



**"To be the Best in everything that we do"**

**Newsletter 1, Feb 2006**



UMZINYATHI'S

## Eye in the Sky

Welcome to our very first Newsletter, proudly produced by the Umzinyathi Health District Office (DC24)

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mzinyathi's **Eye in the Sky** is going to be a comprehensive report back, and coverage of events happening within the District, on a Quarterly basis. We plan to cover a wide range of issues and topics throughout the year and welcome your comments and suggestions, so please feel free to e-mail us.



E-mail us please !! We want to hear from you!!

H042496@dohho.kzntl.gov.za or  
naidoopr@dohho.kzntl.gov.za

We also extend our heartfelt thanks to all those from the various facilities who contributed their Institution's events and happenings to us. Well done, and we hope to work closely with you in the future. Due to the unavailability of PRO's at Endumeni & Umvoti, we were unable to cover most of their events, however they will appear in our next Edition, which will be out in March 2006.

**Thank You!**

Our aim is to showcase the huge amount of work and activities which is done in this District, to acknowledge good performance and highlight outstanding achievements. If you feel you have not been recognized for your work thus far, rest assured, we WILL find you and let the District know what your contribution has been.



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## KZN MEC for Health visits Umzinyathi Health District



**KZN MEC for Health, Ms. N.P Nkonyeni at the Umzinyathi Health District's Community Health Workers Graduation Ceremony held on 1 November 2005 at Sibongile Township's Stadium in Dundee**

More than 600 community health care workers and volunteers gathered at Mpumelelo Stadium to receive awards for their hard work and dedication in caring for those people who are ill and unable to do things for themselves. The District's Community Health Workers Graduation ceremony was graced by the presence of KZN Health MEC, Ms. N.P Nkonyeni. This event entitled "**Caring for Community Carers**", was attended by +- 3 000 people. Ms Peggy Nkonyeni was the guest speaker for the day and presented certificates to the graduates. In her speech, the MEC thanked the Community Health workers for all they are doing to help others, and for improving the health system. The Programme director was Mr Sam Thela who is Deputy Manager: DHS, Umzinyathi Health District.

## Umzinyathi honours it's Community Health Workers



Community Health Care workers waiting to receive their awards

**These are some of the Community Health Workers who tirelessly serve our District. Keep up the great work!**

## Umzinyathi Health District says Goodbye to it's First District Manager

**Q** t a tearful and emotional farewell party held at the Battlefields Country Lodge on 20 December 2005, District Staff and Colleagues from throughout the Province, bade a sad farewell to our much loved and respected, Mr. Jabulane Mndebele. Mr. Mndebele served as District Manager from February 2004 until December 2005. He was well known for his cheerful personality, his passion for the District and for his sense of humour. He was an amazing person who always motivated people and taught us to always do more, to do it with commitment, and to be the best. Mr. Mndebele sets an example for all Leaders to follow...and will be sorely missed. **In the same light, we look forward to welcoming the New District Manager to our Family, when He or She is appointed.**



**Outgoing District Manager, Mr. J. Mndebele**



**The Singer...**



**It is definitely his good nature, his humour, his smile and his ability to keep calm in the face of adversity, which sets him apart from other Managers**



**The Public Speaker..**

## UMZINYATHI DISTRICT FACILITIES COME OUT TOPS AT ANNUAL PRIZE GIVING FUNCTION

**W** hen it comes to Healthcare, Umzinyathi Health District aims to be the best at everything that we do. This was clearly evident at the annual Prize giving ceremony, which was held at the Moth Hall in Dundee on 6 December 2005.

The spirit of Camaraderie was truly exhilarating on the day, as the facilities grouped together and competed against each other to show who was tops. The event was planned by the District Office and was well received by all guests present. A scrumptious lunch was served afterwards.

**Here is a summary of the Top Achievers:**

**BEST HOSPITAL:** The shining star of all hospitals award went to **Dundee Hospital**. Manager Mr S. Khan (right), is seen lifting his trophy in victory. **CJM, COSH and Greytown** Hospitals all received trophies for improved service.



