



THE GREYPE-VINE

Grey's Hospital
Pietermaritzburg

December 2007

www.kznhealth.gov.za/greyshospital.htm



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Another year is almost over and many staff members will soon be moving on to different places and new challenges. Some of our interns will be leaving us as they are sent to different hospitals to complete their community service and lots of our newly qualified Registered Nurses will be doing the same. Take with you the knowledge and experience you have gained at Grey's and share it with those you will be working with at your new hospitals. We wish all the staff a pleasant and restful festive season spent with family and friends, so you can face the New Year with all its challenges feeling renewed and full of enthusiasm.





"Why does my back hurt?"....ask your physio.

This question is asked by 80% of people at least once in their lifetime. If you are asking this question right now you can be sure of one thing: you are not alone.

In Pietermaritzburg more than 100 000 people are likely to be asking that question right now.

Around 10 -20% of the population (or more than 50000 in PMB) will be disabled by back pain and therefore be unable to work. Back pain is not only unpleasant and disabling, it is costly. Back problems are draining on medical aids, surgical intervention (if resorted to) is very, very expensive and the costs in terms of worker absenteeism and unemployment are immense.

So, if your back is hurting, it is time for action (literally!)

If your back pain is acute, i.e. if you have had it for less than 2 weeks, have faith in your body's capacity to heal. Treatment of acute non-specific backache includes rest (but keep an on-going low level of activity), short term use of NSAIDs for pain relief and local heat / cold therapy. It is important to keep mobile and get back to work as soon as possible - the sooner the better.

80% of all non specific lower back pain will recover spontaneously. Although Physiotherapy can help you feel better in the earlier stages of healing, it is more important to consult your physio once the pain has settled. Prescriptive exercises, modification and adaptation of daily activity and attention to safe working environments will limit the potential for pain recurrence.

If you have had back pain or intermittent episodes of pain for some time you may be one of the large group of people who suffer from what is termed common non-specific chronic lower back pain (CLBP) or mechanical backache. The causes of this condition (or group of conditions) are unclear - only 15% of all CLBP can be attributed to a definite cause. (CLBP or mechanical backache excludes back pain which is due, to infection, malignancy, referral from internal organs, or where there are complicating factors such as rheumatoid arthritis, fracture, or overt neurological problems. These are beyond the scope of this article.)

Research is beginning to show that most CLBP is associated with disorders of posture, trunk control, muscle balance and movement.

In 2004 an expert working group compiled guidelines for the management of chronic low back pain. The group was drawn from 9 European countries and included anaesthetists, physiologists, orthopaedic surgeons, physiotherapists, psychologists and general practitioners.

The recommendations made were based on the findings of 675 studies. The only physical treatment which could be scientifically shown to benefit CLBP and is recommended by the group is "supervised exercise therapy" and that "short courses of manipulation/mobilization [of the spinal joints] can also be considered."

Movement through active exercise and stretch, and through passive mobilization and stretch is thus been shown to be basic to managing back pain.

So you should ask your physiotherapist because. . .

Physiotherapists are movement specialists!

Physiotherapists are trained to analyze and correct disorders of movement: poor quality movement, lack of movement, too much movement, imbalance of movement, fear of movement.

The focus of our attention may be very small: stiffness in a tiny facet joint; or quite large: a faulty gait pattern.

Physiotherapists have been associated with the treatment of back pain since early years of our profession. Our understanding of the spine and its movements, and our treatment skills have evolved and developed over the years. Much of our focus has been on relieving pain as well on preventing and managing it. Although this is still largely true, contemporary focus is changing: we are less interested in simply relieving pain than examining its contributing causes (or potential causes). Bodies heal themselves, mostly. Our job is to promote the optimum conditions for the body to heal, and to prevent further injury.

Pain may be relieved temporarily by heat or electrotherapy. Manual therapy will help to mobilize tight structures. But long-term management requires attention to individual muscle weaknesses and to the way we live and move. Part of this process is the understanding of the role played by the brain in producing pain in the body or in relieving it. Understanding the physiology of pain helps us to know how to manage it.

In the Physiotherapy Department at Grey's we focus on individual variations in posture and movement and help to correct them. We devise individual exercise programs and encourage compliance through group work, including hydrotherapy. We encourage our patients to take responsibility for their backs and involve them in the management of their pain.

Our groups enable us to disseminate information about bodies, about pain, about safe, correct and economical movement. They enable us to teach exercises and relaxation techniques. We inform people about prevention of injury, including prevention and treatment of osteoporosis. We invite input from dieticians, psychologists and occupational therapists because the health of the musculoskeletal system is dependant on the health of the whole mind-

body complex. Finally, groups encourage socialization and the participants supply support and encouragement.

