



# Asikhulume - Let's talk

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July—September 2011 Issue 21 Volume 8

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## G.J CROOKES HOSTS HEALTHY BABY COMPETITION TO PROMOTE BREAST FEEDING

G.J Crookes Hospital proudly hosted this year's Healthy Baby Competition held in every district in the province via district nutrition managers. Ugu District was chosen because they performed very well in an assessment called the "Baby Friendly Hospital initiative"

Nerisa Moodely, assistant dietetics manager dietetics at Ugu District Health office, said, the competition does not judge babies on looks as we know that every baby is beautiful.

Criteria is good pregnancy measures like presenting early at the clinic, good feeding practices with special focus on breastfeeding and taking the child to the clinic regularly for immunizations, weighing and vitamin A. it also tests the mother's knowledge on infant care practices.

The healthy baby competition which was held on 5th of August at Scottburgh Townhall

was attended by different mothers who are exclusively breast-feeding and they brought their children along for assessment.

Run by Johnson and Johnson and the department of health nutrition section, the G.J Crookes task team arranged the venue, invitations, programmes and prepared the meals. Johnson and Johnson sponsored funds for meals, gifts for the winners and runners-up, décor items, tokens for the judges and various other tokens.

Staffs and mothers were interviewed at different Ugu North clinics and all clinic surroundings were also assessed.

The clinic that was found to best promote good child practices was GJ Crookes Gateway and at the end of the event they walked away with a table and chair set, baby slide, baby seesaw and foam puzzle set to keep in the clinic to beautify it.



Millan Thevan (right) took the first place while Simamukele Mngadi (left) came second in the 0-6 months category.



Held by their mothers are Amahle Nxumalo (left) and Abigail Pillay (right) who won in the 7-12 months category



Fundiswa Makhaye (left) got first place in the 13 -18 months category and Nokubonga Dlulani (right) was a runner-up



Pink and Blue were the sweet colours of the day



Some of the prizes that the adorable winners took home



# G.J Crookes dedicates 67 Minutes and more to goodwill on International Nelson Mandela Day

In an attempt to celebrate the Mandela Day on 18 July 2011 and give back to the community, different teams from G.J Crookes Hospital did different activities.

**Team 1:** Visited the Khulani Pre-primary school in the KwaCele area. The intention was to paint the school walls (outside) and make them more appealing and child-friendly because the old paint was peeling and dull.

The team also bought sweets, ballons and conducted some face paintings; which made the day more fun. The children also participated in decorating the walls with hand paints.

Teachers and the scholars sang happy birthday to the South African hero Dr Nelson Mandela.

**Team 2:** Whilst other staff members were out, G.J Crookes Hospital Management and administrative staff members proved that charity begins at home. They collected donations and provided patients with hot tea and sandwiches whilst they were waiting for service on the cold 18th July weather.

**Team 3:** G.J Crookes hospital Rehabilitation Team did their part for Mandela Day, visiting the Nyangwini Children's Home on Thursday, July 21.

The Home which cares for disabled children was in need for a playground to provide adequate stimulation for these children. Thursday was just the start of ongoing implementation of a playground and other stimulating activities. A swing was built outside as well as tyres planted. Inside an adapted swing-ball and target throwing game was established



Before and After pictures of the school

*"Blessed is the hand that gives"*



The scholars and teachers celebrating Nelson Mandela's birthday and newly painted walls



The G.J Crookes team and some of the teachers after a tiring but fulfilling day



Mr. Siphso Dladla in action



One staff member serving tea and sandwiches to the patients



Staff members preparing the food

## BRIEF HISTORY OF MR NELSON MANDELA

It is hard to believe that there is a person who does not know about Nelson Rolihlahla Mandela in the World, not to mention in South Africa. Born in 18 July 1918 in a small South African village called Mvezo in Transkei. Nelson Mandela became a sought after lawyer in Johannesburg, defending black South Africans against the Apartheid

government's increasingly unfair treatment after finishing his studies in Law. Nelson Mandela was sentenced to 27 years in prison together with other prominent political leaders like Walter Sisulu and Oliver Tambo for their participations in political boycotts against the then government.

After his release from Prison, Nelson Mandela became the first black and democratically elected President of South Africa in the year 1994. Even after his retirement from politics, he is still involved with projects and initiatives to uplift lives of not only South African citizens but people from all over the world.

