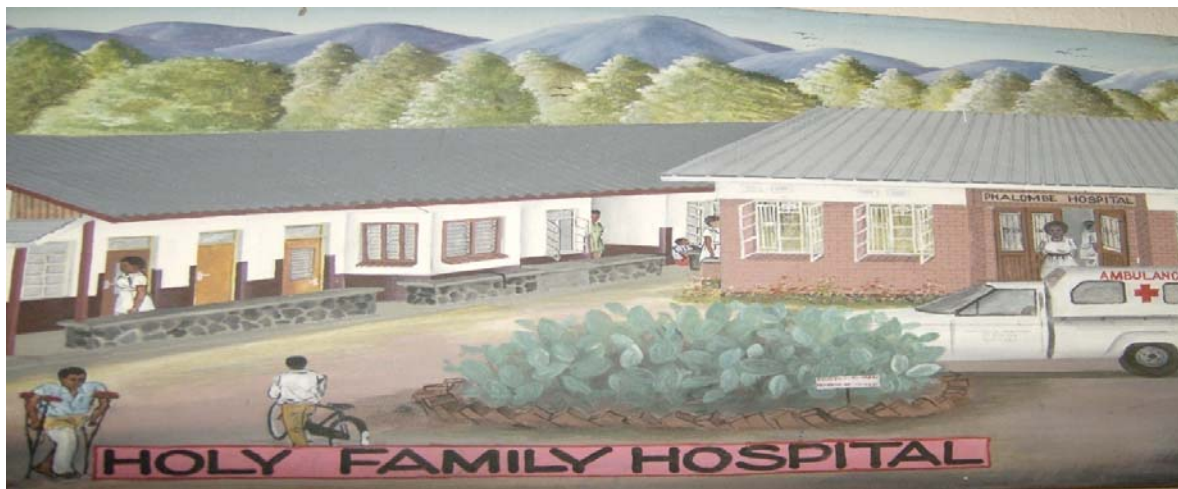


HOLY FAMILY MISSION HOSPITAL

NEWS LETTER JANUARY - JUNE 2010

NEWS FROM UNDER THE MOUNTAIN....



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From the Editor's desk

Greetings from the foot of Mount Mulanje. It is where Holy Family Mission Hospital is located. We are proud to present to you our first Newsletter in the year 2010, produced by a joint effort of our Editorial Team with additions of staff members.

This Newsletter is a reflection of things that have happened in the past year and on the way forward. All the work which has been done in the last year, couldn't have been accomplished without the assistance of our Donors. At Holy Family we are blessed with the continuous support of Pro-Phalombe Association, Friends of Medical Mission Sisters, Cordaid and Albert Schweitzer. We entered together with Cordaid and Albert Schweitzer Hospital (Dordrecht, the Netherlands) in a Tripartite Agreement. This agreement has expired and we hope it will be renewed! The collaboration is based on equality of all involved parties. It strives to improve the quality of medical care delivered by our Hospital using the resources and contacts of ASz and Cordaid. The focus is on improvement of medical and teaching equipment, construction and human resource development. Hope you had a nice time going through our last edition. In this edition we will look into different issues which will focus on education, entertainment, Sports, spiritual issues as well as interest points. It's my sincere hope that you will find the articles exciting as well as informing.

On behalf of all staff members at Holy Family I wish all persons involved in the well being of our Hospital a healthy and happy life!

Holy Family Staff wish you het allerbeste as you go through this edition!!!!

Jane Zgambo

From the Hospital Manager

Holy Family Mission Hospital and College of Nursing owned by the Catholic Church in the Archdiocese of Blantyre. It has obligation to offer health care services to the community in the district. It is a thing of higher order so to speak that the Hospital feels it needs to undertake its activities based on plans and this demands a

hardworking team. A sense of hope is being regained after the departure of an expatriate doctor, Dr. Rutger Anten, on 30th November, 2008. We recruited a Zimbabwean doctor whose stay was very brief but now we have Dr. Dalitso Zeka a Malawian. With the doctor we are able to handle every case and this has increased confidence in our partners. One of immediate results was the renewal of the Service Level Agreement with the Ministry of Health through the DHO.

I would fail my responsibility if I do not recognize the teamwork from the rest of Management Members. Its wonderful! Sr. Kambalame (Principal College of Nursing), Mrs. Sesay (Hospital Matron), Mr. O. Sangala (Hospital Accountant), Dr. D. Zeka (Chief Medical Officer).

