



health

Department:
Health

PROVINCE OF KWAZULU-NATAL

EAST GRIQUALAND AND
USHER MEMORIAL
DISTRICT
HOSPITAL

OFFICIAL NEWSLETTER OF EAST GRIQUALAND AND USHER MEMORIAL DISTRICT HOSPITAL

ISSUE NO. 02 VOLUME NO. 01

MAY -JULY 2013

PAGE 01

Sisonke Sibanye Together We're One

“Working together for healthy community”



Dedicated Team: This is the Primary Health Care team currently making sure that Polio and Measles campaign is reaching the community of Kokstad sub district. It is also the team behind the wellbeing of the community by providing PHC services.

INSIDE

National Polio and Measles Immunization Campaign

THIS

ISSUE...



A CALL TO ALL OUR STAFF MEMBERS

All managers are expected to ensure that they are compliant with these six fast-track areas in as short a time as possible

FROM THE CEO'S OFFICE



CHIEF EXECUTIVE OFFICER: MRS. N.C. THEKISO

Let me take this opportunity to welcome everyone. This is another publication where we communicate activities happening in the Kokstad sub-district. I hope that each and every one has made a positive contribution towards our efforts in providing high quality services.

I wish to call everyone to familiarize him/herself with national core standards. National core standards are here to stay.

It is the duty of every one to make sure that national core standards are being implemented and practiced. In the document of the national core standards, the Minister of Health Dr. Aaron Motsoaledi has mentioned that "the importance of providing quality health services is non negotiable. Better quality of care is fundamental in improving South Africa's current poor health outcomes and in restoring patient and staff confidence in the public and private health care system. If quality is defined as "getting the best possible results within available resources", then these National Core Standards set out how best to achieve this".

As the sub-district we must be con-

cerned about the rate of HIV especially new infections and defaulter rate.

Currently the sub-district is sitting below 30%. We are now calling the collaboration of stakeholders to tackle the problem. Many campaigns are being planned to reach the communities including engaging business community to have their HIV plans. Again our statistics reveal that defaulter rate is mainly caused by sharing of patients with Eastern Cape, as we are cross-border.

The hospital effort in providing high quality care is now reaping rewards. This has been proven by many responses from our patients who are commending our staff for their good care.

It is worth mentioning that with good care to patients, access to health care is being promoted. To all those staff who have been mentioned by our patients for the positive display in good care, they must continue.

The challenge of staff shortages especially scarce skilled staff is still on the hospital agenda. Many times our patients will complain of long waiting times.

This is mostly at our OPD, where there is dire shortage of medical personnel, i.e. Doctors. It is worth mentioning though that efforts are being made to recruit scarce skills personnel Doctors and Pharmacists.

Lastly, I wish to remind everyone about the six priorities, as called by the KZN MEC for health, Dr. Sibongiseni Dlomo. All managers are expected to ensure that they are compliant with these six fast-track areas in as short a time as possible namely:

- 1. Values and attitudes of staff**
- 2. Cleanliness**
- 3. Waiting times**
- 4. Patient safety and security**
- 5. Infection prevention and control**
- 6. Availability of basic medicines and supplies**

Let me close by saying

"If you are going to achieve excellence in big things, you develop the habit in little matters. Excellence is not an exception, it is a prevailing attitude". **Colin Powell**

PATIENTS' FEEDBACK .. IZIMVO ZEZIGULI ..

"I wish other staff members to follow their path. "Patient

Reception from the gate, security man who received us was so kind, he explained how to enter very clearly.

Male nurse **Zikolo** helped in taking patient out of the car to casualty.

Attendance to patient - with a very short space of time, patient was attended, everything was explained to us clearly and professionally.

Doctor consulted patient quickly and gentle, our patient was admitted and everything was finished within an hour or so. Keep it up people. We thank God that there are still professionals in a hospital situation".

Thank you.

Diko Family

The Hospital also appreciate that our staff members are showing what our quality standards are striving for.

We are so proud of our staff members who on, everyday basis are striving for excellence.

This is a proof to the community that the hospital is caring for patients and will continue to strive for excellence.

To all our staff members, congratulations.

