

From the CEO's desk

The previous financial year has been a very challenging one. It is the same year that had National Public Servant's Industrial Action. Be that as it may, our institution has a lot to be grateful for. Among them is the fact that we remained open during industrial action.

Stanger hospital has come so far to be a recognized institution it is today. With all the developments that have been done and still taking place, level of care being provided and special clinics within the institution.

This is of course not because we are geniuses, however it is because we have dedicated staff who are committed to patient care. It does not mean we do not have our differ-

"A SMART goal would need to satisfy the following components: It should be Specific, Measurable, Achievable, Realistic and Time bound." - Unknown

ences when it comes to the way of doing things.

However when it comes to patient care, differences must be put aside and I can proudly say we are still striving for the mark of perfection. As people or rather human beings we have a tendency to thank each other when one has passed on. This is not the way to go; everyone deserve a pat in the back for a job well done. It is true that when you are being complimented your self confident increases ('women will agree with me on that one').

It is true that as management we have not done well on that one. I would then on behalf of management of Stanger Hospital like to thank every employee who have worked tirelessly in making sure that our fellow people do

get the service they deserve. In so doing you have sacrificed your lives in so many cases that I cannot men-



Hospital CEO: Dr A.J. Mansvelder

tion in order to be true ambassadors; and for that I sincerely thank you. "You may not know this but I even thought of referring myself to the EAP."

We have done extremely well in as far as outreach programs are concerned. Irrespective of staff shortage that we are experiencing but we managed to take the services out to the people.

Our nine clinics are doing a tremendous job in as far as primary health care services are concerned and some of them are credited for distributing ARV's and dual therapy. It is because of your commitment that our institution is recognized as the highest in terms of ARV's distribution.



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Visiting hours

- Monday—Friday
- Day: 13h00-14h00
- Evening: 18h00-19h00
- Weekends and Public Holidays:
- Day—12h00-14h00
- Evening—18h00-18h30
- All clinics are open on Saturdays:
- Kearsney, Groutville and KDC are open on Saturdays and Sundays

IMININGWANE YOHLELO LWE PMTCT DUAL THERAPY



YINI IPMTCT?

IPMTCT uhlelo lokugwema ukuthi umama angasuleli umntwana ngegciwane lesandulela ngculazi.

IZIPHI IZINHLELO EZIKHONA ZALULUHLELO

Kusukela ngomhlaka 01 April 2008 uhlelo lokuvikela umntwana egciwaneni lesandulela ngculazi selushintshela emaphilisini amabili esikhundleni selilodwa ebelinikwa phambilini.

YIZIPHI EBEZIKHONA PHAMBILINI?

Ngaphambi komhlaka 01 April 2008 uhlelo lwePMTCT belusebenzisa iphilisi elilodwa leNevirapine, ebelinikezwa omama/abasefazane abakhulelwe uma sebesikwa; bese uma esebelithile kunikwe umntwana iconsi leNevirapine.



IYINI IPMTCT DUAL THERAPY ENTSHA?

Luluhlelo lusebenzisa amaphilisi amabili ayimishanguzo, hhayi njengakuqala lapho bekunikezwa iphilisi elilodwa leNVP. Manje bobabili umama nomntwana bathola iNVP ne Zidovudine (AZT).

UBANI OFANELWE YILOLUHLELO (DUAL THERAPY)?

Bonke abesifazane abazithwele be-tholakele ukuthi banegciwane lesandulela ngculazi, bengangeni ohlelweni lokuthola imishanguzo yokuthiba igciwane bangena kulokuhlelo lwa-maphilisi amabili.

IBUPHI UBUHLE BE DUAL THERAPY?

I-NVP / AZT yimishanguzo enciphisa umthamo noma ubuningi begciwane emthanjeni yegazi. Lokhu kusho ukuthi mancane amathuba okuthi umama alidlulisele igciwane emntwaneni.

