

WESTBEST

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West Coast District Newsletter | Weskus Distrik Nuusbrief



Mandela Day - HONOURING MADIBA



Western Cape
Government

Health

BETTER TOGETHER.

District Director's Note

"Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence." These words by Helen Keller have never been more true, especially in the context of health services in our district and province the past year.

Optimism is not just a state of mind where you see the glass half full. It is an action, a deliberate decision to identify the positive aspects in a negative situation. To not just look for the silver lining around the clouds, but to create one if it's not visible at first.

Optimism (or its direct opposite, pessimism) can change the outcome of any project, event or action and can be the difference between success and failure. Even when you approached something with optimism and it does eventually fail, being an optimist will help you learn from failure and gives you the courage to not give up and try again.

In our current working environment, various new approaches to doing things have been crossing our paths. The reason for this is that the Western Cape Government Health and West Coast District, needs to find new ways of doing things with less resources and increased demands in services. This is a reality that we cannot change or avoid.

However, what we can do, is choose how we approach these things: with either an optimistic or pessimistic attitude.

May you find the courage to take on all new adventures with optimism and may you find the strength to go look for or create your own silver lining if the clouds seems to be darkening around you.

I believe any success in life is made by going into an area with a blind, furious optimism.
- Sylvester Stallone

IN EVERY ISSUE

2 Editorial

FEATURES

- 3 Matzikama Sub-District vier verpleegkundigesdag
- 4 Dankie vir skenking
- 5 Vredenburg Hospital Open day
- 6 Care for the Carer: Saldanha Sub-District
- 8 VIP/Parliamentary visits
- 9 Ruthie Erasmus: 40 Jaar getroue Diens
- 10 Seeing Triple in Darling
- 11 In Memorium
- 13 International representation for Vredenburg's Andre van Vuuren
- 14 Honouring Madiba
- 16 Vredendal Hospitaal se oogklinik vat katarakte vas
- 18 Happy 60th Birthday!

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All letters and competition entries can be sent to the above email or postal address.

MATZIKAMA SUB-DISTRIK VIER VERPLEEGKUNDIGESDAG

MVredendal Hospitaal se verpleegpersoneel is tydens internasionale verpleegkundigesdag bederf met geskenkpakkies. Die pakkies is geskenk deur Vredendal Hospitaal se fasiliteitsraad en die raad se voorsitter, Elma Visagie, het die geskenkpakkies vir die personeel op gemaak. Die geskenke is oor twee dae aan alle verpleegpersoneel uitgedeel met die hulp van Dr Anthony Hawkrigde, Mnr Llewella Wagenaar en Me Christina Basson, om seker te maak dat alle skofte se personeel pakkies ontvang. Die verpleegpersoneel was baie dankbaar vir die gebaar en dat hul harde werk en toewyding deur die fasiliteitsraad erken word. Ook die verpleegpersoneel van die Primêre Gesondheidsorg platform het in die klinieke en satellietklinieke geskenkpakkies ontvang. Baie dankie aan alle betrokkenes by hierdie inisiatief.



FACILITIES

DANKIE VIR SKENKING

Vredendal Hospitaal se Fasiliteitsraad wil graag vir Cape Lime en Stemmet Vervoer bedank vir hul donasies aan die fasiliteit. Cape Lime het twintig kubieke meter gruis aan die hospitaal geskenk en Stemmet Vervoer het die gruis sonder koste na Vredendal Hospitaal vervoer. Die gruis word op die hospitaal se parkeer area gebruik om die parkeerarea droog te hou in die reënseisoen. Op die foto's is Dr Anthony Hawkrige, Bestuurder: Mediese Dienste van Vredendal Hospitaal, Mnr Gerhard Terblanche, Besturende Direkteur van Cape Lime en Me. Elma Visagie, Voorsittende Beamppte van Vredendal Hospitaal se Fasiliteitsraad. Mnr Koos Stemmet kon as gevolg van operasionele vereistes nie deel uitmaak van die fotosessie nie.



VREDENBURG HOSPITAL OPEN DAY

The Faculty of Health Sciences, under leadership of the Primary Health Care Directorate, and in collaboration with the WCG - Saldanha Bay Health Sub-district, hosted an Open Day at the Vredenburg Hospital on 26 July 2018. This was the second year that this event was held to showcase Health Science professions to G11 and G12 learners in the area.

The event was planned in consultation with Mr Avril Daniels (the Department of Education: West Coast Circuit Manager), Dr Silvio Morales-Perez, CEO of Vredenburg Hospital as well as staff from the Health sub-district. This initiative was welcomed by the local Principals and the Life Orientation teachers as it allowed learners to interact with a range of health professional staff and students.