## Paediatric Ward receives numerous gifts on Mandela Day

The patients of Paediatric ward (H Ward) were spoiled by the SAPS of Scottburgh who are part of the Ugu North Community Care Forum in commemorating the Mandela day by contributing their 67 minutes toward serving the public and making a difference in less fortunate people lives.

The Ugu North Community Forum comprises of SAP, Umdoni Municipality, The Department of Health, Department of Agriculture and Department Of Social Development (umdoni and Vulamehlo)

On this day the children were given hampers with toys and treats,



Members of the SAPS and the children in the ward

this brought smiles on the children's faces.

The money for the hampers and toys was contributed by all the working staff of that particular department from their own pocket out of generosity and love in spirit of celebrating Mandela day but a special thanks was given to Dr Mcangu who is employed at G.J Crookes who worked day and night in fundraising for the hampers. He contributed massively toward this fund and his contribution made a lot of difference in buying the hampers for the children.



Helping themselves with the gift hampers and showing national pride with South African Flag face paints

The money which was left from the fund was given to the H Ward to buy other items for the children who are admitted to the ward.



Capt from Scottburgh SAPS speaking on behalf of the visitors

Children are also becoming a risk because most parents do not encourage healthy habits with their children. She alerted the women about the dangers of starving themselves with a thought that they will lose weight, which is false. "The only way you can lose weight healthily is to have frequent meals, have three meals and healthy snacks in-between per day." said Ms Chithwayo.

## Women's month celebrated with style

G.J Crookes Hospital closed Women's month with style on 30 August 2011. Women received gifts and a range of information to ensure their empowerment continues.

Speeches were related to health, finance, relationships, family life and employment. Tips and demonstrations on how to conduct breast self-examinations to detect lumps for breast cancer were shared.



Women were encouraged to have cervical cancer screenings so cancer cells will be detected early if they are present, so appropriate health actions can be taken.

Female condoms are still not widely distributed and used as male condoms, which is not right.



A representative from CANSA spoke about breast self-examination and demonstrated to how conduct the exams

The attendees were told that female condoms will protect them and their partners from Sexually Transmitted Diseases, those who are already infected will prevent cross infections. Women must take sexual health and safety into their hands.



Demonstration of female condoms usage

Women were encouraged to take up job opportunities, and get into business because at the moment the government has opportunities to cater for them as they are classified under the "previously disadvantaged" category.

Obesity was discouraged amongst the attendants. Ms Nokuthula Chithwayo, G.J Crookes Dietician mentioned the dangers of obesity to one's health. She mentioned that South Africa is now becoming one of the top fattest nations in the world because people are substituting healthy food and activities for junk food and inactivity.

Sr Dudu Ndlovu from the hospital's Crisis Centre shared with the audience how to live positively after rape, the signs that are observable in a rape victim and vital actions that must be taken by family members of the raped. She also mentioned that most rape crimes are not reported, especially if victims are raped by adult family members. Families who are aware of rape incidents but choose to not report them, are also perpetrators of crime and will face the law.

She spoke about the importance of living your DNA at a crime scene or where the incidence took place, evidence like your hair, nails, saliva or anything else that has your DNA. This will help in compiling evidence for your case and in speeding up the process of getting the perpetrators caught. Attendants were cautioned that they should familiarize themselves with their children so they will notice changes. Sr Ndlovu also reported that boys are also victims of rape. She said they are the ones who mostly don't report the crime because they fear discrimination.



## G.J CROOKES BID FAREWELL TO ITS TRANSPORT OFFICER, MR J MNGNOMA

It was a day of mixed emotions from staff members of G.J Crookes Hospital when they had to bid farewell to Mr Jeffery Mngoma, a transport officer who has worked for department of health for many years. His career with the department of health started when he was driving patient transports, taking them from an area called Sezela to G.J Crookes. He was later moved to G.J Crookes which opened doors for a promotion as a Transport Officer position.

friendly person who putted his work first and was always willing to share information.

brought him documents during last minutes rushes when knowing very well that those documents were supposed to be handed to him days in advance. The staff apologized for the hard times they use to put him through and mentioned that he is now going to rest peacefully at his home and enjoy his golden years.



According to Mr L Shibe, his supervisor, Mr. Mngoma has worked for G.J Crookes with dedication and determination, his position meant he had more responsibilities. Some of the staff members described him not only as a colleague but a father who has thought them a lot regarding principles affecting life.