Kubantu besifazane abahlanu abakhulelwe futhi benesandulela gciwane, bengathathi mishanguzo ngesikhathi besakhulelwe noma sebesikwa; oyedwa wabo usemathubeni okuthola umntwana onesandulela gciwane (20%).

Kubantu besifazane abayishumi abakhulelwe futhi benesandulela gciwane besebenzisa iNavirapine yodwa ngesikhathi besikwa; oyedwa wabo usemathubeni okuthola umntwana onesandulela gciwane (10%).

Kubantu besifazane abangamashumi amabili abakhulelwe futhi benesandulela gciwane besohlweni lweDual Therapy; oyedwa wabo usemathubeni okuthola umntwana onesandulela gciwane (<5%).

Ngakho-ke loluhlelo lweDual Therapy lwenza amathuba okuthola umntwana ongenagciwane abe makhulu kakhulu.

ASETSHENZISWA KANJANI LAMAPHILISI WOMABILI?

Ngesikhathi sokukhulelwa umama uqaliswa iAZT esikhathini esingamasonto angamashumi amabili nesishiyagolombili (amasonto angu 28, cishe izinyanga eziyisikhombisa). Uzodla amaphilisi I AZT kabili ngosuku (amahora angu 12). Lokhu kuzoqhubeka zonke izinsuku aze asikwe umama.

NGESIKHATHI SOKUSIKWA

Uzosebenzisa iphilisi elilodwa (NVP)

Uzoqhubeka ne-AZT amahora amathathu (3hours) ngesikhathi

usikwa uze uyoteta. Uma usutetile uzowayeka wonke amaphilisi.

EMUVA KOKUTHI UMNTWANA ESETETIWE

Uthola iconsi elilodwa le NVP

Uthola ibhodlela lamaconsi eAZT ewaqala isesesibhedlela iwayise ekhaya. Uthatha iconsi izinsuku eziyisikhombisa kuya kwezingamashumi amabili nesishiyagolombili.

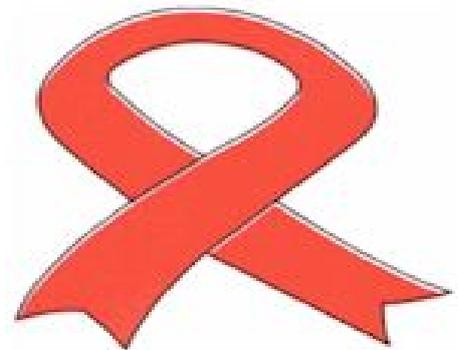
Umntwana uthola iconsi leAZT izinsuku eziwu 28, uma umama edla iAZT noma yomithathu imishanguzo esikhathini esingaphansi kwamasono amane (<4 weeks); ne Nevirapine noma engathathi mishanguzo nhlobo ngesikhathi esikwa.

