



The Greype-Vine Grey's Hospital

Pietermaritzburg

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The members of The Greype-Vine editorial committee would like to congratulate Mr. Deena Naidoo on his promotion to Operational Manager of the Out Patients Department. We wish him luck in his new role.

It is quite distressing to see that recently some of the staff from Grey's have seen fit to report various events that have apparently occurred at the hospital to the local newspapers. It is a pity that these staff members have failed to follow the correct channels of communication and so have sullied the reputation of a good hospital. What is more the information they have given the press is often inaccurate and exaggerated. Hospital management is blamed for circumstances beyond their control and for whatever reason the newspaper has failed to report both sides of the story. All of us who work at Grey's have a duty to work hard and to follow the guidelines laid down in the Batho Pele principles. I can not understand why someone would want to destroy the reputation of the institution where they work. If staff have questions they feel need to be answered they must feel free to contact management.

Mrs. Sandy Chandramohan, tutor at Grey's Campus passed her B. Curr (Nursing Admin and Education) with Potchefstroom University. The course comprised of 20 modules with Sandy obtaining 19 distinctions. This is presently the highest number of distinctions obtained by someone doing this course. (The previous record was 17 Distinctions.) The International Honours Society of Nurses has nominated her for inauguration to become a member.



The inside of the Grey's lodger Mothers facility.

Cultural diversity-African culture

Introduction

As in all cultures, the African culture has its own uniqueness. The systems, lifestyle and rituals that are practiced by the African people differ depending on the family's beliefs, values, and norms. Customs practiced by the African people are not referred to as culture. Culture has more to do with connection to God (Umvelinqangi), the traditional attires and rituals practiced as the human develops. Customs are practiced as soon as the baby is conceived in the mother's womb until the day the person dies. It is very important to know the difference between a culture and a custom. Different customs are practiced by different families because of different beliefs but African culture is the same for all Africans regardless of the languages. An African person is part of a bigger group. Whatever happens to an individual affects the whole family whether it's good or bad. For people who believe in certain customs, their customs are as important to them as culture therefore it is important to respect this as Healthcare workers.

Upbringing of children

New born child

Pregnancy is regarded as a blessing from the ancestors. When the baby is born different customs are practiced on the babies depending on the family surname. e.g Zondi children's cheeks and forehead are cut open to leave marks. One or two months after the birth the child needs to be cleansed (Isolo). When the baby is older, between a year or two, there is a ritual that needs to be done where a goat is slaughtered, incense is burnt and a traditional beer is prepared to thank the ancestors for the baby. This is called imbeleko.

The Girl child:

The girl child is raised to know that she is the 'Rose' of the family, if the girl has behaved well until her time for umemulo comes, the parents will thank her for her good behavior. The family, the relatives and the community as a whole are proud of her and this is celebrated during umemulo. A girl child's traditional attire differs from the married woman's or other older females; this happens with the Zulus, Xhosas, Swazis and Sothos

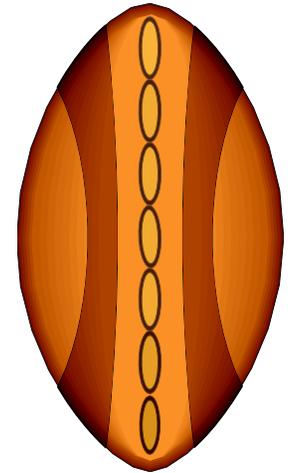
The Boy child

African boys learn a lot about manhood in the grazing lands while looking after livestock.

The Xhosas have their circumcision ritual in June every year. A Xhosa man who has not undergone the boy's initiation is never recognized as a man and is not allowed to partake in any men's events in their culture.

Conclusion

Factors like poverty, Western influence and politics have led to changes in African culture.



**My young grandson called the other day to wish me Happy Birthday. He asked me how old I was, and I told him, "62."
He was quiet for a moment, and then he asked, "Did you start at 1?"**

Just for a bit of fun, if you take the letters in the following words and rearrange them you come up with a totally new word, which also makes sense.

DORMITORY: DIRTY ROOM

PRESBYTERIAN: BEST IN PRAYER.

ASTRONOMER: MOON STARER
THE EYES: THEY SEE

GEORGE BUSH: HE BUGS GORE.

THE MORSE CODE :HERE COME DOTS

ELECTION RESULTS:LIES - LET'S RECOUNT

SNOOZE ALARMS: ALAS! NO MORE Z 'S

A DECIMAL POINT: IM A DOT IN PLACE

ELEVEN PLUS TWO:TWELVE PLUS ONE

The South African Nursing Council Regulations Regarding the Distinguishing Devices and Uniforms for Registered Nurses and Midwives and Registered Student Nurses and Student Midwives

A registered nurse or midwife shall, in all areas of clinical nursing practice, wear the distinguishing devices consisting of cloth epaulettes of the prescribed colour to which shall be affixed the prescribed badge of the Council and prescribed bars as applicable, unless the Council determines otherwise.

