



## International Nurses Day Commemoration at St Aidan's Hospital

St Aidan's Mission Regional Hospital in collaboration with DENOSA joined the international nursing fraternity in commemoration of the International Nurses' Day on the 12th May 2005.

### Florence Nightingale

On this important day, which coincides with the birth of nursing pioneer Florence Nightingale, all the nurses under the banner of International Council of Nurses (ICN) and its affiliates celebrate and highlight the challenges posed by the profession.

This august ceremony was opened with a prayer by Rev. Dlamini who reminded nurses of the divine nature of their calling and implored them to persevere in their service regardless of enormous challenges they face daily.

### Safe staffing saves lives

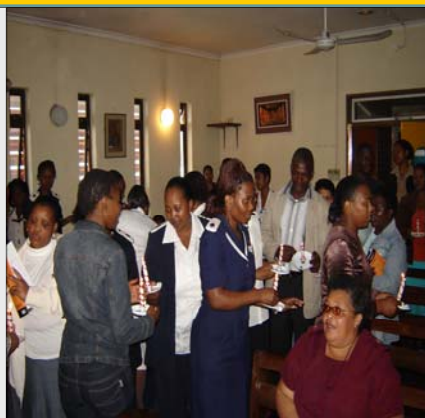
DENOSA's 2006 theme was; "Safe staffing saves lives". The guest speaker Dr I Manaka-Mkhwanazi, warned nurses of "the disturbing signs that the

public image of nursing reflects a profession that has lost its "ethic of caring". She urged nurses to recapture and uphold this ethic as "caring and nursing have always been thought synonymously...and care is the essence and moral ideal of nursing and it is the central and dominant unifying focus of nursing".

Dr Mkhwanazi further drew attention to the fact that "there is sufficient evidence that safe staffing levels improves the quality of patient care and increase the job satisfaction, which will assist with retention of nurses".

In the backdrop of mass immigration of skilled nursing personnel to developed economies, the nurses in South Africa are overburdened with a heavy workload which is further compounded by the outbreak of pandemics such as HIV and AIDS.

All the nurses present renewed their vows to the noble profession by reciting the Nurses' Pledge.



**Nurses light the candles before reciting the Nurses' Pledge.**

This function was also a cultural celebration event. The choirs from neighbouring hospitals like St Mary's and McCord's had the crowd eating out of their hands with their beautiful melodies.

St Aidan's College students left crowd crying tears of laughter after their satiric rendition of the history of nursing.

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### CEO'S CORNER

#### By Mr Pradeep Ramowtar

It has been almost 3 years since the department has taken-over the hospital and there has been numerous changes and service delivery improvements during the commissioning of Ophthalmology, Urology and Plastic departments.

Despite the drastic increase in the number of staff I am proud to see that the 'ethos' of St Aidan's is still in a class of its own.

Management fully acknowledges that the success of the hospital to date is as a result of valuable contribution by all

staff of St Aidan's Mission Hospital.

I also wish to further express my gratitude to all staff the caring, compassionate health services that they provide to the communities we serve and to the executive management team for their support and encouragement.

**"The nice thing about standards is, there are so many to choose from".**

## ST AIDAN'S CANDLELIGHT MEMORIAL DAY



**Dr Prekaash Dayaram, Medical Manager, lighting the main candle in memory of the HIV and AIDS**

The memories of those who have departed this world due to the HIV and AIDS pandemic were revoked on the Candlelight Day held at St Aidan's Mission Hospital in the recent past.

This day is observed to remember those who have passed away as the result of the dreaded disease and highlight the plight of the millions who are living with the virus.

St Aidan's Hospital chap-

lain, Rev I.S. Cele, gave a moving sermon urging everybody to join hands in caring for the families of the deceased and those who are infected and affected by the virus.

The main speaker, St Aidan's Hospital Medical Manager Dr P. Dayaram, brought to light the devastating effects of the HIV and AIDS not only to those infected but to the country's health and economic sys-

tems.