Others mentioned that as a transport officer, a person needs to have Mr Mngoma's qualities; he stood by what he believed in if things were not done accordingly but at the same time was willing to compromise so work is not negatively affected. Other staff members were laughing and reminiscing about some incidents when Mr Mngoma would get upset with them when they took advantage of him and

Mr. Mngoma expressed happiness to the people who organized the Farewell party for him. He further mentioned that there were times when staff made him feel like deciding to pack his bags and leave but he really enjoyed his stay at G.J Crookes Hospital.

"I will miss all my colleagues very much, please take good care of each other." said Mr Mngoma who received presents at the end of the surprise party.

Others described him as a



Mr. Mthandeni Ndwandwe— Finance Management Officer

## WELCOME TO G.J CROOKES HOSPITAL WHO IS NEW?

While other staff members were exiting the hospital for different reasons, others were joining the G.J Crookes Team. Amongst those who recently joined G.J Crookes during the current quarter (July—September) are members of the extended management committee Mr. Ndwandwe (Patient admitting) and Ms Euginia Mbatha (Supply Chain management).

The PR Team conducted small interviews with them just to get a background of who they are and what are their plans for the future.

The first interview was conducted with Mr. Mthandeni Ndwandwe who joined the G.J Crookes Hospital on the 1st of July 2011. Here is your chance to get to know this 39 year old and ambitious gentleman who is originally from KwaNongoma.

• **Please tell us where are you from?** I was born in kwaNongoma, the northern part of KZN but moved to Durban due to family issues when I was 13 years old. I currently reside in the Lamontville township.

- **Where was your last employment?** I was a Finance Service Officer at Kwa Dabeka CHC
- **Do you have a nickname?** Bra Mtha
- **Are we going to hear any wedding bells soon?** yes of course, that will have to be with the mother of my children, but I don't have the date yet.

(Continued on page 5)

- **How many children do you have?** I have two kids, a son who is 10 years old and a 1 year old daughter. I enjoy all fatherhood responsibilities.
- **Your favorite sport?** I love soccer and support Mamelodi Sundowns.
- **Do you have a certain motto which you live by?** Mrs. Shange, my previous mentor has been an inspiration to me and used to tell me "perseverance is the mother of all success". I live by this Motto and I thank her for being such a great person.
- **When you leave work what do you get up to?** I normally read books and newsletters because read-
- **What do you remember about your childhood experience?** My bad childhood experience is when I first went to live in Mbali township in Pietermaritzburg in the year 1985 where violence was at it highest peak. A funny childhood experience is when I was at school and had a crush on a very beautiful girl from my classroom. I wrote a letter for her, expressing my feeling and kept it in my pockets for weeks. When I finally got the courage to give it to her, she took the letter and gave it to our teacher who made me stand in front of the whole class and read out the contents of the letter. I was very embarrassed and was teased by my classmates about it.
- **Where do you see yourself in the next five years?** I see myself getting married and starting up my own business by the age of 50. I would also like to encourage my colleagues to never give up on their dreams, especially in relations to education and their careers.
- **What is the most life changing event that has happened to you?** I am proud of getting this current position at G.J Crookes it feels like a huge accomplishment. My current goal is to decrease the number of complaints in my department.

Next is Ms Mbatha, the down to earth and beautiful lady recently joined G.J Crookes Hospital as a Supply Chain Management Officer. Judging from her continuous smile and aims, she is happy with her current position and has ambitions to reach the sky.

- **Where were you born?**

I was born in a small city called Babanango (Hlungulwane Reserve) at Denny Dalton .

- **Are you Single or Married?**

I am a single woman

- **Family background?**

I am from a family of 6 siblings and I am the last born at home

- **What did it mean to be the last born at home, did you ever get any favours?**

Yes, a lot. I used to always want the best because I knew my elder siblings will feel sorry for me and give me what I wanted.

- **Educational background?**

I did my primary level of education at Hlungulwane Primary School and I completed my matric at Matshitsholo High school. I am currently studying towards a National Diploma in Public Management via UNISA



Euginia Mbatha (Supply Chain management).

- **Please take us through your Employment background or career path, including your previous employment?**

In the year 1993 I was employed by Catherine Booth Hospital at Matikulu as a Personnel Officer, I was transferred to Ulundi Head office at Environmental Health Services as an Administration Clerk the following year. In 1996 I was transferred to Transport section (Ulundi) In 2006 I was employed at Zululand Health District as a Supply Officer and I then got my current position at G.J. Crooked Hospital.

