

NEW BEGININGS

MESSAGE FROM THE CEO....

I would first like to welcome everyone in the New Year, hope you embrace all the challenges and the possibilities of the year that lies ahead.

I'd also like to thank all my staff -no matter what category you may fall in - for the support and dedication you have shown in 2006. Without your support we wouldn't have achieved such great heights

Staff are encouraged to show more initiative for the New Year and to concentrate on patient's care which is our core function.

The new crisis centre which is a project initiated by Sibiya Casino and Mahatma Gandhi Management is due to be completed by the 28 June 2007. The new crisis centre will accommodate all the services under one roof in order to ensure that the patient's confidentiality is maintained.



To all those departments who engaged in the "ADOPT A SPOT" project are congratulated. Well done on your achievements!!!!

Quote – today the most memorable happening will be the one in which you have helped someone else. – Helen Steiner Rice

ABOVE-Sod turning Ceremony held on the 27th of February

(from left Dr Busi Nyembezi HOD, Dr Dlomo CEO of Sibaya Casino , Dr Ndlovu, CEO MGMH and behind in orange Mpume from the Municipality

The Occupational Therapy Department at MGMH were kindly donated boxes of both new and used toys as well as blankets for the paediatric ward. The donation was courtesy of the church of "Jesus Christ of Latter Day Saint" and from Spar Central Office in Pinetown. These toys were donated for the purpose of fulfilling a great need for the education and stimulation of the sick and poverty stricken children who fill these wards. They also brought great joy into their lives as many of them did not own a single toy themselves.

She warned of developmental delays due to a lack of stimulation from a lack of toys.

The community service occupational therapist ran a toy making workshop with the mothers in the ward 'ukugcwalisa ukuthi uma ufundisa umuntu weswimame – uhlomisa isizwe sonke'. She also spoke to them on the importance of stimulation and play in the developmental delays due to a lack of stimulation from a lack of toys. The workshop was a great success and mothers learned skills and indulged in choosing from the beautiful toys in the donated boxes, which made everyone very excited. A big thank you goes out to those who generously donated to this event



WOMENS HEALTH



With the month of February being Reproductive Health month, the PR Department decided to take a look at Women-health issues. We spoke to Sr G Naidoo who is in charge family planning who advised that every women must be educated and use contraception.

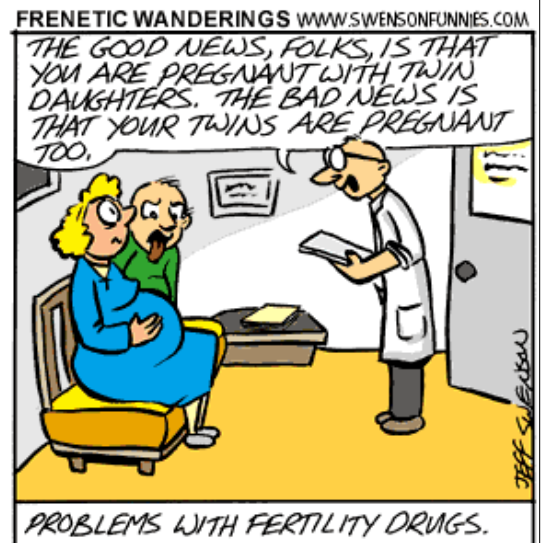
Family planning is a key component of comprehensive health service.

Effective and consistent use of contraception will positively impact on the community thereby:

1. Preventing unplanned and unwanted pregnancy which will result in reduction of termination of pregnancy.
2. Preventing of unsafe and at risk pregnancy's.
3. Prevention of STI's – reduce HIV infection and Aids.

SUCCESSFUL CONTRACEPTION SERVICES IMPROVE THE HEALTH STATUS OF ALL WOMEN AND REDUCTION OF MATERNAL MORBIDITY AND MORTALITY.

