. They quit dreaming. They quit pursuing their goals. They lost their purpose. Don't let that be you! Make the choice to stay alive your whole life by keeping your dreams in front of you. Remember, you have a purpose. You have a destiny. You didn't just accidentally show up on planet Earth. God knew you before you were formed in your mother's womb, and He has an assignment for you. You were created to make a difference—to impact our society—to make this world a better place.*

*On the inside of you right now, there are dreams and desires put there by the Creator of the universe. Don't let the pressures of life push those dreams down. Stir up those dreams. Stir up those gifts. Shake off every disappointment and press forward. This is a new day. Get a new vision. Make up your mind that no matter what comes your way, you're going to keep pressing forward. You're going to keep growing. You're going to keep learning. You're going to stay active. If you will stay passionate about life, knowing what your purpose is and being your best every day, God will pour out His blessings and favor on you, and you will live the life of victory He has in store! **JOEL OSTEEN***

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

# Staff News



**PN C. M. Pepu receiving a certificate for Employee of the Month September 2008—Female Medical.**



**PN M. V. Nxele receiving a certificate for Employee of the Month for September 2008—Female Medical.**



**W. S. Zwane receiving a certificate for Employee of the Month for September 2008—Female Surgical .**

## Appointments

We welcome the following new staff members to the Vryheid District Hospital Family. Hope you'll always feel at home.

- I. S. Maphanga—HRO
- P. L. Sithole—HRO

## Deaths

We are very sad to have lost the following staff members.

- Buthelezi J. J.
- Buthelezi G. H.
- Lukhele L. E.

## LITERACY DAY CELEBRATION 2008



**ABET learners at the Literacy Day Celebration 2008 in Vryheid High School playgrounds on the 18/09/2008.**

**Bethi Phansi Ngesithupha, Phezulu Ngepeni!!!!!!  
Congratulations. The sky is no limit.**

## Congratulations!!!!!!

### Wedding.

Sello Rakometsi who works in Male Medical tied the knot with the love of his life Mrs Nonhlanhla Rakometsi (MaZwane) on the 06/09/2008 .

May they have all the happiness that they deserve and overflow with the Lord's Blessings.

# EZEMIDLALO/SPORTS NEWS

## MENS HEALTH MONTH CELEBRATION



*Management listening attentively to the speeches given on the day.*

July was Men's Health Month. To commemorate the day knock out games were played from the 01st of July 2008 for the Cancer Cup. Teams that were participating were Finance, Systems, Nursing, PHC and EMRS.

The finals were held on the 10/07/2008 preceded by the Men's Health Awareness Event. The speakers in the event were touching base on Colorectal Cancer, Prostate Cancer, Men's Health as well as Mental Health as it was also the mental health awareness month.

Mr B. R. E. Kubheka classified different roles that a man must play in the community, family, workplace as well as the church stating that the man is:

- The head of the family.
- Provider in the family.
- An example in the family and in the community.
- A real man has a relationship with God.

Sir Musa Simelane also gave insight on how to care for the mental health care users.

The teams that were playing for the finals were Nursing and EMRS and the winners were Nursing.

***We say congratulations bandla kuyakhuyakhuya. Kuzokhumbuleka ukuthi bebesemsileni kwi log.***



*Mr B. R. E. Kubheka giving an in-depth information on the role of the man.*



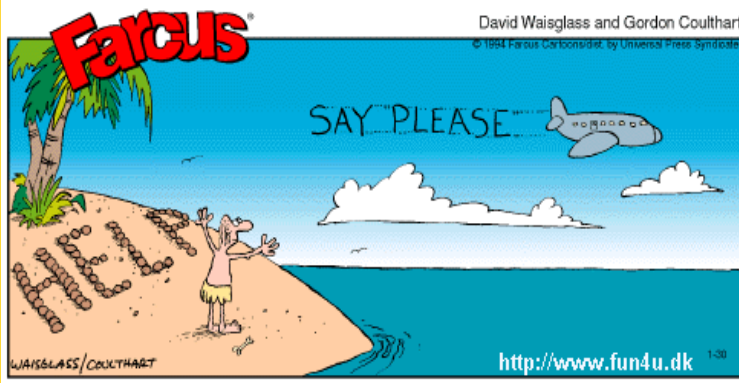
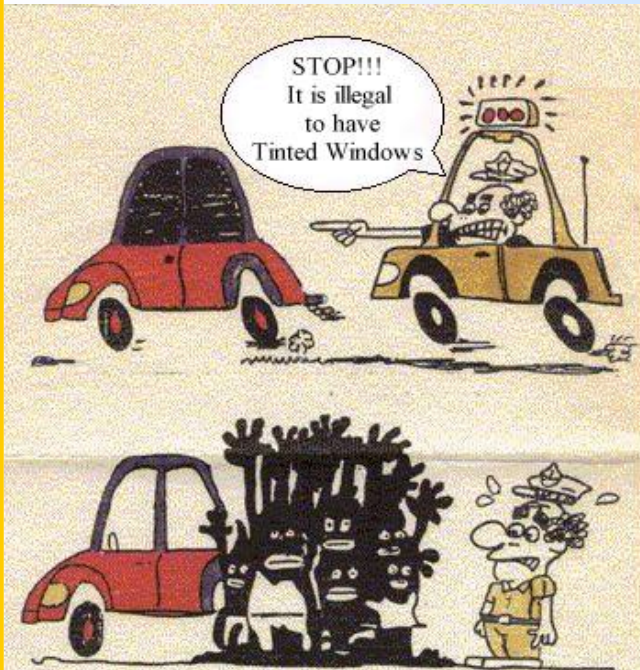
*Sir Musa Simelane making a presentation on Mental Health.*



*Teams at their game.*



# LAUGHTER IS INDEED THE BEST MEDICINE.....



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