Acknowledgements:

COST B13 Working Group on Guidelines for Chronic Low Back Pain.
European Guidelines for the Management of Chronic non-specific low back pain, 2004 updated June 2005. PEDro database
David Butler & Lorimer Moseley. *Explain Pain*. 2003. Adelaide:
Noigroup Publications

Heidi Shanahan

Grey's Radiology Department celebrated Casual Day, on the 7th of September 2007. The day was extra special as the staff participated in a hat competition in celebration of Spring. The event was very successful and was thoroughly enjoyed by all.

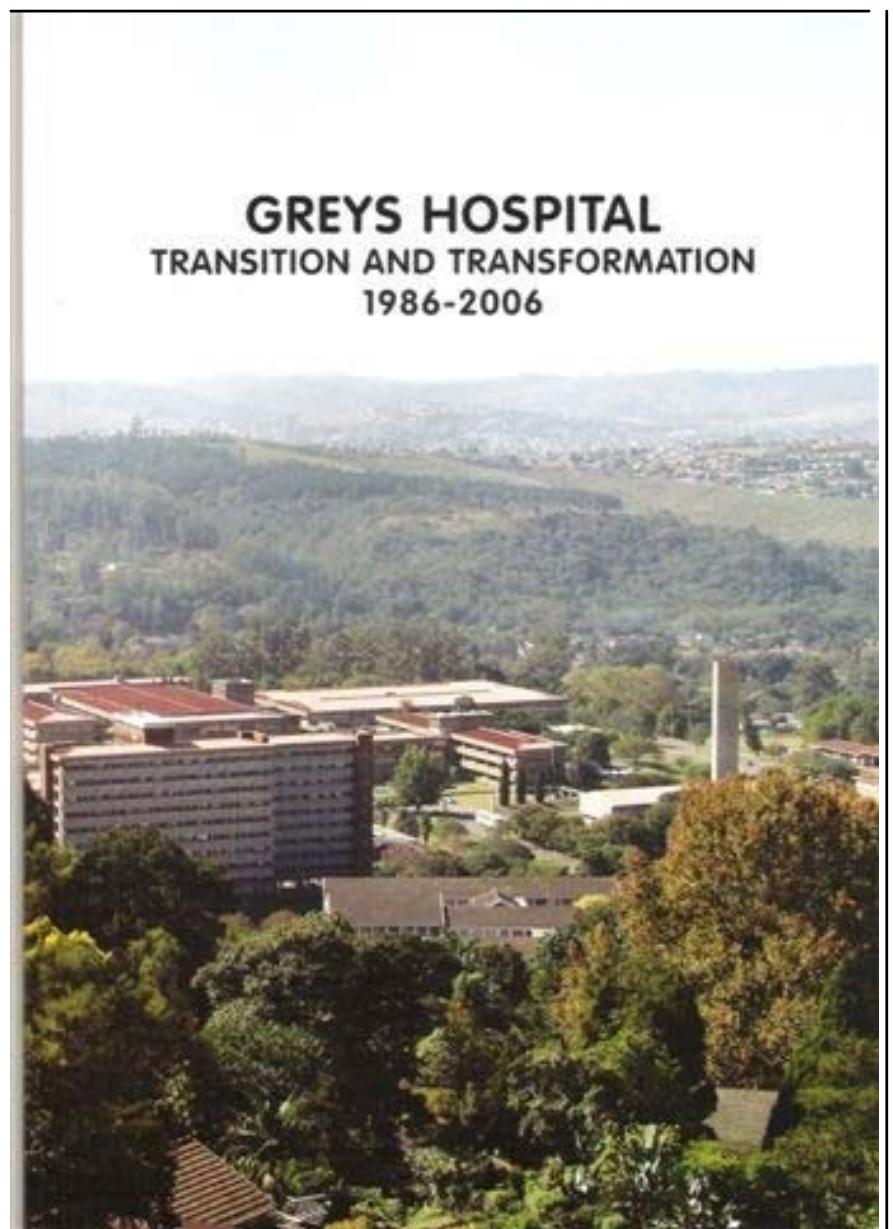


Competition:

Last editions competition was won by Mrs P Rousseau and Mrs R Aboobaker. These two ladies work in the Revenue Department and they found 54 triangles in the main triangle. The correct answer was actually 56 but they were so close we decided to award them the chocolate cake anyway.

This month we are once again holding a competition for the best decorated Ward/Department. I must stress however that the prize will not go to the ward that has spent the most money on their decorations. Staff are encouraged to make their decorations tasteful and simple.

The staff from the Clinical Department will walk around the hospital on Friday 14th December to judge the winners and those chosen will win a chocolate cake sponsored by **Chatters Coffee Shop**.