ILUNGELO LEMPILO KUMNTU WONKE

Sihle isbhedlela saseUsher, sicocekile ingakumbi iOPD, Casualty nepassage, kunye neewards ziclean ngokuncomekayo. Qhubekani phambili ningasayeka kodwa inye into ekhalazekayo, oogqirha bayashoda silinda ixesha elide kakhulu xa sancedwa ngogqirha kungakuhle kakhulu.

Enkosi!"

D Nogula

□□□□□□

Ndicebisa ukuba kulungiswe izimilo nendaba yoo-mabhalane. Futhi ndincome ngakwicala lococeko, ningayeki, qhubani njalo."

_Nolufefe Zibi

Nakuba Kungacaci ukuba kwenzeke ntoni ngezimilo futhi ungafumaneki kwinkcukacha osinike zona, isibhedlela siyakuqinisekisa ukuba nanini udinga uncendo lwezempilo kufanele woneliseke, futhi usixelele ngokungaphatheki kakuhle kwakho.

PRO

□□□□□□

Ngithi angithi ukuncoma, kwaye kwakuhle kuclean uksuka egatin futhi namatoilet ahlanzekile bayasebenza labosisi ngiyakhuthaza banga yeki baqhube njalo nomsebenzi omhle wokusiza thina singumphakathi wangakithi."

Nolitha Zikalala

□□□□□□



Suggestion boxes are placed around the hospital for our patients to give feedback about our service.

S. Mkhize (ENA), B.L Memela (EN)

N.Z Zulu (PN)

All the above mentioned staff is patient to the patient. I therefore recommend them to keep themselves as they are. I wish other staff members to follow their path."

Mr. P. Gogela

SHOULD YOU WISH TO EXTEND COMPLIMENTS SUGGESTION AND LODGE COMPLAINT ABOUT OUR SERVICE PLEASE ASK FOR THE OFFICE OF THE PRO:

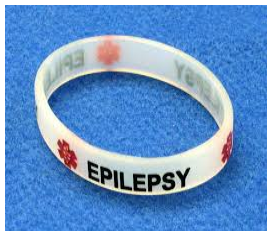


PRO: ANDILE PANI



SCALPELS & STETHOSCOPES: BE HEALTH WISE: YHAZI NGEMPILO YAKHO

KNOW ABOUT EPILEPSY



Epilepsy is a common and diverse set of chronic neurological disorders characterized by seizures

mon in certain age groups.

During the neonatal period and early infancy the most common causes include hypoxic ischemic encephalopathy, central nervous system (CNS) infections, trauma, congenital CNS abnormalities, and metabolic disorders.

In many cases a cause cannot be identified; however, factors that are associated include brain trauma, strokes, brain cancer, and drug and alcohol misuse among others.

Epilepsy is usually controlled, but not cured, with medication. However, more than 30% of people with epilepsy do not have seizure control even with the best available medications. Surgery may be considered in difficult cases

Signs and symptoms

Epilepsy is characterized by a long term risk of recurrent seizures. These seizures may present in several ways.

The tongue may be bitten at either the tip or on the sides during a seizure. In tonic-clonic seizure the sides are more common however bites to the tip may also occur.

An absence seizure presents with a decreased level of consciousness, usually lasting about 20 seconds.

Causes of Epilepsy

Different causes of epilepsy are com-

mon in certain age groups. During late infancy and early childhood, febrile seizures are fairly common. These may be caused by many different things, some thought to be things such as CNS infections and trauma.

During childhood, well-defined epilepsy syndromes are generally seen.

During adolescence and adulthood, the causes are more likely to be secondary to any CNS lesion. Further, idiopathic epilepsy is less common. Other causes associated with these age groups are stress, trauma, CNS infections, brain tumors, illicit drug use and alcohol withdrawal.

In older adults, cerebrovascular disease is a very common cause. Other causes are CNS tumors, head trauma, and other degenerative diseases that are common in the older age group, such as dementia.

