



Message from Dr. Kariem

Dear Colleagues

This is the last quarter of a very productive year which I believe has seen a turnaround in many of our institutions. We focused on a number of critical management areas including Financial Management, Operational Management as well as focusing on Human Resource Management.

The filling of our posts for Programme 4 had increased from an average of 94 percent to 96 percent. Whilst this 2 percent increase represents a nominal amount, in reality this is in fact a significant increase in the filling of our full time posts. Not only have we had some success in the filling of our posts in this Programme but the internal movement of posts within the Programme 4 is in fact much higher.

We still have some work to do in improving the full time equivalent posts up to the target of 97.5 percent; Programme 3 (Emergency Medicinal Services) and Sub-programme 7.3 (Forensic Pathology) posts.

Many institutions have been having their 20 year long service awards and I would like to thank the Institutional Managers for all the effort placed into these awards. Dr Linda Hering and I have attended most of these awards as we believe that it is crucial that we acknowledge our staff. We also more recently had the very special 30 and 40 year long service awards.

These awards have all been very special and I must congratulate and thank all the staff for all the years of service to the Department of Health and the communities we serve.

There have been many special events and it is hard to mention all. But amongst these have been the Associate Psychiatric Hospitals



Accreditation Awards, the donation of R60 000 to Valkenberg Hospital by the Claremont Rotary, the second Western Cape Rehabilitation Centre Wheelchair Race, the launch of the Incubator Campaign and World AIDS Day events.

Lastly I would like to thank all the staff of the Regional Hospitals, Psychiatric Hospitals, Emergency Medical Services as well as Forensic Pathology Services for your commitment and dedication during 2010.

I would also like to take this opportunity to wish you all and your families all the best for the festive season and hope that you have a blessed Christmas and peaceful new year.

See you in 2011.

Dr. S. Kariem

Chief Director:

General Specialist and Emergency Services

WCRC hosts its second Wheelchair Challenge

The Department of Health's Western Cape Rehabilitation Centre (WCRC), Eskom and the QuadPara Association of the Western Cape (QAWC) joined forces in holding the second Wheelchair Challenge on Saturday, 6 November 2010.

The Wheelchair Challenge took place at the WCRC site, as well as the perimeter road of the Lentegeur Hospital.

The main objectives of the event were to market the WCRC and to raise funds for the facility and the board. It also:

- Created an opportunity for everyone, disabled and non-disabled to have fun;
- Enabled participation in a sporting event for persons with disabilities;
- Introduced persons with disabilities to a wider range of assistive devices; and
- Raised awareness regarding disability.

As the local community still regards the WCRC as a Rehabilitation Centre for substance abusers, the wheelchair race highlighted the core function and clientele of the WCRC. It also introduced the WCRC to a wider range of clients, as the race attracted wheelchair users from across the Province.

Prizes and medals were awarded to the male and female winners, 2nd and 3rd place winners of the following categories:

- Quad Hand Cycle Male 22km
- Para hand Cycle Male 22km
- Racing Chair Male 22km
- Quad Hand Cycle Male 6km
- Para Std Chairs Male 6km
- Para Std Chairs Female 6km
- All-comers 22,1 km
- All-comers 6,4 km

There were 119 entrants in the various race categories of which Mr Stuart Mc Creadie won 1st place in the 22km Para Hand Cycle. He completed 11 laps in 30 minutes, 18 seconds (00.30.18) at an average of 35 km per hour.

Twelve teams, at a total of 52 participants, competed in the Inter-corporate race and was won by Motivation Afrika. They consisted of Eskom, Motivation Afrika, African Bank, Chris Burger Petro Jackson Player's Fund, Mpilisweini Consortium, Helios Security and Ikapa Caterers.

Race participators and spectators were entertained by Mitchell's Plain's DJ Deen Louw and MC Benito Vergotine. Other entertainment comprised of Ansa Theron, Sistahood and the Tasmashii Oaiko Japanese Drumming School.

The WCRC Facility Board has funded clients to participate in the Hermanus Wheelchair Race and the Outeniqua Wheelchair Challenge, during which the WCRC clients won several medals.

Encouraging participation in sport activities is one aspect of the re-integration of clients into society, as well as contributing to the individual's overall sense of well-being.

The latter forms an integral part of the services of the WCRC.



Stuart Mc Creadie, winner of the 22km Para Hand Cycle.

Incubators Campaign contributes to the “Gift of Life”

On 2 December 2010, a drive was launched to provide the neonatal units of New Somerset Hospital and George Hospital with 30 incubators (20 incubators for New Somerset Hospital and 10 incubators for George Hospital).