- **Do you have any Hobbies?**

After a long day at work, I relax my mind by watching movies and reading magazines.

- **What is your ideal team at work?** I like a team that has a same goal and plans together. I am also a person who practices "Open Door policy" with all my colleagues.

- **Where do you see yourself in 5 years?** I plan to own a company to assist unemployed people especially those who are living in a disadvantaged areas.

- **What is your most memorable childhood experience?**

I remember when I used to play games like magalobha, ushumpu with my childhood friends and I liked swimming, especially during summer.

- **What type of people do you associate yourself with?**

I mostly associate myself with my childhood friends. We grew up together, share the same memories and we are like sisters.

- **Any words of wisdom for our readers?**

Don't give up on your dreams and be faithful to your vision . Don't let other people let you down and always remember that the sky is the limit.

## G.J CROOKES HOSPITAL TOOK MALE CIRCUMCISSION TO THE PEOPLE

The Medical Male Circumcision (MMC) Campaign was launched in the KwaZulu Natal Province on the 10<sup>th</sup> of April 2010 following a shared commitment from traditional leaders and government of KwaZulu-Natal to roll out this campaign as part of a comprehensive HIV prevention. It is safe, reliable and effective; males of 15 to 49 years are targeted.

South Africa, specifically the province of Kwazulu Natal has high HIV infection rates. There is compelling evidence of the effectiveness of adult male circumcision in dramatically reducing HIV transmission to uninfected men as evidenced in serious scientific studies conducted amongst other African countries.

The target that was set by the KZN Department of Health is to conduct 2, 5 million circumcisions by June 2014. To meet the provincial and district target, G.J Crookes recently conducted a Mass MMC Campaign at Imfume and Nyangwini Clinic during the June school holidays where scholars were targeted and again

on 17 September 2011 at Nyangwini Clinic. The campaign was a success as all males were circumcised successfully with a target of 150 patients per day.

A circumcised male has reduced chances of getting infected with sexually transmitted infections (STIs), including HIV; has a lowered risk of penile cancer, has improved hygiene and reduces his partner's risk of cervical cancer.

Circumcision does not prevent pregnancy, it confers only partial protection against HIV infection, does not benefit the partner of an HIV-positive man, does not reduce the risk of HIV infection during anal sex.

Discussions on neonatal medical male circumcision and awareness campaign for pregnant mothers to understand the importance of having their babies circumcised at birth are conducted by the provincial department of Health. The hospital conducts MMCs every Friday, interested parties can make bookings at the hospital.



Njabulo Mjilo, Thabo Shibe and Sr H Ramjan at the registration desk



Mr Verren Chetty, Ugu Health District Manager with 16 year old Nhlakanipho Mkhize after the MMC Procedure at Nyangwini Clinic

## KNOW AND CELEBRATE YOUR HERITAGE

While the country was celebrating its heritage and multiculturalism on Saturday 24 September 2011, G.J Crookes hospital celebrated on Friday 23<sup>rd</sup>.

The hospital which is well known for its "Rainbow nation" image decided to celebrate on Friday whilst most staff members were present.

People gathered to showcase their pride in various traditions and cultures. Different cultural groups came dressed in their traditional clothes as a symbol of heritage day and being proud of their own culture. Braai was also part of the

day's celebration, since the day is also known as national braai day. Zulu dance and Indian music entertained the crowd while they eagerly waited for their meat to be ready for eating.

Mrs. Nyawo, Chief Executive Officer from G.J Crookes Hospital stressed the importance of this day saying "this is not only a day to show love and respect to one another's cultures but also a day to embrace things like our national anthem, our indigenous plants and animals and our cultural diversity".

She also mentioned how proud she is to be part of the G.J Crookes team because the staff members are enthusiastic and express national pride.



Winners of a well-dressed competition were Eli Ngwanzi (third place), Zandile Nombiko (second place), and in first place Thani Ngongoma together with Mrs Nyawo hospital CEO

## G.J CROOKES HAS STARTED ITS MULTIMILLION RAND CONSTRUCTION

G.J Crookes Hospital is being upgraded to make it more patient and user friendly. In 2 + years, there will be no more downhill & uphill which can be uncomfortable to frail patients and no exposure of patients to bad weather conditions.