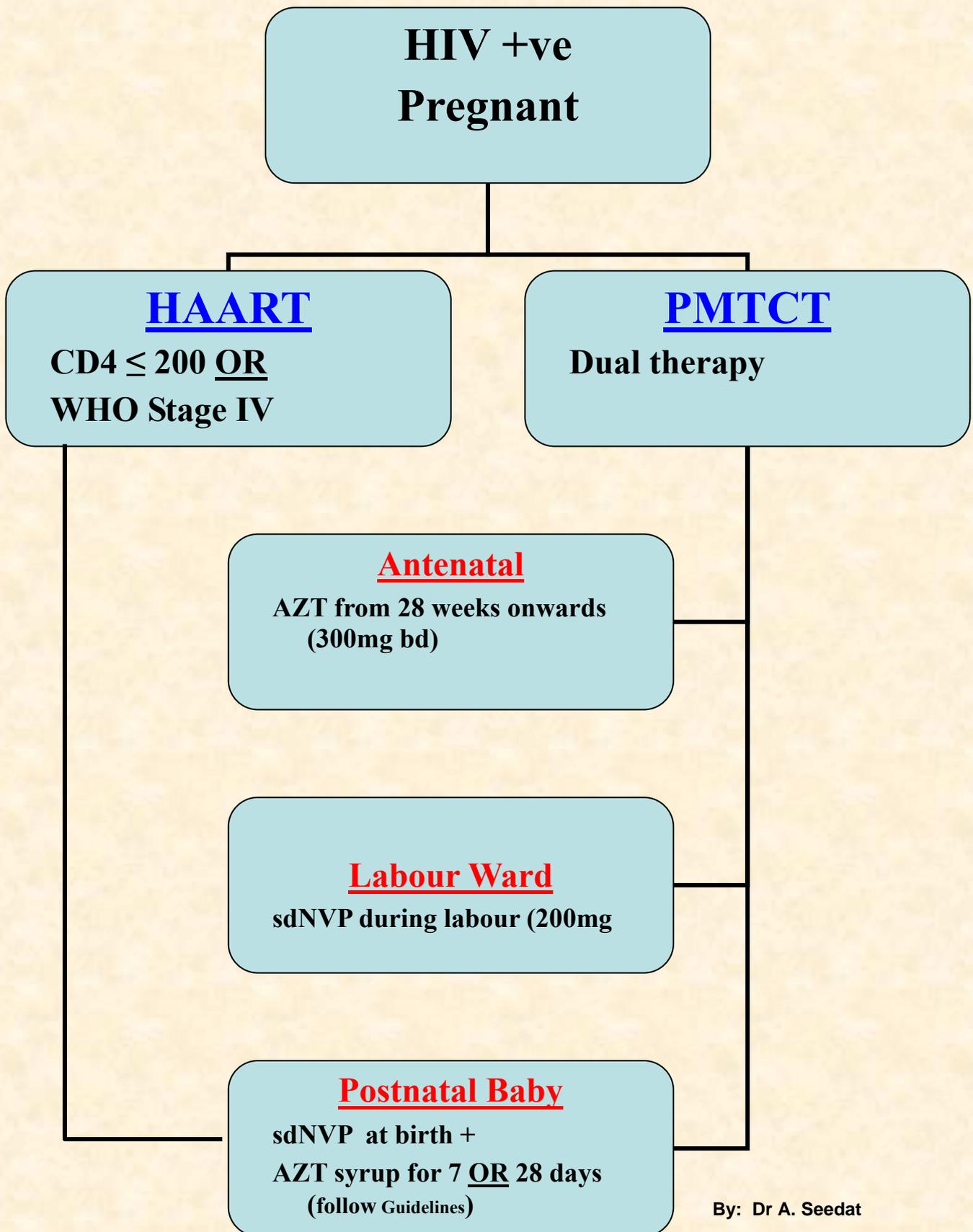
Umntwana uthola iconsi leAZT uma umama ethathe iAZT noma imishanguzo isikhathi esingaphezu kwamasono amane (≥ 4 weeks)

KUNGABA YILUPHI USHINTSHO OLUNGENZEKA NGESIKHATHI UKWI-DUAL THERAPY?

Isiyezi, Ubuhlungu bomzimba kanye nokukhathala

Yize lokhu kuzokwenzeka isikhashana kodwa kubalulekile ukuthi wazise abahlengikazi ngakho. Ikhona imithi ongayinikezwa ukunciphisa izinsuku.





By: Dr A. Seedat

EDITORIAL DESK



One of my mentors always say "Our Heavenly Father is God of time. He is neither late nor early but on time. We sometimes ask ourselves as to why God isn't rescuing us from whatever situation we are faced with. It is simple because it is not the right time; meaning you haven't fulfilled the purpose or you have- n't learnt what you are there to learn." As there are four sea- sons in a year, life is also the same. Our problem is that we prefer certain seasons and we wish they can stay forever, however that will not fulfill the purpose.



I resumed duties in this institution on the 01st of June 2007. The first day of Public Servant's Industrial Action and things were bad. Being far away from home and familiar faces I asked myself lots of questions.

