



THE GREYPE-VINE

Grey's Hospital
Pietermaritzburg

August 2007

www.kznhealth.gov.za/grevshospital.htm

No Job is Too Big or Too Small.



Dr Ruben Naidu, our very own Hospital Manager, along with Dr Bilenge was seen mopping up 'flood water' during The Strike.

Editor:	Alison Guise-Brown	Pager 515
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September 1st brings the start of Spring, and the celebration of new life and fresh growth. 1st-7th September is Arbor Week and to look out the windows and see all the trees growing in the Hospital grounds one has to think back to when the property was quite bare. Thanks to an initiative involving staff from the Natal Parks Board, City Parks Department and The Natal Provincial Administration as well as the hospital's administration, a four-year programme called the Greening of Grey's, ran from 1991-1995. The Natal Nurserymen's Association helped to finance the programme and gave advice regarding the choice of trees to be planted. On Arbor Day in 1991 sixty-five trees were planted in the hospital car park, and now they have grown they provide much needed shade for our cars on a hot summer day. Some of the students involved included Moya Hamilton-Brown, Molly Fowle and Joy Bastard. Over 250 trees were planted thanks to this initiative. I still think Addington Hospital's patients must have one of the best views in the world but we are exceptionally lucky with the fresh air and space we have available to us.

Congratulations to our newly appointed CPNs and SPNs. We welcome those who are new to Grey's and wish them a long and enjoyable stay, and to those who were already part of the establishment, good luck with your new responsibilities and we look forward to whatever fresh ideas you may have.

EVERYONE SHOULD KNOW...
when to try harder... and WHEN TO WALK
AWAY...

Farewell Constance.

Constance Mtheku has been employed at Grey's Hospital for over 45 years. She was a good worker, always on time – 05h00 every morning. She was a very dedicated worker who gave her whole life to Grey's, without any moans or groans. She got on well with all the staff and she liked to be called 'Mngani' (friend.) She worked so well that in 2006 she was awarded a housekeeping certificate. She retired in April 2007 and we wish her well in her retirement.

Sr T Zondi Ward M4

One exam no man should pass up.

While this may be a sensitive topic, CANSA (Cancer Association of South Africa.) urgently advises all men should check their testicles and those over 50 years should go for Prostate Specific Antigen (PSA) tests to detect cancer early.

Self examination is easy to do and costs nothing.

The common warning sign for testicular cancer is the appearance of a small, hard, painless lump about the size of a pea which can be felt on the side or front of the testicle.

Other symptoms to watch out for:

A feeling of heaviness in the testicle, enlargement of the testicle, change in the consistency of the testicle, sudden accumulation of fluid or blood in the scrotum, a dull ache in the groin, swelling or tenderness in other parts of the body such as the groin, breast or neck.

For more information on cancer contact the CANSA toll-free Information Centre at 0800 226 622 or e-mail info@cansa.org.za.

“Comrades 2007”

Volunteering to 'Do the Comrades' is regarded as being noble but as a committed nurse, wanting to do 'good will' and offer service comes naturally.

With this being the background and the nurse's pledge being close to my heart, I enthusiastically recruited colleagues to offer their services at the Comrades Medical Tent.

Like excited Girl Guides we left Maritzburg at the Crack of Dawn to capture the Comrades feeling. At first the events of the day seemed to be like a movie with a slow beginning. It seemed like ages before any runners needed our assistance. However it wasn't long before the trickle of runners in distress turned into a flowing stream and before we knew it the final gun went for the cut off.

Soon thereafter a runner was brought in on a stretcher; he was restless and wanting to talk but was too exhausted to utter a sound. We had started hydrating him when suddenly he 'crashed.' With great difficulty we resuscitated him and as soon as he was stabilised we sent him to St Augustine's Hospital. The highlight of that day is that we had to use equipment that was in the medical tent, unlike in a ward crisis where there is an emergency trolley. It was so sad to read in The Natal Witness the next day that the runner that we had resuscitated had died.

Here are a few tips for safe running:

- Ensure that you are adequately prepared in terms of fitness and training.
- Do not participate if you have been ill in the three to four weeks prior to the event.
- Do not participate if you have been taking antibiotics or anti-inflammatories in the week prior to the event.
 - Listen to your body. If in doubt – STOP.
- Drink adequate amounts of fluid. Do not wait until you are desperately thirsty before you rehydrate. A guide is to drink between 450 and 500ml of fluid for every hour that you exercise.