A construction has recently started and will comprise of three phases.

Phase 1:  
An old hospital building is currently being converted into temporary offices. Hospital Administration



Phase 1: Soon to be finished temporary Admin. Offices

staff members will be temporarily accommodated into these offices while the constructors build a new Multi-Storey Building where presently there are hospital management and administration offices (near main entrance). The exodus of Administration staff members will take place in two months time.

Phase 2: From Tuesday the 23<sup>rd</sup> of August 2011 – 10<sup>th</sup> October 2011

the current car and pedestrian entrances will be disrupted because the contractors will be working on the main entrance and road within the hospital. This is to lower the road's level so as to accommodate the upcoming main construction. Availability of parking space will also be negatively affected.

Phase 3: The current Administration block (near the main hospital entrance) will be transformed into a multimillion rand Multi-Storey Building (made up of three floors, excluding the ground floor) consisting of Casualty, Out Patients department, Pharmacy, X Ray and Administration offices. This Core Block will have easy ground level access and elevators; it will also address the current shortage of working space at the hospital.

tal.

The whole construction phase will be finished during the end of December 2013.

Users are requested to be patient when exiting and/or entering the hospital.

The community is also advised to abide by the health and safety rules of the contractors and use the temporary alternative entrances. "We apologize for any inconveniences." said Mrs Sibongile Nyawo, CEO of the hospital



Phase 2: The old parking tarrad road



The artist's impression of how The current administration block will look like after the construction is completed.

## GO BOKKE, GO – G.J CROOKES DEMONSTRATED SUPPORT FOR THE NATIONAL TEAM

The 9th of September 2011 brought a new dawn to the nation of South Africa, most importantly to the employees of GJ Crookes hospital as the IRB Rugby tournament got underway. A display at the hospital's administration block was made to show that the Staff of GJ Crookes are also behind Amabhokobhoko, the defending Rugby World Cup champions (Winners 1995 & 2007) .

On Fridays, most staff members wore their Bokke t shirts. The green and gold colours were running through all South Africans veins during this year's IRB rugby world cup.

The Springboks opened up their campaign against Wales on the 10th of September 2011 with a nail biting 17—16 win .

The springboks played and received easy victories against Fiji, Namibia and Samoa, resulting in the national team being in first place in pool D.

The hospital management team had made sure that staff members had an opportunity to watch these matches through an organized T.V Display. Ensuring that service delivery was not compromised, this was a privilege for staff members as all these matches were played during office hours.

Unfortunately, the victories were short-lived when the Springboks were defeated by Australia during the semifinals.

Nevertheless, the staff of G.J Crookes and all South Africans are very proud of Pieter de Villiers and the boys for putting South Africa ad the whole African continent on the spotlight. Everyone is aware that other countries must be watchful of the strong and strategic Springboks during the Rugby World Cup to be held in the year 2015 .



Green and gold displays at the entrance of the G.J Crookes Hospital's administration building

## REVENUE STATISTICS

These are statistics from the Revenue department on how the department has been doing lately. These statistics allow the hospital management team to scrutinize challenges and work towards overcoming them. Strengths that are identified are further reinforced.

	2009/2010	2010/2011	2011/2012
APRIL	78 453.00	82 486.00	92 410.00
MAY	114 774.00	102 395.00	125 740.00
JUNE	99 656.00	93675.00	115 720.00
TOTALS	292 883.00	278 557.00	333 870.00
% ON TARGET	16%	15%	19%

	2009/2010		2010/2011		2011/2012	
	Head Count		Head Count		Head Count	
	OPD	IP	OPD	IP	OPD	IP
APRIL	9812	1180	7876	1125	9001	1079
MAY	9527	1106	8119	1149	10399	1043
JUNE	9784	1147	10670	975	10426	1064
TOTALS	29123	3433	26665	3247	29826	3186

- There was an increase in revenue collection during the first quarter despite the fact that there were no RAF revenue.
- There is a need to strengthen Dept management section and follow ups done regularly.
- Staff shortages are a contributing factor in not achieving 25% of targeted revenue of R1 800 000.00 patient fees alone.
- There are still challenges with IP fees. There is a need to profile diagnosis on admissions and discharges.

Submitted by Mr. R.N Msebeni, Acting Finance and Systems manager for G.J Crookes Hospital

## UMZINTO SECONDARY SCHOOL CARES FOR ADMITTED CHILDREN



The scholars said being around children made them happy

The students of Umzinto Secondary School visited the Paediatric ward as part of their school's portfolio project.