Management of Epilepsy

All patients should have access to wide-ranging information including treatment options, risk management (first aid, safety and injury prevention at home, school and work), benefits, insurance issues, the

importance of disclosure at work, driving, lifestyle issues (e.g. effects of recreational drugs, alcohol, sexual activity and sleep deprivation), family planning and the need for pre-conception counseling.

Epilepsy and diet

It is important that people with epilepsy follow a nutritious, well balanced diet. Good nutritional habits and a healthy lifestyle are important in obtaining optimal seizure control. However, no special diet is prescribed for epilepsy itself.

To avoid dietary deficiencies, ensure proper intake of nutrients through a diet containing adequate folic acid (commonly found in raw and slightly cooked fruits and vegetables), calcium and magnesium (dairy products are the richest source), Vitamin B12 (animal and dairy sources), and vitamin K (leafy green vegetables and cereal grains). Vitamin D is found in fish oils/flesh, supplemented milk, and is made in the body in response to sunlight.

PLEASE TAKE YOUR MEDICATION AS PRESCRIBED BY YOUR DOCTOR.

**21ST OF JUNE
IS THE NATIONAL
EPILEPSY DAY**

KNOW THE BOARD OF THE HOSPITAL



From left: Mrs. Swartbooï, Mr. Mhlongo (Chairperson), Mrs. Ndlobeni, Mrs. Thekiso.

Back row from left: Dr. Assadi, Mrs. Siqwayi, Mr. Kemp, Mrs. Sejosengoe, Mr. Momoti, Mrs. Wella and Mr. Raw.



**MEMBERS NOT IN THE
PHOTO**



1. Ms. N. Jojozi
2. Mr. M. Nondabula
3. Mr. F. Rodgers
4. Mr. Nocanda
5. Mr. Kotting

Above are some of the members of the E.G. and Memorial Hospital Board Members who are overseeing the operation of the hospital.

As part of the Hospital to ensure quality services to the community of Kokstad and promoting transparency, the Board fits in to ensure that all people have equal access to health care.

Members of the community are more advised to use Members of the board to extend their suggestions and concerns.

Knowing that access to health care is a constitutionally recognized right, under section 27 of the South African

Constitution, members of the Board are there to ensure that, the right is not violated.

Hospital Board is one platform established to making sure that all the hospital clients are able to voice their views on the level of care by the hospital.

Here are some of the functions that will be performed by the Board:

- To act as a channel of communication between management and the local community and to liaise with other organisations with a view to assisting patients and staff in areas of special needs.

- To make recommendations to the MEC concerning matters which are specifically referred to the board by the MEC, as the case may be.
- To consider and if necessary make recommendations in respect of any complaints and other duties delegated to them by the MEC.

Members of the community and staff are therefore made aware that there is also other platform to be used in improving the level of care by the hospital.

CHAIRPERSON : MR. J.J. MHLONGO

TEENAGE AWARENESS CAMPAIGN

The student social workers of EG & Usher Memorial Hospital, together with Love Life, Kokstad SAPS, Department of Health PHC and South African National Council on Alcoholism and Drug Dependency (SANCA) joined forces to create a teenage awareness campaign which was aimed at eradicating teenage social problems, to educate teenagers about health risks and repercussions of drugs and irresponsible living.

The main focus of this campaign was based on three major social problems, which are:

- i. Drug abuse (*presented by Miss. Onele Mabongo*)
- ii. Teenage pregnancy (*presented by Miss. Bekeka Gibeni*)
- iii. Bullism (*presented by Zandile Mzimvubu*)

The primary research of this campaign showed that Carl Malcomess High School students are susceptible and credulous to drug abuse compared to other high schools in Kokstad. Teenage pregnancy and bullism are also, both, issues that are faced by all teenagers globally. Carl Malcomess

High and Shayamoya High were the two most targeted schools, as these problems seemed frequent amongst their students.

The campaign was scheduled at both schools on the 20th of May 2013. The auspiciousness of this campaign was anticipated in the planning stages and seemed to be greater than expected when the target and goal was reached whilst at Shayamoya High. The students were cooperative and eager, to such an extent that they prepared a play, which portrayed how bullism can lead to drug abuse, if it is not found and deracinated in its early stages. The campaign team was less satisfied at Carl Malcomess as there was not cooperation what so ever from the students, resulting in having to stop the campaign.