Dr Silvio Morales-Perez, CEO of Vredenburg Hospital, opened the event and welcomed at the guests. He stressed the importance of days like these and emphasised that learners should use the opportunity to inform themselves of the various fields of studies they could pursue. Mr Dehran Swart, Health Teaching Platform Manager, welcomed everyone on behalf of: Director of PHCD, Prof Reid, the Dean, Prof Mayosi and the VC, Prof Phakeng. He emphasised the numerous accolades the University and Faculty of Health Sciences had achieved over the years. Five schools represented by 28 learners in total then rotated through the various stalls.

Practical activities were incorporated into the different stalls where the use of clinical equipment was demonstrated. An interest in job shadowing was immediately sparked by learners who visited the stalls. The rotations were concluded with a



visit to the Emergency Medical Services where paramedics briefed learners about ambulances and their work during emergencies. Educators and learners were very appreciative of the opportunity to attend the Open Day. A teacher reported that all her Gr 12's who attended last year's event, applied for admission to an institution for higher education for one of the careers exhibited. UCT will continue to pursue other departments in the health field to partake in future Open Days such as the renal unit and laboratories.

Dr Visser, UCT's Family Physician, extended a vote of thanks to all participants and attendees. A special thanks was extended to Sandra Adams, UCT's Site Co-ordinator based at the Residence/Learning Centre in Vredenburg.



STAFF

CARE FOR THE CARER: SALDANHA SUB-DISTRICT

On the 24th of May 2018, the Saldanha Sub-district honoured their Community Health Care Workers employed by the various Non-profit organisations in the sub-district.

Community health care workers from Vital Connection, Mfesane and Call-to-Serve attended the event and were honoured with certificates for their hard work and dedication. Thanks to the Saldanha Sub-district Rehab team for the interesting talks and for assisting to treat these hard-working individuals to a day of care for themselves.

Community Health Care workers play a pivotal role in the frontline delivery of health services and we are honoured to have them as part of the Primary Health Care system.





FACILITIES

VIP/PARLIAMENTARY VISITS

With the 2019 general elections approaching, health care facilities can be guaranteed of an increased in VIP/Parliamentary visits. Visits by members of the provincial or national parliament can be announced or unannounced and within the rights and responsibilities of members of parliament.

However, parliament members need to abide by certain security protocols when visiting any health facility in the Western Cape.

The following protocols apply:

1. The VIP/Parliamentary should have the VIP/Parliamentary credentials displayed.
2. The Head of the institution must be informed of the visit
3. If unannounced, the Parliamentary/VIP must first go to the Head of the institution and inform them of their purpose and visit
4. The VIP/Parliamentary must be accompanied by the Head of institution.
5. If there is a delegation, only the VIP/Parliamentarian should engage the Head of institution, the rest of the delegation is treated as normal visitors and must comply with protocol.
6. No Media – unless pre-arranged and approved by the Department
7. No Firearms on the VIP/Parliamentarian
8. If there is a SAPS VIP Protector, his/her credentials must be verified before allowed on site with a firearm
9. Photography and videography can only be allowed if arranged and consent is obtained.

What to do if a parliamentarian visit your facility (unannounced)

Welcome the person in a friendly manner and request to verify his credentials. If credentials are verified, continue with the visit after informing the Sub-District manager of the visit and follow the above protocol during the visit.

Request the parliamentarian and his/her delegates to complete an attendance register to document the visit.



If the person's credentials are false or cannot be verified, contact your sub-district manager and inform them of the visit.

Take down the visitor's details and inform him/her that you cannot allow the visit. Be kind but firm and if the person resists leaving the premises, ask for assistance from your facility's security staff to accompany the person to the exit of the premises.

Report the visit (and any incidents that occurred during the visit) to your sub-district manager as soon as possible, preferably in a written format, citing all details of the visit.

What not to do during parliamentarian visits

- Do not panic. Stay calm and remain professional.
- Do not allow visits to continue if any of the protocol is not followed.
- Do not allow the services to be interrupted. If the parliamentarian's behaviour is disruptive or significantly slowing down normal services, ask the parliamentarian to exit the premises.
- Do not engage in any demands by the parliamentarian, especially in matters that cannot be solved on facility/district level.