GREYS HOSPITAL
TRANSITION AND TRANSFORMATION
1986-2006

The updated brochure of the history of Grey's Hospital has been printed. Copies are available for R50:00 from Sr A Guise-Brown on pager 515 or ext 3529 or Mr. Zamo Mntingwa, Grey's Hospital PRO Ext 3684 or pager 800.

NOSTALGIA.

Seeing the pictures of the open gardens and their beautiful floral displays and the small show of Azalea flowers at Grey's entrance reminds me of Old Grey's and St Anne's Hospitals when the admitting desks, ward entrances and chapel always had flower arrangements of seasonal flowers; daffodils, sweet peas and roses. Long pointed, narrow centered arrangements we knew were donated from cremations.

At Christmas two of the gynaecologists festooned St Anne's with Hydrangeas of all ranges of blue. It was there that I saw my first white one. The containers were huge polished brass vases on brass tea trays. The doctors wore roses or carnations with a small fern in their lapels. One ward sister wore a tiny vase pinned to her uniform for daily tiny dainty blooms with an edge of lace hanky showing. The general wards had many vases of all types of the newest hybrids floral arrangements. The husband's bosses company usually sent the biggest bouquet of all. As nurses we were always knocking these vases over and on night duty we had to carry out masses of vases of flowers into the corridors (because they gave off carbon dioxide and could kill the patients.) Don't dare return the flowers to the wrong patient!!

I just remember the heavenly scent, as if going into 'downtown' McDonald's Shop, with the feeling of being in a humid hot house. And oh dear, long term patient's flowers had to be attended to, all dead material pulled out and then of course they needed to be watered too. Visiting time found junior nurses trying to arrange large bunches of flowers into the good old glass 'Balls' Jar. Private wards had huge cupboards of vases and jars and oh the large kitchen jam tins.

I went home, got married in the heat of summer with no flowers for my wedding, just had an orchid on my prayer book. Our first baby was born in a mine hospital at the end of a seven year drought with nothing blooming but the garden cannas, having been watered with cyanide water from the slimes dam. Our second son was born with booties and a balloon in the arrangement and then our daughter. My mom walked from 'McDonalds' to maternity with two red tulips in a green glass vase. People stopped and asked mom what they were. They were a spectacle in those days.

I returned to nursing, rubber and glass had been replaced by a paper and plastic disposable health care system. Now matron's rose garden only a memory. Life priorities have changed. Some of us 'oldies' still muse about green fingered people.

Hubby off work for a while. An irrigation system goes in and the best annuals of our lives were grown. Vases of beautiful colourful flowers abound. Elspeth takes photos on 'Spring Day'.

An already sickly, new nurse attends Staff Clinic and takes a seat facing a vase of flowers. An incredulous look overcomes her face, she stands, approaches and picks up the vase of flowers, minutely inspecting and touching the blooms. Mesmerized she can't stop looking. "Where did you get these from?" 'My Garden,' I replied. Can she come and see them tomorrow she asked. I said, 'No, here take them. They are yours to enjoy.' TB and ARV meds all

forgotten, she cradles the vase like a baby and leaves. Her meds were sent to the nurse's home later in the day, in a brown paper packet with a picture of flowers torn out of The Garden and Home magazine. I hope the cosmos seeds find your grave and grow nearby.

Look out of Matron's Office window; the trees are green, the grey clouds form a backdrop to the flowering Jacarandas and the red azaleas below are blooming. 30 years on I have filled my last vase at Grey's with pink pansies and a froth of yellow spider orchids. Spring has sprung and third prize for the Spring Hat competition was my last procedure.

Viv Hardman.

Oncology Department News.

Oncology Department hosted a Cancer Awareness programme at Grey's MOPD on 1st August 2007. We celebrated Heritage Day on 21st September as a team building exercise and in October we had a breast awareness month.

We would like to welcome new members to the department:

Dr Ahmed-Senior Oncologist
Mr. Khumalo-Chief Radiotherapist
Mpho Mbhele-Chief Radiotherapist
Sr Nel-Chemotherapy
Sr Leighton-Chemotherapy
Sr Bhengu-Chemotherapy.

Patricia Chonco

BRITTANY (age 4) had an earache and wanted a chewable aspirin. She tried in vain to take the lid off the bottle. Seeing her frustration, her Mom explained it was a childproof cap and she'd have to open it for her. Eyes wide with wonder, the little girl asked: "How does it know it's me?"

Grey's Radiology Department Celebrates World Radiography Day!

On the 8th of November Grey' Radiology Department celebrated World Radiography Day. The radiographers celebrated this Day with various exciting activities and events which commenced on the 5th of November and concluded on the 9th of November. The various activities which took place included displays of radiography accessories and equipment, poster displays as well as displays of some interesting radiology cases.



Ms Maphanga with the crèche children.