Teenagers are often oblivious of the challenges that are facing them and it is evident and irrefragable that they need all the help they can get because they are our future leaders.

Campaigns such as this need to be taken seriously because they do help and guide teenagers to lead better lives which is prerequisite to a better and successful future.



1. Miss Xolisa Mkula (student social worker) about to present. 2. Shayamoya High students during their sketch. 3. EGUM PHC staff and other government department representatives. 4. Children at Carl Malcomess during the campaign.

"What really matters is what you do with what you have"

NATIONAL CORE STANDARDS: THE HOSPITAL LANGUAGE



This is the team of E.G. and Usher Memorial Hospital during the National Core Standards workshop held at the hospital, a team that will be owning the positive outcome of the implementation of the National Core Standards.

E. G. and Usher Memorial Hospital together with Sisonke Health District Office are engaging on various training to improve quality health care in the district. This was seen by the recent workshop held at the hospital to equip all staff about the National Core Standards.

The call by the Kwa-Zulu Natal Department of Health MEC that all hospitals in the province must comply with the National Core Standards so as to prepare for the National Health insurance.

In the workshop, the national core standards were broken down for everyone to understand in the form of the six priorities of the department. Part of the workshop the departments were opportune to ask questions regarding the national core standards and the assessment criteria.

The team from the District Office gave all clarities to the staff who showed willingness to quality improvements.

The workshop emphasized on the most six critical areas for patient-centered care. The plan is based on the Constitution of SA, the Batho and patients rights charter.

Pele principles, the Patients' Rights Charter and the NCS, This identifies six priority areas for immediate improve-

ment, which are largely reflected in the first three domains of the NCS and consist of the following:

Values and attitudes of staff, so that patients are treated in a respectful manner with due respect for patient privacy and choice (Domain: Patient Rights).

Reducing waiting times and queues for administration, assessment, diagnosis, pharmacy, surgery and referral and transfer time (Domain: Patient Rights).

Cleanliness of hospitals and clinics, including buildings, grounds, amenities, equipment and staff (Domain: Patient Rights).

Keeping patients safe and providing reliable care by reducing adverse events resulting from care given, including operations and failures of the system and its workers through ignorance, inadequate inputs, systems failure or negligence (Domain: Patient Safety, Clinical Governance and Care).

Preventing infections from being passed on in hospitals and clinics, specifically hospital-acquired infections (Domain: Patient Safety, Clinical Governance and Care).

Ensuring that medicines, supplies and equipment are available and that patients get their prescribed medicine on the same day (Domain: Clinical Support Services).

Quality assurance (QA) is oriented toward meeting the needs and expectations of the patient and the community; it focuses on systems and processes, uses data to analyze service delivery processes; and encourages a team approach to problem solving and quality improvement

POLIO AND MEASLES CAMPAIGN



This is the team behind the success of the measles and polio campaign.

Led by Mrs. Mazwana, the team went throughout Kokstad and surrounding areas. This was during the round one campaign.

Despite many challenges, cold in Kokstad, inaccessible roads in some of the farming areas, the team never gave up, but successfully completed the campaign, reaching the communities.



Polio

Community of Kokstad answered positively to the call by the Department of Health for the immunization campaign

And

Measles

Campaign

2013



SILWA NEZIFO, SILWA NOBUBHA, SINIKA ITHEMBA

Isibhedlela sase Kokstad i-E.G. and Usher Memorial hospital isibonisile kwakho na ukuba impilo engcono asikokufumana amayeza kuphela, koko zikho nezinye indlela zokwenza impilo yoluntu ibengcono.

Oku kubonakaliswe emcimbini ka Sukuma Sakhe, nalapho uluntu olungathathi ntweni lwaseKokstad luthe lwanikelelwa ngeempahla zokunxiba kunye nengubo zokulala.

Abantu base ndaweni yaseMpela ngabo abathe baxhamla kakhulu

kokukubonelelwa ngezimpahla. Abantu abaxhamlileyo kuquka abantwana kunye nabantu abadala ingakumbi abo bangaxelengiyo nabo bamkela indodla.