**DUNDEE HOSPITAL Champions of the District BEST HOSPITAL AWARD 2005**

**More pictures on P 3**

# HIGHLIGHTS OF THE PRIZE GIVING CEREMONY HELD ON 06 Dec 2005



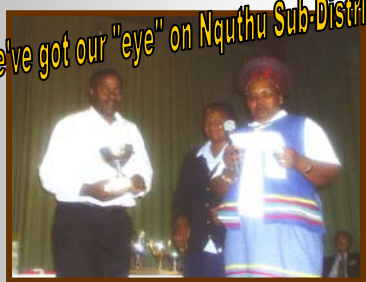
Viva Italia!  
From (L) Mr. J. Mndebele and Mr. S. Thela presenting a certificate of Appreciation to Dr. C. Marra from the Italian Corporation.



Good Job EMRS!  
(L) Mrs. Zanele Mhlanga, District CDC Co-ordinator, presents the trophy for BEST PARAMEDIC to Mr. R. Moonsamy of EMRS Greytown



Who can beat Umvoti in 2006?  
Far Right: Mrs. EBT Ntanzi and Dr. L.H Selephe (2nd from L) present the award for the highest no. of cervical smears to Greytown Sub-District. Receiving this is S.G Ngubane & Matron S. Dhlomo



We've got our "eye" on Nquthu Sub-District  
Right: Mrs. T.G Mvelase presenting the award for the sub-district with highest no. people screened at pension pay points to Nquthu sub-district



Well Done!  
From (L), Mr. J. Mndebele, with District Hospital Managers Mr. H. Human (COSH) Mr. E.M Xaba (CJM), Dr. MAG Molla (Greytown) receiving trophies for Improved Service. Looking on is Mr. S Thela, Deputy Manager DHS: District Office



From (L) Mr. J. Mndebele and Mr. S. Thela presenting a farewell gift to Matron FF Buthelezi from CJM Hospital, who has retired.



Douglas challenges other clinics to beat this!  
(Centre) Dr. L.H Selephe seen here with Lindiwe Sithole & Lizzie Myeni from Douglas Clinic receiving the award for Highest no. of Clinic Deliveries- Msinga



Endumeni aims to have more HP schools in 2006  
(Centre) Ms. L. Ndamane, presents the award for Accredited Health Promoting School - Endumeni, to Mrs. E Thompson & Mrs P. Mlambo of Dundee PHC.

## No one Manages HIV/Aids better than Mhlangana CLinic



(L) Mrs. T.G Mvelase District Programmes Co-ordinator presents the trophy for Best Clinic in HIV/Aids Management- Msinga To Lindiwe Sithole & B.T Mqokozo of Mhlangana CLinic Looking on is Ms. B. Ngubane, District PMTCT/VCT Co-ordinator

## Sakhimpilo is TB "The Best" leader



(Centre) Dr. Claudio Marra of the Italian Corporation, presents the trophy for Best TB Management To S. Ndaba and D. Khumalo of Sakhimpilo Clinic.

# Umzinyathi's Annual Prize giving Ceremony

*And the Winners were ....*

## H<sub>EALTH PROMOTION</sub>

Sub-districts who achieved accredited Health Promoting Schools were awarded certificates  
The recipients were: **Endumeni, Nquthu Greytown**

## M<sub>ENTAL HEALTH</sub>

The sub-district with the best run Mental Health Programme— trophy went to **COSH**

## O<sub>RAL HEALTH</sub>

The sub-district with the best run Oral Health Outreach Programme— trophy went to **CJM**

## T<sub>B</sub>

Highest Smear Conversion trophy was awarded to **MSINGA**  
TB ALL ROUNDER trophy was awarded to **MSINGA**  
Recognition of the way MDR is managed— certificate awarded to **MSINGA**

## M<sub>CWH</sub>

Clinic with the highest no. of deliveries—trophy awarded to **Douglas Clinic (Msinga)**  
Sub-district with the highest no. of cervical smears—trophy awarded to **Umvoti Sub district**  
Best IMCI practicing sub-district—trophy awarded to **Endumeni Sub district**

## H<sub>IV</sub>

Best clinic in HIV/AIDS Management—**Mhlangana Clinic (Msinga)**  
Hospital with highest no of patients on ARV—**CJM**

## E<sub>MRS</sub>

Best EMRS base—**Greytown**  
Best Paramedic—Rodney Moonsamy—**Greytown sub-district**

## E<sub>NVIRONMENTAL HEALTH</sub>

Best sub-district to initiate and implement a project in Environmental Health—**NQUTHU**