The students were accompanied by their teacher Mrs. T Moosamy to give gifts to the children in the ward.

The students made fundraising initiatives to raise money to buy teddy bears and healthy snacks for admitted kids.

The Hospital Management team sent their sincere gratitude to the school emphasizing that adults must also learn from these great future leaders who think selflessly.

They chose Paediatric ward because they felt that to them this is not only a school project but also a social investment strategy as they will be giving back to the community.

Mrs T Moosamy was quoted saying "what better way to make the admitted children's stay joyful and pleasant than with the gifts that we have to offer. "



## G.J CROOKES CONTINUES TO SUPPORT NATIONAL CASUAL DAY

Friday the 2<sup>nd</sup> of September 2011 was celebrated as the National Casual Day, where everyone was advised to wear casual clothing and pay R10.00 as a donation, benefiting people with disabilities.

This year's theme was "Worn to be wild". Participants were told to dress like a rockstar and make the world rock, in their suits or frocks.

Stickers were distributed all around the hospital and hundreds of cash were raised during the initiative. Hospital management dedicates special thanks to everyone who helped in distributing the stickers and those who bought them.

The money raised will enable the involved Non Profit Organi-

sations to keep on helping thousands of people with disabilities in South Africa.

"We hope to do better next year and continue our much-appreciated support. The project would not have been successful if it wasn't for you, so on behalf of every individual who benefited from your donation, thank you" Said Mrs S.P Nyawo, G.J Crookes Hospital Manager.



Worn to be wild

## NAKEKELA UMLOMO NAMAZINYO AKHO



Umyango wezamazinyo nokunakekelwa kwemilomo esibhedlela I G.J Crookes ubuphumile kwinyanga kamandulo uyo-qwashisa umphakathi ngokunakekelwa kwemilomo namazinyo. Izindawo ezahlukene ezavakashelwa yilomnyango kubalwa nomthwalume. Ngomhlaqa 23 September 2011, abantu baphuma ngobuningi babo be-yothola ulwazi eMithini Holiday Resort, eseMthwalume lapho umnyango wezempilo kanye nowezolimo (Agriculture) wawuzonikeza ulwazi.

Abanengi babantu abadala babengazi ukuthi kumele ubonane nodokotela wamazinyo kabili ngonyaka ngisho kungekho lutho olonakele.

Bagqugquzelwa ukuthi bangajwayeli ukhulafuna uswidi, mabaxubhe kabili ngosuku baphinde batshengiswa nokuthi iyiphi indlela ephephile yokuxubha amazinyo nolimi.

Umphakathi wagqugquzelwa ukuthi umuntu nomuntu akawazi umzimba wakhe kuthi uma kukhona ushintsho alibonayo avakashele izikhungo zezempilo ezisemphekathini.



uMnu. Mfundo Mkhize, obhekele inhlanzeko yomlomo Eg.j Crookes efundisa umphakathi ukuthi kumele uzinakekele kanjani

## STAFF MOVEMENTS

Below are some statistics from the hospital's Human Resources Department on new appointments, transfers in and demises.

### Appointments / transfers in

Position	Surname	Initials	Appointment date	Other
Hr officer	Hlengwa	SB	20110601	
Staff nurse	Mnembe	SI	20110601	
Gen orderly stores	Langa	N	20110601	
Medical officer	Sithole	LVD	20110613	
Staff nurse	Naicker	S	20110801	
Staff nurse	Ngonyama	TM	20110801	
Staff nurse	Sima	KO	20110801	
Staff nurse	Zungu	NV	20110801	
Staff nurse	Sikhonde	RT	20110801	
Staff nurse	Mchunu	GD	20110801	
Nursing assistant	Xhalisa	NR	20110801	
Nursing assistant	Duma	LG	20110613	
Staff nurse	Ngobese	NG	20110701	
Medical officer	Buso	N	20110701	T/f in from e/cape
Phro	Ngcobo	SH	1/7/2011	T/f in on promotion
Fmo -pat admin	Ndwandwe	MP	1/7/2011	T/f in on promotion

Yeka ubukhulu benjabulo lapho abahlu-kaniswe ukufa beyohlangana khona.