The 2010 Incubator Campaign is supported by various Cape Town businesses and service providers including Heart 104.9FM, Pick 'n Pay, the Cape Argus, Newborns Trust, I&J, Nedbank and Affinity Strategic Communication.

The campaign follows last year's highly successful effort, when enough money was raised to supply the neonatal unit at Groote Schuur Hospital with 24 incubators.

The initial aim was to provide 20 at a cost of R70 000 each, but huge response from the media and Cape Town residents helped to push the total to R1,7 million, which meant a bonus of another four incubators. The hospital's neonatal unit can now save 432 babies' lives every month.

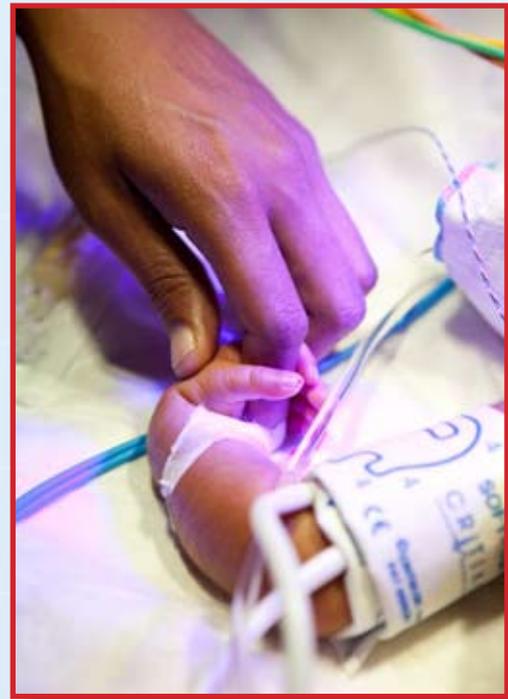
“We are extremely proud of the Incubator Project, as it unites Cape Town through one significant cause. The saving of a baby's life is a fundamental message that every mother, father, grandmother or grandfather can immediately relate and respond to,” said Gavin Meiring, station manager for Heart 104.9FM.

Next in line is the neonatal units at New Somerset Hospital and George Hospital, which experiences a dire need of incubators. The hospitals serve vast geographical areas, with thousands of mothers giving birth each year. Around 2 000 of these newborns require time in an incubator.

“The bottom line is that incubators offer babies a chance to stay alive,” said Liesl Laubscher of Affinity Strategic Communication. “That's why the importance of a campaign like this can't be overemphasized. Money donated goes directly to saving lives.”

“Despite improvements in technology and a reduction in the child mortality rate, there remains an ongoing need for incubators at our hospitals,” said the Minister of Health in the Western Cape, Mr Theuns Botha.

“With the help of our media sponsors and staff members, there is no doubt that we will



The new incubators will give these babies a second chance at life.

reach the targets set out to purchase incubators for the two hospitals,” Minister Botha added.

Erica Jacobs of the Newborns Trust reminds contributors of another factor: “Every life saved adds to the legacy of those who have contributed to make it possible.”

You can do the following to help save a baby's life:

- Pop into any Pick n Pay Supermarket, Hypermarket, Express Store or Daily Store and purchase a R10 donation voucher, or
- Visit any Nedbank branch and make a donation to the Newborns Trust. The branch code is 10 46 09 and the account number 104 652 5999.

“Our appeal really goes to the core of what it means to be human – to nurture and protect our babies at all cost,” concluded Pick 'n Pay spokesman Mark Jennings.

Donors are also reminded that they stand a chance to win one of twelve R2 000 Pick n Pay gift cards in the lucky draw at the end of the campaign.

Stay tuned to Heart 104.9FM or get the daily edition of the Cape Argus for more information on the Incubator Campaign. Regular updates will be available on www.1049.fm or www.newborns.org.za

Valkenberg Hospital's Ward 11 receives handover

On 19 November 2010, the Claremont Rotary Club, along with the Friends of Valkenberg Trust, hosted a handover celebration in Ward 11 at Valkenberg Hospital. The Rotary Club made a significant donation of R60 000 to the hospital through the Friends of Valkenberg Trust.

The Trust has since purchased equipment for the hospital's Ward 11 that will benefit both its patients and staff. Some of the equipment purchased for the ward includes bedside lockers for the patients, entertainment equipment from a TV to board games, outdoor furniture, as well as new kitchen appliances for the staff.