## C<sub>ERTIFICATES OF APPRECIATION WERE AWARDED TO THE FOLLOWING:</sub>

- The Italian Corporation
- Dr. S. Ramdharee
- The Courier Newspaper
- Umzinyathi District Municipality
- Umzinyathi District Health Office Staff
- PHC Staff of Endumeni, Nquthu, Msinga and Umvoti
- All Hospitals
- Dr. MAG Molla
- Mrs. FF Buthelezi
- Endumeni, Nquthu and Umvoti sub-districts for Health Promoting Schools
- Mzwandile Khoza, for his contribution to the Eye Care Programme

# Bye Bye 2005

*Merry Christmas*



Melta Danisa, Thuba Mthethwa & Sizozungu busy braaing the meat for the annual year end party on 4 December 05



Lungi Ngubeni, Yvette Moodley and Mampho Moloji striking the final blow to the snacks !

Thuba Mthethwa and Ntombifuthi Makhubu nibbling while waiting for lunch



## COSH NURSING COLLEGE CELEBRATES CHRISTMAS AND THE END OF 2005



Merry Christmas Cake!



Father Christmas even took time off his hectic schedule, to go to COSH...



These sisters show us how it's done



*Merry Christmas*

# Meet Greytown's New Hospital Manager



Welcome to Umzinyathi Health District



## Mr. R.B Ngubo

Tel : 033—4131 534 (direct line)  
Cell: 082 498 1696  
E-mail: nguborb@dohho.kzntl.gov.za

**Mr.** Robert Bongumusa Ngubo, Greytown's new Hospital Manager is originally from Untunjambili in Kranskop. He is married and a doting father of 3 grown up children, a daughter and 2 sons.

Mr Ngubo has had a long career within the KZN department of Health, starting as far back as March 1977, when he began work at Ceza Hospital. In 1980 he moved on to Untunjambili Hospital. Edendale Hospital welcomed him as a staff member in 1994 and he moved on to Prince Mshiyeni Memorial Hospital in 1997.

Mr. Ngubo was appointed as Hospital Manager for Umgeni Hospital on 01 September 2004 and is presently the manager of Greytown hospital , starting 1 February 2006.

Mr Ngubo is a University of Zululand graduate, holding a Diploma in Public Administration and a Bachelors Degree in Administration, with Public Administration and Industrial Psychology as his majors. We are confident that Greytown Hospital and the District will benefit from his enormous experience and his varied skills.

His message to the staff is simple " Let us work together as a team wherever we are, and in whatever we do. We must always strive to do the best, in order to improve service delivery to our patients"

**Mr. Ngubo has the following goals as Manager.**

- He would like to see Greytown Hospital achieve the status as the BEST hospital within the Umzinyathi Health District
- To ensure that all systems and procedures are put into place and adhered to.

He also believes in an 'open door' policy and welcomes all staff to approach him if they have any problems, complaints or even suggestions.

Mr. Ngubo stands by the Greytown Hospital motto  
*"Service to Humanity, Service to God"*

Umzinyathi Health District is proud to welcome Mr R.B Ngubo to our fold , and we are confident that he will have a long and fruitful stay with us.



## KWAZULU-NATAL DEPARTMENT OF HEALTH



# Health Calendar

## Jan - Feb 2006

"Don't hold something in your arms that you could never hold in your heart . . ."



**9 - 14 FEB : STI / Condom Week**

### January

31 : World Leprosy Day

### February

*Reproductive Health Month*

4 - World Cancer Day

9 - 14 : STI / Condom Week

12-18 : Pregnancy Awareness Week

## BE WISE, CONDOMISE & PREVENT STI AND HIV/AIDS

### HEALTHY, WEALTHY AND WISER

**Swapping some of your carbs for protein or healthy fats may be just the right move for a healthier heart, say researchers.**

New findings, published in November 2005 in the *Journal of the American Medical Association*, show that replacing some carbohydrates, like a bowl of pasta, with protein or monounsaturated fat, such as a black bean taco, may help to reduce your overall risk of heart disease.

"[These changes] can lower blood pressure, improve cholesterol levels and reduce heart disease risk," said Dr. Lawrence Appel, lead author of the study and professor of medicine at Johns Hopkins University.

