



# Eden Daily

## NEWSLETTER

Issue 15  
July– September 2009,

Fighting Disease  
Fighting Poverty  
Giving Hope

# EDENDALE HOSPITAL

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Save Lives. Make Health Facilities Serve the People



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### Vision

**EDH - Efficient  
Dedicated Health Services**

### Mission

- ◆ Delivering a sustainable, co-ordinated, integrated and comprehensive health service
- ◆ Ensuring healthy, caring, compassionate, motivated, active staff
- ◆ Co-designing the service required in partnership with our community
- ◆ Providing quality training programmes
- ◆ Living to Ubuntu and Batho Pele

### Core Values

- ◆ Ubuntu
- ◆ Commitment
- ◆ Openness & Transparency
- ◆ Integrity
- ◆ Teamwork
- ◆ Innovation

## CEO'S DESK

## INTRODUCING OUR NEW CEO...

INSIDE .....

- ◆ INTRODUCING CEO
- ◆ INTRODUCING MEDICAL MANAGER
- ◆ SWINE FLU (H1N1) CAMPAIGN
- ◆ PAEDIATRIC NDT COURSE
- ◆ PHYSIOTHERAPY BACK WEEK
- ◆ WOMENS DAY CELEBRATION
- ◆ VISIT BY SIBONGAMANDLA JUNIOR PRIMARY SCHOOL
- ◆ DRIVER OF THE YEAR AWARDS
- ◆ SOCIAL WORK SERVICES
- ◆ CROSSROADS INTERNATIONAL SPONSORSHIP
- ◆ SPORTS DAY 2009

### MRS. Z. S. I. NDWANDWE CEO



**Eden' Daily Welcomes you on board.  
Congratulations on your new appointment and wish you all the best of success and a bright future in your new role.**

### ▲ Warm Welcome to our New CEO

Edendale Hospital has finally acquired the services of the much needed Head of the Institution in the form of Mrs. ZSI Ndwandwe formely with Northdale Hospital.

For approximately a year our hospital has been without a CEO since the departure of our former CEO, Ms. Findlay who went on her well deserved retirement.

Eden' Daily gives an insight of what we can expect from our new commander in chief and also hears plans from the CEO herself as she assumes her new role at Edendale Hospital and what she has in store for the future of our hospital on the next issue.

**"DON'T MISS OUR NEXT ISSUE"**

## AND OUR NEW MEDICAL MANAGER...

### DR. S. BHIMSAN MEDICAL MANAGER



I would like to take this opportunity to introduce myself as the new medical manager of Edendale Hospital.

I hail from a background of medical management within primary healthcare; so it is indeed a wonderful opportunity to be appointed to this post.

At present I am aware of the many challenges that I face as the incoming medical manager. My aim is to improve and optimize service delivery and patient care at Edendale Hospital. It is also my vision to create an environment in which staff will be motivated to perform. The priority and focus programmes within Edendale hospital will be aligned to those of the Provincial and National departments of Health.

On a personal note, I am very passionate about management and Edendale Hospital. It is at Edendale that I began my career as a doctor and I feel proud to now say that I am in a position where I can make a difference and inspire those around me, as they had once inspired me.

To all members of staff and my fellow colleagues – I thank you for the very warm welcome I have received and I hope to assist you in making Edendale Hospital the gold standard in healthcare provision within KZN.

OUR AIM : Patient centred, holistic healthcare

## EDENDALE HOSPITAL SWINE FLU (H1N1) CAMPAIGN

PANDEMIC Influenza a ( H1N1) is a new condition affecting the entire world hence the dire need to educate everyone about this condition to curb the spread thereof.

Edendale Hospital has embarked on massive dissemination of information in the form of leaflets displayed at strategic points, guidelines for investigation/diagnosis/management as provided by National Institute for Communicable Diseases (NICD). Infection Prevention Control (IPC) Manager has ensured that this Information is communicated to staff members, patients and the community. In-service education, both English and Zulu, has been conducted to all categories of staff and managers have been specifically targeted to ensure that information reaches all staff members.



**Left to right: Miss. N. Mbambo Infection Control Coordinator, Mrs. H. Baird Finance Manager, Dr. S. Bhimsan Medical Manager and Mrs. ZSI Ndwandwe addressing visitors awaiting visiting hour on H1N1 Influenza**



**Miss. N. Mbambo addressing patients at MOPD about Swine Flu**

19 August 2009 was targeted by District as the day for Intensive Mobilization of the community— IPC Manager conducted health education to the community targeting OPD 's including MOPD, SOPD, HAART Clinic, Gateway, CDC and Parking Area whereby a number of leaflets were distributed to visitors awaiting visiting hour. The Institution has successfully treated the few confirmed cases without any of staff members contracting the condition indicating the success of the exercise.