The bedside lockers give the patients a secure place to store their lockers, as the entertainment equipment will help alleviate boredom as well as teaching the patients social skills, the outdoor furniture will make the environment more comfortable for the patients when they are sitting outside on a summers day.

The appliances for the staff will show appreciation for all the hard work they do on a daily basis and to make their working environment better.

Dr Bernadette Eick, Medical Superintendent of Valkenberg Hospital said: We would like to thank the Rotary and the Friends of Valkenberg Trust for their donation and continued support. We are really pleased with the new equipment and know that it will benefit both our staff and patients significantly.

The celebration concluded with the unveiling of a plaque to commemorate the donation received.



The Friends of Valkenberg Trust and Claremont Rotary Club hands over equipment to the staff of Valkenberg Hospital.

Lentegeur Hospital hosts Family Day

As part of the Mental Health month celebrations, Lentegeur Hospital's Forensic Unit hosted a Family Open Day on 16 October 2010. The objective of this event was to promote a seamless and comprehensive health care service, especially in terms of the challenges faced by mental health service users and their support systems.

The facility's management team (under co-ordination of the Forensic Unit) envisioned that the event would be an exciting opportunity to support families and care givers more effectively, as well as raise the profile of the hospital in the community that we serve.

Through the Family Day, the hospital aimed to diminish the stigma in psychiatry. Forensic patients often find themselves isolated from their families and the community due to their circumstances. Events like the family day helps with:

- Creating awareness in forensic psychiatry
- Maintaining and strengthening family ties
- Reintegration back into the community

Issues such as the appropriate level of care, adequacy of community support systems, stigmatism and burden on caregivers were also addressed. The event also enabled staff at Lentegeur Hospital to build closer relationships with patients' families and care givers.

Mental health is a state of emotional and psychological well being, in which an individual is able to use his / her cognitive and emotional capabilities to function and meet the demands of society and everyday life.

Mental health problems can be triggered, especially where an individual has a biological or genetic vulnerability to a specific problem. Nearly one in every family will experience the negative effects of poor mental health at some or other time.

More than 80 patients received back their full sight

During eye care awareness week in October, approximately 88 cataract operations were performed at George Hospital through excellent teamwork performed by role players within the medical sector.

The operations were part of various awareness activities that took place in George during the week.

Dr Nicholas Stempels, Eye Surgeon at George Hospital, along with a number of private doctors conducted the operations. Dr Stempels was assisted by private ophthalmologists who worked pro bono, namely Dr Richard Faul and Dr Johannes Meyer from George, Dr Nelis le Roux from Mossel Bay and Dr Peter Harpur from Knysna.



Ms Alice September, Ms Cynthia Smith and Ms Cathy Bruintjies with Dr Nicolaas Stempels.

A marathon of operations

Dr Neeran Narainswami was responsible for all post-operative controls. Patients were identified by nurses in George, who later measured the strength of the lenses implanted. The receipt of the patients and direct preparation was done by the George Community Health Centre and a few nursing professionals scrubbed in and assisted with the operations performed.

The companies Alcon and SOS donated free lenses and provided some of the equipment used.

“Cataracts are the most common cause of blindness and low vision in South Africa. Fortunately it is a form of blindness that can be treated” Said Dr Richard Faul.

Cataracts are formed when the lens behind the iris (the coloured part of the eye), turbids. The person's eyesight becomes worse, until he is declared blind.

Other activities which occurred in the region include patient surveys in the George prison, Mossel Bay Hospital and the Touwsrante residential area. This is done by a nurse at George Hospital, Ms Nazlee October. She also offered training to staff within the surrounding areas of George, reaching areas as far as Heidelberg and Calitzdorp.

World AIDS Day 2010

On Wednesday 1 December 2010, Mowbray Maternity Hospital hosted a World AIDS Day celebration event for staff, patients and members of the community.

This year's theme “Universal Access and Human Rights” was chosen to address the critical need to protect human rights and attain access for all the HIV prevention, treatment, care and support.

With this event, the hospital aims to diminish the stigma attached to HIV/AIDS, promote the HIV Counselling and Testing (HCT)

Campaign as well as encourage community involvement. The event also educated and raised awareness about the increasing number of people infected with HIV.

Activities on the day comprised of the formation of a human chain on Durban Road in Mowbray, song and dance items, poem recitals, a pledge and free HIV testing and counselling.

“I am responsible; South Africa is taking responsibility”



Long Service Awards

During November and December 2010, employees in the Chief Directorate: General Specialist and Emergency Services were acknowledged for their 20, 30 and 40 years of service within the Western Cape Department of Health.

