



THE GREYPE-VINE.

Grey's Hospital Magazine.

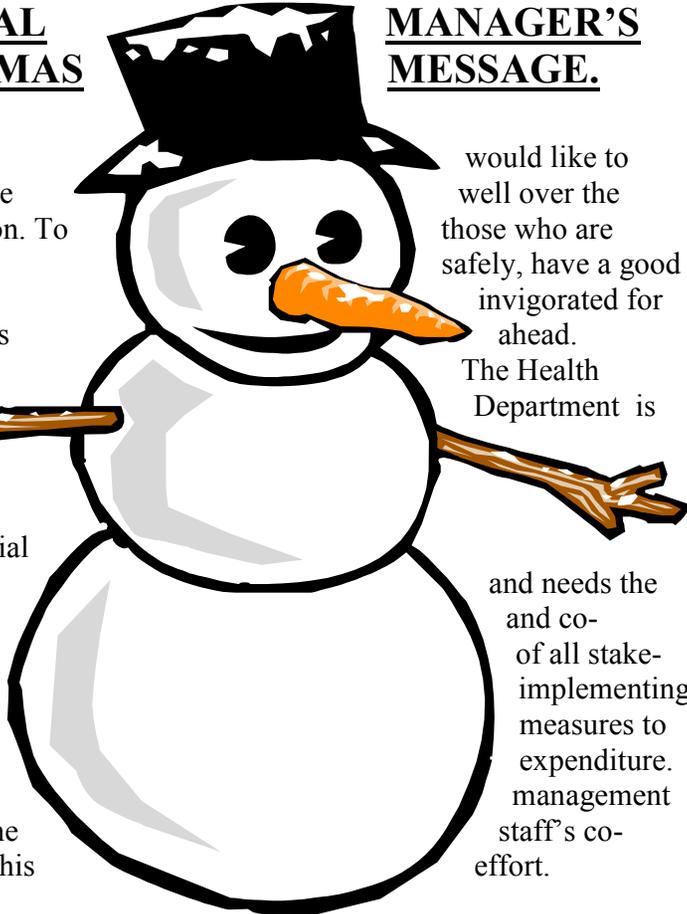
Pietermaritzburg.

November 2003.

HOSPITAL CHRISTMAS

Dr K Naidu wish everyone Festive Season. To travelling, go rest and be the challenges

under severe financial constraints assistance operation holders in cost saving avoid over Hospital appreciates the operation in this



MANAGER'S MESSAGE.

would like to well over the those who are safely, have a good invigorated for ahead. The Health Department is

and needs the and co- of all stake- implementing measures to expenditure. management staff's co- effort.

EDITORIAL COMMITTEE:

Editor: Sr A Guise-Brown. Pager 515.

Committee: Mrs A Chetty Pager 200
Mrs E Vosloo Switchboard
Sr E Harper SOPD
Sr C Stilwell H1
Mr W Hoosen Pager 314

Editorial.

Christmas is rapidly approaching, children are writing letters to Father Christmas and their parents are wondering what happened to 2003 as it seems to have gone past in a blur. The members of the Editorial Committee would like to wish all who work at Grey's, and their families, a blessed and peaceful Christmas and New Year.

Sr. Caroline Stilwell has joined us at the 'coal face' and she has already come forward with some exciting new ideas, some of which you will find in this edition. We thank her for her enthusiasm and her willingness to join us and wish her a long and productive stay.

We would also like to welcome Mrs J.D. Shange to Grey's. Mrs Shange comes to us from Edendale Hospital where she worked as a member of Hospital Management. She was their Paediatric Matron and more recently their Theatre Matron. She was involved with Accreditation at Edendale, was on their Infection Control committee, Cash Flow and Disaster Management committees. She has been an Assistant Director since 1999 and was promoted to Deputy Nurse Manager at Grey's on 1st November 2003. We welcome her expertise and wish her a long and pleasant stay.

Wow! Graduation.

As a little girl, I can recall how enchanted I was when I read the story of Florence Nightingale. Being part of the Graduation Ceremony on 16th October 2003 afforded me the opportunity of taking the trip down memory lane and reliving my primary school days. Then it dawned on me what a tremendous contribution Florence Nightingale made to the nursing profession.