## BASIC PAEDIATRIC NDT COURSE

Edendale Hospital had the privilege of hosting the first 5 weeks of the 8 week Basic Paediatric Neuro-developmental Therapy ( NDT ) Course. 24 qualified Occupational Therapists / Physiotherapists / Speech Therapists from South Africa, Sweden, Germany, England and Saudi Arabia attended the course.

The course was a great success! Children with Cerebral Palsy ( CP ) from the communities in our catchment area, who attend our weekly Cerebral Palsy Clinics received the opportunity to attend the course. During 6-17 July 2009, 8 children with different CP diagnoses, received 1 hour of individual therapy from the course presenter.

### Therapists doing their work on the children affected by Cerebral Palsy (CP) during the NDT Course



From 20-31 July 2009, 24 children together with their mothers/caregivers received daily therapy from the course participants. A further 12 children with their mothers/caregivers attended daily therapy from 3-7 August 2009. The children showed great improvement in terms of their ability to sit, roll, crawl, walk with assistance and independently; use their hands; participate in self care activities; improved visual skills; ability to communicate and interact with others.



Seen here are Therapists who attended the NDT Course together with Parents of the children who have Cerebral Palsy (CP)



## PHISIO THERAPY BACK WEEK

Every year, the South African Society of Physiotherapy organises a focus week to draw attention to issues relating to good back health.

National Physiotherapy Back Week this year was held from 7 – 11 September 2009.

As part of this national initiative, the Edendale Hospital Physiotherapy department organised interactive information sessions to promote back health. The sessions were aimed particularly at the staff members of Edendale hospital and staff members from all departments within the Hospital were invited to attend.



Jenneitha Bramdaw presenting the informative power point Presentation

“ Your back is your future ” .

An educational poster was also put up in the main entrance of the hospital to promote the physiotherapy back week.

It included back care exercises, good posture and lifting techniques back care tips and also the importance of exercising regularly and basic stretches to promote good back care.

The informative PowerPoint presentations were held in the Physiotherapy department as well as certain selected departments and covered basic anatomy and biomechanical aspects of the spine, advice for caring for your back in everyday activities, correct posture and ergonomics, the role of Physiotherapy in prevention and treatment of back problems, and exercises to prevent and manage back injuries. There were three sessions held every day throughout the week, most of which were well attended. The sessions were very interactive and there were also prizes to give away for those attending. The attendants also had an opportunity to practice good kinetic handling principles like lifting patients and heavy objects and to adopt a correct posture in the work environment.



Jenneitha Bramdaw explaining good posture in standing to the interested staff members from X-Ray.

## WOMENS DAY CELEBRATION



**Left:** our Honourable dignitaries who attended the event.

**Right:** Edendale Hospital Employees who came out in numbers to celebrate the Woman's Day event.



Edendale Hospital held its Woman's Day celebration on 12 August 2009. The event was highly successful attended by many women employees from Edendale Hospital. The event was blessed with the attendance our KwaZulu Natal first lady Dr. May Mashego and Cllr. Tu Zondi the Umgungundlovu Deputy District Mayor.



**Left to Right:** Cllr. Tu Zondi Umgungundlovu Deputy District Mayor, KZN first lady Dr. May Mashego, Mrs. ZSI Ndwandwe Hospital CEO and Dr. S. Bhimsan Medical Manager.

The event also served as the platform to introduce our newly appointed CEO Mrs. ZSI Ndwandwe and our new Medical Manager Dr. S. Bhimsan. The event was blessed with inspirational speeches from our Honourable guests, singing and prayers.

## PAEDIATRIC DEPARTMENT VISITED BY SIBONGAMANDLA JUNIOR PRIMARY SCHOOL

As part of Nelson Mandela's call of 67 minutes of service Sibongamandla Junior Primary School staff and school children visited Paediatric Wards 2F and F Ward.

They started in ward 2F (Paeds) and then moved to F Ward. There were 23 staff members and 15 school children. They donated toys i.e. teddy bears, cars, dolls and tennis rackets. They also gave children cakes and fruits. The school children sang beautiful songs and also telling the story about the life of Mandela

All the children were excited and happy for all the goodies they received.



**Top:** Sibongamandla staff members together with school children doing a presentation about Nelson Mandela's life story in Ward 2F.

**Left:** Sibongamandla school children handing out gifts to children in F Ward.

## DRIVER OF THE YEAR AWARDS



Left to right: Mr. P. Bhengu Transport Manager, Mrs. ZSI Ndwandwe Hospital CEO, Mr. C.L. Khumalo Driver of the year winner 93%, Cllr. Tu Zondi Umgungundlovu Deputy District Mayor, Mr. S.L. Cele Driver of the year award winner 93%, Mr. Shandu Representative from Metropolitan The two winners with their partners will spend a weekend for two in Durban at Gardens Court Hotel . The benefits per each couple are as follows Bread and Breakfast, Lunch, Dinner. This is proudly sponsored METROPOLITAN.