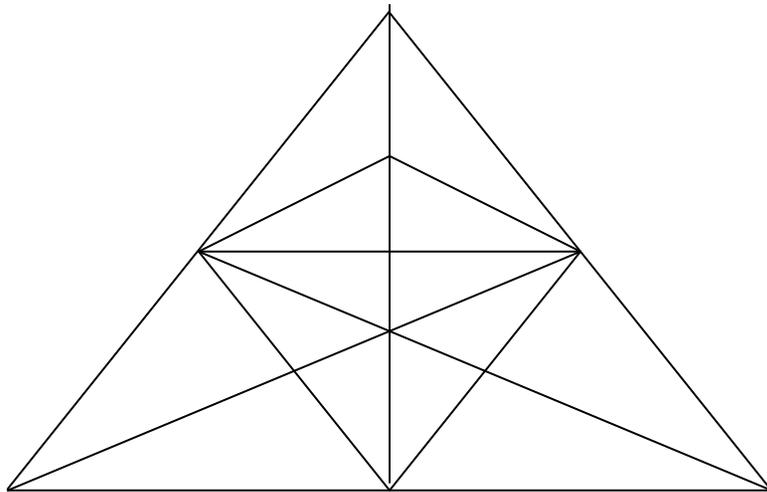
- If competing in a long event like the Comrades Marathon, eat before and during the race to ensure your body has enough sustenance.

Student Nurse N Petersen. Group 4/07

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Competition.

This month's competition is for you to see how many triangles you can find in the main Triangle. Send your entries to Sr. A Guise-Brown at the Nursing Campus by Friday 28th September and you could win a Chocolate Cake sponsored by **Chatters Coffee Shop**.



In the last edition's competition you were asked to identify the three people in the photograph. They were Mr D Naidoo, Mrs T Mathonsi and Mrs KT Mckenzie. Well done to Mr A Naidoo, from the Campus who won the Chocolate Cake.



ACCREDITATION.

We have been informed that Grey's Hospital has achieved 100% Accreditation Status for a period of two years. On behalf of Management, I would like to extend my deepest gratitude to all staff who contributed significantly towards making the COHSASA Accreditation process a success. Your hard work, commitment and dedication to service delivery is highly commendable and appreciated. Do keep up the good work.

Dr K Naidu

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October will see Grey's Hospital celebrating their 100% Accreditation Status as well as Quality Day. The programme of events will include a few items from our own Hospital Choir, handing out of COHSASA Certificates, presentation of Quality Improvement certificates and the awarding of The Grey's and Northdale Hospitals' prizes to the student/ pupil nurses who did their training at our hospital. The day's events will commence at 08h30 and be completed by ± 13h30. All staff members who are able to are invited to attend.

A balanced diet is a chocolate in both hands.

POTASSIUM CHLORIDE 15%

KCl: Potassium Chloride Ampoules.- 1,5g/10ml.

Dosage: Must be diluted. (2x10ml ampoules in 1000ml = 40 mmol Potassium per litre.) Slow infusion according to patients needs. (never given intramuscularly or as a bolus.)
Normal Potassium intake is 50-100mmol/day of 40mmol/l solution at a rate not exceeding 30mmol/hour.

Contra indications: Predisposition to increased serum levels of potassium.
Decreased potassium renal excretion.
Acute dehydration.
Hyperkalaemia

Side Effects: Depressed heart function with possible cardiac arrest.

Two Horses.

Just up the road from my home is a field,
with two horses in it.

From a distance, each looks like every other horse.

But if you stop your car, or are walking by,
you will notice something quite amazing.

Looking into the eyes of one horse will disclose that he is blind. His owner has chosen not to have him put down, but has made a good home for him.

This alone is amazing.

If you are nearby and listening, you will hear the sound of a bell.

Looking around for the source of the sound, you will see that it comes from the smaller horse in the field.

Attached to her halter is a small bell.

It lets her blind friend know where she is,
so he can follow her.

As you stand and watch these two friends,
you'll see how she is always checking on him,
and that he will listen for her bell and then slowly walk to where she is, trusting that she will not lead him astray. 1 January

When she returns to the shelter of the barn each evening,

she stops occasionally and looks back, making sure her friend isn't too far behind to hear the bell.