RUTHIE ERASMUS: 40 JAAR GETROUW DIENS



Swartland Hospitaal in Malmesbury is tans 'n miernes van bedrywighede met baie veranderinge aan die geboue wat besig is om vorm aan te neem na die verwoestende brand van Maart 2017. Een ding wat egter vir die laaste drie dekades dieselfde gebly het is die teenwoordigheid van een persoon wat reeds 40 jaar se diens in die Wes-Kaapse Regering Gesondheid gelewer het.

Veronica Ruth Erasmus of Ant' Ruthie soos sy onder haar kollegas bekendstaan, het in 1977 haar loopbaan as verpleegkundige begin en as boorling van Malmesbury is dit hier waar sy haar passie vir die versorging van mense kon uitleef die afgelope 41 jaar.

Onthou jy die eerste dag toe jy by in Gesondheid begin werk het?

Ja, dit was baie traumaties. Ek was 18 jaar oud toe ek by Grootte Schuur Hospitaal begin het. Die eerste sewe jaar daar was baie opwindend en ek het baie geleer. Ek is daarna na Swartland Hospitaal en die aanpassing van so 'n besige hospitaal na 'n plattelandse hospitaal was groot.

Wat is die grootste verandering in die Gesondheidsdepartement wat jy in die afgelope 40 jaar beleef het?

Ek het in die vorige bedeling begin werk en dit was maar 'n moeilike tyd met baie verdeeldheid onder mense. In daardie tyd het ek geleer dat jy nie 'n persoon kan klassifiseer wanneer hy siek is nie, dan staan almal gelyk ongeag hul ras of geslag.

Watter hoogtepunte staan vir jou uit in jou loopbaan?

In 1987 was ek self aan die ontvangkant van gesondheidsdienste en kon ek vir ses maande nie werk nie. Ek het bloeding op die brein ontwikkel en na die behandeling weer van voor af leer praat en loop. My gesondheid het egter beter en ek het geleidelik weer begin werk. Ek het maar begin op halfdagskifte, totdat ek sterk genoeg was om weer voluit te werk. Van daar af het ek die voorreg om te kan werk besef en gee ek elke dag my beste.

Wat motiveer iemand om vir veertig jaar getrouw diens aan een fasiliteit te lewer?

Ek glo jy moet jouself in elke persoon wat jy mee te doen kry, se skoen plaas, leef jou in in hulle lewens. Ek hou daarvan om te kan omgee vir ander mense en ek hou van mense om my – dis in my geaardheid om hulle nader te trek.

Is aftrede al in die vooruitsig en wat beplan jy om te doen nadat jy afgetree het?

Ja, in Oktober 2019 gaan ek aftree, maar dan gaan ek my besighou deur betrokkeheid by my kerk. Ons 'n verskeie projekte daar waar ek meer betrokke wil raak en ook daar 'n verskil maak.

Watter raad het jy aan mense wat die werkmag op 'n jong ouderdom betree?

Moenie kyk na jou salarissie nie, jy moet gebore wees om 'n verpleegster te wees. As jy dit vir liefde doen, gaan jy ver kom.

Enige persoon wat 'n blywende indruk op jou of jou loopbaan gemaak het?

Daar is twee persone wat ek wil uitlig: Eerstens is my ouma my groot inspirasie in die lewe, ek het by haar groot geword en alles wat ek is en weet by haar geleer. Ek mis haar steeds.

Die tweede persoon wat ek wil uitsonder is 'n kollega hier by Swartland Hospitaal, Sr Suzanne van der Westhuizen. Ek was 8 jaar oud toe ek haar ontmoet het en toe sy by Swartland hospitaal kom werk het het ek haar hand gevat en ek glo ek was 'n mentor vir haar. Vandag is sy die Operasionele bestuurder van die Ongevalle afdeling en ek werk onder haar leiding. Ons het egter steeds 'n spesiale band en wedersydse respek vir mekaar. Ek is baie trots op wat sy bereik het, en glo ek het ook 'n bydrae gemaak tot haar loopbaan.

CLIENTS

SEEING TRIPLE IN DARLING



Top: From left to right: Karen Hoop with Allitha Mlilo, Dianne Hoop with Akakhluwe Mlilo and Estorita Hoop with Alithe Mlilo. Above: The staff at Darling clinic went all out with beautiful decorations and a special cake to celebrate the younger triplets' first birthday.

Darling Clinic in the West Coast recently celebrated 6 special patients at the facility. The clinic have two sets of triplets, 30 years apart who visit the clinic regularly. The eldest triplets, Estorita, Karin and Dianne Hoop have been visitors of the facility all their lives with all three living in Darling.