Mr. Z. H. Mthethwa Human resource Manager, Mr. MSA Ngcobo First Runner up 92% and Mrs. Thembi Shange Coordinator ARVS He will spend a day at Rockafella Restaurant at Golden Horse (PMB) for a table for two.



Miss P.B. Mthembu District Quality Assurance Manager, Mr. J.B. Malinga Second Runner up 89% and Miss. Binase Acting CEO Imbalenhle He will spend a day in a Spur Restaurant at Liberty Mall (PMB) for a table for two.



This is part of the Audience who graced the celebration on 23 September 2009 front is Edendale Executive together with Old Time Religious Quartet.

SOCIAL WORK SERVICES  
BUILDING THE POTENTIAL OF INDIVIDUALS,  
FAMILIES AND COMMUNITIES

PROGRAMME :THE SOCIAL SKILLING FACTOR

TOPIC : THE SELF TANK

**“KNOW YOURSELF! , UNTIL YOU KNOW WHO YOU ARE , YOU WILL NOT KNOW WHAT YOU CAN BECOME”**

Winners are people, who do not, become winners by making others losers, but instead they are men and women who are in charge of themselves, who can make decisions and who know themselves. Self knowledge is the basis of self management.

Every vehicle we use needs fuel so that one can get from point A to B. In the same way individuals have a fuel tank which is called the inner resources. The inner resources are all the things that keep us going , things like our energies, motivations, beliefs, skills, etc. It 's the fuel that helps us get through life. and the things that build us up ,deposits.

There are things that build us up , as individuals and things that break us down. I will call the things that break us down , withdrawals When there are too many withdrawals on our selves, the self tank runs empty. We start to feel the following symptoms : Sad, angry ,feelings of chaos and disorganisation, low energy levels, feeling demotivated ,trouble sleeping, eating or concentrating and lashing out on others.

This means that we are not managing our self tanks and we are starting to become depressed. Let us look at the things that make deposits and the things that make withdrawals on the self tank.

DEPOSITS : TALKING ABOUT YOUR PROBLEMS, TREATING YOURSELF TO SOMETHING GOOD, DEVELOPING YOUR SKILLS, ALLOCATING TIME TO SOCIALISE, EXERCISE ,ETC.

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WITHDRAWALS : WORK DEMANDS, DEBT, RELATIONSHIP PROBLEMS,BEING DISREGARDED,ILLNESS ,HIGH EXPECTATIONS,FAMILY DEMANDS ETC.

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Add to the lists as they apply to you.

Remember if there are too many withdrawals for too long then you will run empty and may even start to experience health problems. Balance is important and if life throws too many hurdles at you , it is important to take care of yourself . Sometimes our problems are unfair but even when it is unfair we still have to deal with it. What makes a problem big is that it is yours. No one can manage your self tank, this is your job and if everyone lets you down it is important not to let yourself down.

Find something that feeds you and gives you value and hold on to it. It could be something that you passionate about or even just taking walks .The important thing is to make time to do this. Don ' t keep rescheduling yourself.

List ways in which you can create time to take care of yourself. E.g.. Doing washing on Tuesday so that you have free time on Wednesday .

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If you don' t take care of yourself , no one else will .We teach people how to treat us.

Some of us are in the habit of saying that we don ' t have time. It is not so much a question of time management as it is a question of priority management.

What we prioritise is what determines the outcomes in our lives.

**“ REMEMBER YOU ARE THE BANK MANAGER, SO MANAGE YOURSELF TANK”**

*CATCH OUR NEXT ARTICLE ON SOCIAL SECURITY GRANTS*

## CROSSROADS INTERNATIONAL SPONSORS PEDIATRIC WARDS

Crossroads works with Boxer Superstores in their community responsibility projects. The initiative is about investing into the communities that support the store. Edendale was selected as a community for donation and the Edendale Hospital has been chosen.

This organization donated by painting Paediatric wards 7F, 6M and F ward. They also donated storage Cupboards in 6M and 2f. Furthermore they gave the Hospital a TV set and Paediatric chairs.



A Television set which is one of the equipment donated by Crossroads International

## EDENDALE HOSPITAL SPORTS DAY 2009

The gathering of Edendale Hospital Employees in one common goal, celebrating our different culture and diversity took place at Alexandra sports Grounds on 11 July 2009 and it was a successful event.

The event featured different sport code such as Three Tin, Soccer, 2 KM Fun Walk, 5 KM Fun Run, Potato Racing, Sack Racing, three legged Racing, Tug of War and Netball.

The pictures tell the whole story, it was all fun as we can see below Hospital Managers opening the event from right we have Mr. M. Naidoo Manager Patient Administration, Mr. Ndlovu Doris Godwin CEO , Mrs. Baird Finance Manager and Mrs. Chonco assistant Manager Nursing

