

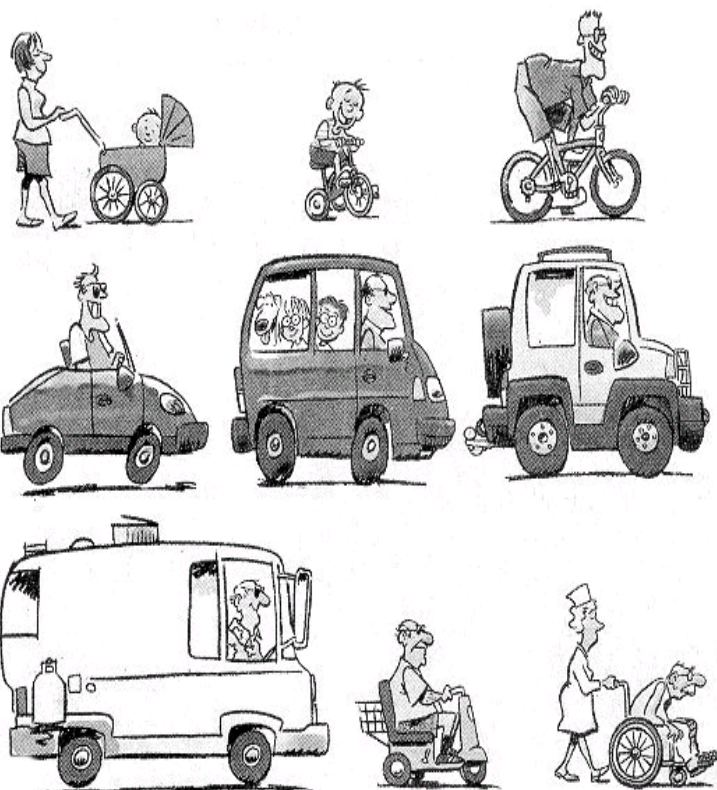


## The Greype-Vine.

Grey's Hospital  
Pietermaritzburg

February 2006

### The Wheels of Life



WHEELS.JPG

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**Members:** Mrs. A Chetty Page 200

Mr. Mervalin Singaram Page 170

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### Editorial:

We are already into March and the year seems to be flying past. Although for some it might seem to be a bit late, we would like to welcome all the new Interns and Registrars to Grey's and wish them a happy and enjoyable stay.

COHSASA has paid their visit and we wait with anticipation for the results of their survey. On behalf of Hospital Management we would like to thank all involved for their input and hours of hard work that they put in, in order to prepare us for the final visit. More especially I would like to single out Mrs KT Mckenzie for special thanks as she was the main facilitator behind the COHSASA application.

Congratulations to Mrs P. Brown on her appointment to Nursing Manager and may we all pledge our support to her in the busy road ahead.

At our last Greype-Vine committee meeting we decided to try and introduce a section into the magazine promoting health and fitness, as a healthy body and mind plays a vital role in ensuring happiness both in our personal lives and at work. When you look around the hospital there are a variety of people of different shapes and sizes working at Grey's and it is amazing how often a simple exercise like walking *down* the stairs is avoided and the lift is used instead. Due to our extremely busy lifestyles a daily exercise routine is often difficult to maintain, but a short walk down the stairs can lead to walks up the stairs and then brisk walks from one side of the hospital to the other and before you know it you are feeling healthier and fitter. Give it a try.

## Grey's Hospital wins Gold Medal!



After receiving the Silver Award in 2004 Grey's Hospital once again entered the Service Excellence Awards in pursuit of Gold.

The Hospital was short-listed to the last 10, after the first round of judging and staff became more upbeat after the second round, as all felt that the on site inspection and interviews by the judges went extremely well.

Management was subsequently informed that they were short-listed to the last 5 and were invited to attend the awards ceremony.

All unfolded on the 9th of December 2005, at a gala function hosted by the Premier, held at the International Convention Centre. After hours of entertainment and speeches the moments of truth arrived and as predicted by many, Grey's Hospital emerged as recipients of the coveted Gold Medal.