The department was visited by interested staff members from the hospital; by the crèche children; and by scholars from one of the local high schools. The tours were very successful and were enjoyed by all who attended.

On the 8th of November, the department donated fruit packs to the radiology patients in continuation with the celebration.



Sr Mohammed, Mrs. N Frank, Mrs. J Thomas; Ms G Rudolph at the patient's fruit display

World radiography day was a great success and was an enjoyable exercise which all radiographers should participate in.



World Radiography Day at Grey's Hospital 2008

We are proud of our profession and were privileged to be given the opportunity to celebrate this special day.

Yolanda Thambiran

QUALITY DAY

5th October 2007 saw the end result of a productive and challenging journey, which was taken by the staff of Grey's Hospital, in sustaining Quality Care to our clients from the Western half of KZN (Area 2)

This year Quality Day was different from the other Quality Days that we have had at Grey's Hospital. There were a series of events:

1. A celebration for being awarded Accreditation by COHSASA for the period from July 2007 to July 2009.
2. Quality Day itself where staff were Awarded Certificates for completing Quality Improvement training.
3. Prize Giving / presentation of awards to Pupil and Student Nurses from Grey's and Northdale Hospitals.



Radiology Staff celebrate World Radiography Day.

(LT to RT) Razia Bassa; Kerryn Francis; Winnie Maphanga; Delveen Pillay; Nokhuthula Nzimande; Lungi Mthethwa; Dianne Wood

I would like to acknowledge the hard work of all Grey's Hospital Staff in the Quality Improvement Team ("A" Team) led by Mr. D Naidoo, Quality Assurance Manager, and Mrs. K T McKenzie, both of whom

were given a standing ovation, during the presentation of certificates awarded to all Departments by COHSASA.

Thanks you so much to our CEO, Dr K Naidu, for leading this institution with expertise, the Grey's Executive committee members, the Hospital Board Members and the Departments Heads for contributing towards making the day so successful.

A big thank you to the Campus Tutors, led by Mrs. N Mathebula, and the Clinical Department, led by Sr. A Guise Brown, for the impact that they have in grooming neophytes – through all the stages of becoming true professionals – in particular thanks go to the Tutors and Clinical Staff because without them we all wouldn't be where we are today.

The audience was entertained with Gumboots Dancing, the Jet entertainers and Zulu Dancing. The Grey's Hospital Choir was out of this world. The guest speaker, Professor Whitaker honored Grey's by his presence and with his speech.



The presence of Selimathunzi "Duku Duku" from SABC 1 Fosho was the cherry on the top. Some of us become celebrities. "I understand some were even signing autographs after this."

Thereafter all staff enjoyed a sit down meal prepared by our own KKS Food Service. Thank you guys. The only hiccup was the poor staff attendance for this celebration. Next time I hope we will fill the Nurses Home Recreation Hall to capacity. I feel that we need more entertainment to de-stress / alleviate stress.

Let us all keep the spirit of humanism "Ubuntu" alive. We need each other more now than ever before. Yes we were accredited but remember that the hardest work is to sustain the Quality of Care rendered by the staff in this institution. The people out there are watching us, some with appreciation but some with envy.

FIGHTING DISEASE, FIGHTING POVERTY AND GIVING HOPE.

By: Mrs Thobile Mathonsi
Assistant Nursing Manager (Surgical and Orthopaedic)

Prize Winners with their trophies at Grey's Quality Day



Staff were awarded certificates for completing Quality Improvement training.

Nurse's Graduation Ceremony.

Durban City Hall (20th September 2007)

It takes only one day to celebrate achievement from all the years of hard work, but this day becomes different and special from all the others because you are being honoured by The KwaZulu Natal College of Nursing. It is also a chance to get to meet people of higher ranks who have made things happen in their lives, like professors, and see that anything is possible.

You should have seen the procession entering the hall, there was that moment of silence and respect. Watching the dignitaries walking in, in their different colour attires i.e. gowns and hoods was like a dream come true for me. I won't forget the words of encouragement and congratulations from all the speakers. I felt the meaning of the nurse's pledge when it was read out and I can still see the flashes of the cameras taking photos of the graduands on stage.

I would like to encourage those still studying and say; the road is not easy, but remember there is no gain without pain. The relationship you have with yourself is the most important one in attaining success.

Thank you very much to the Department of Health, KwaZulu Natal College of Nursing for giving us such opportunities to brighten our futures.

I mustn't forget our Principals and Tutors as well as Matrons and Ward Sisters. Thank you for all your patience; you are a blessing to all of us.
"On this day we were honoured."

Sr EN Ndaba



QI Training.

I had an opportunity to attend the Quality Improvement Program. I enjoyed it very much, especially the way the program was structured and organised as well as the knowledge that I gained there. If you give yourself time to listen, you will find that there is so much to learn which you can use in other parts of your life. There were some very

entertaining yet educational games which allowed you to think and find solutions or a way out when faced with a problem and there is more than one way around a problem.