SHOULD YOU HAVE ANY QUERIES REGARDING FAMILY PLANNING PLEASE FEEL FREE TO CONTACT SISTER NAIDOO ON EXT 2206



SOUP KITCHEN

The Public Relations Department has embarked on a pilate project at the Philalhale Clinic.

With the help of Woolworths and Berea Chapel the PR Department has opened a soup kitchen at the clinic. Between 70-80 patients are being fed every Wednesday with the help of generous donors. The meals are being prepared by 4 patients together with the PR department. The project has been a major success and the patients are glad to have a meal provided to them.

Should staff be interested in assisting with dry, tin products please feel free to contact Mpume or Sharan in the PR Dept. Your donations will make difference.

Ladies serving patients meals at the clinic



POPD BOAST ITS NEW LOOK

Children were delighted to see their friendly cartoon characters in the Paeds Out Patients Department recently.

The Paediatric Out Patients Department (POPD) at Mahatma Gandhi Memorial Hospital sees approximately 80 to 100 children daily. With these high volumes, staff have noticed a need for a more child friendly environment.

The children that visit our POPD are mostly from low socio-economic areas, and it has been observed by staff that often their illnesses are exacerbated by monotonous environment and long waiting hours. We were therefore enthusiastic in making the area more stimulating to the children and have therefore decided on giving the area a facelift.

Our idea of a facelift is to paint murals of cartoon characters on the walls which was professionally done courtesy of Plascon Paints who donated paint towards this project. I'd like to thank the Pharmacy Department and the OT Department for making it possible. Your passion and enthusiasm will never go unnoticed.

Thank you once more for your king gesture.



You can get children off your lap, but you can never get them out of your heart."

MIDWIFERY STUDENTS 2006 AT MGMH

SAVE THE MOTHER **SAVE THE BABY.**

Mrs EP Kwitshana an experienced advanced midwife/midwifery facilitator/clinical specialist received full orientation at KEH for the training of midwives. Mrs Kwitshana is responsible for the training of midwives at MGMH since 2004 working with a team with tutors and facilitators from KEH. Training of midwives is done at KEH for 1 year. Midwives are

sent to KEH by different Institutions for theory and back to their Institutions for

practicals. MGMH also accepts students from nearby clinics to practice for a year. Students examinations are done at KEH (training Centre) and MGMH.

Dr Moran—Principal Specialist and his team of doctors contribute a lot on training, teaching, demonstration and in examinations.



Medicine and You

THE DO AND DON'T'S OF MEDICATION

1. Always follow the instruction given to you by the doctor or pharmacist on how to use your medication.
2. Make sure you read the medicines labels to ensure that you have the correct medication and take it correctly.
3. Don't be afraid to ask your doctor or pharmacist if you have any queries about your medication or medical condition.
4. Always advise medical staff of any medicine allergies or if you experience any side effects of your medications.
5. Bring medication containers to the hospital on every visit especially if you do not know the names of your medication.
6. Store medication in a cool place or as otherwise instructed e.g. in the fridge or away from sunlight/moisture etc.
7. Do not store medication in the bathroom.
8. Do not store different medication in the same container.
9. Do use medication that is expired.

10. If you lose a dose don't take extra tablets to cover up the next dose.

11. Don't lend or borrow medication from family or friends as this could be dangerous.

12. If you visit more than one doctor always inform the doctor the medication you are on.

13. When buying medication from a pharmacy always confirm with the pharmacist that the medication is safe to use together with the medication you are currently taking.

WARNING : KEEP MEDICATION AWAY FROM CHILDREN



TIPS TO SAVE MONEY FOR THE NEW YEAR

MAKE RAZOR BLEDES LAST

Razor blades are really expensive. To make them last longer, store them in a glass of water so the oxygen in the air doesn't corrode and blunt them as quickly

EAT LEFT OVERS

Don't be picky about leftovers. You can cook up some terrific leftovers dishes if you keep the food fresh and use your imagination

MAKE A BIG POT OF SOMETHING AND FREEZE THE EXCESS

If you're cooking a stew or sauce, make more than you need and freeze what you don't eat. This saves on electricity and time.

