



**HEALTH**  
KwaZulu-Natal

**St. Apollinaris Hospital**

# Singabenu Newsletter

*Compiled and produced by Thobani Ngcobo - Public Relations Officer*

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## Obesity may lead to arthritis, Rheumatology Department warns...

**O**steoarthritis, also known as degenerative joint disease, is the most common form of arthritis. It is a long-term disease of the joint cartilage and bone, commonly thought to result from "wear and tear" on a joint. There are also other causes, such as some birth defects, trauma, and metabolic disorders.

In a recent event held on the November 12, 2008 which saw the hosting of Rheumatology Department officials from Inkosi Albert Luthuli Central Hospital. Prof. Mody, one of the guest speakers drew the sufferers of arthritis to special ex-

ercises which may be taken by patients suffering from the disease. "A series of other remedies may be taken to curb the disease e.g. maintaining a normal Body Mass Index (BMI), exercising and eating a healthy diet" Prof. Mody told the attendees of Osteoarthritis Awareness Event.

Sr Mkhize and Ntombifuthi who were with the Rheumatology team shared the podium testifying about the disease reiterating and demonstrating what Prof. Mody had said. The two hour event meant to pass the message, "asilweni nesifo

samathambo, sindawonye" (Let us fight arthritis today) and was also to capacitate clinicians on how best to manage the disease. A Lecture by the Rheumatology Department was held with all the clinicians in attendance.

Social welfare/security services were also made available such as South African Social Security Services (SASSA) pension matters and education of pension applicants processes was conducted by SASSA's Local Office Manager, Mr Sam Zungu whilst screening and minor ailments services were rendered at our Gateway Clinic.

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### A series of remedies may help curb arthritis viz:-

- Maintain normal BMI.
- Exercising and
- Eating healthy diets.



**Standing L-R: Sr. Mkhize, Dr Maharaj, Dr Patel, Ms Sudhira Sew, Dr Mjiyako.**

**Sitting L-R: Ntombifuthi, Mr Gumede, Mrs Thekiso and Prof. Mody.**

## Christmas wish for all our Clients and Staff Members



**W**e have come to the end of the year. We are about to say farewell to 2008 and warmly welcome 2009 with great anticipation.

In order for us to move forward we need to reflect on all the challenges we experienced and see how we have dealt with them so as to gain experience in dealing with the future.

We have struggled a lot in the outgoing year in terms of the resources both human and financial. If it was not of the dedication and commitment of our staff members we would not have managed at all. We therefore commend all our staff members for such commitment and loving care they gave to our clients.

This is time indeed to pat ourselves on shoulders and say well-done. St. Apollinaris Hospital has always been a centre of excellence within the District and probably even within the Province. We have never been afraid to face the challenges that other people cannot put up with, but we have tackled them head on.

The time now is the time for some of us to take leave and settle with our families and give them the love they deserve but for many though they will have to stay on and continue with what has been started with love and compassion in advancing the contract made



with the people of South Africa. We wish you all a happy festive season, happy Christmas and a Prosperous new year. We also welcome all those who will join us in the New Year, may their stay at St. Apollinaris Hospital be a fruitful one. To those who have offered their services at St. Apollinaris Hospital we extend our gratitude for being instrumental in the service delivery for our clients.

Nonke niyobongwa namaqhawe, May God richly bless you all, your families too and your friends. May He lift you up more and more each day. May He give you all the desires of your hearts and let us meet again next year on a very fresh note.

You are all God's blessings in the hospital.

*From Hospital Management*

**“May He give you all the desires of your hearts ”**



# Meet the hospital Board Members



**Cllr. E.R.S. Sikhakhane**  
Hospital Board Chairperson.  
Bulwer.



**Mr P.W. Phewa**  
Deputy Chairperson.  
Ncwadi Location.



**Mr S.P. Satywa**  
Malenge Location.



**Mr B.M. Ndlovu**  
Centocow High School.



**Ms A.N. Dlamini**  
Newtonville Location.



**Mrs K.S. Ngwenya**  
Makholweni Location.

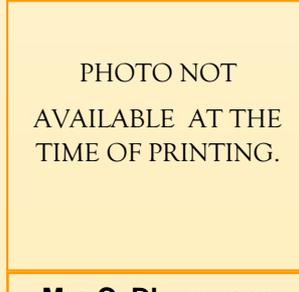


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AVAILABLE AT THE  
TIME OF PRINTING.