The institutions' individual ceremonies recognised the staff who worked tirelessly to make sure that patients are taken care of and that the Department's goals are met.

The award functions were for employees working at Regional Hospitals and Associated Psychiatric Hospitals (APHs) in the Western Cape.

They are Mowbray Maternity Hospital, New Somerset Hospital, George Hospital, Paarl Hospital, Worcester Hospital, Stikland Hospital, Valkenberg Hospital, Alexandra Hospital,

Lentegeur Hospital, the Western Cape Rehabilitation Centre and staff members at the Regional Office.

The majority of the recipients comprised of nurses, medical and health care workers and administration staff. Many of these employees have been working at provincial health facilities for more than 20 years.

In his address at the 30 and 40 Year Service Awards Chief Director Dr Saadiq Kariem said: "It is remarkable to award staff members for 30 and 40 years of dedication. I am increasingly impressed with the dedication, quality of work and individual roles played by every staff member in this Chief Directorate."

He stressed that in his view it is very important that staff is acknowledged and rewarded for their services.



Mowbray Maternity Hospital celebrated their 20 Year Service Awards at the Coral Hotel.



Bobby Skinstad inspired guests with a motivational message at Lentegeur Hospital's 20 Year Service Awards.



The Department hosted a 20 Year Awards ceremony for staff at the Regional Office.



Stikland Hospital staff celebrated 30 years of service within the Department.

Long Service Awards Gallery

Congratulations and thank you to all staff members for your hard work and dedication towards the Department.



Mr Donkerman has been employed at Piketberg's Emergency Medical Services for 40 years.



New Somerset Hospital staff members at the 30 and 40 Year Service Awards.



Paarl Hospital's staff members celebrated 30 years in service.



Award recipients from the Western Cape Rehabilitation Centre at the 30 and 40 Year Service Awards.



Award recipients from Worcester Hospital at the 30 and 40 Year Service Awards.



Alexandra Hospital staff received awards for 30 years in service.

APH Occupational Therapy Mental Health Fun Day

Four hundred mental health care users attended the Associated Psychiatric Hospitals' (APH) Mental Health Sports Day on 11 November 2010.

The Occupational Therapy Departments of Lentegeur, Valkenberg, Stikland and Alexandra Hospitals as well as New Beginnings and William Slater, commemorated World Mental Health Day by hosting a sports day that was in line with this year's theme: "Mental Health and Chronic Physical Illnesses: The need for continued and integrated Care".

The event was held at Alexandra Hospital's sports field. It kicked off with a big walk which accommodated all users. Participants enjoyed the breathtaking views of Table Mountain and fresh air as they completed the big walk.

Many users also signed up for the soccer tournament which saw Lentegeur Hospital walk away with the coveted 2010 trophy. Other activities that were enjoyed included: sack races, potato and spoon races, target throw, tug of war and various other fun races.

Participants were treated to an energetic and rhythmical drumming session, and were taught the disk dance by volunteers from Come & Play.

The event was a huge success and the organisers would like to thank all of the users, staff and volunteers who made the event such a success.



Participants getting ready for the big walk.

Worcester Hospital's Nursing School hosts annual graduation ceremony

The Worcester Hospital Nursing School recently celebrated a year of hard work and the successful completion of exams at the school's Annual Graduation Ceremony.

This award winning school has since its inception in 1998, contributed more than 300 nurses to the nursing core.

The graduation ceremony celebrated the successful completion of studies for 16 Auxilia-

ry Nurses, 41 Enrolled Nurses and 3 Professional Nurses specialising in Midwifery. The school boasts a 100% pass rate and a 0% dropout rate. Part of the school's success is attributed to its step-ladder approach, that allows a student to work while studying, thus affording them the ability to financially support themselves.

Learners enroll to complete the Pen 1 & 2 qualification which is the equivalent to a Staff Nurse or Enrolled Nurse qualification. From there the student can apply to do Bridging 1 & 2 from an Enrolled Nurse to a Registered Nurse. The qualification is known as Professional Nurse Practitioner. Once they have achieved this qualification, the nurse can then further qualify into post grad studies such as Psychiatric or Primary Health Nursing.

Many of the students are from communities in and around the Cape Winelands District. The advantage of training students living in the area is that as they qualify they are able to support the health of their own community through practical knowledge and experience.



Dr Helise Schumann and Minister Theuns Botha handed over the awards to the students of the Nursing School.