



# “SIZOPHUMELELA”

## RICHMOND HOSPITAL

### NEWSLETTER

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### “STAFF WELLNESS DAY”

On Friday 05 September 2008, Richmond Hospital hosted its very first Staff Wellness Day. This event took place at the Richmond Hospital Lecture Room. The aim of this event was to inform and encourage staff to use wellness services available at the hospital such as Employee Assistance Programme, Health and Safety as well as HIV & AIDS Management.

Richmond Hospital was very honoured by the presence of the EAP Practitioner Ms. N. Khumalo and the Health & Safety Officer Mr. N. J. Mthimunya from Edendale Hospital. Their talks really made a positive contribution to all the Richmond Hospital staff especially since the hospital currently doesn't have an appointed Employee Assistance Programme Practitioner and an Occupational Health and Safety Officer.

Ms. Khumalo clearly outlined all the effective services that the staff can get from the E.A.P and she assured all the staff her assistance when they require E.A.P. service. Mr. Mthimunya briefed the staff on the entire services rendered by the health and safety department as well as the importance of forming a health and safety committee in the hospital.

The Occupational Health Nurse Mrs. N. Ntolosi educated the staff about HIV & AIDS services offered at the hospital and she encouraged them to work together to stop the stigma of deriding other employees when they disclose their status. As part of building staff morale and maintaining quality health service delivery within the hospital, employees who received compliments from August suggestion boxes were honoured with certificates of appreciation in this prestigious event.



Rev. S.Z. Phungula opening the event with prayer



Ms. N. Jojo welcoming the staff and guests



Mrs. N. Ntolosi delivering the purpose of the day and the HIV & AIDS talk in the workplace



Ms. N. Khumalo introducing the Employee Assistance Programme



Programme Director- Mrs. M. Van Der Byl



Mr. M.N. Mthimunya addressing the staff on Health & Safety



Richmond Hospital choir & dance group entertaining the audience



Mr. D. Ngcobo delivering the vote of thanks

# AMAZWI AVELA KUMHLELI



Kuyintokozo enkulu kimina ukunethulela iphephandaba lesibili I “Sizophumelela” kanti kuwumsebenzi wami ukuqinisekisa ukuthi leliphephandaba lishicilelwa njalo ekupheleni kwezinyanga ezintathu: empeleni nje kane onyakeni. Ngibingelela abafundi bethu okubalelwa kubo abasebenzi besibhedlela I Richmond, iziguli umphakathi, abaxhasi bethu esisebenzisana nabo kanye nesike sasebenzisana nabo ezinhlelweni zethu. Ngingashiyi ngaphandle bonke abasebenzi boMnyango WeZempilo Esifundazweni.

Ziningi izihibe nezinselelo esisabhekene nazo singabasebenzi bakulesisibhedlela kodwa ngoqgozi esinalo nabaphathi siyazama ukusebenza ngokuzikhandla ekuphumeleleni kuko konke esikwenzayo nesifuna ukukuzuzisa mayelana nesibhedlela sethu kwazise phela nonyaka usufinyelele ekupheleni. Lokhu kubalelwa ekutholeni izinto ezibalulekile ezingaqhubezela futhi zikhulise isibhedlela ukuze siqinisekise ukuthi iziguli zethu zanelisekile kukho konke futhi singahluki nemigomo kahulumeni. Ezinye zezinkinga esisabhekene nazo ukungabi nabasebenzi abanele okubalelwa kubo abahlengikazi, Umnyango onabasebenzi bakwaNdabazabantu, Umnyango onabasebenzi Ababhekelela Izimali ;njalo njalo.

Izinyathelo nemigudu efanele ukuze sithole lokhu okubaliwe siyenzile osekusisalele nje ukuthi sithole umbiko kubaphathi esixhumana nabo esibhedlela I Edendale ukuze noshintsho luqale.

Kulenyanga ka Lwezi izinhlanga ezahlukene zibungaza amagugu namasiko azo. Ngakho ke kubalulekile ukuthi wonke umuntu oyisakhi sakulelizwe azi imvelaphi yakhe. Inselelo ngiyiphonsa kakhulu kubantu abasha ukuthi baziqgaje ngesintu futhi baphokophele phambili njengoba nezwe liyangokuphucuzeka. Masihloniphe nezingqalabutho zomdabu ezathatha lelizwe likamthaniya zalibeka kwelinye igxathu.