Oku kunikela kungqamene kanye nokuza kwexesha lobusika obubanda ngokumangalisayo e-Kokstad.

Ezimpahla zinikelwe ngabasebenzi besibhedlela ngoncedo loonontlalontle besibhedlela.

Oku kubonakalise ngokuphandle ukuba xa uthetha ngonakekelo

lwabasebenzi bezempilo akuqibeli nje kuphela kumasango esibhedlela, koko nakwindawo uluntu oluhlala kuzo.

Oku kukwabonakalisa ukuba abasebenzi besibhedlela bangakwazi ukuwenza umahluko-kwindawo zoluntu.

Oku kunike ithemba kuluntu ngokubanzi kwaye abantu bayakholelwa kubasebenzi bomnyango wezempilo ingakumbi kwabo besibhedlela sase-Usher.

Liyinene elokuba sinika ithemba.



Winter warmth: The kindness of the hospital employees was shown when they donated clothes and blankets to the community of Kokstad for the coming winter.



The program of Sukuma Sakhe, a collaboration of the Governments Department and other stakeholders donated the automated wheelchair to one of the community member.



ABASEBENZI BASE USHER BAZIWA NGOHOYO LULUNTU



Ngqumarheni community during the handing over of their service point to Rietvlei Hospital. Present is the Headman, EGUM hospital and Rietvlei Hospital management members.

Ingaba inkonzo eziphezulu nezisemgangathweni kwanobuntu bamane-si ase Usher sizobufumana ngalendlela besibufumana ngayo?

Lo ngumbuzo kuluntu lwelali yaseNgqumarheni ngelixa benikezelwa kwisibhedlela sase Rietvlei nanjengo lendawo isizonikwa inkonzo sesisibhedlela. Phambilini lendawo ibifumana inkonzo ngaphantsi komahamba nendlwana wase Usher. Ngokwemida kuye kwafuneka bawele phantsi kwe

Rietvlei. Uluntu lwalendawo lubonise ukwaneliseka kakhulu zinkonzo ebelizifumana kubasebenzi base Usher. Abaphathi base Rietvlei baluqinisekisile uluntu ngenkonzo ezifanayo kwaye baqinisekisile ukuba basazoqhubeka ngenkonzo zezempilo.

Oku kukubeke kwaselubala ukuba abasebenzi bethu bashiya umzila apho bathe bafika khona ngenkathalo yabo. Uluntu belungeneme neze kushiywa ngabase usher futhi bakubeke kwacaca ukuba

abaneliseki bazakuphinde bacele babuyiselwe e Koksstad.

Le ntlanganiso ibiquka uluntu ngokubanzi, isibonda sendawo, amakomidi endawo abasebenzela ezemfundo. Isibhedlela i-Usher ibimelwe ngu Mrs. Mazwana, Mr. Ndlebe no PRO wesibhedlela. Ukanti abaphathi base-mzimkhulu nabo bebhokha ukuzokwamkela uluntu lwaseNgqumarheni.

Poor health is not caused by something you don't have; it's caused by disturbing something that you already have. Healthiness is not something that you need to get, it's something you have already if you don't disturb it.

EDITORIAL COMMENT

ATTITUDE DOES PROMOTE ACCESS TO HEALTH CARE

"ATTITUDE ARE CON- TAGIOUS. IS YOURS WORTH CATCHING?"

It is the general view (Can you confirm?) that public servants have a particular attitude. I will not delineate on the general view people have and what kind of attitude they presumable give the public service employees.

It is worth noting and applaud the workers of E.G. and Usher Memorial Hospital for their display of positive attitude towards our patients. This has been confirmed by our patients who could not stop commending the care, attitude and the standard of our services our hospital can offer. Our Patients are so satisfied with positive attitude our staff display and wish for other public service employees to learn from the hospital staff.

You have heard the saying that your attitude affects your altitude, and you sincerely ant to make the adjustments as it is crucial to your advancement. Everyone is aware that your attitude and how you behave has an effect on your outcomes.

