

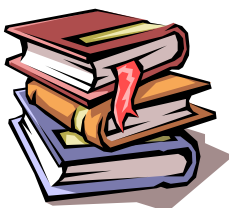
SIKWA-DUKUZA

INSIDE THIS ISSUE:

<i>Incentives Braai</i>	2
<i>Stress in the workplace</i>	2
<i>Pictures.</i>	3
<i>Appointments</i>	4
<i>Resignations</i>	4
<i>Hospital Board</i>	5
<i>Members.</i>	

Quotable quote.

“Destiny is not a matter of chance, it is a matter of choice, it is not a thing to be waited for, it is a thing to be achieved.”



- If you have an input or a story that you would like to be published in the next article please submit it to the P.R.O before the 20th of April at 12 noon.

HOSPITAL MANAGER.

Our new Hospital Manager is Dr A.J. Mansvelder. He was born in the town of Muiden- Amsterdam on the 27th of December 1958. He is married to Jeanet and they have three girls.

He studied Medicine in the University of Amsterdam and qualified in 1988. He came to South Africa on the 10th of July 1989 and started working at the Ngwelezana hospital as a Medical Officer. In 1993 he was appointed as a Principal Medical Officer where he performed half Clinical and half Superintendent duties and as the year pro-



Hospital Manager- Dr A.J. Mansvelder.

gressed he was appointed as a Full time Medical Superintendent. In 1998 he was appointed as a Senior Medical Superintendent for Empangeni Hospital. On the 1st of January 2002 he was ap-

pointed as a Hospital Manager for our hospital. We would like to wish him success in all that he endeavors and hopes he has a fruitful period.

YEAR 2002

This is a very challenging year for the staff members of Stanger Hospital as they are gearing up for the Cohsasa Ac-

creditation which is to be held in July 2002 and so the best solution would be for the members to start familiarizing themselves with the Mis-

sion ,Vision and Policies and Procedures of their departments. Let's work together with the Batho Pele principles in mind!!!

INCENTIVES BRAAI

Stanger hospital staff made a grand exit of 2001 by entertaining themselves with a braai which was held at the Nurses Residence on the 19th of December. Need not worry our patients were well taken care off.

In the morning the sun was shiny and one could predict that it was going to be a sunny day, but things changed later, It's true they say 'men' cannot predict the weather. The men of this hospital had it coming be-

cause they had to make the fire and prepare the meat and so unlikely there was still another pair who were prepared to go that extra mile to cook their favourite braai food- the pap as it goes down with 'vleis'.

Things didn't go according to what they had in mind, and that is for you to guess if the staff did get the taste, let me be fair and tell you- the pap did not make it to our plates. Sorry guys better try next time.

The proceedings went very well as we started serving our dedicated and committed staff members at 12h00 till 15h00 for those ladies and gentlemen who handled the spoons i.e. dished up for staff, you

all did a great job.

The braai stands had to be lighted again for the preparations for the night staff. It all went well except for the rain which was pouring. Luckily we were preparing the braai under shelter.

I would like to thank all the departments and their staff members that deals with collection of cash i.e. revenue and outpatients. Without your commitment we would have not come this far. To the organizers of the braai , it truly was a success. A big thank you to all of you.

Stress checklist—stress in the workplace!

Physical.

Fatigue, tension headaches, shortness of breath, pounding heart, high blood pressure, indigestion, frequent or prolonged colds and illness, insomnia, increased sweating, pain in the neck or lower back, dizziness, nervous laughter.

Psychological

Anxiety, general Irritability, boredom, restlessness, sadness, anger, apathy, depression, feelings of helplessness, feelings of hopelessness, lack of direction, insecurity, difficulty relaxing, inability to concentrate, loss of sense of humour, nightmares, mind going blank.

Behavioral

Overeating or loss of appetite, impatience, procrastination, increased use of alcohol, increased use of non-prescriptive drugs, increased smoking, withdrawal from others, poor job performance, less time for recreation, loss of interest in sex, forgetting deadlines, meetings and appointments, inappropriate hostility and over reactions to situations.

If you have ticked more than six of the above symptoms, chances are that you are suffering from a burn out and need to take steps to control it. Try the following tips:

TO CONTINUE ON PAGE 4

Picture say it all



APPOINTMENTS AND RESIGNATIONS AS AT 01 JAN– 28 FEB 2002

APPOINTMENTS

January

Hospital Manager	1
Professional nurses	4
Nursing Assistants	2
Staff nurses	2
Community Doctors	9
Intern Pharmacists	2

February

Professional Nurses	4
Staff nurses	3



YOU ARE ALL WELCOMED!!!!!!!

RESIGNATIONS

January

Professional nurses	4
Staff Nurses	1

February

Professional Nurses	1
Staff Nurses	1
Admin Clerk	1

DEATHS.

To the family and friends of Sr J.Z. Shange who passed away at the beginning of the year. May you find comfort in the word of God and may her soul rest in peace. Management would like to send their deepest condolences.

FROM PAGE 2.....stress checklist

Tips

- Consult a doctor and have a medical check up. It's important to check for physical problems like hypertension (high blood pressure) and high cholesterol.
- Change your eating habits. Cut out junk food and start eating correctly. Opt fro a healthy eating plan which will give your energy levels a boost. Above all, make sure the foods you include in this plan are ones you actually like.
- Exercise three to five times. A walk ,swim or jogging.
- Take time out. Do the things you enjoy whether it's reading a book, gardening, watching your favourite soap opera or sitcom.
- Enrich your relationships– marital, sexual, family and friends. It's important to build up a good support system which you can fall back on in times of stress.
- Take time to laugh.
- Find ways to enhance your self esteem.

FOCUS ON THE THINGS YOU ARE GOOD AT RATHER THAN ON YOUR LIMITATIONS!!!!!!!

Stanger hospital board members.

The members of the hospital board are as follows: Mr. D.Naidoo, Mrs. E.S. Gumede, Mr. M. Moosa, Mrs. B.B. Mabaso, Mr. D. Goodwin and Mr. T. Gengen.

The responsibilities of the hospital board members are to become and remain acquainted with operation of the hospital and to act as a channel of communication between management and the local community. The role is for the hospital Board Members to advise the Administration on issues that are generally affecting the conduct and management of the hospital.

How are the board members chosen?

The candidates apply i.e. send their CV's and application letters to the Minister and the Minister makes appointments.



The Chairperson of the Board

Mr. D. Naidoo



Mrs. B.B. Mabaso



Mrs. E.S. Gumede



Mr. T. Gengen



Mr. D. Goodwin



Mr. M. Moosa