Siyathemba ukuthi ulithokozele udaba lomcimbi wokubhekelela abasebenzi ekhasini lokuqala kanti futhi njengesibhedlela esisandakuthathwa uhulumeni eminyakeni emibili edlule siye sathola uqeqesho olubanzi mayelana nokubaluleka kokubeka abantu phambili, lokho uzokuthola ekhasini lesithathu. Sibenenhlanhla yokuvakashelwa uMnyango obhekelele izimpesheni u SASSA funda kabanzi ngaloludaba ekhasini lesine. Usokhemisi wethu usazisa kabanzi ngomsebenzi wakhe ekhasini lesihlanu kanti ekhasini lesithupha funda ngokuqwashiswa kwesifo somdlavuzi wabesifazane. Funda kabanzi ngomsebenzi ovelele kulenyanga ekhasini lesikhombisa. Funda ngokubaluleka kokudla okunempilo namahlaya ekhasini lesishiyagalombili. Ezemidlalo uzoziithola ekhasini lesishiyagalolunye.

Siyathemba ukuthi konke lokhu nizokujabulela!

Iphinde ibonane futhi!!!! *Sloh Hadebe*



SILONDIWE HADEBE- PUBLIC RELATIONS OFFICER

“Intuba yempumelelo llele kuwe uma usebenza ngokuzikhandla”.....



# BATHO PELE WORKSHOP

## "PUTTING PEOPLE FIRST"



On Wednesday the 10th of September 2008, Richmond Hospital Management and Head of Departments were tutored on Batho Pele in the hospital's lecture room. This training was done after management expressed their concerns that the practice of Batho Pele Principles was new at Richmond Hospital since the government took over Richmond Hospital as a public institution in September 2006. In this regard, each and every staff member is undergoing a learning process in the adherence to the eleven Batho Pele Principles.

The purpose of the Batho Pele Workshop was to empower individuals to the "right culture" of Batho Pele Principles, to re orientate the mindsets, value system, belief sets, attitudes towards the requisites culture of service to achieve **"A better life for all."**

This Workshop was facilitated by the District Quality Assurance Manager Ms. Patricia Mthembu and she provided the trainees with all the background and significance of Batho Pele Principles including the importance of providing Quality Service Delivery in the hospital. Her brainstorming exercises and tasks made an optimistic influence to Management as they found it easier to grasp the concepts that will help to fulfill their goals in order to sustain hospital growth in terms of effective service delivery and patient care.

The Batho Pele Workshop went beyond expectations in such a way that Hospital Management and Head of Department's were committed to import the knowledge that they have learnt to all staff. We applaud Ms. Mthembu for her courageous and supreme leadership in this programme. We also promise to put our patient's first in practicing the belief sets of **"We Belong, We Care, We Serve"** along the way.



Ms. Mthembu briefing the trainees about the significance of Batho Pele



Head of Departments paying careful attention to the proceedings of the workshop



One of the groups tackling their given scenario



Ms. Mthembu taking a glance to some of the group's efforts



Groups were assigned tasks to apply their contents on each principle

*"All progress is precarious, and the solution of one problem brings us face to face with another problem".*

*Martin Luther King, Jr.*



## SASSA'S OFFICIAL VISIT TO RICHMOND HOSPITAL



On 17 September 2008, Richmond Hospital was very delighted to be visited by officials the South African Social Security Agency. The purpose of SASSA's visit was to educate TB patients about the significance of Social Grants, the different social grants that they offer, the requirements needed to qualify for a grant and the procedures that should be followed. Richmond Hospital approached SASSA to clarify the guidelines on disability grants and other issues to the hospital's TB inpatients and staff.

The South African Social Security Agency Senior Officials, Hospital Management, Head of Departments and Senior Nursing Staff had a briefing session where introductions were made including Richmond Hospital's expectations from SASSA and clarifications were made where applicable. Mr. Ntokozo Mchunu the Manager for Operations Management Unit and Dr. Steven Setati Senior Manager of the Disability Management Unit from the SASSA PMB local office made a presentation to relevant hospital management and officials where they introduced their agent outlining their vision, legislative mandates, primary customers, the types of grants they provide, means testing of grants, the application process and the places where people can apply for the grants.

This presentation added enormous value to the hospital and it brought light to management and officials as they achieved appropriate knowledge of SASSA's core operations and they gained insight which enabled them to correctly respond to patients queries on social grants and also direct them to right offices since most of them are living in poverty.