A special thank you and congratulations to the entire team at Grey's for making the Department of Health Proud!!!

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## **Changes in The Obstetrics and Gynaecology Department.**

Dr T R Moodley retired at the end of January 2006 and we welcome Dr M J Titus into the position of Chief Specialist Obstetrics and Gynaecology.

Dr T D Naidoo has been appointed as our Principal Specialist Obstetrics and Gynaecology and Dr S B Amod is the senior specialist.

Audrey Reyburn, who has been working at Grey's since 1992 and was the Obstetrics and Gynaecology Department secretary since 2002 has left and is going to live in Edinburgh, Scotland. Glynis Smith, from radiology, has replaced her. We would like to wish them luck in their 'new department' with all the new staff.

## **FIVE FOODS TO FEED THE BRAIN**

1. Iron-Rich Food
2. Eggs
3. Fish / Fish oil
4. Blueberries
5. Wholegrain Bread.

## **FOOD ON THE RUN**

Check out our healthy choice chart and see how you can slim on the go.

| <b>Good-To-Go</b> | : | <b>Not so Good</b> |
|-------------------|---|--------------------|
| Skinny latte      | : | Café au lait       |
| Tuna bagel        | : | Tuna melt          |
| Muesli bar        | : | Chocolate muffin   |
| Baked potato      | : | French fries       |
| Frozen Yoghurt    | : | Ice cream          |
| Beans on toast    | : | Cooked breakfast   |

## **Four Simple Steps Towards Change.**

### **1. Enforce the breakfast rule**

Breakfast supplies the brain with energy - after a night of "fasting", the body's sugar levels are low and need replenishing. Balancing sugar levels early in the day is essential to sustain energy levels - it is difficult to rectify those levels later in the day.

### **2. The 5 Food Group plan**

**CARBOHYDRATES:** sandwich; pasta; baked beans

**PROTEIN:** meat; fish; poultry; eggs; nuts

**FRUIT and VEGTABLES:** at least two portions, eg. Easy-to-eat and peel fruit and vegetable sticks with a dip

**DAIRY:** cheese slices, yoghurt and milk are all good options

### **3. Limit Choice**

Offering a choice of two or three healthy alternatives is more than adequate

### **4. Water is Cool**

Water is essential for hydration and proper brain function. Are you adverse to drinking water? Add a slice of lemon or a few strawberries for subtle flavour.

Taken from: 'Your Family 'February 2006 edition.

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**If you are going to try cross-country skiing, start with a small country.**

## Healthy Lunch Box Alternatives

- Instead of : chocolate bars and sweets  
Try : Dried fruit bars, nuts
- Instead of : white bread sandwiches  
Try : fresh brown or whole-wheat sandwiches or rolls filled with tuna, cheese, egg, chicken, lean meats, salad, fish paste or sliced tomato. Pasta salad with chopped up vegetables, lean meat and low fat dressing. Whole-wheat crackers with separate toppings.
- Instead of : Sweet fizzy drinks  
Try : Pure fruit juice (no sugar added), bottled water, cartons of milk, low fat milkshakes, drinking yoghurt or Amasi.

Taken from: 'Your Family' February 2006 edition

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### **Importance of Walking.**

Walking can add minutes to your life

This enables you at 85 years old to spend an additional 5 months in a nursing home at R5000 per month.

## South African Nursing Council Fees 2006.

The above licensing fees are due to be paid by 31<sup>st</sup> March 2006 and all nursing staff who have not done so are reminded to pay theirs as soon as possible.

*Registered Nurse:* R193:00

*Enrolled Nurse:* R145:00

*Enrolled Nursing Assistant:* R127:00

The Council's banking details are as follows:

**FIRST NATIONAL BANK.**

**Branch Number: 251445**

**Account Number: 51421186193**

Please remember to PRINT your name and Council Reference number on the deposit slip and advise Council directly of any change in your address.

Bridging Course students are reminded that proof of payment of annual licensing fees is a prerequisite for continuing the course. Receipts must be submitted to Nursing Management before 31<sup>st</sup> March 2006.