The younger triplets recently celebrated their 1st birthday, and with that in mind, staff at Darling Clinic decided to turn the clinic's waiting area into a kiddies birthday party. Sisters Alithe, Allitha and their brother Akakhluwe Mlilo (and their care givers) visited the clinic regularly the past year in order to have their immunisations up to date. While their mother, Yonela, works, the triplets' older siblings and grandmother looks after them. Although the two sets of triplets are not related and are 30 years apart in age, the

six patients are evidence that WCG Health services cater for all ages. During the event at the clinic, the local Community Policing Forum donated blankets to each of the triplets.

IN MEMORIAM

We pay tribute to our West Coast District colleagues who passed away in recent months. Our thoughts and prayers remain with the families, loved ones and co-workers of these staff members.



Elsa van Niekerk

Ms Elsa van Niekerk, passed away on Wednesday 2 May 2018 after a brave fight against cancer. Ms Van Niekerk was the Pharmacy Supervisor at Swartland Hospital and turned 61 in January this year.



Cheryl Dawn September

Mrs Cheryl Dawn September passed away on Wednesday 16 May 2018. Sr September was a Professional Nurse at Sonstraal Hospital and was in service of the Western Cape Government Health for 38 years.



Andiswa James

Ms Lucille Andiswa James, passed away on Saturday, 6 October 2018.

Ms James, would have turned 34 years old on the 6th of November. She was an Admin Support clerk at Swartland Hospital.

Ms James started her career at Vredendal hospital in June 2007 and was transferred to Swartland hospital in August 2015, where she worked in Ward A as admin Support till part of the hospital burned down in March 2017. She started working at Paarl hospital in September 2017 as part of relieve team when some of Swartland services was diverted to Paarl hospital.



Jonay Cloete

Ms Jonay Cloete passed away on Wednesday 16 May near Vanrhynsdorp in the Matzikama Sub-District. Ms Cloete was accompanying a colleague on a mobile clinic route when they had an accident on a gravel road. Ms Cloete was an intern employed at Vanrhynsdorp Clinic and was only 21 years of age.

“The old man smiled. ‘I shall not die of a cold, my son. I shall die of having lived.’”

-Willa Cather, Death Comes for the Archbishop



NATIONAL HUMAN TRAFFICKING RESOURCE LINE

DEFINITION

It's the illegal trade of human beings. The recruitment, control, and use of people for their bodies and for their labour. How? Through force and deception with an opportunity that sounds too good to be true.

SIGNS

- Looks malnourished, unkempt, scared, or fearful, signs of physical abuse.
- Looks drugged or not fully alert.
- Has someone speaking on their behalf even if asked a question directly.
- Has very little personal items but has a cell phone.
- Not paid or paid very little.
- Anxious and highly distrustful and suspicious of authorities.
- Recently arrived in the country/region and may not speak the language.
- Does not have their ID/ passport or someone else holds them.
- Lives and works in the same place
- Not free to come and go as they please.

TRAFFICKING IN AFRICA BY NUMBERS



4 OUT OF EVERY 1000
PEOPLE ARE VICTIMS OF TRAFFICKING



45%
MALES



55%
FEMALES



74%
ADULTS



26%
CHILDREN

QUESTIONS TO ASK

- What kind of work do you do?
- How are you paid? (tips, not at all)
- Are you doing what you expected to do for work when you took the job?
- Are you free to leave and go home whenever you want?
- Do you owe someone a large debt that you are trying to pay back?
- Does someone else keep your ID/passport?
- Have you ever been physically harmed or threatened?

DO YOU WANT HELP?

Report It:

Call Specialists are available 24/7 to take reports of potential human trafficking. All reports are confidential and you may remain anonymous. We provide assistance to victims in crisis, offer emotional support and/or immediate connections to emergency services.

No tip off is too small. If you see something, say something.

HUMAN TRAFFICKING GLOBAL FACTS



www.0800222777.org.za



info@0800222777.org.za



[@SA_ResourceLine](https://www.instagram.com/SA_ResourceLine)



[South African National Human Trafficking Resource Line](https://www.facebook.com/South African National Human Trafficking Resource Line)



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INTERNATIONAL REPRESENTATION FOR VREDENBURG'S **ANDRE VAN VUUREN**

A talented employee of Vredenburg Hospital - Andre van Vuuren - recently had the honour to represent South Africa at the Championship of the All Africa Eight-Ball Pool Federation in Africa.

The event was hosted by South Africa from 4 - 9 November at Club Mykonos in Langebaan and Andre represented South Africa as a referee and officiated at the event.

The tournament included participants from a number of African countries, including Algeria, Madagascar, Mauritius, Morocco, Reunion Island & South Africa.