Like the owners of these two horses,
God does not throw us away just because
we are not perfect or because we have problems or challenges.

He watches over us and even brings
others into our lives to help us when we are in need.

Sometimes we are the blind horse being guided by
the little ringing bell of those who God places in our lives.

Other times we are the guide horse, helping others see.

Good friends are like this.

You don't always see them,
but you know they are always there.

**"Be kinder than necessary,
for everyone you meet is fighting some kind of battle."**

Miss Bernice Alcock's career with the Province spans 48 years. She began working in the Provincial Accountant's Office in



March 1956 and stayed there until January 1966. During this time she worked in several departments, namely the Pensions Department, Revenue and Salary

Departments and it was during this time that she received the financial training that stood her in good stead for the rest of her career.

In January 1966 she resigned to take up missionary work on the North Coast where she remained for one year. In January 1967

she returned to work for the Province where she took up an appointment in the newly created Expenditure and Statistics Division at the Old Grey's Hospital. In March 1969 she transferred to Edendale Hospital on promotion but in September 1970, when Edendale was taken over by State Health she chose to remain with the Provincial Service and transferred back to Grey's. Miss Alcock remained at The Old Grey's until December 1981 when she transferred to Head Office where she worked for 4 years. In October 1985 she transferred back to New Grey's where she has remained to date, that is these last 23 years.

She worked in the Admitting Section as a Supervisor, but due to her financial back ground and experience she was identified as the ideal person to take charge of the Expenditure and Statistics section, which she did in June 1986.

Then in May 1988 she was singled out to head the Office and Auxillary Services sub division, but due to this division being slowly disbanded over the past 5 years she is now in-charge of Main Registry and Telecommunications. In October 2004, due to a shortage of office space, Main Registry had to be relocated and Miss Alcock took up the challenge of drawing up plans for the infrastructure of the New Main Registry.

She has provided secretarial services to many committees and meetings most notably The Hospital Board for 14 years. In August 2007 Miss Alcock retires and we would like to wish her many happy and relaxed years of retirement.

Mr RZ Mkongwa

9th August 2007 was International Woman's day so I thought it quite fitting to give you ladies (and men) out there a few things to think about.

We are perfect! We don't go bald,
 We have an international day in honour of us,
 We can use pink as well as blue,
 We always know our kids are ours
 We have priority in a shipwreck,
 We don't pay the bill,
 We're some of the first hostages to go free,
 The wife of the President is the First Lady...

**What is the husband is a female president?
 And we can do everything a man does, wearing heels.
 We can pay attention to several things at one time,
 In fact we are great at multi-tasking, (as the picture below will prove.)**



Campus News.

Sadly the Campus said good bye to Mrs **Bongi Majola** at the end of July. Mrs Majola has returned to her home town of Durban and will be working as a Tutor at Addington Campus.

The two vacant tutor's posts have been advertised and wait to be filled. Both Staff Nurse T Khanyezi and Sr L Hutchinson have left the Clinical Department. Staff Nurse Kahnyezi has returned to Ward C2 and Sr Hutchinson is now working in the Occupational Health Clinic.

Breast Feeding Health Initiative.

Grey's Hospital is currently involved in running weekly, three day Lactation Management Workshops for the nursing staff. The aim behind these workshops is to enable the staff to promote exclusive breast feeding for a baby up to 6 months and for a mother to be encouraged to continue breastfeeding her child until he/she is 2 years old. These workshops commenced on 2nd July 2007 and will continue until 19th September 2007. They run weekly from Monday to Wednesday and have so far been very successful.



Grey's Renal Unit celebrated its 30th Birthday.

Renal Unit opened at Old Grey's Hospital on 29th August 1997. Staff Members then were:

Miss Burn – who opened the Unit, she was the matron-in-charge of both ICU and Renal Unit at that stage.

The doctor of the unit was Dr Meiring and the Sisters were Sr Viviers and Sr Cameron. The two E.N.A.s were Nurse JD Jackson and Nurse E Naicker.

The unit opened with two patients and two RSP Machines.

In those days it took \pm 8 hours to complete dialysis on an acute patient and 5 hours for a chronic patient. It took \pm 1 hour to prepare a machine before commencing dialysis.

The Move.