Organisers and presenters were of high quality and they knew exactly what they were talking about. They gave praise and fair criticism where it was due. Hopefully this programme will continue as there is so much to be learned.

GL Ngcobo. Ward Clerk Ward F1.

Ngike ngathola ithuba lokuba ingxenye yomkhankaso wokuzama ukukhuphula izinga lokusebenza nokuphucula izindlela zokwenza umsebenzi. Ngakuthokozela kakhulu ikakhulukazi indlela loluhlelo olwaluhlelwe ngayo kanye nolwazi engaluthola khona. Uma uzinike ithuba lokulalela kuningi ongakuthola ongabe usukusebenzisa nakwezinye izingxenye zempilo. Kwakukhona nemidlalo eminingi emnandi eyayikwenza ucabange ukuze uthole isixazululo senkinga obhekene nayo. Yabe ifundisa kakhulu. Abaphathi nabethuli boholelo babesezingeni eliphezulu benika iziyalo nezincomo begxeka ngokwakha lapho kufanele khona. Sengathi loluhlelo lungaqhub eka njalo, kuningi okungafundwa kulona..

GL Ngcobo



G.I. Unit News.

The G.I. Unit at Grey's has grown into a dynamic unit performing many advanced and skilled procedures. We have a great multi-disciplinary team who work together to provide excellent patient care. We would like to thank all other departments that work synergistically with us to enable such achievements.

In August Sister H Bowren and Sister PJ Van Rooyen attended the annual S.A.G.I.N.S. (South African Gastro-Intestinal Association) Congress at Sun City. Sr Bowren presented an oral

power point presentation on Oesophageal Stenting. Our unit has its own unique way of stenting and is the leading hospital in this field. Sr. Van Rooyen presented a poster on oesophageal banding. Both sisters won first prize in both categories. They received trophies and a cash prize. Sister Bowren was elected as the KwaZulu-Natal S.A.G.I.N.S representative to serve for a period of two years.

We would like to congratulate Miss Naj Sheik (our Ward Clerk) on her new employment and wish her well in her new venture. She will be missed.

H.R.Bowren.

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NO ONE KNOWS WHO I AM

Poem by Zamo Mntungwa

I was born at a time that no one knows
I was born in an area that no one knows
I was born under conditions that no one knows
I was born for times such as this
And no one knows who I am.

Yes no one knows who I am.
Many think they know me but they don't

I am a gentle spirit and a peacemaker
I am an embracing fire of love
I am a warm heart and refreshing word but no one knows who I am.
I am a dedicated person, committed to quality
I am a pillar of strength for my peers
I am a fountain of courage to the weak
But no one knows who I am

I am one that rises up against challenges
I am one that defies mountains
I am one that never quits
I am one that always believes

I am one that always hopes
But no one knows who I am.

I was born to care, to love, to bring a smile and laughter
I was born to dispense joy
I was born to leave footprints on the rocks
I was born to be an example for my colleagues
I was born to be glory for my family because I was born to make a difference
But no one knows who I am.....

Sun Sense.

It's holiday time!. Time to let loose and have some fun. But while you are out there please make sure you take necessary precautions to protect against excessive skin exposure. Sunburn, wrinkles, skin texture changes and skin cancers are just some of the problems associated with over exposure to harmful UV rays. UV rays are more intense during the summer months, closer to the equator and at higher altitudes. The UV rays harmful effects are also increased by reflections from water, sand and snow and even on cloudy days UV rays can cause skin damage. Sun protection should start in infancy and continue throughout life.

Sun protection facts.

- Plan outdoor activities early or late in the day to avoid peak sunlight hours between 10h00 and 16h00.
- Dress sensibly. Avoid white cotton and wet clothes. UV Rays can penetrate through these clothes.
- The tighter the weave of the clothing, the more sun protection it will offer.
 - Wear wide brimmed hats.
 - Use sunglasses.
- Make use of beach umbrellas and other sources of shade.
- Apply sunscreen regularly, and pay attention to the application instructions.
- Ensure sunscreen has a SPF (Sun Protection Factor) of at least 15. (SPF 15 means you can safely remain in the sun for 15 times longer than you would if you were not using a sun screen.)

World Diabetes Day 14th November.

Getting to know Diabetes.

Occurring more and more in South Africa, people who suffer from this so-called 'disease of lifestyle' all have raised blood sugar or glucose levels. The cause of these high blood sugar levels is either the inability to produce enough insulin (a hormone made by the pancreas) or a decrease in the sensitivity of body cells to insulin, so called insulin resistance.