**Mrs C. Dlungwane**  
Ndulwini Location.



**Mrs S. Sindane**  
Kilmun Clinic Chairlady and represents Kilmun



**Inkosi V. Zondi**  
Isibonelo Esihle Tribal Authority.



**Mr M.S. Dlamini**  
Amakhuze Tribal Authority.



**Mr B.P Msingaphansi**  
Ekukhanyeni Location and a representative of Madzikane Tribal Authority.



**Mr J.Z. Mnguni**  
Qulashe Clinic Committee Chairperson and represents Qulashe Location.



**Mr H.S. Sihlezana**  
S'phamandla Clinic Chairperson and represents Antioch Location.

Where ever you stay there is a Hospital Board member representing you in the hospital board meetings. You may direct your hospital queries or complaints to them, they will assist you.

## MEC's Launch the Sisonke Economic Projects

The MEC for Finance and Economic Development, Dr Zweli Mkhize visited the Sisonke District on Thursday, 20 November 2008 to launch cluster projects amongst many others was the stimela (coal train) project.

Dr Mkhize was accompanied by Agriculture MEC, Mr Mtholephi Mthimkhulu, Art and Culture MEC Mrs Weziwe Thusi and Senior Government officials. They arrived at the Creighton area in the early hours of the day to visit various projects before the Community event which was held at Zidweni Location in Kilmun.

The government delegation started the day in the local municipality (Ingwe) then proceeded to launch the stimela project before MEC for Agriculture Mr Mtholephi Mthimkhulu turned the sod for the construction of a small bridge which is said to help the local communities. This was followed by the opening of a cultural centre in Bulwer which was then followed by a visit to local farms with the aim of situation analysis of both the farms and living conditions of the farm workers. The visit to the farms is as the results of recent

natural disasters such as running fires, drought and floods which claimed people's lives and left malicious damages to land and agricultural property in the province. When MEC for Finance and Economic Development, Dr Zweli Mkhize addressed masses in an event which hosted about 15 000 Local community members, he emphasised with the affected community amid recent natural disasters.

He said that the visit by the provincial delegation was a positive gesture by government to redress the community affected. "We have brought economic development to uplift the lives of people in Sisonke District" Dr Mkhize told the masses as he was giving the keynote address. He also encouraged people to actively participate to uplift their lives by ensuring that government property is safe and not vandalized. "People need to take ownership of government property in their area" MEC Mkhize added.

Masses were bestowed with gifts such as soccer kits to existing soccer teams in the area and craft material to the physically challenged groups with existing craft

and beads projects.

As if that was enough, the MEC handed over title deeds to local groups and undertook to offer assistance in developing their lands agriculturally. Agricultural and other assistive devices were also handed out to local groups. And as a government norm, social and health services were showcased and were offered by the South African Social Security Agency (SASSA), Department of Health's St. Apollinaris Hospital and Department of Home Affairs.

Local Municipality Mayor Ms N.P. Luzulwane and Inkosi M. Dlamini welcomed all endeavours made to uplift their communities and thanked the political principals for heeding their call to visit the area. District Mayor Cllr. Khoza reiterated the latter in a closing speech to close the event.

**"We have brought economic developments to uplift the lives of people in Sisonke District"**



**Above: MEC's and Local Leaders handing title deeds to Local Community groups**

## Early Christmas for CHW patients

The East Coast Radio has again donated toys to our Paediatric ward patients. The toys were brought by the red cross flying Doctors on Monday, 10 November 2008. They were hand delivered by Trish Taylor, East Coast Radio CEO who flu with the Red Cross Doctors.

A number of toys were handed out to children admitted in the ward. They consisted of toy trucks, cars, dolls and other similar playing accessories.