It is the fact our attitude as well as our actions are

contagious as others – co-workers, teammates, managers and so forth. Our attitude and actions contribute more than ever toward not only the outcome of our projects but also towards the lives we touch as health service employees.

I then want everyone to consider the following statement: ATTITUDES ARE CONTAGIOUS. IS YOUR WORTH CATCHING?

Here are some attitude worth catching and spreading:

I am a positive influence on all those around me when I serve others with a smile, when I do my best and when I work with a positive purpose.

I work from the heart with the right motives; not to get ahead or degrade others but to provide quality work.

I am considerate. I respect the viewpoints of others and therefore receive consideration of my viewpoints.

I enjoy my work. I care about the work I do. It is exciting. I don't have to be pushed to do a good job; the excitement of my work pulls me.

I am humble. I am aware that I contribute to the success of the team but am careful not to put myself above others.

I am patient. I perform my work with diligence and steadiness

I am a peacemaker. I maintain peaceful atmospheres and interactions by listening, responding respectfully and by choosing my words wisely.

I communicate clearly, making my "Yes", a "Yes" and my "No", a "No". I freely provide clarity when needed.

I make eternal choices, knowing my choices affect future outcomes.

The attitudes you develop today and the choices you make today have an affect on your life, the lives of those around you, and the success of organizations.

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COMPLIMENTS/COMPLAINTS

OFFICE OF THE PRO

MR. A. A. PANI

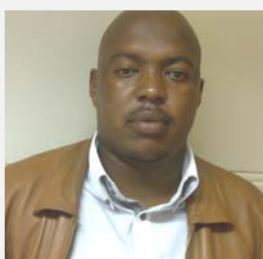
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CONTACT THE HOSPITAL

This is the official newsletter of E.G. AND Usher Memorial Hospital produced by: Public Relations department.

Production team:



ANDILE PANI PRO



LULAMA NIKANI: TRAINEE PRO



ATHI DUBE PRO INTERN

WHAT'S UP USHER



NEWS IN A FLASH



ABOVE: The team from Head Office infection control visited the hospital to assess the hospital status on infection control. It is worth noting that the hospital team on infection control is making sure that the hospital is compliant in terms of infection control standards.



OUTREACH: Social work services during the drug awareness outreach in the surrounding schools.



COMMUNITY ENGAGEMENTS; The hospital is reaching to communities to render services such as immunization campaigns and through Sukuma Sakhe.

MEMBERS
OF
M & E
TEAM



EYABANTU



NGEMIFANEKISO



Siyabakhumbula: In memory of the HIV and Aids casualties, our social work services together with the community of Kokstad converge to remember those who lost their lives.



OUCH WHAT A HEADACHE: District Manager , Dr. Mhlongo and hospital management team during the assessment of the hospital furniture recently.



RIGHT DIRECTION: Members of the hospital Board during a meeting at the hospital discussing service delivery.



SMART CORNER FOR SMART STAFF

**If you look good,
you feel good and
if you feel good
you do good**

**Smart Camera
caught up with
quality Assurance
manager Mrs.
Mazwi**

**Look good
you'll be next**



CAREER FOCUS



MEET OUR REHAB STAFF

**Kerryn English (CS OT)****Where did you matriculate?**

Pietermaritzburg Girls' High

What subjects did you study in high school?

Maths, biology, science/physics, art

Why did you choose this career?

I have always been interested in helping people both with injuries and in psychiatry so this seemed the best of both worlds!

Where did you study OT and how long did it take?

At the University of KZN, Westville. It took me 4 years to complete my studies.

What qualities does a person need to be a OT?

Kindness, patience, social skills/being friendly, an inner need to want to help others, confident.

What are your duties?

Assessment, treatment of the area found to be problematic, education, outreach (community visits), health weeks

What do you enjoy about your career?

It is a very rewarding job helping others and seeing the progress that they make and how it impacts their life.

What is your career progression?

I have the option to study further, open my own practise or work in various other career paths.

What challenges did you get in your career?

When patients do not understand how you are trying to help them through rehabilitation. When patients are non-compliant and lastly when a patient is unable to be assisted because he/she has waited a long time before they have come for help.

Where do you see yourself in 10 years?