Renal Unit, together with the rest of the units at Old Grey's moved to the New Grey's in 1984. The Unit was a satellite clinic of Addington Hospital, until Nkosi Albert Luthuli Hospital opened. The Renal Unit was situated next to CCU until we moved to our new premises in July 2003, which is Ward D2 on the third floor.

In A2 we had 7 machines and \pm 24 patients. In D2 we have 8 machines and \pm 24 patients. At present Sr J Skinner is the Unit Manager.

Since our move to our new abode we have experienced problems, not the least of which is a shortage of dialysis machines especially as we can have up to 5 new acute patients a week, but it has afforded us several advantages. We now have a consulting room, renal clinic area and a CAPD area for patients with peritonitis and other problems. Staff moral remains high.

The Natal Kidney Association (NKA) plays a major role in the lives of all renal patients. They supply food parcels to patients in need; they have given our ward a microwave, fans and television. They hold Christmas parties for our patients and staff and provide tea for the renal clinic patients. They also fund transport costs for some of our patients.

Our oldest living transplant patient is Gary Basson, who had a kidney transplant in 1982. His brother donated the kidney and Gary is in good health to this day.

Sr S Sewpujan.

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Doris Jackson started working at Grey's Hospital on 18th August 1977 in ICU. The renal unit opened on 29th August and she was one of its founder staff members. At the time they had only two patients, who were dialysed twice weekly. Each dialysis took between 4 and 8 hours to complete. When not working in the renal unit the staff worked in ICU. Doris participated in the 'Great Trek' to the New Grey's and has seen a great deal of changes over the years. She has worked with many different staff members, lots

of different equipment and has nursed lots of different patients, all of whom she still remembers.



Front Row: **ENA Doris Jackson, Sr M Anderson.**
Back Row: **Sr S Sewpujun, Sr L Morton, Sr B Crisp**



The new prefab doctor's offices are rapidly being erected and very soon the doctors will be able to move in. I had a sneak preview the other day and must say they do look very comfortable.

HUMAN RESOURCE NEWS

It was with heavy hearts that Human Resources bade farewell to Mr Anesh Innerjeeth, the Assistant Manager: Human Resource Practices, at the end of August 2007.

After 14 years at Northdale Hospital, Mr Innerjeeth joined Grey's Hospital on 1 November 2004. "Anesh" as he was known to all, was the source of much information, help and guidance to all at Grey's.

During his time at Grey's Hospital Anesh implemented changes that benefited staff and allowed Human Resources to be more effective in their duties towards the rest of the staff. He freely and readily offered his knowledge and help to all who approached him.

As Assistant Manager, Anesh was the source of much inspiration to all staff in his component, always encouraging them in developing skills to improve themselves. Anesh was a supervisor, guide, counselor, mentor and much more to those who worked with him.

All at Grey's Human Resources and I am sure everyone else at Grey's, who depended on you when they needed help and advice, would like to wish you well and success in all your endeavors. With your new title of as Senior Technical Advisor: Strategic Planning, Monitoring and Evaluation: Human Resource Planning at Natalia, I am sure Anesh you will continue to climb the ladder of success with the sky being the limit!

We miss you already.....

HR Practices

Everyone should take 5 minutes to read this. It may save your or your loved one's life.

With the increase in recent daylight abductions, maybe you should refresh your memory with this list of things to do in an emergency situation...

- - Tip from *Tae Kwon Do*:
 - The elbow is the strongest point on your body. If you are close enough to use it, do!
- If you are ever thrown into the trunk of a car, kick out the back tail lights and stick your arm out the hole and start waving like crazy. The driver won't see you, but everybody else will. This has saved lives.
- Women have a tendency to get into their cars after shopping, eating, working, etc., and just sit (doing their checkbook, or making a list, etc.)
DON'T DO THIS!
A predator could be watching you, and this is the perfect opportunity for him to get in on the passenger side, put a gun to your head, and tell you where to go.
AS SOON AS YOU GET INTO YOUR CAR, LOCK THE DOORS AND LEAVE.
- If someone is in the car with a gun to your head
DO NOT DRIVE OFF,
repeat:
DO NOT DRIVE OFF!
Instead gun the engine and speed into anything, wrecking the car.
Your Air Bag will save you.
If the person is in the back seat they will get the worst

of it.

As soon as the car crashes bail out and run. It is better than having them find your body in a remote location.

- **ALWAYS** take the elevator instead of the stairs. (Stairwells are horrible places to be alone and the perfect crime spot. This is especially true at NIGHT!)