Although no words can really help to ease the loss you bear, just know that you are very close in every thought and prayer

### DEMISED

Position	Sur-name	Ini-tials
Prof nurse	Ponnen	L
Cleaner	Mvuyana	MN
Nursing asst	Chanza	PP

Ulwazi ngezinhlelo zomnyango we-zolimo zokuthumela ogandaganda emizini yabantu ukuze bakwazi ukutshala khona bezothola ukudla okuphephile okusanda kuphuma ensimini bongwe nemali lwalutholakala.

Isibhedlela sithanda ukudlulisa uku-bonga kumphakathi no Mam' Janet Radebe ophethe Emithini Holiday Resort neMalibongwe soup kitchen ngokubavulela izandla zakhe abahlelele nosuku.



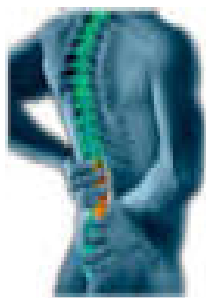
Ithimba elilimatasa kulomcimbi (Abaguqile) Siziwe Msomi, Makhosi Ndwane, Mbali Majola, Thembani Ndwane (Abamile) Dumisani Khuzwayo, Mfundo Mkhize, Dkt. Jabu Kubheka, Zodwa Sethlodi kanye no Janet Radebe

## BACK AWARENESS WEEK

According to the National Health Calendar from the 5th till the 11th of September South Africans are creating awareness for the national back awareness week. Back awareness week was formed to educate the public on the causes of back pain and injuries, how to avoid it, the risks involved and how to manage them.

### What is back pain?

Back pain can be described as a discomfort in the upper, middle, and lower parts of the back. Our back consists of an arrangement of bones, ligaments, joints, muscles, and nerves that can cause back pain if affected.



### What causes back pain?

The most common causes of back pain are associated with putting strain on your back, including bad posture. It normally occurs when a small tear of back muscle or ligament is caused from a sudden awkward movement e.g. lifting of heavy objects.

### Symptoms of back pain:

This can be aching or stiffness anywhere along your spine, and inability to stand, sit up or lie down straight without causing severe muscle pain in the lower back.

### Classification of back pain:

Back pain can be classified as acute and chronic. Acute means a sudden pain which alone lasts a few days to a few weeks, and chronic means pain that last for more than three months.

### Exercises to strengthen your back:

Good Posture is the position in which you hold your body upright against gravity while standing, sitting or lying down and can assist in avoiding back pain. Good posture involves training your body to stand, walk, sit and lie in positions where the least strain is placed on supporting muscles and ligaments during movement or weight-bearing activities.

There are exercises which one can do to take care of their backs to make it stronger so that it can not be injured easily. Examples partial crunches, hamstring stretches, press-up back extensions, knee to chest, and aerobic exercises. For treatment of back pain and advice on how to maintain good posture, please visit your nearest health institution or physiotherapist.



The display that was erected by the Physiotherapy department in G.J Crookes Hospital.

## PUBLIC RELATIONS DEPARTMENT—WHAT IS TRANSPARENCY?

Welcome to yet another edition of G.J Crookes Hospital's Newsletter. This is the 8th year since the newsletter entitled Asikhulume Let's Talk has been in existence and this is edition number 21. This is a resourceful tool for information.

Most of the time, we hear the word "transparency". We are always told that as health professionals we need to be transparent about what we do. You must practice openness and transparency to all your clients, internal and external.

Transparency guarantees honesty and is a step towards gaining trust from your clients.

The public should have sufficient information on for an example how the institution or departments operate and who is in charge. The institution should be open about day to day activities, vital documents like Annual reports are to be made available to general public, Fee structures are to be displayed throughout the hospital and a lot more.

What other things can we be transparent about?

- The dangers of certain health procedures
- Processes of surgery procedures
- Conflicts of interest
- How policy decisions are made
- Rights and responsibilities
- Decisions on allocation of resources--at all levels
- Performance of all professionals
- Labour relations and union representation
- Decision making processes (who makes them and how are they made?)
- Drug side-effects
- Employment procedures
- Allocation and awarding of tenders
- The costs of different interventions
- Uncertainty in relation to individual patients and populations
- Municipal demarcations and how they determine who gets attended to
- Complaint procedures and investigation of complaints
- Unavailability and availability of certain services
- The list is very broad and endless

Most importantly, Openness and transparency is a National Batho Pele principle that all public servants must practice.



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