I regard the City Hall as not only being of historical significance but it also has an element of prestige attached to it. As a venue for our Graduation it is second to none. If I have to say so myself, my colleagues looked splendid in their angel-like garments. The Tutors and Clinical Sisters should be complimented on their motherly touch that ensured that their "daughters and sons" looked the part: Not a hair out of place: shoes were all shining and caps in position.

The choice of Professor Nicholson, as the guest speaker, who was able to relate to a personal tear jerking tragedy, emphasised the important role that nurses play in patient's lives. It must be hard for a grandfather to recall tragic circumstances in which he lost a beloved grandson yet he was forthright enough not to only blame the medical staff but also a family member. This moving address by Professor Nicholson highlighted the responsibilities placed on the medical and nursing profession, from the students to the Hospital Manager, even family members have responsibilities in providing TLC. Professor Nicholson also placed nurses in their rightful place; that is as 'front liners'.

The 16th October 2003 for me was part of my journey in my strong desire to accomplish my childhood dream.

Staff Nurse N Petersen.

Head Gear Day. 12th September 2003.

Bridging Course Group 4/2003 brought a day of laughter and fun to the Nursing Campus and Cancer Association on Friday 12th September 2003. All students and tutors in the Campus were given a challenge. R2:00 was all it cost and hats and other items were being worn on heads for the whole day. Some wore conventional hats, some wore homemade 'hats' and some even wore helmets. The funds collected totaled R218:00 and this was given to the Cancer Association in an effort to help them in their constant struggle to help cancer sufferers with limited financial means. Group 4/2003 would like to thank all the students and tutors who participated and put forward a challenge to all groups to continue with this 'New Tradition.'

Candice Whittle.

A Bit of Trivia.

Aoccdrnig to rscheearch at an Elingsh uinervtisy, it deosn't mtttaer in what order the ltteers in a word are, the only iprmoetnt thing is that thr frist and lsat ltteer is at the rghit pclae. The rset can be a tatol mses and you can still raed it wouthit porbelm. This is bcuseae we do not raed ervey lteter by it slef but the wrod as a wlohe.

Conflict Management.

Conflict is an inevitable part of our working relationship. Instead of viewing it as something negative we should, rather look at it's positive effects. Conflict creates in us an awareness of the need for change. It stimulates and motivates us to reflect upon our problem situations. We are urged to seek solutions and in doing so we learn more about ourselves and can change for the better. This, in turn, can deepen and enrich our relationships with each other.

Basic Principles of Conflict Management.

1. Focus on the problem and not the personalities.
2. Avoid blame – look only for solutions.
3. Level the ranks and give all an equal turn to speak.
4. Encourage verbalisation of feelings but do not accept abuse.
5. Listen attentively to each point of view without arguing.
6. Summarise key points – the negative and the positive.
7. Brainstorm for solutions. Examine advantages and disadvantages of each option.
8. Think win/win – what is better for all.
9. Devise a plan of action.
10. Always end on a positive note.

Linda Nel. Staff Counselor.

News from the Urology Department.

Department of Urology at Grey's Hospital is one of the departments running with the least manpower draining a huge catchment area.

It is evident that there is a long waiting period to attend our clinic, which is held twice weekly, and we also have a long waiting period for surgery, but it is much better when compared to other Urology units in the province.

The Urology department is well equipped with reasonably up to date endoscopic and laporoscopic instruments, and looking forward to Urodynamic equipment in the near future. ESWL is our next goal.

Pertaining to the running of the department I would like to thank Sr Naicker and her staff for looking after our inpatients efficiently, Sr Platt and not forgetting Julia for the smooth functioning of the theatre slates and maintaining the upkeep of our equipment. I would also like to thank Sr Swart and her staff for running the Urology Clinics with a great deal of discipline.

We maintain a healthy relationship with other disciplines and I really appreciate assistance from the Department of Surgery, as well as good co-operation from the Department of Anaesthetics and Radiology.

Our motto is not only to treat our patients but help them as well, but it is not always easy to please everybody.

Dr K Mahmood.