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**I decided to take an aerobics class. I bent, twisted, gyrated and jumped up and down for an hour. But, by the time I got my leotard on the class was over.**

## **HRD News.**

### **ACHIEVEMENTS**

#### **Grey's Matriculants:**

Congratulations to all who have passed. Well done to **EM Vosloo, CL Allee** and **PE Stellenberg** on achieving distinctions.

EM Vosloo-**Afrikaans**  
PE Stellenberg and CL Allee-**Criminology**

Grey's Hospital Management and staff extend a cordial welcome to Nokukhanya Brightness Gasa, the new Public Relations Officer. May her stay here at Grey's be a pleasant and rewarding one.

### **CONGRATULATIONS**

Ms Pam Nxumalo (Assistant Manager Labour Relations) has been promoted to Prince Mshyeni Hospital. Ms Zandile Sithebe, Mr Elias Mtolo and Mrs Kershnie Moodley have been promoted to other Institutions in the Department of Health.

Congratulations to Mrs PM Brown on her promotion to Nursing Manager.

Congratulations to Ms Kumari Gokul on her appointment to Assistant Manager (Finance).

Ms Leka Chirkoot has been appointed as the Assistant Manager for the Social Work department at Grey's

### **NEW APPOINTMENTS:**

Dr M J Titus- Chief Specialist: Obstetrics & Gynaecology

Dr S V Maharaj-Principal Specialist: Cardiology

Miss S Singh: Senior Clinical Psychologist

Sister A Monyakane: CPN Cardiac Cath Lab.

**Dhevikee Naidoo**

## **In loving memory of ROSE.**

The first day of school our professor introduced himself and challenged us to get to know someone we didn't already know. I stood up to look around when a gentle hand touched my shoulder. I turned around to find a wrinkled, little old lady beaming up at me with a smile that lit up her entire being.

She said, "Hi handsome. My name is Rose. I'm eighty-seven years old. Can I give you a hug?"

I laughed and enthusiastically responded, "Of course you may!" and she gave me a giant squeeze.

"Why are you in college at such a young, innocent age?" I asked.

She jokingly replied, "I'm here to meet a rich husband, get married, and have a couple of kids..."

"No seriously," I asked. I was curious what may have motivated her to be taking on this challenge at her age.

"I always dreamed of having a college education and now I'm getting one!" she told me.

After class we walked to the student union building and shared a chocolate milkshake.

We became instant friends.. Every day for the next three months we would leave class together and talk nonstop. I was always mesmerized listening to this "time machine" as she shared her wisdom and experience with me.

Over the course of the year, Rose became a campus icon and she easily made friends wherever she went.

She loved to dress up and she reveled in the attention bestowed upon her from the other students. She was living it up.

At the end of the semester we invited Rose to speak at our football banquet.

I'll never forget what she taught us. She was introduced and stepped up to the podium. As she began to deliver her prepared speech, she dropped her three by five cards on the floor.

Frustrated and a little embarrassed she leaned into the microphone and simply said, "I'm sorry I'm so jittery. I gave up beer for Lent and this whiskey is killing me! I'll never get my speech back in order so let me just tell you what I know."

As we laughed she cleared her throat and began, "We do not stop playing because we are old; we grow old because we stop playing.

There are only four secrets to staying young, being happy, and achieving success. You have to laugh and find humor every day. You've got to have a dream. When you lose your dreams, you die.

We have so many people walking around who are dead and don't even know it!

There is a huge difference between growing older and growing up.

If you are nineteen years old and lie in bed for one full year and don't do one productive thing, you will turn twenty years old. If I am eighty-seven years old and stay in bed for a year and never do anything I will turn eighty-eight.

Anybody can grow older. That doesn't take any talent or ability. The idea is to grow up by always finding opportunity in change. Have no regrets.

The elderly usually don't have regrets for what we did, but rather for things we did not do. The only people who fear death are those with regrets."

She concluded her speech by courageously singing "The Rose."