My friend and housemate always say

"I suppose leadership at one time meant muscles; but today it means getting along with people." - Indira Gandhi

God is like Sanlam; He thinks ahead. This is very true because I found myself in warm hands of Stanger people who took care of me during tough times and they didn't end there because they are still taking care of me.

This institution has groomed me to be a better person. To see things differently and in a mature way. It has equipped me with the skills of life that I could have never had. And for that "Thank You."

You have loved me abundantly and gave me all the respect. In you I have found mentors, friends, parents, brothers and sisters. And as I've mentioned earlier that I learnt so much in this period; because having a certain qualification does not mean you know everything, you need other people to guide and teach you what you do not know. That is where the spirit of teamwork comes in.

May you continue being such warm hearted people and may you give every new employees the same love and support that you have given me. And May your kindness be returned to you in the same beautiful way it was offered.



In my first newsletter I quoted Tata Nelson Mandela who reminds us about the importance of knowing where we come from, so as to know where we are going. He also reminds us that we should not enjoy the poor and limited freedoms we are allowed to when we know that our fellow South Africans are still not free. The reason why I take you back to this quote is because I feel it should be a constant reminder that we are in the public sector to see to it that services reach everyone.



Miss Nontobeko Ndlela: Public Relations Officer

HAND HYGIENE



In health care settings, the hands of the staff are the most common vehicle by which micro-organisms are transmitted between patients, and hands are frequently implicated as the route of transmission in outbreaks of infections.

There are two categories of micro-organisms present on the skin: the **transient** and the **resident** flora.

Transient flora are microbes acquired on the surface of the skin through contact with other people, objects or the environment. They are particularly easily acquired on



the hands when the object is moist, e.g. **methicillin resistant staphylococcus aureus (MRSA)**.

Resident flora : The skin is an inhospitable environment for most micro-organisms: it is dry, acidic and poor in nutrients. However, some micro-organisms have adapted to these conditions and exist in stable populations known as the resident or normal flora.

In clinical situations, transient micro-organisms acquired on the hands through contact with patients, their body fluids or environment need to be removed if cross infection is to be avoided. Fortunately, the majority of transient micro organisms are easily removed mechanically by

washing with soap and water. Ideally hands should be washed to remove these transient micro-organisms before and after any episode of patient care that involves any direct contact with their skin, dressings or devices.



Mrs Sarika Sujan: Infection Control Manager

COPING WITH AN ADHD CHILD

What is ADHD?

These are common children disorder which are very similar. Often people confuse these two, it is very important to distinguish the difference between these disorders.

Attention Deficit Disorder (ADD) is whereby the child is impulsive and struggles to concentrate on any activity or task given to him/her. i.e.: A child will just stop doing his homework before it's even completed. These children are often seen as "day dreamers".

Attention Deficit Hyperactive Disorder (ADHD) on the other hand is whereby a child has all the above symptoms **plus** restlessness and easily destructive. The "H" is for hyper activeness. These types of children tend to be noisier and more disruptive in general.

A diagnosis of ADHD/ADD can be made only if the symptoms lasts longer than six months and if they create a negative impact on the child's performance on his areas of daily living (ADL's): home, school & social environment.

A parent can't know for certain that the child has the disorder, it must be clinically diagnosed by trained professionals: Psychiatrist, Psychologist, Pediatrician & Occupational Therapist.

In most cases a child can only be diagnosed during or after the school going age, however parents are encouraged to seek professional help as soon as they notice some unfamiliar behavior.

SIGNS AND SYMPTOMS OF ADHD/ADD

As previously mentioned these symptoms must have lasted longer than six months and when theirs is a

marked discrepancy in child's performance in ADL's.