People suffering from diabetes are usually divided into two categories:

Insulin dependent diabetes mellitus:

Most often diagnosed in children and adolescents. Treatment consists of taking insulin injections, combined with a special diet and controlled amounts of exercise.

Non-insulin dependant diabetes mellitus, or Type II diabetes.

More common in adults and older people. In some cases Type II can be controlled by diet alone, while a combination of oral medications, diet, weight loss and exercise is used in other cases.

Symptoms associated with uncontrolled, high blood sugar levels.

Weight loss, uncontrolled thirst, increase in urination, blurred vision, abdominal pains, tendency to develop infections and sores that do not heal quickly or well, feelings of exhaustion, inability to concentrate. On the other hand, blood sugar levels can also drop too low when a diagnosed diabetic does not stick to her/his diet, skips meals, does physically exhausting exercise, is exposed to various stresses, or uses more insulin than required.

Symptoms associated with low blood sugar levels.

Trembling, sweating, pallor, fatigue, headache and loss of concentration.

When diagnosed with diabetes you need to follow a balanced diet, avoid large quantities of sugar and highly processed carbohydrates, eat plenty of dietary fibre and cut down on fat. Dietary advice can be obtained from the doctor or dietitian.

Being overweight tends to add to complications; the body needs more insulin and it can cause hypertension and circulatory

problems. The diabetic needs to try to get to their ideal weight without starving themselves.

With correct medication, diet and exercise all diabetics should be able to live a perfectly normal happy life.

For more information visit the SA Diabetes site at

www.diabetessa.co.za



Grey's Hospital has been awarded the Baby Friendly Hospital Status by the National Department of Health. Staff are to be commended for their commitment to ensuring child survival in the province of KwaZulu Natal. Congratulations to all involved who worked so hard to ensure Grey's received this award.

Events Management Committee Report,

Grey's Hospital is in line with other KZN Health Facilities in cascading information and educating our clients and our staff members in terms of Health Promotion in our hospital. Health Events that took place from August to November 2007 in our hospital are as follows:

- Cerebral Palsy Week took place on 22 August 2007
- Pharmacy Week took place on 28/09/07
- Older Persons Awareness Week and Life Style Diseases took place on 26/09/07
- National Nutrition Week And Obesity Week took place on 11 October 2007
- Quality/Accreditation Celebration Day took place on 05 October 2007
- World Diabetes Day took place on 14 November 2007

Forthcoming Events:

- World Aids Day will take place on 30 November 2007
- 16 Days of Activism on No Violence Against Woman and International Day of the Disabled will take place on the 5th December 2007.



Sr PF Mjwara from CDC at the Grey's Hospital World AIDS Day celebration.

Zamo Mntungwa: PRO

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Christmas Eggnog.

Ingredients:

6 eggs, separated
½ cup sugar
½ cup Jamaica rum
500ml brandy, rye or bourbon
2 teaspoons vanilla and nutmeg

3 cups thick cream

500ml milk

Method:

Beat egg yolks well, adding sugar gradually

Add rum while beating, then brandy, rye or bourbon

Add vanilla and a pinch nutmeg

Chill for several hours, adding cream and milk from time to time and stirring. (The eggnog is ready.)

Beat egg white till stiff.

Fold half into chilled mixture.

Add 3 tablespoons more sugar to remaining egg whites and beat until very stiff.

Spread on top of eggnog and swirl.

Sprinkle with nutmeg.



New Unit Managers:

Congratulations to our newly appointed Unit managers.
They are:

Sr S Nathoo

Ward A1 (Adolescent Medical.)

Sr SB Pule

Ward B1

Sr MP Nzimande

Welch Ward

Sr Y Martin-Lewis

PICU

Sr V Maharaj

Ward M4

Campus News:

Sister Marleen Naidoo joined the Campus from 1st November 2007. Most of you will remember her as either the Unit Manager of Welch Ward or of Out Patients Department. She will be lecturing Ethos and Professional Practice.

We wish her a long and happy stay.

Miss Primrose Tshezi leaves at the beginning of December on promotion to go to The Department if Housing and Mrs T Simelane will be taking Maternity leave.

Welcome to the Grey's Hospital PRO.

It is difficult for any Public Relations Officer to establish and maintain a good relationship or mutual understanding between the hospital and its various stakeholders (internal and external), if the Public Relations Officer is not known to his/her stakeholders and if the stakeholders do not understand the roles and responsibilities of the Public Relations Officer. Grey's Hospital Public Relations Department has embarked on introducing the Public Relations Department to its internal and external stakeholders.

Mr Zamo Mntungwa (uMbulazi) is the Public Relations Officer at Grey's Hospital, who started his work on the 1st June 2007, during the government industrial action. He has worked in various hospitals (Christ The King Hospital, Escourt Hospital and Prince Mshiyeni Hospital) as their Public Relations Officer. It is important for this department to inform the hospital's internal and external stakeholders what public relations is all about in order for them to understand its roles and responsibilities in the hospital.