The collaboration between HFMH and Albert Schweitzer/Cordaid have benefited the Hospital a lot from supplies, equipments and infrastructure not forgetting skills obtained through exchange visits. The guardian shelter is soon coming on the table. Pro-Phalombe Association has made a great deal of impact on infrastructure rehabilitation and now major theatre whilst the fight against Infection Prevention is being taken care of courtesy of the Association.

The Hospital strives to get drugs and supplies but the Friends of Medical Mission Sisters and Slager always brings back the lost momentum with donations of drugs and supplies. The acknowledgement list is endless but the Malawi Government need to be applauded for supporting the funding of salaries in all CHAM Hospitals including HFMH. The Hospital received a Toyota Land Cruiser for HIV/AIDS activities from the Malawi Government through National AIDS Commission (NAC). In brief the Hospital is within a poor catchment community and it will take time before it becomes self sustainable as of now it would still depend on good will (donations) to serve the community. As a health care provider we look forward to effective industrial relations for delivery of quality services to achieve a health nation.

WARM GREETINGS FROM PHALOMBE!

G.W. Nthara, Ag. Hospital Manager

HEALTH INFORMATION

Health information



Health Workers at ARV Registry at ART Clinic, though in poor condition but people are being assisted accordingly

ART CLINIC AT HOLY FAMILY HOSPITAL

Holy Family Mission Hospital started ART on 5th July 2005 with only 4 patients. Now it has registered 3406 patients cumulatively.

The ART Staff consists of:

- ✚ The Chief Medical Officer
- ✚ Eight Nurses
- ✚ Four Clinicians
- ✚ Two Clerks
- ✚ 2 Counsellors

Since we started ART, the Hospital has been receiving ART Certificate of Excellence from the Ministry of Health every quarter for outstanding performance in provision of Anti-retroviral Therapy.

Despite this great achievement, the Clinic is operating its services in poor structures. The ART Clinic is accessible to all patients and is free of charge (no consultation fees)



A client being assisted at Pharmacy on a Clinic day

By: Charles Malindi

HOLY FAMILY HOSPITAL RECEIVES RADIOS

Information, entertainment and communication are vital elements to human beings. National Initiative for Civic Education (NICE) donated radios to Holy Family Mission Hospital for patients in various Wards.

These radios will help the patients listen and get updated to what is happening on the outside world.

These radios will also act as entertainment to the patients and guardians since there are so many interesting programmes in our radio stations.

The picture below shows the Hospital Matron Mrs. Sesay handing over the radios to Ward In-charges.



***IT'S CORDAID AND ALBERT SCHWEITZER
ONCE AGAIN!***

The agreement between Albert Schweitzer Hospital in Holland, Cordaid former Memisa and Holy Family Mission Hospital is called the Tripartite Agreement. This agreement had its official start in August 2006. And now the agreement has expired but we hope and believe that it will be renewed very soon as Holy Family Mission Hospital has benefitted a lot from this agreement.

Cordaid has also been assisting the Hospital for many years. In the last years it has put its emphasis more on developing human capacity and strengthening organizational development.

Soon new projects will start with funding from Cordaid and Albert Schweitzer. These projects are the Hospital Fence and Guardian Shelter. As we are producing this Newsletter, its rainy season and guardians are struggling to find shelter and place to keep their luggages and foodstuffs. This Guardian Shelter will be of great importance to the community of Phalombe District. And also the fence will help to reduce the missing of Hospital items like linen, drugs e.t.c. The Exchange Visit Program during this Tripartite Agreement meant a lot to Holy Family, the last visiting staff Jaquelline Van Reed and Joop Louwerse were a helping hand. These people worked tirelessly and improved the quality of services in the Pharmacy and Padiatrics Ward. Many thanks to Joop for changing the face of the Padiatric Ward, the renovation of the gauze wire for the whole Ward, this just shows you had a heart for the vulnerable and sick children at Padiatric Ward.

Ethel Chimaliro – Hospital Secretary



Part of the Padiatric Ward with the new gauze wire



ONE OF THE SEMI-DETACHED HOUSES FUNDED BY CORDAID

There are two houses being constructed with funding from Cordaid. The semi-detached was completed and has been occupied whilst the senior house is in finishing stage. The construction of these houses has indeed eased the housing problem which was a major challenge at Holy Family Mission Hospital. These Semi-detached houses are being occupied by Nurses.

Below is a senior staff house which is on the finishing stage also funded by Cordaid



NEW DEVELOPMENTS!