NEWS FROM HUMAN RESOURCES MANAGEMENT

Could all staff at Grey's Hospital **please take note** that Human Resource Management are only available as follows:

Mondays, Wednesdays and Fridays from:

7:45 to 10:00

10:30 to 12:30

13:30 to 15:00

The following staff has completed 20 years service:

MS Bekwa – C1

FC Mthembu – Nurse Home

SO Ndlovu – E1

PGS Cotchobos – Patient Administration

PN Mabula – CMCS

SR Mthembu – Kitchen

RB Ndimba – Patient Administration

EK Ndlovu – Workshop

GZ Ngwenya – Patient Administration

CP Pietersen – Linen

Sister LP Daniels – Nursing

Sister GL Meter – Nursing

Sister SE Schulz – Nursing

The following staff has completed 30 years service:

PE Shabalala – Casualty

SD Zuma – Kitchen

Sister LK Scott – Nursing

We would like to congratulate Shakes Gwamanda and PG Radebe on the birth of their son, Siyamthanda, born 22.09.2003.

We recently mourned the death of one of our most loved and respected colleagues, Mr Nathi Zwane, who passed away on 31 October 2003. Nathi was appointed at Grey's Hospital on 14 March 2001 as Principal Human Resource Officer. All in Human Resource Management will sadly miss him.

**Cisca Mackay-Smith
Human Resource Officer**

Chatters Coffee Shop has agreed to sponsor a competition to find the best decorated Ward or Department for Christmas. Judging will take place on Monday 15th December 2003 and will be done by Sr R Sikhakhane, Sr T Prince and Sr A Guise-Brown. We would like to stress that this must not be an expensive exercise; in fact the areas that have been decorated with as little cost as possible will be looked upon more favourably. The prize will be a large Chocolate Cake.

So let's all get out the scissors and glue and start making some attractive Christmas decorations.

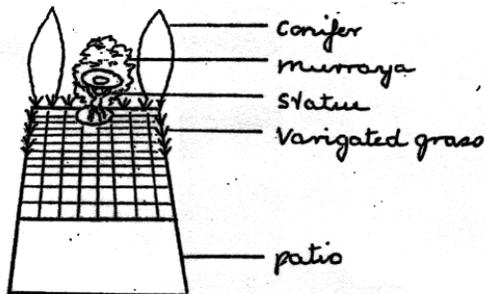


Gardening Getaway.

Exhausted, depressed, no inclination to do anything when you arrive home from work? Do the couch, junk food and the TV

beckon you like a magnet? Don't get caught up in this negative quagmire – set yourself a garden project. Start small but make sure that, every day, the minute you set foot in your house, change into comfortable old clothes and head for your patch. Make it your own; set yourself a goal, that by Christmas it will be like a little oasis that draws your guests in amazement.

My current project is my back patio. It is too expensive to get a builder to extend the existing paving, so my plan is to cover the area with blocks, divided by ground cover. My garden rambles, a mix of colour and plants in the style of English cottage, so this geometric design will make a pleasing contrast.



I am obliged to cheat here and there, for example – the right hand conifer was planted much later than the left one, creating an imbalance so it is being fed and watered plus, plus to encourage a catch-up. The statue is not quite central due to the position of the background plants but a few illusionary effects will help disguise that.

Blocks are expensive too, so my birthday and Christmas wish lists are for blocks, blocks, blocks!

Gael Meter.

SRC Committee 2003/4.

Chairperson: F.C. Matabese 4/03

Vice Chairperson: K. Chiwali 7/02

Vice Chairperson: H.I. Mkhize 1/02

Secretary: C.Y.P. Pillay 1/02

Vice Secretary: H. Zuma 1/02

Treasurer: P. Potgieter 1/02

Vice Treasurer: N.D. Sokhela 4/03

A closed mouth gathers no foot.

Diwali: “Festival of Lights.”

Diwali celebrates the Triumph of Good over Evil. It is celebrated by Hindus globally.

During Diwali Hindus adorn themselves in colourful and traditional garments. There is preparation of delicious sweetmeats, biscuits, cakes and savory eats.

The day is respected as being religious and special.

Large vegetarian meals are prepared as there is abstinence from meat.

Gift trays of sweetmeats are given to family and friends as a gesture of peace and happiness.

After a small evening prayer it is time for the lighting of lamps, which is colourful and radiant. The evening ends with numerous fireworks with family and friends.