I would like to gain experience through working overseas, come back to SA and continue to study and work either in government / in private practise.

**Nyameka Notshweleka (Physiotherapist)****Where did you matriculate?**

Indwe High School

What subjects did you study in high school?

Accounting, Business and Economics, then did science foundation for physics and chemistry.

Why did you choose this career?

I did occupational therapy because I did not get into medicine.

Where did you study OT and how long did it take?

At University of kwaZulu Natal for 4 years.

What qualities does a person need to be a OT?

Compassion, empathy, assertiveness and Ubuntu.

Provide high quality and therapeutic occupational therapy services according to patient's needs. Give factual information to patients and clients on occupational therapy. Execute all clinical procedures completely to prevent complications. Educate patients on their conditions whilst ensuring that patients' rights are upheld

What do you enjoy about your career?

Helping the very poor people in the society in the society public sector.

What is your career progression?

I see myself specializing in the private sector.

What challenges do you get in your career?

Defaulting patients treatment, lack of awareness on the patient's condition and lack of resources.

Where do you see yourself in 10 years?

Even though I like helping people and occupational therapy affords that opportunity to learn more but I do not however see myself still practicing as a physiotherapist, as I got into it by default.

**Sibahle Madlebe (OT)****Where did you matriculate?**

Ntukayi High School

What subjects did you study in high school?

Maths, Biology, Physics and geography

Why did you choose this career?

While I was at high school I got interested in occupational therapy because we had a career exhibition and we were given a lot of information about occupational therapy.

Where did you study OT and how long did it take?

At University of Limpopo Medunsa Campus for 4 years.

What qualities does a person need to be a OT?

Good listener, compassion, empathy and assertiveness.

What are your duties?

Provide high quality and therapeutic occupational therapy services according to patient's needs. Give factual information to patients and clients on occupational therapy. Conduct clinics on monthly basis on different conditions. Compile reports and memos as required in the working environment

What do you enjoy about your career?

Making people to be independent in activities of daily living and giving hope to some people who are experiencing difficulties in their day to day activities.

What is your career progression?

Fortunately for occupational therapist we have a choice to be anywhere you would like to be and I personally would like to work in a private sector, vocational rehabilitation or be a hands specialist.

What challenges did you get in your career?

Lack of resources, our profession is not well known as we get few referrals, having to see lots of school going children being referred to us on a later stage, not being exposed to many conditions as we should be and not very well informed of other conditions and their protocol.

Where do you see yourself in 10 years?

Further my studies and work privately

WELCOME TO E.G. & USHER HOSPITAL

E.G. and Usher memorial Hospital Management welcome you to the Hospital and wish you every success here. We also believe that each employee contributes directly to EGUM's growth and success in providing better health services, and we hope you will take pride in being members of our EGUM team.

MEET THE NEW PRO INTERN

ATHI DUBE

Greetings to everyone, I am Athi Dube. I grew up in Kokstad and am the only son in a family of four children.

I have a National Diploma in Public Relations Management which I acquired at the Nelson Mandela Metropolitan University, majoring in Public Relations and Communication Science. I did my in-service training at EGUM and now currently doing my internship.

I am a result driven and passionate individual, who tries to excel in everything I do. I chose this field of study because it best describes me, an extroverted, proactive team player, who is ambitious and determined to achieve success.

My stay at EGUM has so far been awesome, I am learning a lot and the staff were welcoming and very easy to get along with. I aspire to grasp every single thing that I am taught because that

is prerequisite to a successful future for me, as a Public Relations Officer.

I know that, I too, have something to offer this institution, and I will try by all means to make very good impressions because I have learnt and seen that "life is too short to be small."



