

# ST AND NEWS

Jul-Oct.. 2008

Volume 1, Issue 14

## The Eye Clinic has opened its doors at St Andrews



Sr Toni assisting Dr Lumeya at the Eye Clinic

Eye Clinic operate from Monday to Friday. The Optometrist comes every second Monday of the month for eye tests and issuing of spectacles

The clinic has the doctor who is available on daily basis.

On weekends and holidays he is called for emergencies

Clients who experience eye problems such as. red, painful, swollen, itchy, discharging and unequal eyes, should consult the clinic.

You can also consult the clinic if you are born with ptosis or if it happens that the eyes become unequal after you had a headache and if the cornea of the eye has a spot.

### More about the eye clinic services

Diabetic clients and Hypertensive clients are screened for eye conditions once per year. Priority is also given to emergency patients like those who have penetrating injuries of the eye.

Patients with critical eye conditions are transferred to other hospitals to be seen by other eye specialist( Ophthalmologist). They are transferred by a shuttle bus, and are given date according to their bookings

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**“If you look at what you have in life you'll always have more .  
If you look at what you don't have in life you'll never have enough”.....  
Oprah Winfrey**

## Cohort system for Simunye clients who are on ARV`s

Simunye Support Centre which sees a huge number of patients who are on ARV`s daily have introduced the use of cohort system. Which has been running for a year now.

Simunye Support Centre has 16 Cohorts, which are the group of small manageable people with the same disease having the same appointment day every 28 days .Each Cohort has a calendar and its structure

When asked about the benefits of the Cohort system to clients Sr Manning from Simunye Support Centre responded by saying that waiting time for clients is reduced because treatment is pre packed the day before or every morning of the appointment day. "This also helps clients to plan on finance issues which lead to no defaulting appointment days and also assist clients to form support groups, assisted by the ARV Social Worker.



Simunye Support Centre staff members who have now engaged to Cohort system

Sr Manning further explained that the Cohort system does not have impact to clients only but also Simunye Support Centre benefits on this system as,

- clients' flow is more organized;
- Defaulters are picked up on a daily basis and the defaulter management is implemented;
- filing is much simpler as it is done alphabetically in each Cohort;
- Pharmacy is able to pre pack the treatment before, which reduces long queues in pharmacy;
- The Pharmacist is able to pick up defaulters on the same day and up date the data base.

*The calendar for Cohort is structured as follows:*

### **1st week**

Monday A

Tuesday A

Wednesday A

Thursday A

### **2nd week B**

Monday B

Tuesday B

Wednesday B

Thursday B

### **3rd week**

Monday C

Tuesday C

Wednesday C

Thursday C

### **4th week D**

Monday D

Tuesday D

Wednesday D

Thursday D

# How to manage stress



Mr T.M. Hlanga EAP practitioner tells us about how we can manage stress

Everyone has experienced some form of stress at some point in their lifetime. This could be due to death of loved one, or changes in our lives. It is a worldwide phenomenon

## What is stress?

Stress can be anything that upsets our ability to maintain our balance i.e. it can be social, psychological or physical

Things to consider when talking about stress

- There is pressure in every job
- Everyone have break point
- When one is stressed, he experiences a sense of apprehension, headache, sweating, irritability and restlessness. These symptoms vary from person to person.

## What causes stress?

Different life changes can cause or increase stress. That includes, but not limited to the following:

- marriage
- divorce
- birth of child
- conflict at work

## What happens to our bodies when we are stressed?....

The human body reacts to stress in various way like...

Increased heart rate, blood pressure and stomach acid.

If the stress is severe and persists over a long period of time, it can have a negative effects on our immune system, making us susceptible to infection, stomach ulcers, hypertension etc.

## Examples of life stressors

Poor nutrition

Self image i.e. excessive concern over self disorders e.g. anorexia

Deprivation i.e. poverty

Frustration i.e. paying bills, fetch children from school

## How can you reduce stress level?

*Find the cause:*once we know this we can work at the problem and so decrease the stress levels

*Control stress....*learn how to manage stress i.e. avoid things that stress you

*Ask for help....*get help from either a friend or professional counselor.

Do some exercise

Improve your knowledge

Do relaxing activities

Lead a balance life

***Compiled by EAP practitioner***

## St Andrews bids farewell to Mrs N.P.F. Sihlali

On the 29th of August St Andrews Hospital Staff bid farewell to the recently retired Nursing Manager, Mrs N.P.F. Sihlali

The ceremony started with an opening prayer by Rev. Dlamini, followed by different speeches and entertainment from her colleagues, hospital management and the chairperson of the Hospital Board Mr P. Dahl also gave a speech on this day.



Mrs N.P.F. Sihlali, Nursing Manager



Matron Edonga delivering her speech



Staff members singing during the farewell function



Izingane zendlamu doing their thing

## NEW OPD FOR ST ANDREWS HOSPITAL

St Andrews hospital's new Outpatients Department has finally opened its doors to the community of Umuziwabantu. This new building is much bigger than the old one where a large number of clients will be accommodated easily. Departments like X-ray, pharmacy, dental clinic, eye clinic etc were among the first to move to this new and beautiful building. New state of the art machines that will assist in improving service delivery have been installed in departments like X-ray. This new OPD has become a one stop centre for outpatients since most of the services are available under one roof.