Drawing information from the recent UN reports Dr Dayaram warned that in the recent future the effects of HIV and AIDS are going to be more and more evident to all.

After the emotion charged service Rev Cele led the procession to all the wards where prayers were offered to the Lord Almighty on behalf of patients.

## EMPLOYEE ASSISTANCE PROGRAMME LAUNCH

"People in your life are like the pillars on your porch, sometimes they hold you up and sometimes they lean on you, sometimes its enough to know they are standing by".

**Source: Author Unknown**

St Aidan's Hospital will be launching the Employee Assistance Programme (EAP) during the course of the month of August this year. The EAP is designed to identify, prevent and treat employees personal and work related problems taking into cognizance that employees (human resource) are the most valuable asset of any organization.

It is a well known fact that any employee working under stressful circumstances cannot perform his/her duties to the best of his/her competence. This condition may have a detrimental effect on the productivity and performance of the organization.

The personal problems usually associated with em-

ployees include health, marital, family, financial, alcohol, drug, emotional, stress and many others.

Employees are encouraged to make use of this valuable service. It is guaranteed that all the problems will be treated with confidentiality and nobody will be victimized for revealing his/her problems.

## HEALTH AWARENESS DAY

The Occupational Therapy Department recently hosted a highly successful Health Awareness Day at the St Aidan's Church Hall on the 23rd June 2006.

This function was graced by a number of private companies who exhibited their products and services.

Z.A. Khan Optometrists did free on site eye-testing.

Bayer Health sponsored all the blood glucose testing.

Oxygen Medical Aid did all the blood pressure checking. They also gave out free water bottles to everyone present.

Virgin Active Health Gyms did assessments for Body Mass Indexes and exhibited muscles strengthening and toning equipment.

Lancet Laboratories provided information brochures on Hepatitis, malaria and TB.

Durban University of Technology Chiroporary students made presentations the about the services they offer.

St Aidan's Hospital Occupational Therapy and Physiotherapy Departments gave information on back strengthening exercises and educated the attendees on their specialities.

The event organizer, Sr L. Chowdree, wishes to thank everybody who was there for their valuable contribution.

## EDITOR'S QUIP

It is with great pleasure that I write for the very first issue of St Aidan's Voice, the official newsletter of our hospital.

As we are gearing towards the month of August, it is that time of the year when we celebrate our women. Women have made different yet noticeable marks throughout the history of mankind. Be it the degrading of Sarah Baartman or the elevation of Queen Modjadji. Be it the deceit of Nonqawuse or the heroics of Lillian Ngoyi and the class of 1956.

In the health care sector, in particular, women are the pillars

of strength. It is mind-boggling to imagine how things would be without the dedication of many women from Florence Nightingale to that first year student at the nursing college today. We wish to thank you for your brave devotion to humankind even under the most challenging situations.

This refers to professionals in different health disciplines and to those good Samaritans who offer their caring services free of charge. Your sacrifices may go unnoticed and sometimes unrewarded but the difference you make to other

people's lives is immense.

It is hoped that the developments such as the new Health Human Resource (HRC) plan will ease your burden and create a much more accommodative climate for all health care workers.

It is also important that women seize opportunities like these to highlight and address their challenges and become the masters of their own destiny.

**WATHINT' ABAFAZI!!!**

**WANTINT' IMBOKODWE!!!**

**HAPPY WOMEN'S DAY!!!**



**Zwide Ndwandwe - Public Relations Officer and Editor invites your contributions to your newsletter.**

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## STAFF SCENE

### NEW APPOINTMENTS

Dr Thommasen - Ophthalmologist  
 Mr Norman Nsele - Senior Finance Management Officer  
 Ms Mbali Mahlangu - Supply Officer  
 Mr Haroon Atcha - Receptionist  
 Mr Vinesh Ramluckan - Receptionist  
 Ms Winnie Mapitse - Receptionist

ist

Ms Fanele Mncube - Registrar  
 Ms Nobuhle Sithole - Records Officer  
 Mr Qaphelani Mthembu - Driver  
 Ms D.T. Mkhize - Enrolled Nursing Assistant  
 Sr K. Pillay - Professional Nurse  
 Sr E. Govender - Professional Nurse

### CONGRATULATIONS!!!!!!

Sr N.M. Phewa completed a course in Injection Control with a distinction.  
 Halala Girl!!!  
 Uro/Plastic ward has won the Injection Control Awards floating trophy for the past three consecutive months.  
 Keep up the excellent work.