Sr. Sandy Chandramohan.

Umkhosi Womhlanga.

“Mayibuye iAfrica”.

Lafika usuku olungaliwa, olwalubekelwe zonke izintombi “Nto” ukuba zihambise umhlanga enkosini yesizwe samaZulu.

Wawuzwa invunge yezintombi zihaya ingoma yazo,

zibheke phansi enzansi esigcawini lapho kwakuhlezi, khona Isilo samaBandla (Inkosi yesizwe). Kwakungebantu babebulala inyoka.

“Hayi……. Ya……. He uyinkosi yohlanga.” Kucula izintombi ziphindelela. Zidlula nje…… phambi kweNkosi, ziphethe imhlanga yazo, ukuze ziyokhonza ngayo, eNkosini yohlanga.

Ileyo naleyo ntokazi yayifisa ukuba kukhonjwe yona, ukuba ibe nguNkosikazi wasebuKhosini. Langishaya lwangeqa uvalo, lapho sekuyithuba lami, lokudlula phambi kwenkosi. Ngayibheka inkosi ngamehlo ami, nga mama theka, nayo yangithi laphalazi nayo yamamatheka. Bakikiza omame, agiya amabutho esiziwe.

Zadlula zonke izintombi, ukuyobeka umhlanga. Ngathi ngingazelele, kwafika iqhikiza. Iami lathi kimi “Uyafunwa e Sigodlweni komkhulu, iNkosi ikukhombile”.
Kuhle kwethu namasiko esi Zulu!!

Ibhalwe: T.D.Khanyezi. (Thandi).

IF YOU TELL THE TRUTH, YOU DON'T HAVE TO REMEMBER ANYTHING.

EID.

Muslims throughout the world celebrate **EID-UL-FITR** after a one month period of fasting, namely **RAMADAAN**.

During Ramadaan the fasting person is not allowed to eat nor drink between sunrise and sunset. They should not overindulge in worldly matters. This is a period of increased supplication to Allah beseeching his forgiveness and mercy. One should spend sufficiently on charity, depending on ones financial means. It is a period of great endurance, testing the ability to abstain from food and vices and challenging their willingness to part with a portion of their wealth.

This event is culminated with the festivity of EID. The day of EID is identified by the sighting of the moon. On this day men folk join in a special congregation expressing their gratitude to Allah for all the mercies bestowed upon them. Thereafter they join their families where the festivity continues.

People adorn new or clean clothes and partake of delicious food that is specially prepared by the dedicated women folk. Charity continues and the remembrance of Allah persists.

This day signifying the rewards reaped in Ramadaan.

Dr F Khan.

LIFE.

On the first day God created the cow. God said, "You must go to the field with the farmer all day long and suffer under the sun, have calves and give milk to support the farmer. I will give you a life span of sixty years."

The cow said, "That's kind of a tough life you want me to live for sixty years. Let me have a life span of twenty and I will give back the other forty." And God agreed.

On the second day God created the dog. God said, "Sit all day by the door of your house and bark at anyone who comes in or walks past. I will give you a life span of twenty years."

The dog said, "That's too long to be barking. Give me only ten years and I will give you back the other ten." So God agreed.

On the third day God created the monkey. God said, "Entertain people, do monkey tricks, make people laugh. I'll give you a twenty year life span."

The monkey said, "How boring, monkey tricks for twenty years? I don't think so. I noticed that Dog gave you back ten, so that's what I want to do too, okay?" And God agreed again.

On the fourth day God created man. God said, "Eat, sleep, play, marry and enjoy your life. I'll give you a life span of twenty years."

Man said, "What? Only twenty years! Tell you what, I'll take my twenty, and the forty the cow gave back, and the ten the dog gave back, and the ten monkey gave back; that makes eighty, okay?"

"Okay," said God, "That balances everything out. You've got a deal."

So that is why the first twenty years we eat, sleep, play and enjoy ourselves; for the next forty years we slave in the sun to support our family; for the next ten years we do monkey tricks to entertain the grandchildren; and for the last ten years we sit on the front porch and bark at everyone.

Life has been explained!!