To test the heart benefits of different diets, the researchers recruited 164 adults with either high blood pressure or the early signs of this problem. The participants were divided into three groups, based on diets that emphasized carbohydrates, protein or unsaturated fats. In the protein-rich diet, about half of the proteins eaten were derived from plant sources, like beans, nuts and vegetable-based meat substitutes, which tend to be lower in fat than animal sources of protein. In the unsaturated-fat-rich diet, most of the fat was of the monounsaturated kind found in olives, peanuts and canola oil. This type of fat is considered to be healthy since eating such foods can lower artery-clogging cholesterol. For example, a higher-carb lunch would consist of a chicken sandwich with mayonnaise on whole wheat bread, while the unsaturated-fat-rich dieters would eat their chicken sandwich with olive-oil margarine and barbeque sauce on white bread. The protein-rich dieters would eat a veggie burger instead with barbeque sauce on a hamburger roll. Snacks for the groups varied, too, with trail mix featured in the carb diet, cottage cheese for the protein eaters and olive oil potato chips for the unsaturated fat group.

After staying on the diets for six weeks and maintaining a constant body weight, researchers found that all of the diets helped to lower the participants' blood pressure and bad, or LDL, cholesterol levels. However, those on the high protein and high unsaturated fat diet showed even lower levels. Overall, these two diets led to a significantly lower risk of heart disease than the carbohydrate diet.

Previous studies have shown that consuming high amounts of salt and alcohol as well as being overweight can all affect blood pressure and heart disease risk, but this is the first study to show that macronutrients, like proteins and fats, may affect blood pressure in a positive way, say the authors from the Omni Heart Collaborative Research Group, which conducted the study. The authors caution, however, that all of the participants were put on meal plans that are healthier than the typical American diet, possibly explaining why all three diets helped to improve the participants' heart health. "All three diets are good; it's just that two diets are somewhat better," said Dr. Frank Sacks from the study center at Brigham & Women's Hospital at Harvard Medical School in a press release. "Most of us in public health would be happy if people were consuming the carbohydrate diet, which is much better than what most people typically eat."

Article courtesy of : [www.healthology.com](http://www.healthology.com)



# Umzinyathi Health District Events

**October—December 2005**

**Aids Day March 4 December 2005- Dundee Provincial Hospital**



**(L) Mrs. T.G Mvelase, And Ms. Sindy Mvelase of the District Office, having a good time at the Aids March**



**(L) Dr. A. Aung, ( Dundee Hospital Medical Manager) Duma Shange (HIV/Aids Mentor Co-ordinator and Lindeni Ndamane ( PHC Co-ordinator Nquthu and Endumeni)**



**This talented Zulu dancing group entertained and impressed the crowd with their exceptional skills. They displayed great passion and enthusiasm on the day.**



**Well co-ordinated drum majorettes did a great job showing off their talents and added colour to the Event.**

# Special Achievements in the District

## COSH : The Winners Hospital!



We had to find out if there was any truth in the rumour that COSH is going to be re-named "THE WINNERS HOSPITAL". This came about after COSH excelled at the annual District Awards Ceremony. The pictures above speak for themselves, showing the staff being absolutely overjoyed at their achievements! Well done COSH, keep up the good work!

## MOTHER OF 6, GIVES BIRTH TO TRIPLETS AT CJM HOSPITAL



If you would like to assist these babies, please contact  
CJM P.R.O  
Mr FS Zuma on  
034-2711900

**@ 33 year old, mother of 6 children, Winnie Nene of Nondweni area in Nquthu, recently gave birth to triplets.**

On the 8 January 2006, experienced Maternity Sister I. J. Langa delivered the Triplets at CJM Hospital at about 01h00.

"It was my first time to give birth to triplets," Winnie said. She did not have any birth complications and the triplets are doing very well. Winnie Nene gave birth to one boy and two girls. Their names are Siyamthanda Praise God, Sinikiwe Akhona and Sithokozile Aphile.

Mphendukelwa Paulos Sigubudu, the father of the children and Winnie Nene are both unemployed. Sigubudu said that he supports the family by getting temporal jobs and relies on the grandmothers Social Grant. "It is very difficult to support 9 children with two of the elder children already at school," said Mphendukelwa.