The badge of the Council shall be the design appearing below. The badge shall be of silver with the outer lettered border enameled blue.



1).Epaulettes of the following colours shall be worn by persons registered in the various branches of nursing and as midwives:

General nurse: Dull cherry.
Psychiatric nurse: Navy blue.
Midwife: Green.

2).A person who is registered in two or more branches of nursing or as a midwife and in one or more branches of nursing, shall wear

epaulettes of the colour prescribed in paragraph (3) and to such epaulettes shall be affixed rectangular metal bars enameled in the colours prescribed for epaulettes in paragraph (1) in respect of the other registered qualifications; provided that registration as a sick children's nurse or as a fever nurse shall not be indicated by way of bars on the epaulettes.

(3). Where a person is registered in two or more branches of nursing or as a midwife and in one or more branches of nursing, and where-

(a) such person is, *inter alia*, registered as a general nurse, dull cherry epaulettes shall be worn;

(b) such person is not registered as a general nurse, but is, *inter alia*, registered as a psychiatric nurse, navy blue epaulettes shall be worn;

4). A person against whose name any one or more of the following additional qualifications are registered shall wear the appropriate rectangular metal bar/s on the prescribed epaulettes, horizontally below the badge of the Council:

Tutor: White.

Diploma in Nursing Administration: Silver.

Diploma in Public Health Nursing: Yellow.

5). Distinguishing devices shall be worn only on a uniform which complies with the following requirements:

(a) The uniform shall be of a plain tailored style. In the case of women, the skirt shall be at least knee length. In the case of men, long trousers may be worn;

(b) The full uniform shall be of a plain colour;

(c) The accessories shall be-

(i) plain matching shoes in a matching colour;

(ii) full length stockings for females.

(iii) a tailored jacket/jersey or coat or cape of a plain colour, if worn.

6). The distinguishing devices shall be worn only as prescribed and not as part of or in combination with any other device or badge. A registered person who contravenes any provision of this regulation shall be guilty of an offence and liable on conviction to a fine.

8). Any person who manufactures, sells or supplies any distinguishing device prescribed in these regulations without the written authority of the Council, shall be guilty of an offence and liable on conviction to a fine.

Congratulations to Dr Chinnery, (Grey's) and Dr Sikhosana, (Edendale) who recently passed their exams and are now consultant surgeons. Dr Chinnery has specialized in Upper GIT surgery and Dr Sikhosana in trauma. The department of surgery would also like to welcome Principal Surgeon Dr Ferndale, who specializes in hepato-biliary surgery.

A TRIBUTE TO DOROTHY ANNE JAFTA

Fare thee well Aunty Anne. You have been a stalwart and a pioneer of Grey's for 47 long years.

You have given the best years of your life to the service of mankind here at Grey's.

We who have worked beside you all these years learnt basic nursing skills from you and you were always the best.

You will be remembered for the jokes and the great sense of humour you possess. Your patients and colleagues have always loved you (and your naughty jokes!).



You have raised five children on your nursing assistant's salary and today you can look at all the hard times you have endured and be proud of a job well done.

We who know you from the good old days of old Grey's Hospital have many fond memories of you, nurturing us when we were young new nurse aides still finding our feet.

Thank you and fare well Aunty Anne.

Enjoy your retirement which you well deserve and may God be with you.

From Ivy Shaik , Jenny and the Girls of Old Grey's.

In the November edition of **The Greype-Vine** we asked you to write a story about a Grey's Hospital Staff member who you thought contributed the most to the community. We received three letters regarding Marc Todd. Here are a few extracts from the letters:

I've only recently joined Greys' Hospital (2004) and in that time have met many wonderful people at Grey's. However, one person stands out, above the rest because of his selfless, tireless efforts to do

good and help wherever he can. This person is MARK TODD from Human Resources.

In the time I have known him, I have been quite astounded by what I've learned about Mark. Mark has been a loyal member of staff at Grey's for the past 19 years. He has been a member of Rotary for the past 5 years and member of Child Welfare for the past 20 years.

Some of his accolades are as follows: To date Mark has given more than 120 blood donations. Not only is this pints of blood, but it also includes plasma.

At Rotary Azalea, Mark is the Director of membership and PR, whilst his wife Julie Todd, is the President of Rotary Azalea. Added to all this Mark is a very supportive husband and assists his wife where he can. Fundraising is a major aspect for Rotary as they are involved in various projects, eg building a classroom at Russell High School, converting bathrooms into wheelchair friendly showers at NCVV (local old age home).