BEITRUST UPLIFTS HOLY FAMILY HOSPITAL

In November, 2009 Beitrust through their Zimbabwe Office granted Holy Family Hospital funds for the construction of one senior staff house. Holy Family Mission Hospital has been losing most of its key personnel due to shortage of staff houses. This has resulted in underperformance of the Hospital. The construction of this house is a great relief to the Hospital and we truly appreciate Beitrust for your kind consideration.

Receive a Vote of Thanks from Management, Staff, Patients and Guardians!! GOD BLESS!!



The senior staff house financed by Beitrust

PRO-PHALOMBE ASSOCIATION!

Another Savior of Holy Family Mission Hospital is Pro-Phalombe Association founded by friend of Dr. Chris (Medical Doctor) and Silvia Planzer (Occupational Therapist) who worked at Holy Family Hospital in the 90's. This Association developed a long-term project on improving the constructions at our Hospital.

They financed a lot of construction work at Holy Family Hospital and now they are about to construct a Major Theatre at Holy Family. As if its only construction this Association also finances Infection Prevention every year which was a big challenge at the Hospital because of lack of resources. The hospital now has a new image because of this Infection Prevention Program. Sanitation at the Hospital has really improved!!

By: Ethel Chimaliro, Hospital Secretary

HARTELYK BEDANKT FRIENDS OF MEDICAL MISSION SISTERS & SLAGER GOD BLESS YOU!

It was in September 2009 when we received drug donation from the Netherlands through IDA. These drugs were purchased by Friends of Medical Mission Sisters together with Mr. Cees Slager from the Netherlands.

These drugs arrived when the Hospital had a very critical drug shortage. People's lives have been saved because of your generosity. May the good Lord continue to bless you and guide you in everything that you do. As we are producing this Newsletter we are waiting for another drug consignment which might arrive end May from Friends of Medical Mission Sisters as well through IDA. The spirits of these vulnerable patients will always remember your kindness and pray for you always! Holy Family Staff wish you het allerbeste! 'Mulungu Akudalitseni' (May the Lord continue to shower you with his blessings)



Part of the Pharmacy

CASE REPORTS

SCHISTOSOMIASIS

It is a water-borne fluke disease. Affects more than 200 million people in about 74 countries. Most of whom live in sub-Saharan Africa. It is largely a disease of the rural poor but prevalence has increased due to greater use of irrigation for agricultural development. Prevalence of infection is high during dry season because the flowrate of streams is low as a result the snails are in abundance and sufficient food for the snails, human water contact is high because people go to the lake during dry season. Snails population is high because of optimal factors for multiplication of snails.

Signs & Symptoms

- Rash – called swimmer itch
- After 3-4 weeks a person develops fever, cough, wheeze, diarrhea, body pains, enlarged size of liver and spleen. Fever is called Katayama.

Specific signs

- ✚ Painless terminal bloody urine
- ✚ Urinary frequency
- ✚ Pain when urinating

DIAGNOSIS/INVESTIGATION

- Stool analysis, urine analysis, rectal and liver biopsy

MANAGEMENT AIM

- ✚ To reduce the worm load & minimize the chronic effect of egg deposit
- ✚ To eradicate the worms in acute infection

TREATMENT

PRAZQUANTEL TABLETS 40mg per kg body weight one dose when sleeping because it brings dizziness. The drug works well against all species of schistosomule, is well tolerated and reasonably cheap.

PREVENTION

- Mass treatment of the population especially children.
- Putting on protective wear e.g, gumboots when cultivating water logged areas (rice land)

- Health education:

- ✚ Provision of latrines and use them
- ✚ Access to a safe water supply
- ✚ Travelers should be advised to avoid potentially infected water
- ✚ Oral artmether is safe and shows a prophylactic effect against mansoni.

COMPLICATIONS

- ✚ Chronic urinary schistosomiasis
- ✚ Squamous cell bladder carcinoma (cancer of bladder)
- ✚ Rectal polyps
- ✚ Deep ulceration on large intestine
- ✚ Hepatitis due to liver involvement and progress to periportal fibrosis leading to portal hypertension, oesophageal varices, ascites and splenomegally.



Ascitic patient due to intestinal schistosomiasis

PEOPLE AT RISK

- Farmers
- Fishermen
- People working in irrigation canals
- Swimmers
- People performing laundry or other domestic activities in open bodies of water.

By: Saul. Chanza, CO

LONG SERVICE AWARDS AT HFMMH

THE ARCHBISHOP CHEERS THE SICK

It was on 30th December 2009 when His Grace Archbishop T.G. Ziyaye led the Mass Service and thereafter cheered patients presenting various foodstuffs and soap.

