



HEALTH

KwaZulu-Natal

St Aidans Regional Hospital

The Voice Newsletter

April—May 2010

GLAUCOMA SCREENING

During the World Glaucoma Week 7th to 12th March 2010, the St Aidans Eye clinic team had free glaucoma screening. On the 10th March 2010, fifty seven (57) people were screened for glaucoma. The main aim for the free glaucoma screening was to identify early glaucoma suspects. Secondly it was to promote eye care.

The criterion used were for people coming from a family with glaucoma history, and all those interested to know their glaucoma status.

The announcement for the free screening was done during the glaucoma support group meeting which was held on the 24 February 2010. Patients were invited to bring their family members for free screening. They were also told to make appointments in order to identify the total number of patients expected for planning purposes.

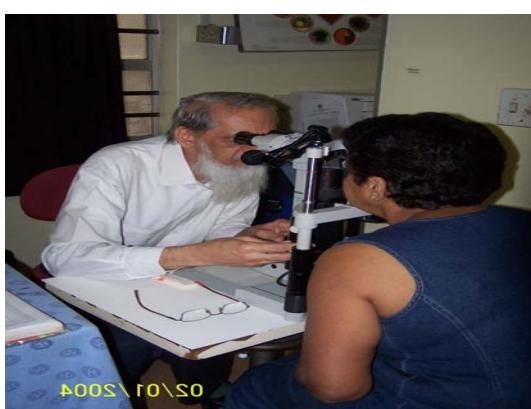
Fifteen(15) glaucoma patients were identified on the day. We would like to thank Dr Y Jhavery, Dr K.R Moodley, Dr K Chetty and all eye clinic staff members for their dedication towards patient care. A special word of appreciation goes to Ms Kerry Robertson for bringing lunch for the staff members.



Patients waiting to get their eyes tested



Ophthalmology doctors together with Eye Clinic team.



Dr Y. Jhavery testing the eyes of a patient

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Get to know Chaplain Services

The chaplain is responsible for rendering the following services.

To render spiritual support and counseling to all Health Care Workers and all patients.

Conduct one debriefing session per month.
To visit ten patients in the wards once a month with spiritual support and counseling

The Chaplain provides the following services:
Spiritual, emotional and trauma support
Grief and bereavement counseling.
Debriefing.
Depression and anxiety.



St Aidans Chaplain: Rev Sibidla

nurses.

Group sessions for nurses

Individual sessions with PLWA s.

Group sessions with PLWA.

Individual sessions with workers or other health care workers

Group sessions with workers or other health care workers.

HIV/AIDS counseling (Pre- and Post)

Certify legal documents

Domestic supportive counseling. Prayers and short Bible Studies.

Area Of Operation

Individual sessions for

Sessions with doctors

Repeat counseling sessions. Available on Monday from 10:00 to 12:00 pm. Special appointments for other days and times can be arranged.

Contact her on 082 896 0010.

Inspirational Words of Wisdom!!

"The biggest mistake that you can make is to think that you are working for somebody else. Job security is gone. The driving force of a career must come from the individual. Remember; jobs are by the company, you own your career!"

Earl Nightingale.

"You can't separate peace from freedom because no one can be at peace unless he has his freedom" – **Malcom X**

"All great things are simple, and can be expressed in single words: freedom, justice, honour, duty, mercy and hope"

Sir Winston Churchill

"Rather than allow mistakes of the past to depress us, we should try to behave in such a way that we convert them into merits" -

R.A.J Twerski

"You never know where a person may go, so always encourage the journey".

Carol Katie

Retirement Function

Mrs. Pillay retirement function was held on 7 April 2010. The event was held at the college classroom. The programme director of the day was Sr Chetty who conducted the programme excellently; which proved that she has hidden talents. The event was organized by the retirement committee which ensured that everything regarding the day were according to plan.



Sr Chetty the programme director

and commitment towards patient care.

She also said "It is sad to see Mrs M. Pillay leaving but we thank you for your contribution to patient care and



Mrs. M. Pillay delivering her speech

service delivery". Sr Bhengu compiled and sang a special song for Mrs Pillay.