Patients were subsequently addressed by the SASSA dignitaries and the floor was open for questions and discussions. Patients raised their concerns hence Mr. Mchunu and Dr. Setati certainly responded where applicable. One of the main points they clarified was that there is no TB grant because TB is not a disability but an illness. However a person can qualify for a disability grant if he or she is disabled from TB or other causes.

The KZN Department of Health Richmond Hospital Staff, Management and Patients are grateful to Dr. Setati and Mr. Mchunu for their superb assistance and cooperation. We are really convinced on the SASSA's commitment of working with local leadership, other departments, community organizations e.t.c. in order to push back frontiers of poverty and improve the lives of the poor people of KZN.



*Nothing in education is so astonishing as the amount of ignorance it accumulate in the form of inert facts."*

*Henry Brooks Adams*

## "CAREER PATH" WITH PHARMACIST: MS. TARYN NAIDOO

This month I managed to link up with the Richmond Hospital's Comm. Serve Pharmacist Ms. T. Naidoo and she was more than cheerful to give us all the details about her demanding job. Judging by her impressive and striking personality that she displays in her duties, I can already predict that she's more than ready to reach the highest corporate ladder in the pharmaceutical world.

### SH- WHAT IS YOUR OCCUPATION & WHAT ARE YOU RESPONSIBLE FOR?

**TN-** I am a Pharmacy Manager/ Comm. Serve and I am responsible for managing the pharmacy and all the medication related issues within the hospital. I am part of the coordination of the Richmond ARV Complex (at Richmond Clinic) where we initiate and review HIV positive patients and prepare ARV medication for chronic patients.

My duties also include stock control, procurement, attendance of meetings, furnishing of medical information to doctors and nurses with regards to medication.



**TARYN NAIDOO- SENIOR PHARMACIST**

### SH-WHERE & WHAT DID YOU STUDY?

**TN-** I studied at the University of Witwatersrand (Wits) for a Bachelor Degree in Pharmacy.

### SH- WHY DID YOU CHOOSE A CAREER IN PHARMACY ?

**TN-** Being a squeamish person, Medicine was out of the question, however with Pharmacy it's just enough patient interaction to make a difference, but not too much.

### SH- WHAT PERSONALITY DO YOU REQUIRE FOR THIS CAREER?

**TN-**Patience, passion for people, strong willed- meaning that you must be able to carry out legal aspects of pharmacy irrespective of doctors and patients, you must be understanding and motivated. Being down to earth in order to communicate with patients from all levels is an imperative quality. Accuracy, alertness and assertiveness and the constant yearning for more knowledge are also pertinent to being the best pharmacist you can be.

### SH- WHAT DO YOU LIKE MOST ABOUT YOUR JOB?

**TN-** Interaction with patients, knowing that a warm smile and patience can make a difference. I mostly enjoy having the knowledge of all medication and its relation to the diseases.

### SH- CHALLENGES YOU FACE IN YOUR JOB?

**TN-** Regulations placed by district places without actually knowing how things on ground level work, being expected to service millions of patients without adequate staffing. Being the only pharmacist in the Richmond area but mainly, being sick and taking annual leave has become a luxury as opposed to a normal reality.

### SH- WHAT ADVICE CAN YOU GIVE TO OTHER YOUNG PEOPLE WHO WOULD LOVE TO BECOME PHARMACISTS?

**TN-** Even though working in a Government sector poses lots of challenges, the knowledge that you are actually making a difference to people who cant afford health care is really rewarding.

*"Constant success shows us but one side of the world; adversity brings out the reverse of the picture"*

*Charles Caleb Colton*

## “WOMEN’S HEALTH” – CERVICAL CANCER AWARENESS MONTH

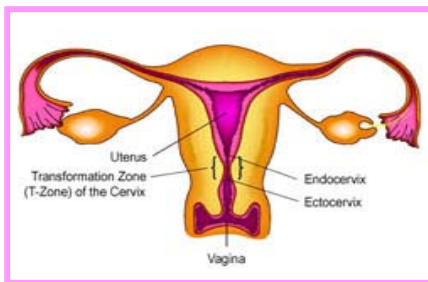


The National Department of Health designated September as Cervical Health Awareness Month. Cervical cancer is the second most common type of cancer for women world wide, but because it develops over time, it is also one of the most preventable types of cancer. Most women who have abnormal cervical cell changes that progress to cervical cancer have never had a Pap test or have not had one in the previous three to five years.