Public Relations is the management, through communication of perceptions and strategic relations between an organization and its internal and external stakeholders.

Some roles and responsibilities for Public Relations Department are as follows:

- To establish media relations
- To advise management on strategic communication matters
- To promote and maintain the positive image of the institution
- To ensure that patients complaints are dealt with
- To co-ordinate special events
- To assist management on strategic planning.

Let us join hands together towards establishing and maintain our positive image through an improved internal and external communication.

Zamo Mntungwa.

A Message by George Carlin

:



The paradox of our time in history is that we have taller buildings but shorter tempers, wider Freeways , but narrower viewpoints. We spend more, but have less, we buy more, but enjoy less. We have bigger houses and smaller families, more conveniences, but less time. We have more degrees but less sense, more knowledge, but less judgment, more experts, yet more problems, more medicine, but less wellness.

We drink too much, smoke too much, spend too recklessly, laugh too little, drive too fast, get too angry, stay up too late, get up too tired, read too little, watch TV too much, and pray too seldom.

We have multiplied our possessions, but reduced our values. We talk too much, love too seldom, and hate too often.

We've learned how to make a living, but not a life. We've added years to life not life to years. We've been all the way to the moon and back, but

have trouble crossing the street to meet a new neighbour. We conquered outer space but not inner space. We've done larger things, but not better things.

We've cleaned up the air, but polluted the soul. We've conquered the atom, but not our prejudice. We write more, but learn less. We plan more, but accomplish less. We've learned to rush, but not to wait. We build more computers to hold more information, to produce more copies than ever, but we communicate less and less.

These are the times of fast foods and slow digestion, big men and small character, steep profits and shallow relationships. These are the days of two incomes but more divorce, fancier houses, but broken homes. These are days of quick trips, disposable diapers, throwaway morality, one night stands, overweight bodies, and pills that do everything from cheer, to quiet, to kill. It is a time when there is much in the showroom window and nothing in the stockroom. A time when technology can bring this letter to you, and a time when you can choose either to share this insight, or to just hit delete...

Remember; spend some time with your loved ones, because they are not going to be around forever.

Remember, say a kind word to someone who looks up to you in awe, because that little person soon will grow up and leave your side.

Remember, to give a warm hug to the one next to you, because that is the only treasure you can give with your heart and it doesn't cost a cent.

Remember, to say, "I love you" to your partner and your loved ones, but most of all mean it. A kiss and an embrace will mend hurt when it comes from deep inside of you.

Remember to hold hands and cherish the moment for someday that person will not be there again.

Give time to love, give time to speak! And give time to share the precious thoughts in your mind.

AND ALWAYS REMEMBER:

Life is not measured by the number of breaths we take, but by the moments that take our breath away.

• CEREBRAL PALSY CLINIC CHRISTMAS PARTY



We were very excited this year to announce that the Rehabilitation departments were able to host a successful Christmas party for the children of the cerebral palsy clinic, on the 28 November at the Occupational therapy department, due to the generous sponsorship and donations received.

We would like to say thank you to:

- KFC -meals for 40 children and their caregivers
- Heritage Academy for the gifts purchased
- Our patients who sponsored contents of the goody bags.
- Staff members and their families who fundraised and sponsored various items and for the hard work and entertainment that goes into preparing for the event.
- East Cost Radio Toy Story for various gifts for the children.

Our party has always been an event to acknowledge the hard work and dedication of the caregivers who mostly come from disadvantaged backgrounds and to treat the children to something special.

God bless you all for putting a smile on a disabled child's face.

REHAB DEPARTMENTS

D. I. (age 4) stepped onto the bathroom scale and asked: "How much do I cost?"

AGAINST THE ODDS

INTERNATIONAL DAY OF THE DISABLED & 16 DAYS OF ACTIVISM FOR NO VIOLENCE AGAINST WOMEN AND CHILDREN.

On the 5th December 2007, the hospital will celebrate 16 Days of Activism for no violence against women and children and international day of the disabled in an event to be held at the OPD at 9.30 am.

Healthy women produce happy and well adjusted children. This is our inheritance. Let us not destroy ourselves, let us respect those that are disabled. Let us be thankful for all the senses and limbs that we have. Let us acknowledge the less able and let us make a difference with our help and our attitudes.

We promise to provide an interesting, informative and enjoyable programme that will enlighten you to various aspects of the disabled and violence against women and children.
We invite all staff and patients to attend.

EMPOWER YOURSELF



RADIOLOGY DEPARTMENT

A big thank you to all the staff for all their hard work and especially to the radiographers who willingly performed many hours of overtime due to staff shortages to keep the service functioning.
I sincerely hope you will have more time to spend with your families in 2008!