The gesture of acknowledgement by the Archbishop to visit and cheer the sick brought momentum amongst the health personnel over and above spiritual hope to the sick.

In his speech the Archbishop stressed the need that the sick need love and care. He wished them a healthy and prosperous new year and called for God's mercy to be upon them.

A vote of thanks to Phalombe Catholic Parish for contributing four 50kg bags of maize flour which was given along with what the Archbishop prepared. Solidarity forever as health workers unionize.

By: G.W. Nthara/h/m



His Grace the Archbishop Ziyaye cheering the sick in the Hospital Wards



Mr F.W. Basikolo, Clinical Superintendent receiving an award



Mr. H. Nyalo receiving an award

In the picture Mr. Foster Basikolo and Mr. Nyalo receives the certificate from the Archbishop T.G. Ziyaye on 30th December, 2009. As one way of motivating its employees the Hospital thought of recognizing all employees who have continuously served for 20 years above. Some of the employees who received awards were as follows: Micheal Phandama 45yrs, John Kaputeni 34yrs, Kenneth Chibathi 29yrs, Pensulo Malefula 29yrs, Damiano Elias 28yrs, Mathias Jailosi 23 yrs, Modester Kamwendo 22 yrs, Joseph Solomoni 22 yrs, Zobre sani 20 yrs. The guest of honor was the Archbishop T.G. Ziyaye whilst the Chairman for Council of Governors Mr. Daniel Ndawala. The District Health Officer Mr. R. Piringu was also in attendance including officials from the District Assembly.

This also shows good collaboration with our partners. Bravo 20 years is not a joke!

SPIRITUAL

ONE OF THE GREAT TEACHINGS FROM THE MASTER BASED FROM JOHN CHAPTER 3'

Though Nicodemus was highly respected by many Jews as one of the religious leaders, it is obvious that he still had something that was missing inside of his life. Nicodemus had confidence that meeting Jesus at that night was a solution to his problem. He knew this because Jesus was the real servant of the most high God.

As he himself (Nicodemus) confessed that all wonders and miracles performed by Jesus, symbolized the presence and the power of God.

I look this night as turning point to this Pharisee. The statement you must Born Again shocked Nicodemus.

It was a hard thing to understand and to do it, as he expressed 'how can a man go back to his mothers womb and born again? The expression itself reveals the spiritual ignorance the religious leader had. Thank God that in the long-run Nicodemus became a born again.

Jesus's teaching on this topic tells us that although this man was well known a great teacher of scriptures the reality behind was that he was spiritually blind and needed healing and Jesus words brought healing that changed his life.

PRESENTLY WE HAVE SO MANY CHURCH LEADERS WHOM SOME CHURCH MEMBERS LOOK UPON THEM AS BEING VERY CLOSE TO THE LORD JESUS CHRIST.

No wonder we hear and see people going to such leaders for spiritual help.

ISSUES LIKE SICKNESS, MARRIAGE PROBLEMS HAVE BEEN BROUGHT TO THESE LEADERS FOR HELP. IS IT WRONG TO DO SO. BUT THE QUESTION WHICH COMES IS; ARE ALL THESE CHURCH LEADERS BORN AGAIN? DO THEY HAVE A PERSONAL RELATIONSHIP WITH CHRIST? SOME TIMES WE NEED TO BE CAREFUL WITH SOME RELIGIOUS LEADERS.

THEY PRETEND TO BE GOD'S SERVANTS BUT DEEPLY INSIDE THEY ARE JUST PURE HUMAN BEINGS WHO HAVE NOT EVEN A DOT OF SPIRITUAL POWER.

IN OUR SOCIETY TODAY WE HAVE PEOPLE WITH VERY HIGH POSITIONS YET SPIRITUALLY THEY ARE TOTALLY EMPTY. DELIBERATELY THESE PEOPLE POSSES SOME IMPORTANT POSITIONS IN THE CHURCH. IT IS NOT SURPRISED THAT MANY CHURCHES TODAY HAVE LOST THE POWER AND THE DIRECTION.

THAT IS WHY WE HEAR CHURCH LEADERS FIGHTING FOR LAND, MONEY AND MANY THINGS WHICH TYPICALLY ARE EARTHLY. MY CONVICTION ASSURES ME THAT LARGE NUMBER OF PASTORS, BISHOPS, POPES AND APOSTLES NEED TO DO JUST EXACTLY WHAT NICODEMUS DID, THUS COMING TO JESUS FOR SOLUTION

CURRENT ISSUES

MALAWI IN ERA OF ACHIEVEMENT

For a long time Malawi has not been recognized as a country capable of doing something worth mentioning. Underdogs was the word suitable for rating her. This trend has been going on like that until the reigns of power were taken by the State President, Dr. Bingu wa Mutharika in 2004.