- If the predator has a gun and you are not under his control, **ALWAYS RUN!**
The predator will only hit you (a running target) 4 in 100 times; and even then, it most likely **WILL NOT** hit a vital organ.
RUN, Preferably ! in a zig -zag pattern!

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Harry Potter and the Deathly Hallows

It was with great anticipation that I began reading the seventh and final book of the Harry Potter series. I must confess that I was not a groupie from the start and it was only after the third book had been released that I decided to take the plunge and see what all the fuss was about. Life was so dull before then.

I was hooked from the start and quickly devoured all three books in a short space of time. The problem with these books was that you were left hanging on the edge waiting for the next fix...how long till the next one was out and when could I start pre-ordering???

The Deathly Hallows brings Harry's whole journey together – and at last we understand what both Dumbledore and You-Know-Who have been up to throughout the series. JK Rowling did not by any means disappoint her readers. If you

were lucky enough to escape the rumours around who would be killed off this time, you'd be surprised to find that all is not as you were expecting.

There are a few surprises and unfortunately plenty of sad moments. This book is by no means filled with happy little adventures – it's dark and gruesome and leaves you holding your breath as you read on to the very last page where you can finally breathe a sigh of relief!

If you have read the whole series, everything is made clear and you realize that JK Rowling left nothing unanswered. I particularly savoured the last chapter which takes us nineteen years into the future and by the time I shut the book I felt satisfied that she had done both the characters and readers justice.

If you are one of those people who have pooh-pooed the series, I challenge you to pick up the first book. If you were lucky enough to read Enid Blyton and Roald Dahl as a child, I guarantee that you will not be disappointed! The Harry Potter Series is for readers young and old and each story throws you into a magical Wonderland where the local bank Gringotts is run by clever little goblins and Jelly Beans come in all sorts of flavour including bogey tasting ones!

Do yourself a favour and take the plunge – you won't be sorry.....

Nicky Wiles - Dietician

**Sorrow looks back,
Worry looks around
But FAITH looks up.**

Events Management Committee Report, by Zamo Mntungwa. PRO

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 Promotions in our hospital. People need to know more about the services we are rendering and the new facilities in our hospital. Recognition of health awareness programmes can be a means of cascading the relevant information and so educating our clients about the importance of a healthy life style.

On 30th May 2007 a presentation was held in the Out Patient's Department to educate staff and patients about Child Protection



Week, the functions of The CPU (Child Protection Unit), the Social Worker's role in the prevention of Child Abuse as well as in assessing and assisting children who have been abused. Staff was advised about how to recognize a child who has possibly been abused and who to report it to.

Inspector Denis from The CPU.

On the 26 July 2007, Grey's Hospital hosted an Alcohol and Drug Abuse Awareness Programme. The aim of this programme was to provide patients, their families/relatives and staff members with the knowledge, insight into alcohol and drug abuse, treatment options and coping skills when addressing a substance abuse problem.



Stores staff attending the Alcohol and Drug Abuse Awareness Programme.

On the 01st August 2007, Grey's Hospital also held a Cancer Prevention Awareness Programme to educate our patients, members of the local communities, staff and patients' visitors about Cancer and how to prevent it and what you should eat.



Sr R Trigg speaking about Chemotherapy and the Role of The Oncology Department.

"Graduation Prize Winners."

At The Grey's Hospital Quality Day Celebration, the student and pupil nurses who have won prizes, for outstanding performance during their training, will receive their awards.

The 2007 award winners are:

Grey's Hospital Awards and Award Winners 2007.

Merit Award: For the student nurse of the year 2006-2007; Ms Katija CHIWALI

Matron's Prize for Leadership:

Ms Charlene RAMSAMY

Senior Medical Staff Prize: For the highest aggregate in Oral and Clinical Assessments throughout training;

Ms Purity POTGIETER

Dr William O'Brien Prize: For the highest aggregate in theory exams throughout training.

Ms Purity POTGIETER

Group 1/86 Trophy: For the student nurse who has shown the best all round performance in Psychiatric Nursing; Ms Jabulile Tempence MBAMBO

David Canning Memorial Trophy: For the student who has shown the best all round performance in Midwifery;

Ms Katija CHIWALI

Mavis Nash Trophy: For devotion to duty;

Ms Colleen Sharleen ADRIAAN

Blair Turton Trophy: The student nurse who obtained the highest aggregate in Oral and Clinical Assessments in the second year; Ms Nobuhle Colina LUTHULI

Dr R.E.Stevenson Award: For perseverance and achievement.

