



**The Grey-Vine
Grey's Hospital**
Pietermaritzburg

August 2009

www.kznhealth.gov.za/greyshospital.htm



1st September is the first day of spring and the start of Arbor week. We have some lovely gardens and indigenous trees at Grey's, let's try and look after them.



Editorial Committee:

Editor:	Alison Guise-Brown	Pager 515
Members:	Mrs. A Chetty Occupational Therapy.	3200
	Mrs. Y Thambiran	Mammo3019
	Miss K Deepnarain	HRD 3308
	Mr. Z Mntungwa	PRO 3684
	Mr. G Runganathan	Audiology 3198

KZN Nurses Graduation ceremony will be held on 15th and 16th September at the Durban City Hall. We congratulate all the Sisters and Staff Nurses who will be graduating during the two days and wish them well. As December approaches, over the next few months, many of our staff will be writing exams. We hope that their hard work is rewarded by the results that they would like to achieve.

Recently a new key was cut for the door to the Hospital Museum. The key will be kept by the security guards, who sit by the 'trellidor' near the escalators at the Montgomery Drive entrance to the hospital. The museum is definitely worth a visit, the displays are superb and the history recorded is well worth preserving. So if you have a little spare time, why not amble along and borrow the key.

The crèche committee and other parents will be holding a sports day for their children on 30th September, on the fields near the tennis courts above DQ. The festivities will run from about 10.30 to 3pm. They plan to have a jumping castle, various races and party packs for the crèche children. There will also be a tea garden, so please pop in and buy something to eat and drink and give the children and crèche staff some support. Parents of the children in the crèche have been asked to sell raffle tickets, so funds can be raised for the day. So dig deep, you never know, you could win the main prize of a chocolate hamper.

I bumped into a lady last week who I haven't seen for a few months. She used to work in the Campus, but is now working 'on the other side of the hospital.' She joined 'Weighless' a while back and has lost a considerable amount of weight. It is hard to believe how good she looks. She now has boundless energy, feels much healthier and says she is enjoying her new life. For anyone who is interested; there is a 'Weighless' group close to Grey's. The meetings are held every Tuesday morning and afternoon from 07h30 -09h00 and then from 16h00 at All Saints Church.

The proposed date for Batho Pele training 17th September and Quality Improvement training will be taking place on 6,7,8 October. Please diarise these dates.

Beanies and slippers for The CP Clinic.

Mrs. M Fletcher-Campbell has once again been the driving force



behind our latest charity initiative. She encouraged/cajoled anyone who could knit into making beanies for children. On 15 July 2009 they were handed over to the Occupational therapy Department so

they could be distributed amongst the children who attend The Cerebral Palsy Clinic.

Magazines for Obs and Gynae

A big thank you to everyone that has donated magazines to the Obstetrics and Gynaecology Unit.

A special thank you goes to Con Malherbe of Coffeeberry Café and Chatters Coffee Shop who will be donating all old magazines on a regular basis.

A visit to both Coffeeberry Café and Chatters Coffee Shop will be well worth your while.

Thank you **Janie Erasmus**

As you slide down the banister of life, may the splinters never point the wrong way.

Visit from Dr Sibongiseni Dhlomo.

Grey's Hospital was the first hospital under uMgungundlovu Health District to be visited by the new KZN Department of Health MEC:



Dr Sibongiseni Dhlomo, Health District Manager: Mrs May Zuma-Mkhonza, Area Manager: Dr Sewlal and top management from head office visited Grey's Hospital on 27th May 2009. Our new MEC had an opportunity to discuss the

challenges facing the hospital and our previous achievements with the hospital management and chief specialists.

Remember yesterday, dream about tomorrow, but live for today !

Competition.

The competition in the May editions of the Greype Vine was won by D Deniel Naidoo from the Radiology department.

Q1. **man**

board

Q2 **stand**

i

Q3. **/r/e/a/d/i/n/g/**

Q4. r
road
a
d

Q5. cycle
cycle
cycle

Q6. 0

M.D.
Ph.D.