### HAPPY BIRTHDAY!!!!!!

Vinesh Ramluckan  
 01-08-2006  
 Jeffrey Shelembe  
 04-08-2006  
 Vigie Thambiran  
 13-08-2006  
 From all your colleagues.

## LAUGHTER THE BEST MEDICINE

### A DOCTOR IS COMPLAINING TO A MECHANIC

A doctor is talking to a car mechanic, 'Your fee is several times more per hour than we get paid for medical care'.  
 "Yeah, but you see, doc, you have always have the same model. It hasn't changed since Adam. But we have to keep up to date with new models coming every year."

**Source: Nursing Update**

### IT IS HARD TO LIVE WITH A NURSE

- ◆ When you forget to flush the toilet, you get a complete analysis with a plan on how to correct any noted problems.
- ◆ Christmas dinner comes in pre-cut small pieces because she doesn't want to have to perform the Heimlich manoeuvre and be reminded of work

on the only holiday she's had off in years.

- ◆ Discussing dismemberment over a gourmet meal seems perfectly normal to her.
- ◆ You have been awakened from a dead sleep in the middle of the night to find her shaking you because your breathing patterns were too close to a Cheyne-Stokes rhythm.

**Source: Nursing Update**

### Quotable Quote

"Forgiveness is the scent that the rose leaves on the heel that crushes it".

**Source :**  
**Author Unknown**

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**LOVING CARE IS THE BEST  
MEDICINE**

## ST AIDAN'S MISSION REGIONAL HOSPITAL TEN COM- MANDMENTS OF GOOD PATIENT CARE

1. A patient is the most important person in any hospital.
2. A patient is not dependent on us; we are dependent on him.
3. A patient is not an interruption to our work; he is the purpose of it.
4. A patient does us a favour when he comes into our hospital; we are doing him a favour by serving him.
5. A patient is part of our business; not an outsider.
6. A patient is not a cold statistic; he is a flesh and blood human being with feelings and emotions like our own.
7. A patient is not someone to argue or match wits with.
8. A patient is deserving of the most courteous and attentive treatment we can give him.
9. A patient is one who brings us his wants; it is our hope to fill those wants.
10. A patient is the life-blood of every hospital.

## SPORTS SCENE

### **Netball team set the scene alight**

St Aidan's Netball team turned out to be the surprise package in their maiden participation in the eThekweni Health District Soccer/Netball Tournament held at Cator Manor Sports Grounds recently.

After suffering earlier disappointment when narrowly losing 5-7 to Mahatma Gandhi and 1-4 to IALMH, they rose from the ashes and annihilated Charles James by 8-0. As they grew in confidence they plummeted the much fancied KwaMashu CHC (who were later disqualified for fielding improperly registered players) by 7-5. As if that was not enough, they crashed the feared King Edward Hospital

by 4-2. Clairwood were the next to get the 6-3 hiding.

### **Soccer Team Suffers Minor Setbacks**

In as far as the prospects of the soccer team were concerned the results weren't that glowing.

They lost 0-3 to King Edward in their first game. In the second game the technical team decided to give all the players a chance to play and they lost 3-0 to Hillcrest. But the boys put their act together and held EMRS to a well fought 1-1 draw.

### **Good debut**

In as much as the St Aidan's Mission Hospital teams were debutants in this tournament, they came out with their heads held high.



The animated St Aidan's Mission Hospital netball team after their highly successful first-time participation in the eThekweni Health District Soccer/Netball Tournament