Rotary provides refreshments, etc at the Durban July and Comrades Marathon and has been doing so for the past 13 years. Anyone involved with Comrades would have definitely seen Mark and his team toiling hard at the table near Ashburton.

The Todds have hosted exchange students from around the world. These are students that are in a rotary exchange programme and require a host family here in Pietermaritzburg. Mark and Julie host them for a period, showing them around and introducing them to Rotary Activities and organizations in Pietermaritzburg.

With regards to Child Welfare, Mark assists with the children's annual Christmas party and fundraisers. Since only a small percentage of Child Welfare costs are funded by government, the majority of funds obtained are as a result of fundraising.

In addition to all this (I don't know where he finds the time!) Mark is also a qualified aroma therapist and reflexologist. At the recent

Staff wellness day both Mark and Julie donated their time and expertise in providing a relaxing and restful massage to those who attended. Their popularity being such that they were the last stall to close!

These are just some of Mark's accomplishments and accolades. Although, he is part of a team in whatever he does, as an individual, Mark uses every opportunity to seek help for others. As a devoted Christian, he is also involved in his church's activities. Anyone who knows Mark knows that his attitude and outlook on life may seem a jolly and carefree one, but also that there is a deep underlying sense of caring and helpfulness.

In a time where life is so rushed, emotions are high and times are tough, Mark Todd has certainly risen above the rest and shown many of us that while we may seem helpless, there is lots that we can do, we just have to get down to it!! So a word of advice: when you see Mark, offer him your help, in any way you can, because you won't only be lending a helping hand to him, but to many unknown lives that you may just be saving!!!

So as you can see he was a very worthy recipient of the Chocolate Cake. Well done Mark!

Farewell from Dr K Naidu.

Dear Colleagues

I thought that I would be able to personally bid farewell to most of you but unfortunately I still had some unfinished work to address. I am still meeting staff who are unaware that I am moving to King George V Hospital in Durban on a lateral transfer with effect from the 1st February 2009 despite an article in the Greye-Vine alluding to this. Nevertheless, I would like to thank each and every one of you from All Wards and Departments for your support, advice,

encouragement and assistance. All of you contributed in some way to the achievements of this institution. The successes of this institution were founded strongly on teamwork. Of importance, is that all of you enriched my life in many ways (in keeping with the spirit of Ubuntu) during my stay over the past five and a half years. There are many challenges that still lie ahead for this institution but knowing the quality of people in this hospital, I am certain that these will be met. I wish to thank the Hospital board, the staff and the District Office for the farewell functions and the beautiful gifts. I wish all of you the best for 2009 and will treasure the exciting times we shared.
Regards

Ruben Naidu

Teddy Bears for Christmas



School children from Scottsville Primary School knitted and named 30 teddy bears which they gave to Sr Pat Carpenter at Christmas. She then took them to Ward A1 and Dr Sue Harris distributed them.

Mrs. T Manson,
Sr P Van Rooyen and
Sr A Guise-Brown entered
the corporate team section
of the 2009 Midmar Mile,
so as to swim together for
Grey's Hospital. We are
pleased to report that all three finished and thoroughly
enjoyed the day.



OFFICIAL OPENING OF LODGER MOTHER FACILITY AT GREY'S HOSPITAL

Grey's Hospital hosted the official opening of its lodger mother facility on the 28th January 2008. The aim of this facility is to provide the mothers of children admitted in the hospital with a comfortable and healthy environment during their stay at the hospital. This accommodation was officially opened by uMgungundlovu District Health Manager Mrs May Zuma-Mkhonza. The lodger mother facility has 80 beds, its own sitting and dining rooms as well as its own kitchen.



The event was attended and blessed by the hospital board members, hospital management and other staff from Grey's.

Happy Farewell to Dr K. Naidu

It is good to meet but it is so bad to part. The farewell for Dr K. Naidu, the former Grey's Hospital CEO was held on 28th January 2009. It was well organised and attended by Area Manager Dr Sewlal, uMgungundlovu Health District Manager Mrs May Zuma-Mkhonza, Hospital Board members, Executive Managers and other staff members. All the speakers wished him good luck in his new working environment. He has been working at Grey's Hospital as the CEO for 5 years and the hospital under his leadership achieved many things one of which was COHSASA Accreditation Status.

Zamo Mntungwa. PRO



*Heroes are the people who do what has to be done
when it needs to be done, regardless of the consequences.*

LODGER MOTHERS FACILITY: From this:



To this; in 18 months.