Mr M. Gasa, Radiographer, posing next to the new X-ray machine.



Mr S. Rabi the OPD clerk says he enjoys working at the new OPD as the space is big enough.



Patient administration clerks helping the community members.

## Hypertension and Eye Awareness

On the 29th of October 2008 the Outpatients Department held its Hypertension & Eye care awareness.

Different talks were given about hypertension, eating the right diet and about eye problems.

The awareness was a success and the community members participated a lot during the talks by asking questions and making comments about hypertension.

### **Facts about Hypertension**

#### **What causes it?**

Obesity, smoking, stress, lack of exercise, alcohol, pregnancy, hereditary, and other conditions like diabetes.

#### **Signs and Symptoms**

Dizziness, sweating, vomiting, severe headache, general body sickness and blurred vision are the signs and symptoms of hypertension

#### **What to avoid**

Try to avoid eating food with too much salt.

When you eat too much salt you can get illnesses such as high blood pressure (Hypertension), heart disease, stroke, fluid retention( when your body keeps water ), kidney failure.

Our bodies need salt but that does not mean that we must eat lot of salty foods such as sausages, luncheon meat (polony), salami, ham, bacon, take away chicken portions, pizza, potato crisp, salty nuts and savoury biscuits.

People need also avoid eating food with too much cholesterol in order to prevent themselves from getting heart disease, reducing too much oil when cooking or frying eggs, eating boiled food, vegetables and doing lots of exercise will help reduce cholesterol in your body..



Sr Nogwina talking about Hypertension



Mrs S. Potgieter talking about the dangers of having high cholesterol in your body



Sr Toni from Eye Clinic, tells clients how to take care of your eyes

### **THE IMPORTANCE OF THE REFERRAL SYSTEM..**

People were also taught about the importance following the correct referral system. The Quality Manager, Mrs N. Gule advised the community about the importance of visiting their nearest clinics whenever they feel sick and should the need arise for them to visit the hospital, the clinics will give them a referral letter.



Sr Gule who is the Quality Manager telling people about referral system

## ZIXOXWA NGEZITHOMBE

### MATRON SIHLALI'S FAREWELL PARTY



Sr Sinto & Sr Mbekwana be-  
lungiselela ukunikezela isipho  
sesibhedlela kusingaye



Izingane zakwaTshomela zenza  
into yamehlo



uDr Kaninda  
(kwesokunxele) kanye  
noDr Bukele bethula inku-  
lumo yokuvalelisa em-  
cimbini



Abafana besicathamiya  
beshaya ucothoza mfana



Abafundi abangabahlengikazi  
becula ngesikhathi somcimbi



Umfu. S. D. Dlamini  
owavula ngomthandazo



uMatron Sihlali eselindele  
ukuthola izipho



Iqembu lomculo iTACC yashiya  
izihlwele zihlabeke umxhwele  
ngomculo wayo omnandi



uNkk T. L. Ntleko,  
Umphathi Wesib-  
hedlela ethi ndlelanhle  
kuMphathi wabahlen-  
gikazi

**NEW APPOINTMENT FOR JULY TO OCTOBER 2008**

N. Mabude — Professional Nurse  
S. Nyawose — Data Manager

**DEATHS**

St Andrews Hospital is sad to announce that one of our employees was lost during the July – October period.  
That employee is:  
P. Tsetse  
May her soul rest in peace.

**JOKES!!!!!! JOKES!!!!!! JOKES!!!!!!**

A Man lived alone in the countryside with only a pet dog for company. One day, the dog died, and the Man went to the parish pastor and said, "Pastor, my dog is dead. Could there be a burial service for the poor creature?"

The Pastor replied, "I'm afraid not. We cannot have services for an animal in the church. But there is a new church down the road, and there's no telling' what they believe. Maybe they'll do something for the animal; you can go and find out".

Then the Man answered innocently, "I'll go right away Pastor. But do you think \$50,000 is enough to donate for the burial service?"

The Pastor exclaimed, "Wow! Why didn't you tell me the dog was a Christian... ..we definitely have services for all Christians!

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In the classroom children were ordered to name any bank that they know in South Africa, they named them, ABSA BANK, STANDARD BANK, FIRST NATIONAL BANK, AFRICAN BANK, CAPITEC BANK, MERCHANT BANK, LAND BANK, NED BANK, then the teacher noticed that Jonny was quiet not saying anything and the teacher asked can we hear from you Jonny which bank do you know in South Africa, the little Jonny answered without hesitating saying....."WITBANK!!!"

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Johnny was placed in a mental institution. It has been 2 months already.

The institution decided to buy another location to accommodate more of their patients as it was overcrowded by then, so the institution management decided that they have to take the patients to the new institution by plane because it's much quicker, so they took all the patients to plane together along with Johnny of course.

So while in the flight the (Mental) patients were very excited by now singing and dancing in plane and the sounds were disturbing, when one of the nurses sent Johnny to keep them quiet at the back.

Johnny went and after a few minutes came back smiling and it was all quiet at the back. The nurses wondered what Johnny had done to keep them quiet, so they asked Johnny what had he done to keep them quiet?

Johnny said with a smile in his face "I TOLD THEM TO GO PLAY OUTSIDE."

**St Andrews Hospital**

"Live today to the fullest because tomorrow is not promised"

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