Congratulations to the radiographers who received promotions during the course of the year – well done and keep up the excellent work that you do.

The Radiation Control Directorate inspected the department for compliance with Quality Assurance conditions in conjunction with the Hazardous Substances Act. We were commended for our efforts although some issues were found to be outstanding.

We were delighted to achieve a final score of 99% for COHSASA accreditation. Thanks go to the staff members who assisted with obtaining this excellent result.

The department was fortunate to receive two new ultrasound units this year; one is being utilized by the mammography department for breast ultrasonography, and two silver recovery units. We recently harvested our first silver flake from the one unit and were impressed with the substantial amount recovered.

The long awaited digital screening unit was finally installed after fours years of waiting patiently! The entire x-ray room was re-furbished and looks particularly appealing and tranquil. The unit is functioning well and we are pleased with the images produced.

The Society of Radiographers (KZN) seminar was hosted by the Grey' Hospital radiographers in October. This was a great success with excellent speakers and topics and attendance exceeded previous years with 120 radiographers attending from the KZN region. The assistant managers who organized the event are congratulated for their outstanding efforts.

On the social side, team building exercises included our Spring Hat Competition, dressing up in cultural costumes for Heritage Day and celebrating World Radiography Day on 8 November. (See articles elsewhere in this edition.)

In closing, we wish our community service radiographers and the other staff members who left during the course of 2007, everything of the best for their new ventures and look forward to welcoming new staff in 2008.

Di Wood
Radiography Manager

Angels Explained by Children

I only know the names of two angels. Hark and Harold. Gregory, 5

Everybody's got it all wrong. Angels don't wear halos anymore. I forget why, but scientists are working on it. Olive, 9

It's not easy to become an angel! First, you die. Then you go to heaven, then there's still the flight training to go through. And then you got to agree to wear those angel clothes. Matthew, 9

Angels talk all the way while they're flying you up to heaven. The main subject is where you went wrong before you got dead. Daniel, 9

Angels live in cloud houses made by God and his son, who's a very good carpenter. Jared , 8

My angel is my grandma who died last year. She got a big head start on helping me while she was still down here on earth. Katelynn, 9



Tracheostomy Home Care Programme.

The tracheostomy programme celebrated 1 year on 25 th October 2007. Grey's hospital is the second hospital in the country to train moms to take care of their children at home. A tracheostomy is a hole in the neck leading to the trachea or wind pipe, which makes breathing easy for the child. The need for this programme became urgent when PICU had 4 children with tracheostomies occupying

the high care beds. One of these children was in the ward for 18 months.

I, Sr N Seebran and Sr EN Mchunu were trained by Sr Jane Booth from Red Cross Children's Hospital. To date we have sent 11 children home of which 3 have been successfully weaned off their trachys and 4 patients still have their trachy. Sadly 4 children have died from other complications not related to their trachy but at least these children were able to have some quality time at home with their families.

The trachy team consists of:

Sr N Seebran
Dr Sue Harris-Paediatrician
Dr Essa-ENT
Physiotherapists
Dieticians
Speech therapists
Social workers
Occupational therapists
Psychologists
Transport dept

I would like to express my sincere thanks to Dr N McKerrow and Dr Sue Harris for making this programme possible.

Sr Navanie Seebran. PICU

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PROJECT: SAVE-A-SEED!



We want your vegetable seeds!!!



In the effort to improve the household food security of our patients the



Dietetics Department is launching a new project where we would like the



staff to save the seeds from the fruit and vegetables that they prepare.



What type of seeds should you save??



Anything from butternut, pumpkin, gem squash, peppers, to pawpaw, watermelon and tomatoes.



What should you do with your seeds??



Once you have dried your seeds, wrap them in some newspaper or even



brown paper. Each ward will have a designated seed box where you can



drop your seeds off. If you are not sure, please don't hesitate to call



us on ext 3149.



What will we do with your vegetable seeds??



All the seeds that we collect from the staff will be packaged into small



 envelopes to be given to the patients. Each envelope will have a recipe 

 for a natural pesticide that the patients can make to ensure their fruit 
 and veg grow well!



 Your efforts in assisting this project will be most appreciated, so 
 please start saving!



The Dietetics Department

Did you know???

"Stewardesses" is the longest word typed with only the left hand ...

And "lollipop" is the longest word typed with your right hand.

No word in the English language rhymes with month, orange, silver, or purple.

"Dreamt" is the only English word that ends in the letters "mt".

Our eyes are always the same size from birth, but our nose and ears never stop growing.

The winter of 1932 was so cold that Niagara Falls froze completely solid.



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Monday – Friday
07h00 – 17h00

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lunch-time specials**