- **Lack of concentration-** Short and poor selective concentration
- **Constant purposeless motion / Fidgeting-** A child appears to be very busy but achieving nothing
- **Poor organizational skills/ Clumsiness** – Leaves the desk or the room messy, loses things and takes long time to complete a simple task .
- **Sleeping Habits:-** Difficulty in going to sleep, restless sleep night terrors and might fear sleep.
- **Aggressive/Coming across rude** : Disrupts other children, grab other kid's toys without negotiating
- **Failure to follow instructions carefully and completely**



- **Delayed speech & language development** – Inappropriate use of language

TREATMENT OF ADHD/ADD

As it's always been said that it takes the whole community to raise a child, treatment of an ADD/ADHD child requires a multidisciplinary approach between Parents, teachers, Occupational Therapist, Psychiatrist & Psychologist.



The most common medication is Ritalin, which stimulates the under utilized brain area responsible for self control. It calms the hyperactive child and helps the day-dreamer to stay focused. This tablet needs to be prescribed by the psychiatrist/psychologist and is available in government hospitals.

Behavioral therapy is also vital important to mod-

ify child's lifestyle in order to help the child cope with the condition.



HOW DO YOU AS A PARENT

Miss Portia Hlengisa: Chief Occupational Therapist

COPE WITH AN ADD/ADHD CHILD

Raising an ADD/ADHD child can be very challenging and exhausting, below are few guidelines to help parents cope better.

- Make sure your child has a quiet special place to do homework
- Help the child to make decisions
- Set up a routine
- When disciplining emphasize the positive (Remember that Aggressive punishment only makes them more)
- Praise the child when she/he has done something correctly
- Encourage him/her to drink water rather than sugar filled energy drinks (sugar makes a child more active)
- Include more fruit, grains and vegetables to count down sugar.
- Avoid giving the child sugary snack before bedtime
- Ensure the child sleeps at least 8hours a night
- Give your child love and attention

NB: Woolworths do sell food items suitable for ADD / ADHD children

"Looking on the bright side does not make you blind to the problems around you but help you to see them in a positive light." - Unknown

STEP OUT OF YOUR STRESS CYCLE

Stressed? You're not alone. "Each form of stress follows a cycle." If you agree with three or more of the statement in the four stress cycles below, you could be in danger of slipping into that tension trap.

STRESS CYCLE 1

- I'm not a spontaneous person
- I react badly to change
- I over think situations
- I prefer things the way they are

IT HAPPENS WHEN

Your life is disrupted by something major (a new job, getting married) and you find yourself feeling unable to cope.



STOP THE SLIDE "Don't wallow in what was." The things we get stressed about often never happen.

STRESS CYCLE 2

- I find it hard to say no
- I'm scared of upsetting people

- I crave love
- I often feel guilty

IT HAPPENS WHEN You're caught in the trap of constantly striving to please others.

STOP THE SLIDE Start saying "No". "Start your response with a positive. So, if your mom asks to see you, say, "I miss you, however I can't make it." Now, relax!

STRESS CYCLE 3

- I never leave the office on time
- I often cancel appointment
- I never have enough 'me time'
- I'm a perfectionist

IT HAPPENS WHEN You put all your energy into your job and your social life, leaving no time to relax and your life lacks balance.

STOP THE SLIDE Escape the long-hours culture. Make yourself leave work on time three days a week. Pencil two 'me nights' a week into your diary.

STRESS CYCLE 4

- I have high standards
- I often underestimate how long it will take to do some-

"Age does not matter.....what matters most is how you age" - Unknown

thing

- I convince myself I'm a failure if I don't achieve my goals
- I do a million things at once

IT HAPPENS WHEN You set unrealistic goals and attempt to meet them at all costs.

STOP THE SLIDE As soon as you "say should", you're focusing on what's expected. Instead of "I should go running, tell yourself "I'd like to go running today".

(Professor Cary Cooper: author of *Strategic Stress Management* and Liz Tucker: author of *When You Want to Say Yes, But Your Body Says No*)



FUNNY THEY SHOULD SAY THAT!!