Cancer of the cervix tends to occur during midlife. Half of the women diagnosed with the disease are between 35 and 55 years of age. It rarely affects women under age 20, and approximately 20 percent of diagnoses are made in women older than 65. for this reason, it is important for women to continue cervical cancer screening until at least the age of 70.

### Types of Cervical Cancer

The cervix is the narrow opening into the uterus from the vagina. The normal “ectocervix” (the portion of the uterus extending into the vagina) is a healthy pink color and is covered with flat, thin cells called squamous cells. The “endocervix” or cervical canal is made up of another kind of cell called columnar cells. The area where these cells meet is called the “transformation zone” (T-zone) and is the most likely location for abnormal or precancerous cells to develop.



Most cervical cancers (80 to 90 percent) are squamous cell cancers. Adenocarcinoma is the second most common type of cervical cancer, accounting for the remaining 10 to 20 percent of cases. Adenocarcinoma develops from the glands that produce mucus in the endocervix. While less common than squamous cell carcinoma, the incidence of adenocarcinoma is on the rise, particularly in younger women.

### Signs and Symptoms of Cervical Cancer

Precancerous cervical cell changes and early cancers of the cervix generally do not cause symptoms. Abnormal or irregular vaginal bleeding, pain during sex, or vaginal discharge may be symptoms of more advanced disease. Notify your healthcare provider if you experience abnormal bleeding such as bleeding between regular menstrual periods, bleeding after sexual intercourse, bleeding after douching, bleeding after a pelvic exam, pelvic pain not related to your menstrual cycle, heavy or unusual discharge that may be watery, thick and possibly have a foul odor, Increased urinary frequency and pain during urination.

### Protecting Myself from Cervical Cancer

Cervical cancer is one of the most preventable cancers today. If caught early, the 5– year survival rate is almost 100%. Regular Pap testing is the best method to protect against invasive cervical cancer. It is most important to remember that cervical cancer takes many years to develop. Regular Pap tests will help detect any precancerous or abnormal cells early enough so that cervical cancer can be prevented. In addition to routine Pap testing, you may want to consider minimizing risk factors that could contribute to cervical cancer. Those factors include:

- Multiple sexual partners
- Multiple full– term pregnancies
- Sexual intercourse at an early age
- Chlamydia infection
- Cigarette smoking
- Use of oral contraceptives
- Weakened immune system or HIV infection

(Article quoted from the National Cervical Cancer Coalition Files)

**“SINETHULELA UMSEBENZI OVELELE KULENYANGA”**



Isibhedlela I Richmond iqhakambisa ikhono labasebenzi abasebenza ezingeni eliphezulu ngokubaveza kulengosi ukuze abanye abasebenzi nawo wonke umuntu babone indlela abazinikela ngayo nabenza ngayo umehluko ezimpilweni zabantu. Kulenyanga ka Mandulo sinethulela u Mnz. Bonga Mngadi oqokwe njengomsebenzi ovelele kwi A1 Male Admission Ward.



**BONGA MNGADI- ENROLLED NURSE AUXILLARY**

Iningi leziguli ezilaliswa kuleliwodi zisuke zisesimweni esibucayi ngokwempilo . U Bonga Mngadi oyi Enrolled Nurse Auxillary uvotelwe ozakwakhe asebenza nabo kanye neziguli zakuleliwodi.

Uyena msebenzi othole amavoti amaningi okuchaza ukuthi ufanelwe ukuthweswa umqhele wokuba umsebenzi ovelele kulenyanga ka Mandulo. Uma ebuzwa ukuthi yini eyenza akhethwe njengomsebenzi ovelele kuleliwodi, uziphendulele ngokuthi uyakwazi ukuxhumana neziguli ngendlela efanele futhi uzibeka phambili ngasosonke isikhathi. Uphinde wabika ukuthi ukusebenza ngokuzinikela nokugcina izinga lezempilo liphakeme zikhathi zonke ikona okumenze wadla umhlanganiso. UMnz. Mngadi uzichaze njengomuntu onobungani nohlonipha iziguli kangokuthi uma isiguli sidinga usizo oluseceleni ngokomsebenzi wakhe njengokusiphathela into ethize esitolo uyasisiza ngokuzinikela ngaphandle ngokunanaza .