The grandmother said that she would appreciate if they can get any assistance since they are struggling to make ends meet. "It is obvious that the Triplets will suffer if they do not get urgent assistance," said the grandmother

# Special Achievements in the District

## EMRS PLANS TO BE THE BEST IN 2006

**W**atch out for EMRS in 2006. They have big plans better their image and improve their service even further this year.

### C TRACK SYSTEM PUT EMRS ON THE "MAP"



**E**ye in the Sky's interview with them revealed the following:

- EMRS currently has the C TRACK system installed which works with GPS (Geographic Positioning System) via satellite. This enables them to personally track their Emergency vehicles anywhere in the Province. This system was installed in December 2005, and is proving to be an invaluable asset. At the moment, there are about 12 vehicles which have this tracker installed. The balance of their vehicles will be installed with C TRACK, in 3 months time. The advantage of C TRACK, is that it enables the person tracking the vehicle to see the following:

1. **Speed of the vehicle**
2. **Location of the vehicle**
3. **It also has an emergency panic button, which enables the Paramedic to send a message to the control room in the event of him being attacked or hijacked.**

This system also helps improve the safety of EMRS personnel, who place their lives on the line daily, while performing their duties.

### MORE STAFF WILL IMPROVE SERVICE DELIVERY

**EMRS has started the New year with the following new appointments:**

- **47 New Basic Life Support Practitioners**
- **3 HR Officer**
- **1 Admin Officer**
- **1 Supply Officer**

Mr. A.N Ndamane, the District EMRS Manager has many positive ideas to improve EMRS this year and believes that the employment of more staff is definitely going to lead to better service delivery by his department.

- **Control room staff has increased to 4 personnel per shift**
- **The no. of Ambulances have increased from 12 to 14**
- **Response times have increased considerably, and is improving all the time.**
- **EMRS are currently aiming for an 83% urban response time within 30 minutes, and a 60% rural response time within 1 hour.**

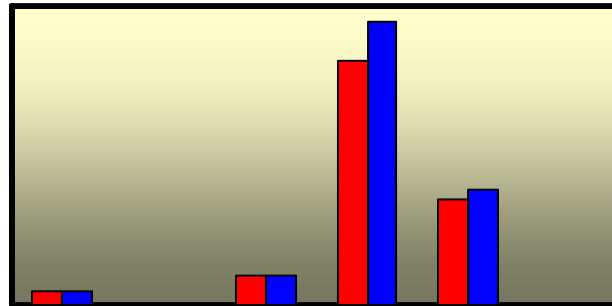
They have also started decentralizing HR functions with the employment of the HR staff. By March 2006, they plan to start dealing with stores and finance.

EMRS have also initiated a Poverty Alleviation Programme whereby 5 people from within the District who have matriculated, will be trained free of charge as Emergency Care Practitioners. After this 3 month training which will run from March to June, these people will be employed permanently in the EMRS from July.

EMRS has also appointed a Principle Medical Officer who will resume duties in March 2006. More details on this in our next issue.

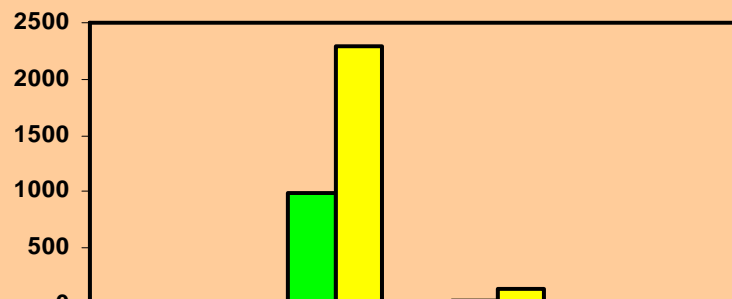
# Quarterly Review Results

## TB INDICATORS - COMPARISON 2ND Q AND 3RD Q 2005



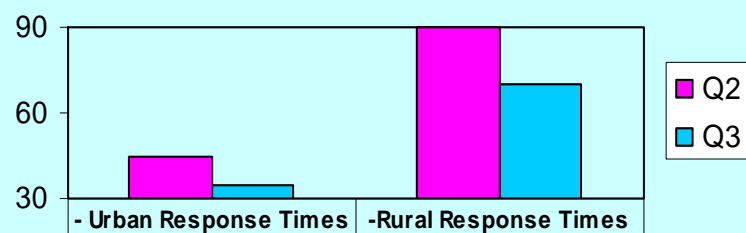
	Sputum Turn-	Cure rate for	MDR: (%)	Current on	New July -	Hospital Based
■ Q2	48	54%	98	816	351	16%
■ Q3	48	54%	98	948	385	0%