Q7. Knee

light

Q8. ground

feet feet feet feet feet feet

Q9. he's X himself

Q10. ecnalg

Q11. death life

Q12. THINK

The correct answers were;

1. man over board
2. I understand
3. reading between the lines
4. cross roads

5. tricycle
6. 2 degrees below 0
7. neon light
8. six feet underground
9. he's by himself
10. backward glance
11. life after death
12. think big

Deniel won a Chocolate Cake sponsored by **Chatters Coffee Shop.**

GOD CREATED CHILDREN (AND IN THE PROCESS GRANDCHILDREN)

To those of us who have children in our lives, **whether they are our own Grandchildren, Nieces, Nephews, or students.....** Here is something to make you chuckle.

Whenever your children are out of control, you can take comfort from the thought that even God's omnipotence did not extend to His own children.

After creating heaven and earth, God created Adam and Eve. And the first thing he said was **'DON'T!'**

'Don't what?' Adam replied.

'Don't eat the forbidden fruit' God said.

'Forbidden fruit? We have forbidden fruit? Hey Eve. We have forbidden fruit!'

' No Way !'

' Yes Way !'

'Do NOT eat the fruit!' Said God.

'Why?'

'Why?'

'Because I am your Father and I said so!' God replied,

wondering why He hadn't stopped creation after making the elephants. A few minutes later, God saw His children having an apple break and He was ticked!

'Didn't I tell you not to eat the fruit?' God asked.

'Uh huh.' Adam replied.

'Then why did you?' Said the Father.

'I don't know.' said Eve.

'She started it!' Adam said.

'Did not!'

'Did too!'

'DID NOT!'

Having had it with the two of them, God's punishment was that Adam and Eve should have children of their own. Thus the pattern was set and it has never changed.

If you have persistently and lovingly tried to give children wisdom and they haven't taken it, don't be hard on yourself. If God had trouble raising children, what makes you think it would be a piece of cake for you?



Mark Smith represented Grey's at the RK Khan 40th anniversary Fun Run

Why do people pay to go up tall buildings and then put money in binoculars to look at things on the ground?

POLIO

Polio is: A crippling and potentially fatal infectious disease, polio (poliomyelitis) still strikes children mainly under the age of five in countries in Asia, Africa, and the Middle East.

- Polio can cause paralysis and sometimes death. Because there is no cure for polio, the best protection is prevention. For as little as R6.00 worth of vaccine, a child can be protected against this crippling disease for life.
- It can cause paralysis within hours, and polio paralysis is almost always irreversible.
- In the most severe cases, polio attacks the motor neurons of the brain stem, causing breathing difficulty or even death.
- Historically, polio has been the world's greatest cause of disability.

Rotary is collecting money to pay for polio vaccines. There are 6 countries where polio had been eradicated but is back. If each department could collect any money it would be appreciated, coppers silver or notes, we will take any monies donated. A member of the Rotary club of Azalea Pietermaritzburg will collect these funds which will then be sent through to Rotary International to be used in the countries with the most need.

Please contact Mark Todd (ext 3308) for further queries.



Mental Health Awareness Month.

With July being part of Mental Health Awareness month the students and their tutors from Group 1/2006 visited Haniville Informal Settlement to hand out

pamphlets, talk to the residents and do health awareness counseling. A large group of interested people attended the 'get together.'



The students donated sandwiches, oranges, juice and clothing to the residents.

ZANZIBAR

My twin sister and I turned 60 on the 18th July 2009. We are so privileged to share a birthday with our dear Mr Nelson Mandela. In lieu of a birthday bash, our children sent us on a holiday to Zanzibar. What a beautiful place and with so much history. We went on numerous tours which had very informative guides who explained the history of Zanzibar dating back to the 1800's. Some of the buildings in Stone Town are original and have been there for years and years.



ZANZIBAR AIRPORT

Zanzibar is a very poor country but has the friendliest people and the most beautiful beaches, I mean real turquoise water, a pity the Greye-Vine is in black and white because I could have sent a photo of the beach.

We were assured that the crime rate in Zanzibar is very low so we felt very safe. We had a most enjoyable holiday, the only thing was 7 days was too short. Thanks to our generous children God bless them. (I wonder where they will send us next????)