FILL UP YOUR CAR AT NIGHT

If you fill up with petrol during the day, the sun evaporates a small percentage of the fuel. Over a year you could save yourself half a tank of petrol by refuelling when it's cool.

TURN OFF LIGHTS

Do you really need all the lights on at once? Turning off a light when you're not using it saves a fortune in electricity costs in the long run

BUY THINGS ON SALE

Each and every Christmas we all go out and buy lavish presents at the full price, but if we were prepared to wait a week or two for the sales to start in January, we could save so much money

BUY PROPERTY

The bond rate is at its lowest in a decade, and a bond is the cheapest way to borrow money, so if you can buy a property – however modest – do so. If you're renting, add up how much money you spend on rent and find out how big a bond that would pay off. You might be surprised

SWITCH OFF YOUR GEYSER

While you're away on holiday or even

at work, you don't need boiling hot water at home. So switch off your geyser and save money.

EAT IN

Restaurants are very expensive, so try to cut down on the number of times you eat out or buy takeaways. It will also make it much more of a treat when you go out for a special occasion. You could even start up a supper club with friends and family and enjoy fabulous meals at each other's house for a fraction of restaurant prices.

START A LIFT CLUB

Our petrol is among the most expensive in the world, so it pays to club together with a group of people for long or regular journeys and to share the fuel bill

BUY SECOND HAND

They say the price of a new car drops by 25 percent the minute you drive it out of the showroom. But if you buy nearly new, you can get the same motor plan and save a fortune. The same goes for computers and clothes, so check out second – hand bargains before you purchase.

BUY IN BULK

Buy things you use a lot in bulk from the wholesaler. It's even worth getting together with your neighbours to buy for a group.

STICK TO THE SPEED LIMIT

It may sound boring, especially if you've just customised your car, but it makes sense. Keep to the speed limit and you'll avoid traffic fines and save petrol

BUY REFILLS

Once you've got the original container for salt, fabric softener and so on, buy refills in cheaper packaging instead of buying another container. Refills are cost effective, and they are environment friendly.

SAVE WATER

Somebody worked out that a dripping tap can cost over R5000 a year, so never leave your taps running, and fix a dripping tap – washers cost under a rand! You can also halve the amount of water a toilet uses every time you flush it by sticking half a brick in the cistern.

DON'T OVERFILL THE KETTLE

Don't boil enough water for five cups of coffee if you're the only person in the house. Boil only as much water as you need (checking that you've put in more than the minimum marked on your kettle) and you'll save on electricity bills.

ALWAYS CHECK YOUR CHANGE

Check what you get back every time you make a cash purchase. You'll be amazed at how often you are short – changed

EMPTY YOUR COINS INTO A JAR

Do this every day and at the end of the month, put the change into your savings account. You could save between R30 and R100 a month this way.

PAY YOURSELF

Decide how much you can afford to set aside for yourself every month out of the money you make. Then, deposit this amount into a savings account at the beginning of the month before you pay any bills. If you wait until the end of the month, there may be nothing left to save.

MAKE YOUR OWN LUNCH

Buying convenience or canteen food soon adds up. Making your own lunch can save you several rand each



Reproductive Health Month

To commemorate Pregnancy awareness Day –The Public Relations Department together with the ANC Clinic held series of events on the 19th of February.

The day started with the expecting mothers being given breathing and pelvic exercises.

Our Physio-therapist, patiently engaged the group in these various exercises stressing their importance during pregnancy.

The training exercise was followed by a full educational program at our Ante-Natal Clinic where women were first given tips on what to eat during pregnancy. According to Sr G Naidoo eating the right food is important for both the mother and the growing baby.

She further insisted that expecting mothers should eat fruits and vegetables often.

A Question and answer session followed, with mothers raising their hands all at once, fighting for a chance to answer the question.