Happy colleagues on the retirement party

Mrs Pillay thanked all staff members including her supervisors for their support during her stay at St Aidans Hospital. She was accompanied by her husband whom she mentioned as very supportive through out her career. Matron SD Pillay thanked Mrs. Pillay for her dedication



From left to right: Ms R. Mathe; Mrs V. Yegamberum; Mrs. M Sewnath; Ms C Sosibo; Mrs. F Hlongwa; Mrs. SD Pillay. Seated: Mr. Pillay and Mrs. Pillay

Blue Button Graduation For Student

It is with pride that the bridging course students 409 have received their light blue buttons. This is after being successful in the South African Nursing Council examination for their first year. Their second year is their apprenticeship for professional nursing.

Bridging course group 410 received their dark blue buttons after passing all examinations in their first block of training. We wish them all the best as their training continues. It is important that they stay focused for future examinations.



All happy students after receiving their Blue Buttons

UROLOGY LAPAROSCOPIC WORKSHOP

The workshop was sponsored by the following companies.

- Johnson and Johnson
- Marcus Medicals
- Storz

All the above mentioned companies supplied all the equipment and consumables that were needed for the workshop to be successful .

Doctor M. Conradie was the guest Surgeon conducting the workshop. He is head of urology at Greys Hospital. The following operations were performed, 2 Nephrectomy, 1 Radical Nephrectomy, 1 Partial Nephrectomy, 1 Ureteric re-implant.

Advantages of Laparoscopic Surgery:

1. It shortens the surgical time.
2. Less invasive surgery
3. Better visualization

4. Quick recovery resulting in short hospital stay—thus a huge saving per patient.

5. Less pain to the patient as smaller incisions



Dr M Conradie conducting a workshop

The workshop was also attended by urology surgeons from Inkosi Albert Luthuli.

A big thanks to all who participated to make the workshop successful.



A surgical operation in progress

Special Messages for Staff !!!

CONGRATULATIONS TO THE FOLLOWING STAFF MEMBERS!!!

The following nursing staff who were successful in the post basic examination as Professional Nurses

N Ramkissoon- Child Nursing Science

D. Govender- Critical Nursing Science

M. N. M. Mazibuko- Operating Threatre Nursing Science

H. W. Nombela Operating Theatre Nursing Science.

YOUR HARD WORK WILL HELP YOU SUCCEED IN YOUR CAREERS.

Prayer for our dear Sister, friend and colleague,

Sr U Ganesh. May God grant her the strength, and courage for a speedy recovery. We love and miss you.

From Sr. J.C. Jivan and all of High Care staff.

INTERNATIONAL NURSES DAY

International Nurses Day 12 May 2010

This day is celebrated around the world to remind ordinary citizens of the valuable contributions that are made daily by the nurses

"Of all the rocks upon which we build our health care systems, the nursing workforce is the most important required resource"

unknown.

I would like to take this opportunity to thank all my staff for their perseverance and commitment in providing efficient and effective quality care, despite the numerous challenges. Your enormous contributions to the success of health

care at our institution are not gone unnoticed by management, for this we applaud you.

Thank you for your innovative activities on a daily basis, motivated by desire to improve patient care outcomes and the need to reduce costs to the institution.

I would like to end by reminding ourselves to rest and replenish our own energy so that we can continue to provide quality care to our patients and their loved ones with a true caring ethos and a passion for what we do.

Submitted by: Mrs. S.D Pillay

SPORT NEWS !!

It is a great honour to present the second newsletter for the year 2010. This is a very busy year as we are now counting less than ten days before the start of the FIFA World Cup. More visitors from across the globe will be in our country to enjoy the worlds biggest sport event. It is important to welcome all our visitors with our warm South African welcome.

On 1st May 2010 St Aidans soccer team participated in a soccer tournament which was organized by Nehawu at Cato Manor sports grounds. The tournament consisted of four teams namely King George Hospital,

kwaMashu Clinic, St Aidans Hospital and the Dept of Works. St Aidans soccer team won the tournament after beating the Dept Of Works in the finals.

Our soccer team would like to thank the organizers of the event and the teams that participate in the event. St Aidans Sports and Recreation would like to wish our team BAFANA BAFANA a good world cup tournament.

**GO FOR GOLD
BAFANA!!!**



St Aidans Soccer Team. Tournament winners.