She challenged each of us to study the lyrics and live them out in our daily lives.

At the year's end Rose finished the college degree she had begun all those years ago.

One week after graduation Rose died peacefully in her sleep.

Over two thousand college students attended her funeral in tribute to the wonderful woman who taught by example that it's never too late to be all you can possibly be.

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## **RADIOLOGY DEPARTMENT GREY'S HOSPITAL**

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The department has welcomed the year with great anticipation because of the upcoming new modalities as well as new staff.

The staff would like to say welcome to the new community service radiographers:

Chetty Nerissa, Govender Keshani, Mbongwa Zinhle, Nazeer Mehnaaz, Snook Caroline

We hope you will have a happy year with us. Enjoy and hopefully stay on next year.

Welcome to Karusha Gounden who accepted a junior post at Grey's.

Farewell to Adrian and Karmoney the community service radiographers of 2005. We wish you well with your new positions at King Edward Hospital.

Congratulations to Mehnaaz Nazeer on her wedding to Aslam Mohammed, hoping that this event will keep you at Grey's next year.



Congratulations to Kerryn Francis and Winnie Maphanga on obtaining the cardiac cath lab posts.

Congratulations to Yolanda Thambiran and Favorite who will be starting up the mammography department some time in March 2006. We wish you all the best!

**Di Wood.**

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**Maternity Memories.**

In the nineteen forties the Non-European Maternity wards were moved to Mayors Walk Hospital.

Many patients came to us by rickshaw. On arriving at the entrance to the Maternity Block, the Rickshaw lad would ring his bell. If it was urgent the bell ringing was loud and long!

One day a Rickshaw Lad found a woman outside the Ansonia Hotel in great pain, and she asked to be taken to Grey's. He took one look at her and made off for Mayor's Walk!!

Hearing a frantic bell ringing I ran out to the rickshaw. As the baby's head was already presenting, I delivered the babe in the rickshaw, while the lad kept all the onlookers away.

Once admitted, and safely in bed, the babe bathed and in a cot, the mother gave me a letter addressed to Grey's Hospital from a far distant District Surgeon. It read, 'Please admit patient to Grey's Hospital, with ? Abdominal Tumour!!

The Rickshaw Lad's diagnostic powers seemed superior to the District Surgeon!!!

**F du P.**

**Campus News.**



The Campus would like to welcome two new tutors into the fold. They are:

**Mrs T Simelane** who trained at Edendale Hospital and has been working at MediClinic in B Ward for the past 3 years. She will be teaching Sociology, Pharmacology and Community Health.

**Miss I Maikoo** who taught at the Grey's Campus previously and left in 2003 to go to UAE, has returned. She is teaching Psychiatry.

**Mrs S Demmer** will retire at the end of March and plans to spend as much time as possible with her grand children. We wish her well.

**Mrs F Lowe:** has returned temporarily from her very short retirement and is helping with lectures on the general side.

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## **What is my Union doing for me?**

That is the question most union members ask themselves; but the question they should be asking is ,‘Who is the Union?’

Is it the people in national office, or the people in provincial office, or the people in the local office or is it the shop-steward in the department? Who exactly is the union? Where do the members who pay their hard earned money to the unions every month, fit in this hierarchy? I wonder why people join unions and how do they choose which union to join. Especially my colleagues- nurses- because you do not find nurses attending any union meetings. Why ever not?

Nurses form the largest number of employees in this institution; they work under unfavourable conditions and have to answer to the patient, the doctor, the nursing manager, to the visitors and in fact to everyone who has contact with the patient.

Look at the newspaper headlines; Nurses are blamed for the instrument left in the patient during an operation, nurses are blamed for long queues at the clinics, nurses are blamed for the unavailability of the doctor at the trauma unit, etc. Despite all this you find nurses putting their concerns in the hands of somebody who knows little or nothing about nursing. Nurses join unions that have no nursing representatives and they expect to be served by somebody who does not understand or have any idea about what nurses do. If you ask them about R2598 or R683 or R 387 of the nursing act, they think you are talking about a sum of money, because they are not nurses.