Uma ebuzwa ukuthi yini ayithandayo ngomsebenzi wakhe, ubike ukuthi uthanda ukugcina iziguli ziphilile ngokwempilo, ngokomoya nangokwenyama. **“ Umsebenzi wokusiza abantu ngiyawuthanda, uyanganelisa umsebenzi wami ngoba ngifunda ngezinhlelo ezahlukene zobuhlengikazi futhi ngifunda kabanzi ngezimo zempilo ezahlukene zeziguli”** kuphetha uMnz. Mngadi

*SiyakuHlalalisa Bonga Mngadi  
Uqhubeke uye phambili nomsebenzi  
wakho omuhle!!!”*



*“Ayikho into enhle emhlabeni engazuzwa ngaphandle kokuzimisela”.....*

## HEALTH GUIDE: “HEALTHY EATING”

Healthy living involves eating food that will provide your body with all the nutrients it needs to work well and help fight infections. It also includes doing regular exercise. Because the body needs a variety of food to provide it with all the right nutrients, it is important that you eat a balanced diet.

A lot of women tend to think that starving yourself for a short period to lose weight quickly is the best way of losing weight. This is not true and the rapid loss of weight will result in a rapid gain once again. Please do not be misled by TV and magazines ads that use thin models. They undergo intense training to tone their bodies.



Have a simple guide to healthy eating by making starch a basis of every meal– this type of food gives the body energy and assists other nutrients to be absorbed. Eat plenty of vegetables and fruits– these are a good source of natural vitamins and minerals, and they assist in helping your body to fight infections eat more of these when you are ill. Chicken, fish, meat milk and eggs should be eaten daily. These are great sources of protein and they also help strengthen your immune system. Eat dry beans, peas, lentils and soy products regularly (not daily) these are good sources of protein. Include sugar, fat and oil in your meals. They provide you with extra energy to cope with illness. Use salt, but not too much. A mixture of salt, sugar and warm water makes a good replacement for energy lost while ill or exercising. Drink less alcohol– it damages your liver and causes the body to lose essential nutrients.

### Four main factors that contribute to a healthy lifestyle

1. Stay hydrated
2. Exercise
3. Patience
4. Eat breakfast every morning

(Article quoted from the Diet Advice: Move Magazine)

## “GOOD LAUGHS” WITH MARISCE VAN DER BYL– INFECTION CONTROL NURSE



“What’s the difference between a good lawyer and a great lawyer?..... A good lawyer knows the law but a great lawyer knows the judge.”

“Those who can’t laugh at themselves leave the job to others”.

“Marriage is a relationship in which one person is always right and the other is the husband”.

“Regular naps prevent old age especially if you take them while driving”.

*“An achievement is a bondage. It obliges one to a higher achievement”.*

*Albert Camus*



## EZEMIDLALO

Mhlazingu 18 kuLwezi kuwolonyaka, Iqembu lebhola lomnqakiswa nelikanobhutshuzwayo lesibhedlela I- Richmond ladlala imidlalo neqembu lasesibhedlela I Doris Goodwin. Umdlalo womnqakiswa wawulula ngempela ka gangokuba amantombazane ase Richmond ayenza ezibukwayo efundisa amantombazane ase Doris Goodwin ukuthi ibhola lidlalwa kanjani njengoba awina ngamanqaku ayishumi nanhlanu kwamane. Kwakushikisha ufudu emdlalweni wabafana, phela iqembu lase Doris Goodwin laligadle ngempela laze lahlula isibhedlela sase Richmo ngamanqaku ayisikhombisa kwamathathu. **“Sithi Yobe Bafana Kuleyondawo Kuyobuye Kulunge Ngokuzayo”**

Kodwa kusithoba izinhliziyi ukuthi iqembu lethu labafana lanqoba ngamanqaku amathathu kwelilodwa bedlala neqembu lase sibhedlela St Appolonaris ngenyanga edlule.

Ngingasho nje ukuthi iRichmond iza kabi ngakho ke wonke umuntu kumele agadle ngempela uma efuna ukuqhu delana namaqembu ethu ngoba **“SISHAYA KWASANI”**

### IXOXWA NGEZITHOMBE



Iqembu lase Richmond likanobhutshuzwayo



Iqembu lase Richmond lebhola lomnqakiswa



Enye yezintokazi zase Doris Goodwin igqamisa ikhono layo

Compiled by Silondiwe Hadebe.

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WE ARE ON THE WEB!!

<http://www.kznhealth.gov.za/richmondhospital.htm>