Merle Hughes
HR Department



This is me doing the only thing I can do in the water "F L O A T"
ha ha ha!!!!

NEVER BE AFRAID TO TRY SOMETHING NEW.
REMEMBER THAT A LONE AMATEUR BUILT THE
ARK. A LARGE GROUP OF PROFESSIONALS BUILT
THE TITANIC

PARENTING TEENAGERS

- ❖ Parenting teenagers is not easy. Teenagers live in an environment where violence is common, HIV infection is growing, drugs are widely available and high risk sexual activity is the norm - an environment that is very different to the one we grew up in.
- ❖ Parents of teenagers often feel frustrated and overwhelmed. They feel unsure of how to parent teenagers who want freedom but are not necessarily mature enough to manage the responsibilities that go with it.
- ❖ The Youth Empowerment Forum (an initiative of the Grey's Hospital Social Work Department) is a network of organisations and government departments in Pietermaritzburg, who work together to address issues facing young people. We acknowledge that raising children and teenagers is very challenging, especially when it comes to addressing sexual issues. We do believe however that it is best to prepare teenagers to deal with the pressures around them by teaching them to make sound decisions, deal with peer pressure, recognize risky/dangerous situations and know when and how to ask for help.

Guidelines to building a good relationship with your teen:

1. Talk about fun & interesting things.
2. Tell your teens about your fears for them. For example, "I'm afraid you will become infected with HIV".
3. Listen to your teen - take turns to speak, do not interrupt no matter how difficult it is to hear what they are saying, and use words to show you understand what is being said.
4. Share your values and morals.
5. Accept that your teen's values and beliefs may be different to yours.
6. Be consistent in your behaviour and words.
7. Leave magazines and books around the house that will make it easier for your teen to find out about issues.

8. Ask questions that show you are comfortable talking about difficult things. For example, "Do you know you can become pregnant if you do not use contraception?" or "Do any of your friends use drugs? How do you feel about that?"
9. Learn to trust your teen and show them that you trust them.
10. Praise them for what they do right.
11. Do not threaten them into changing.
12. Talk often - it makes it easier to talk about difficult issues.

For more information on the Youth Empowerment Forum contact diane.mariah-singh@kznhealth.gov.za. If you would like assistance with parenting challenges you may be experiencing, contact the EAP practitioners: Sally Chesterton on sally.chesterton@kznhealth.gov.za / X 3472 or Lekha Chirkoot on lekha.chirkoot@kznhealth.gov.za / X3136

SORRY!!!

This little fellow would like to apologise for all the trouble caused in the world right now.



IF YOU LOOK LIKE YOUR PASSPORT PICTURE, YOU PROBABLY NEED THE TRIP.

A SPECIAL THANK YOU TO GREY'S STAFF

My brother-in-law, Mr W C Dearham was a patient at Grey's Hospital Diabetic Clinic for a number of years and on the 24 June 2009 he passed away. Prior to his passing he was admitted to Ward H2 where he stayed for two weeks.

This note of appreciation is to thank Sister Manickum and the Staff at the Diabetic Clinic for the kindness showed to him over the years as a Patient of the Clinic, thank you to Sr Lushozi, Mr Zondi and the staff of Ward H2, where he was treated with such dignity and kindness. Also thank you to Mpho Mofokeng (the Podiatrist) who went the extra mile for Mr Dearham.

Thank you all once again and my God Bless the staff of Grey's Hospital.

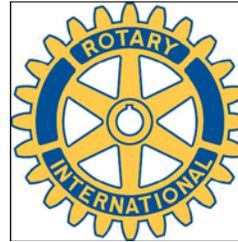
This is sent on behalf of my sister Mrs S Dearham by:-

Mrs Merle Hughes(HR Department)

Theme lunch in the Dining Hall.



Hospital and Campus staff were recently seen enjoying one of the dining hall's theme lunches.