## HIV / AIDS COMPARISON Q2 & Q3 2005



	PMTCT follow up rate	ARV- adults	ARV- Paeds	No of Hospitals
■ Q2	20%	998	40	3
■ Q3	22%	2292	143	4

## EMRS RESPONSE TIMES COMPARISON Q 2 & Q3 2005



	- Urban Response Times	- Rural Response Times
■ Q2	45	90
■ Q3	35	70



## New Staff Appointments

**Welcome to our World**

### Umzinyathi District Office Welcomes new staff

The District Office welcomes the following new staff to our

Institution:

Ms. S. Sibisi – HR Manager

Mr. J.M Jele – Assistant Manager – Staff Relations

Ms. L. Shoba- Chief HR Officer

Mrs. P. Masala-ASO Nutrition Advisor

Mrs. F.G Madondo – Assistant Manager- Quality Assurance

Mr. W. Mchunu- Finance Management Officer

Ms. T. Khumalo – Admin Support Officer

Mrs. S. Narian- District Data Capturer

Ms. V. Potgieter – Rehabilitation Co-ordinator

Mrs. K.R Ndlovu – CUBP Co-ordinator

Ms. Khetiwe Zulu – Receptionist



# Brain Drain

**Sadly, at the end of 2005, we said goodbye to the following staff who left us in search of greener pastures:**

**Ms. Ntombifuthi Makhubu -Environmental Health Officer, District Office  
Mrs. FF Buthelezi who retired from service.  
Dr MAG Molla—who left Greytown Hospital for Cape Town**

**We wish them all the very best of future in their careers and in life.  
We will not forget any of you.**

# Congratulations!

## District Office

Mrs. Mbali Malembe gave birth on 28.04.05 to a beautiful little girl called Nolupho Bathabile, which means "Gift of Happiness"

## District Office

Ms Tasso Shandu also had a cute bouncing baby boy on 06.04.2005. He was named Esihle Amukelisiwe

Ms. Nomvula Coka gave birth to her new son, Lenzokuhle on 1 Dec 2005. We hope he brings you much happiness !

## EMRS

Z.P Sokhela had a precious baby boy on 27 /10/ 2005.

L. Khulise also welcomed her little son into the world on 14/01/ 2006

## ACHIEVEMENTS - DISTRICT OFFICE

Mrs. K. Greyling recently moved up the ranks from Principle HR Officer, to Asst. Manager HRD.

Mrs. Lungi Ngubeni was also appointed Finance Management Officer. She was previously Finance Service Officer.

## Achievements-EMRS

Well Done E.M Mbatha on completing your Intermediate Life Support Course!

B.G Ndimande was recently appointed from G.A, to Supply Officer.

# Recipes

## QUICK MINI PIZZA'S

### Ingredients :

1 cup chicken fillet  
Cook with ginger/garlic, salt & green chillies  
1 cup cheese - grated  
1 green pepper - cubed  
1 tomato- finely chopped  
2 eggs - lightly beaten  
5 Tblsp's flour  
2 Tblsp's mayonnaise  
2 Tblsp's tomato sauce  
salt  
pepper  
ground green chillies

Mix all ingredients well  
Place into greased patty pans  
Bake @ 180 c till done

**WELCOME TO THE JOKES & INSPIRATION PAGE :-**



No matter how bad life gets, remember that the wheel turns and the bad times won't last forever... Your life can be anything you want it to be, it just takes hard work and perseverance, so go for it!



Memories tie you to the past.  
 Imagination points you to the future.

God gave you your face but you have to provide the expression.

Minds are like parachutes. They function only when they are open.



Financial mastery is spending less than you earn and investing the difference.

I don't care how much you know until I know how much you care!

Stop believing that 1 person's actions don't matter.

Others are not against you, they are merely for themselves.

A pretty face is not a passport. Its just a visa and it runs out fast.

After I look at this planet, any visitor from outer space would say "I want to meet the manager!"

A man is not finished when he's defeated. He's finished when he quits.

Gratitude springs by remembering the ones who helped you and not the ones you helped.

Study and get ready. The opportunity will come.

*It is never too late to become what you might have been...*

You have two choices in life:

1. You can stay single and be miserable,
2. or get married and wish you were dead.

**THERE ARE 3 KINDS OF PEOPLE**

Those who **MAKE** things happen.  
 Those who **WATCH** what happens.  
 Those who **WONDER** what happened.

PrankPlace.com

**Happy Valentines Day 14.02.06**