All New Employees

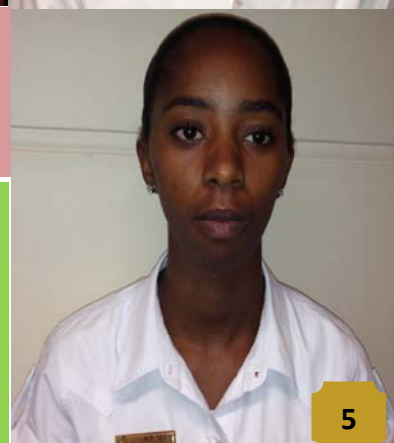
1, Sakhile Tshazi: Pharmacist; 2. Sinethemba Nene: CEO's Secretary; 3. Andiswa Siziba Prof Nurse (Com Serve); 4. Masibulele Bevu: Prof Nurse (Com Serve); 5. Nozipho Cele PN (Com Sev



N.C. Ntobela: Occupational Health Nurse. Mrs Ntobela has been working in Greenville Hospital, Mbizana for the past 22 years. She joined EGUM in May 2013.

Other newly employed staff will appear in our next edition.

We believe that new brooms sweep clean



TIME OUT AND ABOUT



E.G & Usher Memorial Hospital Team that started against the Kokstad SAPS.

Promoting Wellness

The Department of Sport and Recreation has started a league, which is a work and play initiative, amongst government departments. These departments include the Department of Health, Department of Correctional Services, Department, some municipalities, and the SAPS. These departments compete in two sporting codes, which are, soccer and netball.

The league has started and a lot of enthusiasm and dedication is seen amongst the players. E.G and Usher Memorial Hospital's first game was scheduled for the 24th of April against UMzimkhulu Municipality which we lost 3-1. The loss motivated the players to start attending gym sessions as a united force, which would in turn help us gain fitness and play competitive football.

We have not made a very auspicious start in the league because we lost our 2nd game on the 2nd of May 2013 against Kokstad SAPS, with the full time score of 5-3 in their favour. Hopefully these losses will not discourage the EGUM team, but motivate us to play to the best of our ability, on the contrary, we have a lot of potential.

Our next game is away to UMzimkhulu Psych on the 9th of May 2013. It will be our first away fixture and we hope we will soar and return the victors of the game with our first three points.

STAFF WELLNESS PROGRAM AT EGUM



Aerobics is a form of physical exercise that combines rhythmic aerobic exercise with stretching and strength training routines with the goal of improving all elements of fitness (flexibility, muscular strength, and cardio-vascular fitness).

With the goal of preventing illness and promoting physical fitness, practitioners perform various routines comprising a number of different dance-like exercises.

Aerobics now form part of the government wellness initiatives and many institutions have already started enjoying the fitness programme, including E.G and Usher Memorial Hospital.

The purpose of this initiative is to show the government and staff's integrity (practising what we preach), by promoting and leading a healthy lifestyle. Employees at EGUM have already started with the exercises and are enjoying it immensely, courtesy of their fitness

trainer Mrs. Noxolo Ngejane, who does aerobics as a profession.

We should embrace these initiatives as they keep employees satisfied, healthy, fit and rejuvenated.

A healthy, fit and happy work force is prerequisite to a productive and unified work place.

We are calling all employees to be part of this initiative, as we want ill-free employees.

EGUM WINTER SPORTS DAY



EGUM soccer and netball captains receiving trophies and kits from Old Mutual representative after winning the tournament.

On the 27th of June 2013, EGUM hosted its annual sports day. This initiative promotes a healthy life style and is also a work and play initiative.

Sporting codes that were played on the day consists of soccer and netball, and games played were umlalalaba and skipping rope. This year's sports day had a bit of a twist compared to last year's as other health institutions were invited this time around. These institutions consist of, the District office, Christ the King hospital and St Margaret's hospital (the latter did not arrive).

There was only one soccer match scheduled for the day, as there were only two soccer teams present. UGUM soccer team played against CTK and won 6-1 becoming the victors of the tournament and winning a trophy and a kit.

EGUM netball team played the first game against District office winning 14-7 progressing to play against CTK and winning that game 12-4 which resulted in EGUM winning the kit and trophy. Consolation prizes were medals, and were awarded to our visitors.

The sports day prizes and refreshments were sponsored by Old Mutual and cash donations were also received from some staff members.

The success of such initiatives is prerequisite to willing and enthusiastic staff members and maximum dedication and participation. The sports committee is planning on making this initiative bi-annual event (winter and summer). The committee is also very thankful to each and everyone who part took in this event and lent a helping hand.