ROTARY CLUB OF PIETERMARITZBURG AZALEA

P.O. Box 11183,
Dorpsruit
3206

President: Grant Deetlefs - 082 – 3714432
Secretary: Colin Cameron -033 – 3941389



ALL PROCEEDS TO LOCAL CHARITIES
Organised and convened by Azalea Rotary Club

VENUE : VICTORIA COUNTRY CLUB
DATE : FRIDAY 16TH OCTOBER
COMPETITION : 4 BALL ALLIANCE
COST : R1 500 PER 4 BALL

HIGHLIGHTS
HALF WAY HOUSE
LIGHT SUPPER
PRIZE GIVING

All funds raised to be donated to charity
GREAT PRIZES TO BE WON

Cost of Sponsorship for Greens and Tees

HALFWAY HOUSE	ZURICH
PUTTING GREEN	ZURICH
FIRST HOLE AND TEE	ZURICH
18 TH HOLE AND TEE	ZURICH
ALL OTHER HOLES AND TEES	R1000

You may Brand these areas in a manner consistent with local club rules.

(NB ! We cannot take responsibility for the loss of any advertising materials on the Day)

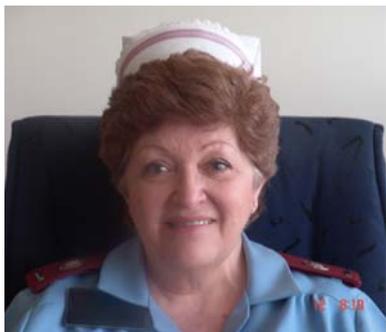
CONTACT PERSON Rene Frei - 083 7089080

It ain't the jeans that make your butt look fat.

Congratulations.

Well done to Mark Smith who obtained KZN Interprovincial cross country colours after competing in the KZN champs on 8 August 09, where he received a bronze medal for coming 3rd. He has now been selected to run in the SA XC Champs on 12th Sept 2009, in the veterans 8km final.

Retirements:



Sr Gwen Mac Intosh, Unit Manager of Ward H1, retires from Grey's at the end of October 2009, after 21 years service to this hospital. She was born in Bulawayo, Rhodesia and did her general nurse training in England at West Cornwall Hospital. She immigrated to South Africa in 1984 and worked at Sunnyside Old Age Home for nearly 4 years before starting at Grey's on Good Friday, 1st April 1988. She worked

in Ward G2 for 2 months and was then moved to the medical wards, and apart from a 1 year break to study midwifery she has worked there ever since.

Sr Mac Intosh has 3 children; 2 sons and a daughter but still NO grandchildren! In December she is planning to go to London for a 3 week holiday and then will return to Pietermaritzburg and wants to work part time. We wish her all the best.



Dr Jim Muller, Chief Specialist and Metropolitan Head of Grey's/Northdale/Edendale Hospitals, retires at the end of September. He started working at Grey's in June 2001 having previously worked at Edendale Hospital as Head of Medicine. Dr Muller was born in Cape Town; he went to school at Bishops in Rondebosch, completing his Matric in 1965. Thereafter he went to Cape Town University to study Medicine, qualifying in 1972. After specializing

at Dalhousie University, Halifax, Nova Scotia, Canada, he was admitted as a

Fellow of the Royal College of Physicians of Canada. Dr Muller is proud of his contribution towards the building of tertiary services in Pietermaritzburg, the undergraduate and postgraduate training programs and the contacts he has developed with medical schools in the rest of the world.

After he retires he plans to move to Denmark with his family, where he is hoping to learn Danish. He wants to learn to cook, have more time to play the piano and maybe even the organ and to ride his bike. He'd like to work one or two days a week in outpatients department and teach undergraduate and post graduate students. He is thinking of writing a book called "The Fool's Guide to Internal Medicine." Dr Muller is married and has two children.

We wish him well in his new ventures.

New Pictures in the Hospital.



Have you noticed the lovely new pictures on the walls in the hospital and wondered where they came from? They were donated to Grey's via Professor Whitaker, from COHSASA, after Grey's received their accreditation status in 2007.

If you don't know where they are; there is one by the escalators near the Montgomery Drive entrance, one near x-ray and another in the corridor between Casualty and MAW.



Life isn't tied with a bow, but it's still a gift."