My question is, ‘How can you help a nurse if you are not a nurse?’ How can you help a student nurse if you do not know what his/her training involves?

There is only one organization that fully understands the nurse and her problems because it is run by nurses, for the nurses, and that is DENOSA.

I am saying, ‘Take pride in your career, join the union that understands your needs. Be a proud nurse and fight for your profession. Stop moaning and help yourself by joining the union that can help you.

**Mr. Thami Ndawonde.**

**A Proud DENOSA Shop Steward.**

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**Mr C.L. Craig. 350917.**

*My nursing career has been nothing but adventurous and has revealed that life is sometimes not as easy as it seems. I met the above patient and after an exchange of a couple of words realized that he could be one of patients who has been with us, at Grey's, for the longest. I asked if I could write about him and without hesitation he granted me permission. We made an appointment to discuss the finer details and this is what I found.*

*Mr. Craig first came to Grey's in 1968 for a knee operation, which was completed successfully. Thereafter in 1974/75 he returned for a laminectomy. Three years later he was told he had a growth on his gallbladder and so in 1980 he had a cholecystectomy. They left a 'mesh' in his abdomen, which started to become troublesome so in 1983 it was removed. In 1990 Mr. Craig injured his wrist, which required surgical repair and in 1992 he had surgery for a very painful neck caused by damage to his intervertebral discs.*



Mr. Craig is still a regular patient at Grey's and he has the utmost respect for the hospital and the staff. He thoroughly agrees with the judges' decision to award Grey's the 2005 Premier's Good Governance Gold Award and wishes us all good luck in the years ahead. May we all go from strength to strength and continue to produce work of such a high standard.

**Mr. B Boyce Group 4/2005.**

.....

*When people's cars get old and worn  
They begin to toddle  
They go somewhere and trade them in  
And get the latest model*

*Now I have very often thought  
That when my joints get achey  
And when my hair has all turned gray  
And knees are very shaky*

*And when the onward march of time  
Has left me rather feeble  
How nice would be to find a firm  
That deals in worn out people*

*And when my form is bent with age  
And gets to looking shoddy  
How nice it would be to turn it in  
And get a brand new body.*

*Senior Sister L.K.Scott.*

**Farmer William.**

Long ago and far away  
(How far I couldn't rightly say  
but far enough for it not to matter)  
Upon a tired old mule there sat a  
Man, who was dressed up in armour.  
His name was Will. He was a farmer.  
Now, near his farm there was a hill.  
A dragon there had troubled Will  
For many years, for it would creep  
At night, when Will was fast asleep,  
And eat his ducks and eat his cows  
And steal his chickens and his sows  
And make a really awful mess.  
This happened twice a week, no less,  
Till finally Will said, "Enough!  
I'll kill this beast that eats my stuff!"  
He went up to the local play  
(A bad production anyway)  
And nicked the mail the hero wore.  
Then back down to his farm he tore.  
He dressed himself. His armour shone.  
He put his boots and helmet on  
And, with his sharp sword at his side,  
Went out to find a horse to ride.  
His horses, though, were in the dragon,  
But tied up to a broken wagon  
He found a mule. Onto its back  
He sprang, and shouted loud, "Attack!"  
The pair of them limped up the hill.  
The mule was wheezing on, and Will  
Was waving sword about his head,  
For soon the dragon would be dead!  
They came upon the dragon's lair  
And Will dismounted, then and there,

And, while the mule went off and hid  
 He shouted, "Show yourself!" It did.  
 Its scales were crimson, black and gold,  
 And though it was quite centuries old  
 With lightening speed it sprang on Will  
 And gulped him down its turn to fill.  
 The dragon quickly got the squits  
 And rather nasty farting fits.  
 (The smell could make you feel quite ill-  
 They smelled uncannily of Will).  
 But William had one more trick.  
 His helmet in it's arse did stick.  
 The gas could not get out, and soon  
 The dragon was a gold balloon,  
 Which then exploded, spreading cow  
 And Will and sheep and duck and sow  
 And dragon, pig and chicken down  
 The hilly slopes, and to the town.  
 The stuff made lovely roses grow-  
 A very good manure, you know.  
 It made the green-thumbed people say  
 They'd never seen a better day  
 For flowers than the day that Will  
 Went up (and then came own) that hill.  
 The moral here- there is no question-  
 To avoid the indigestion  
 Never, ever eat a farmer  
 Especially if he's wearing armour.