Ms Ntokozo MATHONSI

Group 4/75 award: for the junior nurse who obtained the highest aggregate in oral and clinical assessments.

Ms Jane Sibongile DLADLA

Group 1/88 Fellowship Award: For the Bridging Course Student of the year 2006/7

Ms Colleen Sharleen ADRIAAN

Robert Webb Award: For the Enrolled Nurse of the Year; Mr. Naushad RAMDASS

Henrietta Stockdale Floating Trophy: For the Senior Student Nurse who presents the best professional image for the year 2004/5; Ms Rhoda Chrystal CHETTY

QUALITY IMPROVEMENT TRAINING

Quality Improvement training was initiated in 2001 by the Medical Superintendent at the time, Dr G.D. Nzanira, when Greys Hospital first entered the COHSASA programme. The training team was chosen as they represented the 8 service elements that were fully compliant for the quality section of the COHSASA document. The lack of understanding of the Quality Improvement Cycle and the documentation thereof, seemed to be a problem for the remaining 25 elements.

Dr Nzanira introduced the “Train the Trainer” programme, whereby he would train the eight members who would then present future training programmes.

The trainers group currently consists of ten, with five of the original members still in the team:

Mrs. KT Mckenzie	Assistant Nursing Manager
Mrs. A Chetty	Occupational Therapy Manager
Mrs. L Chirkoot	Assistant Manager Social Work
Mrs. H Shanahan	Physiotherapy manager
Mrs. D Wood	Radiography Manager
Mr. D Naidoo	Quality Manager
Mrs. Y Thambiran	Chief Radiographer
Mrs. X Mtunzi	Health and Safety Manager
Mrs. T Mathonsi	Assistant Nursing Manager
Mr. C Frank	Supply Chain Manager

The course content has been modified over the years and is currently run as a 1½ day course, suitable for all staff levels. Following the training, the attendees are required to implement a QIP in their respective departments and present these programmes to the trainers after a period of three months. Trainees then receive a certificate once this has been completed.

A number of diverse QIP's have been presented by the trainees in order to complete the training. A few have been presented at the

Grey's Hospital Quality Days, several have been made into posters and one was selected for the COHSASA website!

Nominations for training are called for annually from the various departments and the trainers then select staff for training, based on equitable representivity from departments and the various categories of staff.

TOPICS COVERED DURING THE TRAINING:

- Perspectives on the meaning of Quality
- Principles of Quality Improvement
- Dimensions of Quality
- Building a QIP
- Problem solving techniques
- Analytical and Statistical tools
- Mock Audit
- Case studies
- QIP presentations
- Presentations by the trainees

NUMBER OF STAFF TRAINED 2001-2007

MEDICAL	10
NURSING	110
SUPPLEMENTARY	49
ADMINISTRATIVE + SUPPORT	94
TOTAL	263

Our thanks go to Dr GD Nzanira for inspiring us with his passion for Quality!

We are endeavouring to inspire others to “**Doing the right thing, right, right away**” *“Advocates of TQM”*

**MRS D WOOD
SECRETARY
QI TRAINERS**

**Most people walk in and out of your life... but friends
leave footprints in your heart**



Staff members attending QI Training.

Reopening of Ward A1.

It gives me great pleasure to inform you about the commissioning of Ward A1. With Dr McKerrow's commitment and heartfelt compassion for children, Ward A1 has been opened with a vision of providing adolescent care. This is the first Adolescent facility in area 2 of KZN. We officially opened on 1st August 2007 and have 14 beds, which will cater for Medical patients. Our aim is to provide an adolescent friendly environment with gold standard status so that the best care is always given thus aiding other institutions to also provide the same level of quality care.

We hope to achieve impeccable record keeping and to ensure holistic care is given to all our patients. This is the beginning of bigger and better things to come.

I would like to thank all those who have worked hard in making this venture possible.

Sr S Nathoo.

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I've been meaning to write this letter since my visit to Grey's Hospital last October. You may have seen my letter in The Natal Witness where I commented not only on the wonderful welcome I received from The Hospital Manager, the administration staff and the Operating Theatre staff, but also on the cleanliness of the hospital and the fact that the chapel is

obviously being used. In short it was great to be back in the hospital, in which I spent twenty wonderful fulfilling years as the chaplain. Those were very special years of which I have no regret.