"I told my psychiatrist that everyone hates me. He said I was being ridiculous—everyone hasn't met me yet"

"You have to stay in shape. My grandmother, she started walking five kilometers a day when she was 60. She's 97 today and



we don't know where the hell she is."

"Have you noticed? Anybody going slower than you is an idiot, and anyone going faster than you is a maniac."

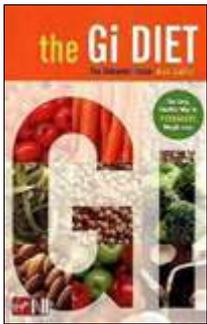
"I'm always amazed to hear of air crash victims so badly mutilated that they have to be identified by their dental records. What I can't understand

is, if they don't know who you are, how do they know who your dentist?"

"Sometimes I lie awake at night, and I ask, 'Where have I gone wrong?' Then a voice says to me, 'This is going to take more than one night.'"



THE NEW GI (GENERATION INDEX) DIET



T

hought you couldn't cheat your way to a great body? Here's how to beat Mother Nature's year-by-year gain and stay lithe for longer.

* 20-25 Your Drinking Years

This is the binge drinking age group. Just two alcohol-fuelled sessions a week can cause long-term liver damage and bump up your daily kilojoule intake by a third.

GI PLAN: "Protect your liver and waistline with omega-3 rich foods—oily fish, seeds and nuts." An intake of these, three times a week, is all you need." This is also an important time to eat calcium. A woman's bone mass is formed by 25, so building strong bones now means fewer problems later. (*Nutritional therapist Elizabeth Harfleet*)

* 25-30 Your Working Years

According to a recent survey, women aged 25-30 work the longest office hours. It might do wonders for your career, but it won't help your waistline and stress levels. "By your mid—to late 20s, your metabolism will have slowed by 5%," . Add a desk-bound lifestyle and you could easily go up a dress size.

GI PLAN: Working long hours means

you need healthy, long-lasting energy sources. Complex carbs like whole-grain bread and brown rice keep you full and stop you reaching for sugary pick-me-ups. What's more, carbs boost serotonin levels, and therefore combat stress. (*Nutritionist Sue Baic, author of Nutrition For Dummies*)



pause, which unfortunately promote abdominal gain. As this is linked to diabetes, it's vital to follow a diet that protects you.

GI PLAN: Stabilise your blood sugar by eating protein with your carbs. Lunch

should be 25% protein, 25% carbs and 50% veg; dinner 35% protein and just 15% carbs. Limit red meat to just twice a week. (*Nutritionist Yvonne Bishop-Weston*)

* 30-35 Your Family Years

Your metabolism doesn't halt the day you hit 30, but kilojoule-burning does slow down, plus you'll start to lose 1-2% of your muscle mass each year.



Muscle burns 210 kilojoules a day, so replacing it with fat, which burns nothing, leads to gain.

GI PLAN: Watch your weight carefully now. And if you want children, healthy eating is a must. Beat muscle loss with resistance

sport like tennis, weight-training or dancing, and eat protein-rich fish and eggs.

* 35-40 Your Hormonal Years



Perimenopause refers to hormonal shifts before meno-

CHOOSE HEALTHIER SNACKS AND LOSE STUBBORN KILOS:

* Swop a Cappuccino for a skinny latte

A skinny latte has about 420 kilojoules less than a cappuccino, but if you need a bit more buzz, add an extra shot of coffee and some chocolate sprinkles on top at no extra kilojoule count.

* Swop a milkshake for a smoothie

Besides containing fewer kilojoules, a smoothie is more wholesome and easy to make at home. Just add your favourite fruit, a little low-fat milk and blend. It's the perfect meal on the move, with the added virtue of a couple of portions of fruit for the day.

Stanger Hospital
 Corner King Shaka Road & Patterson Street
 Private Bag X 10609,
 KwaDukuza
 ☎ (032) 437 6000
 ☎ (032) 552 2767

✉ <http://www.kznhealth.gov.za/stangerhospital.htm>