Healthy Staff Day

Programme:

18 Sept 09

10am to 2pm

Venue: Rec. Hall



**LUCKY PRIZE
DRAWS!**

LOTS OF ACTIVITIES:
Reflexology; Aromatherapy;
Relaxation Techniques; Basic
Medical Screenings; dancing;
singing; etc

All Staff are Welcome to Attend.
Shop through our Health Stores &
Learn Healthy Coping Strategies!



Hosted by: The
Event's Committee
Grey's
Hospital



Mrs. F Du Preez, Mrs T Mathonsi, Senior Sister V Maharaj, Sr S Pillay, Sr I Terry, Mr. M Hadebe and Mrs. Phungula all attended the International Nurses Congress at the ICC in Durban in early July.



Tabitha Ministries.

Sr Ruth Masembe, who works in CCU, is currently studying Nursing Management through the Durban University of Technology. Part of her course includes Project Management. Ruth has become involved with Tabitha Ministries which is a charity organization run by Gail Trollip, (a registered nurse who trained at Grey's during the 1990's). Tabitha Ministries looks after HIV positive and abandoned children from the ages 0-7 years, in their premises on Mayors Walk, and is involved in care giving to child headed households in the Sweetwaters area. They have contact with about 4000 children in Sweetwaters alone. Despite receiving some financial assistance from overseas there is obviously always a need for further help. Sr Masembe is appealing for food that could be put into a food parcel, children's clothes and bed linen. Anyone able to assist can contact Sr Masembe, Mrs. M Fletcher-Campbell or the staff in the Clinical Department. All donations will be gratefully accepted.

Nobody cares if you can't dance well. Just get up and dance.



On 2nd September we had a visit from District Head Office who conducted the quarterly Quality Assurance Audit. We are please to say Grey's passed with 82%.

The old phone on the wall.

When I was quite young, my father had one of the first telephones in our neighbourhood. I remember the polished, old case fastened to the wall. The shiny receiver hung on the side of the box. I was too little to reach the telephone, but used to listen with fascination when my mother talked to it.

Then I discovered that somewhere inside the wonderful device lived an amazing person. Her name was "Information Please" and there was nothing she did not know. Information Please could supply anyone's number and the correct time.

My personal experience with the genie-in-a-bottle came one day while my mother was visiting a neighbour. Amusing myself at the tool bench in the basement, I whacked my finger with a hammer, the pain was terrible, but there seemed no point in crying because there was no one home to give sympathy.

I walked around the house sucking my throbbing finger, finally arriving at the stairway. The telephone! Quickly, I ran for the footstool in the parlor and dragged it to the landing. Climbing up, I unhooked the receiver in the parlor

and held it to my ear. "Information, please" I said into the mouthpiece just above my head. A click or two and a small clear voice spoke into my ear.

"Information."

"I hurt my finger..." I wailed into the phone, the tears came readily enough now that I had an audience.

"Isn't your mother home?" came the question.

"Nobody's home but me," I blubbered.

"Are you bleeding?" the voice asked.

"No," I replied. "I hit my finger with the hammer and it hurts."

"Can you open the icebox?" she asked.

I said I could.

"Then chip off a little bit of ice and hold it to your finger," said the voice.

After that, I called "Information Please" for everything. I asked her for help with my geography, and she told me where Philadelphia was. She helped me with my math. She told me my pet chipmunk that I had caught in the park just the day before, would eat fruit and nuts.

Then, there was the time Petey, our pet canary, died. I called, "Information Please," and told her the sad story. She listened, and then said things grown-ups say to soothe a child. But I was not consoled. I asked her, "Why is it that birds should sing so beautifully and bring joy to all families, only to end up as a heap of feathers on the bottom of a cage?" She must have sensed my deep concern, for she said quietly, "Wayne always remember that there are other worlds to sing in." Somehow I felt better.

Another day I was on the telephone, "Information Please."

"Information," said in the now familiar voice. "How do I spell fix?" I asked.