Adult Basic Education and Training (ABET) 2008

Education is endless. This was witnessed by Grey's Hospital ABET learners who received their results for 2008. It was an example for everyone to realize how important education is in our lives. ABET goes from level 1 to 4 and ABET learners write internal and external exams set by the Department of Education. We would like to congratulate all learners who did very well and encourage those who are still hesitating to climb the ladder to register now, because they can still have a chance to change their lives.



Left to Right: Linah Ndlovu, Girlie Ngcobo, Mrs Gugu Mpulo ABET Centre Manager, Patience Ndima and Pretty Lukhele

The above learners passed level 4 NQF and we are congratulate them on their achievements. We would like to thank the hospital management for giving them the opportunity to learn, their supervisors for releasing them during

working hours to attend ABET classes and the educators for the effort they put in and their patience over the years.

“Remember ABET is free education, take this opportunity to improve your education”.

All staff members who are interested in improving their education or in joining our ABET classes are encouraged to contact Mrs Gugu Mpulo in HRD and Planning 2nd Floor Admin Block.

God says it is not over until it is over!



Sitting: Mrs Ndlela ABET Educator

Left to Right: Zizile Mncube, Kwazi Ndlovu, Julia Mbanjwa, Eddie Zuma, Thandi Mabhida, Delisile Dlamini, Alice Mthembu, Regina Gumede

The older you get, the tougher it is to lose weight because by then, your body and your fat are really good friends.

Non-Practicing Nurses Professional Society.

The Grey's non-practicing nurses society was founded in 1976, so as to help the ward staff should there be a major disaster requiring mass admissions to the hospital. In 1990 when Edendale Hospitals' Nurses went on strike and their patients were transferred to Grey's and Northdale Hospitals, the society members helped peel potatoes and other veggies in the hospital kitchen, portered patients, made beds and assisted with other general ward work. They have raised funds for charities such as The Nurses Trust Fund and Hospice, have assisted in the Comrades Medical Tent, acted as patients in the Nurse's OSCEs and have even pruned and fertilized the roses in the Matron's Rose garden.

The society held a monthly meeting with guest speakers who spoke on interesting medical topics like laporoscopic surgery, use of TPN, neurosurgery and forensic dentistry. Unfortunately after 32 years it has been decided to disband the society and Mrs. Monica Green, one of the founder members, read the following poem at the last meeting.

*We were formed originally to help out in Disasters.
Unfortunately some of us have really grown quite past it!
We have served dear Grey's in many ways,
And in Community deeds to fill our days.*

*Many of us have served on the Committee,
But it is time to give up, Oh! What a pity!
We have lost our contact with Doctors new,
So it's rather a problem to know Whos Who!
To arrange our talks is an impossible task,
When we are not sure just who we should ask!*

*We have been together for 32 years,
So it is not unseemly to shed a few tears!
And so we feel we've done our best,
As sadly we put the N.P.N. to rest.*

NEWS FROM GREY'S RADIOTHERAPY/ONCOLOGY.

Radiotherapy/Oncology has had some comings and goings of late. We said goodbye to Dr "Dash" Wilson who has gone to Australia, Dr Lester who has moved to Canada, Dr Ahmed who has gone into private practice in Durban and Mlungisi Nyawose who has moved to Polakwane Hospital. We miss them all and wish them well in their new ventures. Comings are Dr El-Koha who is the new Principal Clinical Oncologist, Dr Vawda who has joined us as a Medical Officer, Alfred Mbuthuma, Radiotherapist from Albert Luthuli and welcome back to Philani Mazibuko. We hope you enjoy being here with us and last but not least Nazrene Ishmail who is doing her community service in Radiotherapy here at Grey's. 8 Members of staff recently flew to Cape Town to attend the 2009 SASCO/SASMO congress. They found the weekend exhausting but stimulating and have come back full of new concepts and ideas. They thank the H.R.D committee who allocated the funds for this trip.

Grey's Nurse's Valentines Ball 2009

It gives me great pleasure to report about the enjoyable evening we had on the 14th February 2009. As a member of Group 1/2009, I had the privilege of taking part in such a special event. On the afternoon of Friday 13th February we helped to prepare the Nurses Home Recreation hall. We painted, cleaned and setup, we organized the tablecloths and helped the caterers to prepare our food.

The evening of Saturday 14th February arrived and the people were looking fabulous. Music was supplied by one of our nurses and the attendance was exceptionally good. We were all uplifted by the poetry recited by some of our talented students. I believe everyone enjoyed themselves.

On behalf of Group 1/2009 I would like to thank the SRC, our tutors especially Mrs. Manson and Mrs. Cooke and the Grey's family for such a warm welcome. We hope that we shall also make a valuable contribution towards patient care so as to uphold the name of Grey's Hospital.

Thokozani Nothando Mathonsi. Group 1/09



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