**People are like stained glass windows.
They sparkle and shine when the sun is out,
but when the darkness sets in, their beauty is
revealed only if there is a light from within!**

East Coast Radio and Spur will be visiting MacDonald Ward, E1 and E2 on Wednesday 3rd December at 11h00, to wish the children a Happy Christmas.

Recipe for Isijingi Sethanga.

Izithako: (Ingredients)

$\frac{1}{2}$ pumpkin or 2 butternuts.

250g mealie meal

$\frac{1}{2}$ cup sugar

pinch of salt

$\frac{3}{4}$ cup butter

Pinch of bicarbonate of soda

Indlela yokwenza: (Method)

1. Clean the pumpkin, peel it and cut into small pieces.
 2. To 1 litre of boiling water add salt, sugar, butter and bicarb.
 3. Add pumpkin and leave to cook for 1 minute.
 4. Add mealie meal, stirring continuously until soft.
- Serves four as your breakfast porridge.

It tastes "Mchwa".

Thandi Khanyezi.

**The journey of a thousand miles begins with a
broken fan belt and a flat tyre.**

Welcome to Dr Ruben Naidu.

Dr K Naidu grew up in Durban where he was born. After completing Matric he went over to Ireland to study medicine. He studied at The Royal College of Surgeons and qualified in 1981. Thereafter he returned to South Africa and completed his internship at RK Khan. He worked there for a while before moving on to King Edward Hospital and then King George. He worked in private practice from 1992 – 1997, then went back to King George, before moving to Wentworth Hospital and is now at Grey's. Dr Naidu has completed postgraduate courses of a Diploma in Occupational Health from Free State University, a Diploma in Health Services Management from Natal University and a Post Graduate Certificate in Managing Health and Welfare in South Africa from Sheffield Hallam University in the United Kingdom. He is still deciding on further post-graduate studies.

He is married to a teacher and has three daughters, aged 19 years, 17 years and 12 years. His family enjoys sport and he used to play soccer but now enjoys road running. He also enjoys gardening and DIY around his home. His favourite actors are Robin Williams and Robert De Niro; he likes seafood and the music of Simply Red. He thinks he might like to try some White Water Rafting or

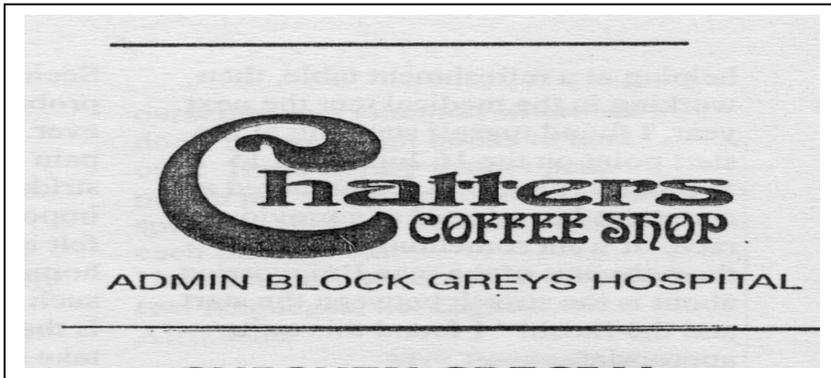
maybe even some Bunjie Jumping on one of his future holidays.

Dr Naidu's vision is to ensure that Grey's becomes the flagship hospital for tertiary services in the western half of KwaZulu-Natal. One of his objectives is to reduce our dependence on Inkosi Albert Luthuli Hospital (IALGH) so that Grey's Hospital sustains itself. Another objective is to improve the high quality of care by ensuring access to regional and tertiary levels of care. He would like Grey's to enter and win the Premier's Good Governance Award as he has worked at two hospitals that have won the BRONZE AWARD and is now tired of being the runner-up.

He says both his parents have been a huge influence in his life. He is proud of his contribution to the health struggle in the country and of the voluntary community work he is involved in.

He is enjoying working at Grey's and we would like to welcome him and wish him a long and fulfilling stay.

**Birthdays are good for you, the more you
have, the longer you live.**



Telephone 033-8973274 or phone us on extension 3274 and we will have your order ready for you to collect.

Due to popular demand the Curry and Rice/Phutu special is continuing.
R9.95 per serving.

Hours:

Monday- Friday

07h30-15h30

Saturday and Sunday

07h30-12h00