All this took place in a small town in the Pacific Northwest. When I was nine years old, we moved across the country to Boston. I missed my friend very much. "Information Please" belonged in that old wooden box back home and I somehow never thought of trying the shiny new phone that sat on the table in the hall. As I grew into my teens, the memories of those childhood

conversations never really left me. Often, in moments of doubt and perplexity I would recall the serene sense of security I had then. I appreciated now how patient, understanding, and kind she was to have spent her time on a little boy.

A few years later, on my way west to college, my plane put down in Seattle . I had about a half-hour or so between planes. I spent 15 minutes or so on the phone with my sister, who lived there now. Then without thinking what I was doing, I dialled my hometown operator and said, "Information Please."
Miraculously, I heard the small, clear voice I knew so well.

"Information."

I hadn't planned this, but I heard myself saying, "Could you please tell me how to spell fix?"

There was a long pause. Then came the soft spoken answer, "I guess your finger must have healed by now."

I laughed, "So it's really you," I said. "I wonder if you have any idea how much you meant to me during that time."

I wonder," she said, "if you know how much your calls meant to me. I never had any children and I used to look forward to your calls."

I told her how often I had thought of her over the years and I asked if I could call her again when I came back to visit my sister.

"Please do", she said. "Just ask for Sally."

Three months later I was back in Seattle .. A different voice answered,

"Information." I asked for Sally.

"Are you a friend?" she said.

"Yes, a very old friend," I answered.

"I'm sorry to have to tell you this," she said. "Sally had been working part-time the last few years because she was sick. She died five weeks ago."

Before I could hang up she said, "Wait a minute, did you say your name was Wayne?" "Yes." I answered.

"Well, Sally left a message for you. She wrote it down in case you called. Let me read it to you."

The note said, "Tell him there are other worlds to sing in. He'll know what I mean."

I thanked her and hung up. I knew what Sally meant.

Never underestimate the impression you may make on others.

Lifting you on eagle's wings. May you find the joy and peace you long for.



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

**Business hours:
Monday – Friday
07h00-17h00
Saturday and Sunday
08h00-14h00**

Look out for our Wednesday specials:

Chicken a la king

Beef lasagna or Cottage pie

R19.90

A Research Office at Grey's Hospital: The Canada Africa Prevention trials Network (CAPTN)

In 2007, the Canadian Government made funding available for HIV/AIDS research work in a number of African countries. By mid-2008 they were ready to set up a site in Pietermaritzburg, South Africa, at Grey's Hospital. There were many logistical issues to overcome, especially regarding getting the funding into South Africa. One Site Director – Dr Jim Muller – managed the whole project at this stage. Once financial issues were solved, the post of Research Co-ordinator was advertised. I accepted the post in September 2008, but had to honour another contract, so only started in December 2008. The project is known as the **Canada Africa Prevention Trials Network (CAPTN)**



The first task was essentially practical, to set up a Research Office furnishing, communications, etc – which took the best part of three months. The office is currently situated in the Medical Library, but bigger rooms are being built next to the library.

Coinciding with my arrival, a new requirement that all M Med students would need to carry out research for their degrees was introduced. Added to this, a number of enterprising doctors already had research underway. Within a very short time I found myself having consulted on almost 40 research projects (the number must be close to doubling now), at all stages – initial idea, research design, data collection, analysis, write-up and presentation, as well as having to handle the ethical and scientific review components. There are easily 100 potential research projects on which I shall need to consult. Added to this, I am the key person involved in the research necessary to establish a regional research ethics review board.



The project is currently in the process of including all seven hospitals in the district – namely – Northdale, Grey's, Appelsbosch, Edendale, Fort Napier, Town Hill, and Umngeni. A “One-stop Research-shop” is envisaged.

Current activities focus on:

- Establishing a Health Research Ethics Review Board for the district
- Developing Capacity for Scientific

Review

- Setting up Community Advisory Boards
- Co-ordinating all research in the district (all seven hospitals)
- Carrying out research specifically ‘housed’ in CAPTN

Anyone wishing to consult about research of any type is welcome to contact me on 033 897 3138 or e-mail me on

captn@satweb.co.za

Dr Noleen Loubser

Site Director: CAPTN