**R Comrie.**

Congratulations to Mrs T Prince, who swam and  
 completed her first Midmar Mile.

Hospital regulations require a wheelchair for  
 patients being discharged. However, while working  
 as a student nurse, I found one elderly  
 gentleman--already dressed and sitting on the  
 bed, with a suitcase at his feet, who insisted he  
 didn't need my help to leave the hospital. After  
 a chat about rules being rules, he reluctantly  
 let me wheel him to the elevator. On the way down  
 I asked him if his wife was meeting him.

"I don't know, he said. "She's still upstairs in  
 the bathroom, changing out of her hospital gown."

.....

*An anxious husband called the hospital to ask about his wife  
 who was pregnant and in labour. Accidentally he phoned the  
 cricket stadium.*

*He asked, 'How are things?'*

*He panicked after hearing this reply: 'Fine!! Three are out, we  
 hope to have the remaining seven out by lunch. And the last one  
 out was a duck.'*

.....

**I have to exercise early in the morning before my brain  
 figures out what I'm doing.**

This month's crossword puzzle prize is again sponsored by **CHATTERS COFFEE SHOP**. The winner of the first correct entry drawn will win a large chocolate cake.

Please send your entry to Sr A Guise-Brown at the Nursing Campus by Friday 14<sup>th</sup> April and you could be the winner.

|        |    |    |    |    |    |    |    |        |    |    |
|--------|----|----|----|----|----|----|----|--------|----|----|
|        | 1  | 2  | 3  | 4  | X  | 5  | 6  | 7      | 8  | X  |
| 9      |    |    |    |    | X  | 10 |    |        |    | 11 |
| 12     |    |    |    |    |    | 13 |    |        |    |    |
| 14     |    |    | X  | 15 | 16 |    | X  | 17     |    |    |
| 18     |    |    | 19 |    |    | X  | 20 |        |    |    |
| XXXXXX |    |    | 21 |    |    | 22 |    | XXXXXX |    |    |
| 23     | 24 | 25 |    | X  | 26 |    |    | 27     | 28 | 29 |
| 30     |    |    | X  | 31 |    |    | X  | 32     |    |    |
| 33     |    |    | 34 |    | X  | 35 | 36 |        |    |    |
| 37     |    |    |    |    | X  | 38 |    |        |    |    |
| X      | 39 |    |    |    | X  | 40 |    |        |    | X  |

**Across:**

1. Accompanying
5. Smooch
9. Army chaplain
10. Actress Barkin
12. Assumed name
13. Avoid neatly
14. Baseball's Durocher
15. Spigot
17. Cosmetician Factor
18. Swimmer Williams
- 20." \_\_\_\_\_ She Lovely"
21. Smell
23. \_\_\_\_\_ blue
26. Mental soundness
30. \_\_\_\_\_ glance (2 wds.)
31. Over, in verse
32. Fib
33. \_\_\_\_\_ eclipse
35. Fish from a moving boat
37. Entertain
38. Shanty
39. Ionian and Coral
40. Stunned

**Down:**

1. Charles's domain
2. Fool
3. Refrain word
4. Hawthorne heroine
5. Withold
6. Sick
7. Deteriorated areas
8. Closed auto
9. Whitish
11. Directly after
16. Got up
19. Dried grass
20. Novelist Flemming
22. Singer Reeves
23. Space agency
24. Small particles
25. Appreciate highly
27. "P.S. \_\_\_\_ You"  
(2 Wds)
28. Laid mosaic
29. Holler
31. Native metals
34. Big \_\_\_\_\_ whale  
(2 wds)
36. Checker- board line



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