At present Brenda and I are living with Miles and Claire in their lovely flat near Battersea Park in London. They are both unmarried and share the flat. By the time we return at the end of next month, we will have been here in South Africa, for nearly six months.

For those of you who remember, both Miles and Claire trained at Grey's. Miles is in charge of the Neurosurgery Theatre at the London Clinic and has now qualified through Greenwich University to assist in surgical procedures. Claire was working in the theatre of the Lister Hospital until she was invited to become secretary to Mr. Chris Bishop, who is a well respected Vascular Surgeon in London. She has been living there for 8 years now.

I continue, at the age of 72, to run and although I have not run a marathon since February of last year, plan to be back on the road once we are home in Fish Hoek.

Best wishes to all who remember me at Grey's.

Hamish Holman. (Retired Grey's Hospital Chaplain.)

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Cerebral Palsy Parent Workshop

The Rehabilitation Team (Dietetics, Occupational Therapy, Physiotherapy, Speech Therapy and Audiology) of Grey's Hospital held a workshop for caregivers of children with Cerebral Palsy on the 22 August 2007. The theme of the workshop was 'Nutrition and Oral Care'. Twenty-five mothers, grandmothers and aunts attended. The morning opened with a Welcome and Prayer by Gloria Maharaj of Physiotherapy, followed by an interactive and informative talk by our guest speaker, Mrs. M. Paruk. Mrs. Paruk is an Oral Hygienist – she gave her audience many useful and practical tips for good Oral Care in their children. Ruwaida Amod of the Dietetics Department then presented a talk on Nutritional Care in

children with Cerebral Palsy, with tips on how to optimally feed and nourish the child who has difficulty with chewing and swallowing.

We all enjoyed a cup of tea with sandwiches, muffins and scones at the mid-morning break. Candice Da Rocha (Physiotherapy) and Keira Brough (Occupational Therapy) proceeded to give a practical demonstration and talk on how to normalize postural tone with exercises and on how to position the Cerebral Palsied child for optimal and comfortable feeding. Yugesh Perumal (Speech Therapy and Audiology) rounded up the morning by presenting a useful talk on Feeding Techniques for the Cerebral Palsied child, who is often a problem to feed safely and effectively.

All information was presented to our audience in English and in isi-Zulu, with the help of Gloria Maharaj (Physiotherapy) and Pretty Madlala (Dietetics), our capable translators. Doreen Mchunu (Physiotherapy) and Sizwe Ncalane (Occupational Therapy) assisted to ensure that the workshop ran smoothly. The entire workshop was digitally recorded by Heidi Shanahan of Physiotherapy, for future reference. At the end of the morning a gift package was handed to each of the workshop attendants – each contained a feeding bowl and spoon, toothbrush and other equipment necessary to the feeding and oral care of the child with Cerebral Palsy.

A positive response was received from the audience for the workshop, and good suggestions were given by them for further workshops. It is planned that the Rehabilitation Team will present future Information and Support Workshops for the caregivers of the children who attend our Cerebral Palsy Clinic.

Angela Chetty (Occupational Therapy)
Tracy Bailey (Physiotherapy)

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We all have something different to bring to the table

Lodger Mother’s Building.



To have a friend be one yourself

OTHER HR NEWS:

All at Human Resources would like to wish hearty **CONGRATULATIONS** to **MRS EMR ROBERTSON** (nee Durandt): Assistant Manager: Labour Relations, on her marriage!!

Let your love be stronger than your hate and anger.
Learn the wisdom of compromise,
for it is better to bend a little than to break.
Believe the best rather than the worst.
People have a way of living up or down
to your opinion of them.
Remember that true friendship
is the basis for any lasting relationship.
The person you choose to marry
is deserving of the courtesies
and kindnesses you bestow on your friends.

Human Resources would like to welcome the following people:

Mr Gary Stoffels : Assistant Manager: Human Resource Practices

Mr T Molefe : HRO

Ms NS Xulu : HRO

Mr TJ Mbona : HR intern

Human Resource Practices would like to wish you all well in your stay here and an enjoyable learning experience.



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 – 16h00

**Look out for our popular
lunch-time specials**

One thing you can not recycle is wasted time