STAFF

HONOURING MADIBA

For staff working in the West Coast District Office, the 18th of July has become a special day where staff members get to serve local communities in honour of the late Nelson Mandela. This year was no different, although maybe slightly more special as Madiba's 100th Birthday was also celebrated during Nelson Mandela Day.

Staff visited the Malmesbury CDC where they served delicious soup and bread to clients in the waiting area.

Another group of staff members visited a local primary school located on a farm outside Hopefield. The school children and staff received goody bags with hygiene essentials.

Thank you, to all the staff who offered their time and resources, your contribution made a difference in someone else's life!





VREDENDAL HOSPITAAL SE OOGKLINIEK VAT KATARAKTE VAS

Die oogkliniek by Vredendal Hospitaal het van Donderdag, 27 September, tot Saterdag, 29 September, 'n baie suksesvolle katarakoperasie-veldtog gehad. Altesaam 41 pasiënte is oor die drie dae geopereer en ook vir opvolgondersoeke gesien. Dr Freddie van der Colff, kliniese assistent in oftalmologie by Tygerberg Hospitaal, het die prosedures met behulp van Vredendal Hospitaal se teaterpersoneel uitgevoer.

Dit neem 'n oftalmologiese chirurg gemiddeld 20 to 40 minute om 'n katarak-operasie uit te voer, afhangend van die aard van die katarak wat verwyder word.

Die bestuurder van die oogsentrum, Elizma Anthonissen, wat 'n gekwalifiseerde oftalmologiese verpleegsuster is, sê dat hulle in Februarie 2019 weer 'n massa-veldtog gaan hou. "Ons het 'n lang waglys van pasiënte wat wag op katarak-operasies en hoop om met die massa-veldtogte (of drives, soos dit ook bekendstaan), ons pasiënte se lewensgehalte te verbeter.

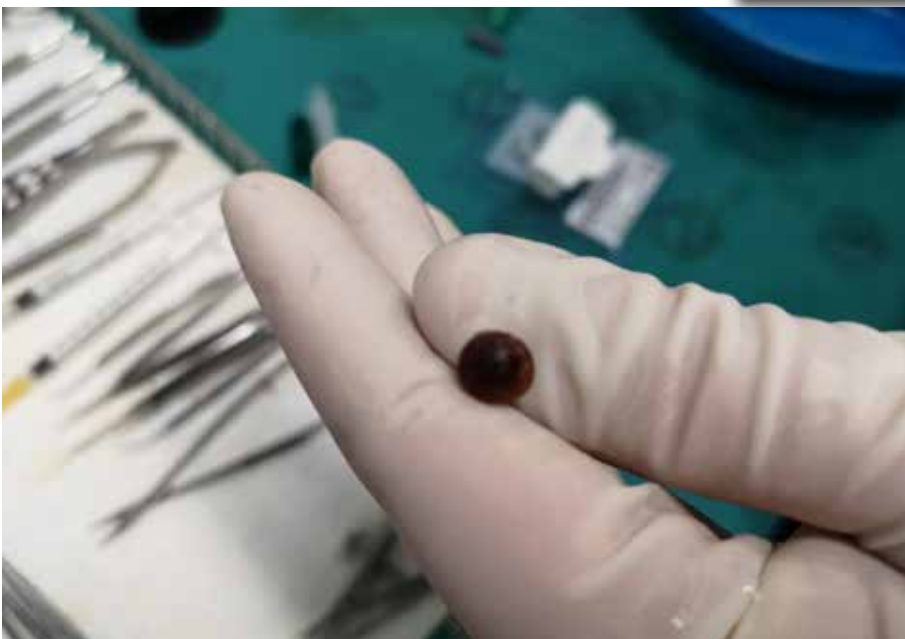


Foto bo: Dr Freddie van der Colff besig met 'n katarak-operasie tydens die afgelope naweek se massa-veldtog.

Foto links: 'n Katarak wat van 'n pasiënt se oog verwyder is. Nie alle katarakte lyk so wanneer dit verwyder word nie, hoewel hierdie spesifieke geval 'n harde massa gevorm het.

CELEBRATE

HAPPY 60TH BIRTHDAY!

West Coast District Director, Mrs Carine Bester celebrated her 60th birthday on the 18th of June 2018. Staff at the West Coast District office surprised her with a birthday lunch at Malmesbury Golf Club. Thank you to the WCDO social committee and Mariaan Quickfall, Mrs Bester's personal assistant for all the arrangements.



60TH
BIRTHDAY
CARINE BESTER



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