Sr G Naidoo was impressed with the knowledge the mothers presented on pregnancy and Breastfeeding. Their efforts did not go unnoticed as Berea Chapel **aka** friends of MGMH presented our mothers with gifts and meals.



SEXUALLY TRANSMITTED DESEASE



Never did I imagine that our patients would know so much on STI and on Condom use. All of that was displayed when we had an educational programme at our Outpatients Departments.

Mr Gumede from Mindset was kind enough to head the program with his exceptional expertise. The patients were so comfortable with his approach in such a way that they shared their experiences and asked questions relating to STI.

This year we decided to do something different as shown in the picture. We got a hold of actual pictures showing the effects of STI so that the patients could relate to what they are seeing as compared to pamphlets and education only. The pictures had a positive effect on patients with some vowing never to contract any of these infections. Izithameli zethu kwasekuyizo ezifundisa thina ngokusetshenziswa kwe condom-nokwangihlaba umxhwele kwaphinde kwanginika nethemba lokuthi impi yokulwisana nezifo siyayinqoba kancane kancane.....

SYSTEMS CHRISTMAS PARTY



The Systems Department had a rave at their party held at Umhlanga Beach during the festive period. Staff enjoyed delicious meals and danced to funky music till late in the afternoon.

Kunina enaphuthelwa –ozakwethu abathile baze basikhombisa amakhono abo ahlukene- kusakela ekudanseni, ukupheka kanye nesibhakela !!!!!

PUBLIC RELATIONS DEPARTMENT

Welcome to yet another addition of Umthombo Wolwazi 2007. as you may be aware through 2006 the newsletter has been run by the PR Department which is not fare as we are trying to build a spirit of unity, teamwork, sharing which is the core reason the magazine has started at the hospital. Without your contributions the light that keeps this magazine alight will in the long run fade away without effort being shown by yourselves. Teamwork is vital when working in a hospital environment hence it is of importance that we as staff learn to respect one another in our place of work.

We as the PR Department have a duty in ensuring that all our patients Rights are respected. We therefore encourage staff to be supportive and responsible with the PR Department should queries arise as patient care is our core function.

The PR department was élan-dated with complaints from the community regarding patient care in 2006. We urge staff to be more patient friendly in 2007 in order to minimize patient complaints. Lets make it a priority that our Batho Pele Principles and Patients Rights are not infringed in any way. The PR department will be hosting health events for 2007 staff who are interested

in assisting with their expertise should contact the PR department. There are currently two volunteer workers in the Department who are assisting with Patient surveys. The surveys are done in the hospital on patient care.

Just to inform all staff that the new policy on collecting of medication has been agree upon by Senior management and the Pharmacy Manager you are encouraged to familiarize yourself with the policy.

Alone we can do so little; together we can do so much." Helen Keller

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Losing your temper has never improved any situation. In fact, no matter how bad the situation, it can always get worse when you lose your temper"



FAREWELLS

Nursing Management hosted a farewell party for 2 Assistant Nursing Managers who are leaving for greener pastures. Mtr Mjadu who is leaving for Inkosi Albert Luthuli Hospital and Mtr T Hlongwane who is going to Osindisweni. We wish you well.



Congratulations to Mrs Thoko Mdletshe (social work department) on the birth of her baby boy Nhlanhla (Junior)



David, the hospital psychologist bid farewell to staff at the end of December 2006. He will be moving back home as his contract had come to an end. We wish him well at his new job and know that he will be closer to family and friends, we would however like to welcome on board the new psychologist DOMINQUE. Hope you enjoy the ride at MGMH.



Goodluck to Khaya Ngema he is now a Mortuary Assistant at King Edward hospital. Even though we miss you the promotion was well deserved. Thank you for your hard work and dedication shown to the department and the hospital.



Mrs Jane Reddy bid Farewell to staff on the 21/12/2006. she had a long and fruitful stay at MGMH and we wish her well at Wentworth Hospital. Go Well!!!!