During his tenure of office a number of developments has taken place. The under mentioned are just but a good example. Good policies on food security, zero tolerance approach in fighting against corruption and not forgetting peace and stability prevalence.

In Sports, the Malawi National Netball Team popularly known as the Queens became the number one team in Africa and five in the world. This is no mean achievement.

Their colleagues, Malawi National Football Team known as the Flames, qualified for the Africa Cup of Nations after twenty-five years and pulled a surprise win by beating one of the North African Giants, 2010 World Cup Qualifiers Algeria 3-1.

To crown it all, Malawi has been bestowed with the power of reigning Africa following Dr. Bingu wa Mutharika's victory over the chairmanship of Africa Unity after taking over from Maumar Gadaffi of Libya.

**CONGRATULATIONS! GOD BLESS BINGU!
GOD BLESS MALAWI!**

Victor P. Namalawa

SAD, MALAWI'S KARONGA DISTRICT FACES AN EARTHQUAKE

Very sad Malawi's Karonga District faced an earthquake. Just like Haiti, Malawi also faced this disaster in Karonga District.

About 24,239 families were victimized by the earthquake and needs assistance.

Government, Companies, NGO's, and other well wishers have donated assorted items to the victims but still up to now these people need our support.

These people are exposed to different kinds of diseases like cholera e.t.c.

May God Bless all the persons who helped the Karonga quake victims!

MALAWI TO HAVE A FIRST LADY!

It was on Valentines Day 14th February 2010 when our president Ngwazi Dr. Bingu wa Mutharika who is also the Chairman of African Union got engaged to Ms. Calista Chapola Chimombo who was once a Minister of Tourism.

Its time Mr. President have a helping hand, whoever find a wife finds a good thing and receive favours from the Lord. Malawi lost the former first lady Her Excellency Madame Ethel Mutharika in 2007 due to cancer.

Dr. Mutharika and Ms. Calista Chapola will tie the knot on 17th April, 2010.

Congratulations Mr. President and Ms. Calista Chapola, we wish you all the best!!

Ethel S. Chimaliro

Entertainment

For a person to enjoy life to the fullest, there should be time for poetry and laughter! This page has all what it takes for you to enjoy life!!

HOW NAMES COME FUNNY

Youngman called Zimba set out to look for jobs in the foreign land.

Passed through fierce forests and reached a village. He asked where he can buy food.

One of the villagers led him to a Restaurant owned by Longwe. Upon arrival in the foreign land he met one of his natives and narrated how he travelled. 'I passed through the forest and at Longwe's Restaurant I had meal.' In his language 'Ndinayenda kuzera munkhalango ndipo palilongwe paja ndinadya.'

Due to death of the author we could not have details when Lilongwe was named.

G.W. Nthara

BOYZ CLUB

A group of 20 teenagers arrived at a certain club called Boys Club. And when they tried to enter the club the security man barred them from entering telling them that they are not allowed since they are all under 18.

And one of the children said: but we are not under 18 we are 20 altogether you can even count us!.

Ethel Chimaliro

JOKE OF THE QUARTER

After being away on business, Tim thought it would be nice to bring his wife a little gift. 'How about some perfume?' he asked the cosmetics Clerk. She showed him a bottle costing \$50.00. "that's a bit too much," said Tim, so she returned with a smaller bottle for \$30.00. "that's still quite a bit," Tim complained.

Growing annoyed, the Clerk brought out a tiny \$15.00 bottle. "what I mean," said Tim, "is I would like to see something really cheap," the Clerk handed him a mirror.

Ethel Chimaliro

QUARTERLY INSPIRATION

No-one who achieves success does so without the help of others. The wise and confident acknowledge this help with gratitude!

Ethel Chimaliro

DID YOU KNOW?

The earliest known pizza dates from about 200BC. For centuries Greek and Italians used flat round bread with toppings on it.

But it was the Italians who added tomatoes and cheese to make the pizza as we know it. The worlds first pizzeria, Antica Pizzeria Port 'Alba in Naples opened in 1830 and is still in business.

THE MAYONNAISE JAR AND THE 2 CUPS OF COFFEE

When things in your life seem almost too much to handle, when 24 hours in a day are not enough, remember the mayonnaise jar and the 2 cups of coffee.