East Coast Radio has been donating these toys to most of the government hospital over the years. The toys are donated by ECR listeners to the radio station to cheer little ones who may not be lucky to have Christmas at home.

Over the past 2 years hundreds of toys have been donated to children admitted at Children's ward during the festive season. The unit Manager at the ward appreciates the continued support by the ECR team and wished all children in her ward a speedy recovery.

People who are keen to make donations to help keep this good gesture going may contact the East Coast Radio or the Hospital Board as displayed in the next page.

One would remember that the East Coast Radio scooped the best Community Service Award for toy story at the Inaugural South African Radio Forum Awards.

**Across:** Paediatric patients posing for a photo shoot after receiving toys which were donated by East



## Staff Development



**Above:** Food Service Department staff posing for a photo during a chef course.

## Old Mutual donates trophies for the Staff Service Excellence Award Ceremony

Old Mutual, Pietermaritzburg Branch donated five trophies to St. Apollinaris Hospital earlier this month.

As the hospital's culture that the hospital holds the annual Staff Service Excellence Awards round about this time of the year. The known financial constraints would have hindered this years ceremony, however Old Mutual Pietermaritzburg Branch was keen to rescue keep the good practice

continuing. The five trophies are set to be issued out in the following manner:-

- One trophy will go to the overall infection control ward.
- One will go to the ward/ department with most compliments when compared to others.
- One will go to the best deserved nurse.
- One to the best Doctor and

- One to best deserving general worker.

This will be flowing trophies and will be rotating on a monthly basis to the deserving departments, wards and personnel.

Old Mutual representative presented these trophies on Tuesday, 9 December 2008 to the hospital Management who welcomed and appreciated the gesture. This years ceremony will be held shortly.



**Above:** Mr Elias Mthimkhulu (Branch Manager, Old Mutual Group Schemes) and Mrs N.C, Thekiso (Hospital Manager) receiving trophies donated by Old Mutual - Pietermaritzburg Branch.

## Bidding Farewell to staff leaving and welcoming new..

It is that time of the year again where we have to bid farewell to the year and review to see if we have achieved any of our resolutions we made at the dawn of the new year.

Co-incidentally , it is time to bid farewell to all staff members who are leaving and welcome all who are coming aboard.

Unfortunate as is, that some of our members were lost along the year, we would like to acknowledge their contributions and that their work will not go unnoticed. You might have vanished but your work would not vanish in our eyes and thoughts.

May their soul rest in peace!

### *Quote of the Month*

“Kind words can be short and easy to speak but their echoes are truly endless.” –

Mother Theresa

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**HEALTH**  
KwaZulu-Natal

*Fighting Disease, Fighting  
Poverty, Giving Hope*



### Our Commitment to you

We are committed to taking exceptional care of our patients through unmatched service excellence in all our endeavours. We do this by:-

- ✦ Acting with honesty, integrity, professionalism and responsibility at all times;
- ✦ Ensuring that we stay close enough to our patients/clients to anticipate and satisfy their needs and demands to the best of our ability;
- ✦ Communicating accurately in the language you understand and openly and placing a high premium on prompt, accurate and effective response to all patients/clients queries and complaints;
- ✦ Treating clients as an extension of our team so that our goals are achieved through mutual trust and interdependence;
- ✦ Using our knowledge of our patient's needs in order to provide proactive solutions to problems;
- ✦ Never settling for second best in caring for our patients, but always striving zealously toward providing the kind of service excellence of which we can all be proud;
- ✦ Ensuring that the KZN Citizen Charter, Batho Pele principles and the principles of Good Governance are continuously implemented and sustained;
- ✦ And to uphold human dignity as entrenched in the South African Constitution.

## Sports News

**T**he St. Apollinaris Hospital sport and Recreation Committee had close of with Prince Mshiyeni Memorial Hospital to mark the closing of the season for the busy festive season.

Soccer and netball games were played at Mangosuthu Technikon sports field with both our Soccer and netball teams emerging victorious against Prince Mshiyeni Memorial Hospital.

Our teams proceeded to have a end of the year braai party to mark the end of the season and to celebrate victory against Mshiyeni.



Above: Our Netball team posing for a photo shoot before a game