A professor stood before his philosophy class and had some items in front of him. When the class began, he wordlessly picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls. He then asked the students if the jar was full. They agreed that it was.

The professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open between the golf balls. He then asked the students again if the jar was full. They agreed it was.

The professor next picked up a box of sand and poured it into the jar of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with a unanimous "yes".

The professor then produced two cups of coffee from under the table and poured the entire contents into the jar effectively filling the empty space between the sand. The students laughed.

"Now", said the professor as the laughter subsided, "I want you to recognize that this jar represents your life. The golf balls are the important things—God, your family, your children, your health, your friends and your favourite passions—and if everything else was lost and only they remained, your life would still be full. The pebbles are the other things that matter like your job, your house and your car. The sand is everything else –the small stuff.

"If you put the sand into the jar first, he continued, "there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your energy on the small stuff you

will never have room for the things that are important to you.

Pay attention to the things that are critical to your happiness. Play with your children. Take time to get medical check-ups. Take your spouse out to dinner. Play another 18. There will always be time to clean the house and fix the disposal. Take care of the golf balls first—the things that really matter. Set your priorities... the rest is just sand."

One of the students raised her hand and inquired what the coffee represented. The professor smiled. "I'm glad you asked. It just goes to show you that no matter how full your life may seem, there's always room for a couple of cups of coffee with a friend."

THE WINDOW THROUGH WHICH WE LOOK

A young couple moves into a new neighbourhood. The next morning while they are eating breakfast the young woman sees her neighbor hanging the wash outside.

"That laundry is not very clean", she said. "She doesn't know how to wash correctly. Perhaps she needs better laundry soap,"

Her husband looked on, but remained silent.

Every time her neighbor would hang her wash to dry, the young woman would make the same comments.

About one month later, the woman was surprised to see a clean wash on the line and said to her husband:

"Look, she has learned how to wash correctly. I wonder who taught her this."

The husband said, "I got up early this morning and cleaned our windows,"

And so it is with life. What we see when watching others depends on the purity of the window through which we look!

Ethel Chimaliro, Sec

SPORTS



The Queens of Holy Family

Holy Family Netball Team joined the Presidential Initiative for sports Cup.

Fresh after being champions of the Joshua Cup.

Though they do not have uniform, the team was very confident using borrowed uniform the Team Captain Tapiwa Banda led the Team.

On Sunday 8th February 2009 Holy Family Queens played Phalombe Medicals Netball Team at Phalombe Secondary School Court during the finals for the District.

The game was very difficult to predict the winner as each team displayed good skills.

The defence for Holy Family Queens led by Tapiwa was very steady though towards the end Phalombe Medicals utilized the only opportunity and scored the winning goal.

The game ended 13-12 in favour of Phalombe Medicals.

For emerging fourth Holy Queens received K25,000.00 as prize money.

G.W. Nthara

HOLY FAMILY SOCIALS FOOTBALL CLUB

BY: Charles Malindi, SRN/M

Football remains the most exciting and entertaining game all over the world. Nowadays with the coming of gender issues, women are also interested in playing football.

This year, 2010 men from Holy Family Mission Hospital are not behind as far as the world of football game is concerned. They organized themselves and formed a football team which is comprised on both older and younger men from the Hospital, primary school and surrounding villages.

The aim of the team is to promote physical and social aspects of health to players and also to mould the young players so that they should be well disciplined and have a good conduct.

Arthur Themba should be appreciated for borrowing the team a football which led to the formation of the team. Without his effort it would have been impossible to form a football team. To avoid total dependency from others, members from the team contributed money to purchase a football for the team.

Holy Family Socials Football team has brought positive impacts to players and football lovers surrounding Holy Family Hospital. I interviewed some players and supporters to express their views and this is what they say: Thomas Davie: "Previously I was feeling my body very heavy and I was physically weak. Once I started playing football my body is lighter than before and I am energetic so that I can move the trolley with a patient on my own."

Elias Matola "I decided to take a role as a Team Manager for the team because it is a source of socialization. Holy Socials plays as a forum where men of different social and economical status meet and socialize together.

So far the team has played four games, lost its first game, drew the second game and won the third and fourth games.

However Holy Family Socials Football Club is facing several problems like; lack of football jerseys and shorts, lack of football boots, lack of money to meet transport costs when playing far away football games.

Therefore the team is pleading to individuals, organizations for any assistance to reduce problems which the team is currently facing.