

ST AND NEWS

April-June, 2009

Volume 1, Issue 17

ST ANDREWS HOSPITAL PROVIDES NEW CATARACT SERVICE TO UMUZIWABANTU COMMUNITY



Dr Lumeya and Sr Toni who will assist you at the Eye Clinic.

Inside this issue:

Drug abuse	2
Launch of speaking book	3
Mental Health Awareness	4
Message from dietician	5
Zixoxwa ngezithombe	6
New appointments	7

St Andrews Hospital's eye clinic has started offering cataract surgery to the community of Umuziwabantu. By this service they are hoping to operate as many people as they can who are suffering from this disease that leads to blindness. Cataract is the opacity of the lens inside the eye. The commonest cause of this disease is old age. All people who are aged 50 years and above who visit the hospital need to have their visual acuity tested and their eyes examined to detect cataract. Patients with cataract start by having poor vision gradually and it can progress to blindness, so these patients must be examined with special eye machines by the Doctor and get booked for cataract surgery. Only one eye will be done per operation. After the operation has been done patients are urged not to cough, bend, sneeze and lift anything heavy for at least 7 days. Clients are assessed on day 1, day 14 and 6 weeks after the operation. Clients are urged to comply with medication ordered by the doctor and strictly come during the appointment dates as it is very important to see the progress of the healing process.

Our clients are to visit the eye clinic in order to have more information about this new service.

IN DEPTH INFORMATION ON DRUG ABUSE

Substance abuse is one of the challenges faced by employees; as a result it can negatively affect their social life and work performance. The EAP plays an important role in assisting employees who are faced with this problem to get professional help. It is important to firstly define what drug abuse is.

Definition

Drug abuse is the use of illicit drugs, or the abuse of prescription or over the counter drugs e.g. pain killers. The abuse of legitimate drugs can happen when people use the drugs in a manner or in quantities other than directed or for purposes that are not legitimate

Signs of Drug Abuse and Drug Equipment

- ◆ Possession of drug-related equipment such as pipes, rolling papers or small decongested bottles.
- ◆ Possession of drugs, peculiar plants, butts, seeds or leaves in ashtrays or in clothing pockets.
- ◆ Odour of drugs, smell of incense or other 'cover-up' scents.

Identification with Drug Culture

- ◆ Drug-related magazines, slogans on clothing and posters.
- ◆ Conversations and jokes that are preoccupied with drugs.
- ◆ Hostility in discussing drugs.
- ◆ Music which glorifies drugs.

Signs of Physical Deterioration

- ◆ Memory lapses, short attention span and difficulty in concentration.
- ◆ Poor physical co-ordination, slurred or incoherent speech.
- ◆ Unhealthy appearance, indifference to hygiene and grooming.
- ◆ Bloodshot eyes and dilated pupils, often finding them using eye drops in their eyes.

Changes in Behavior

Chronic dishonesty i.e. lying, stealing and cheating.

Changes in friends, evasiveness in talking about new friends.

Possession of large amounts of money.

Increasing and inappropriate anger, hostility, irritability and secretiveness.

Reduced motivation, energy, self-discipline and self esteem.

Diminished interest in extracurricular activities and hobbies.

Compiled by Mr. T.M Hlanga from the Wellness Digest 2008

ST ANDREWS HOSPITAL LAUNCHES THE SPEAKING BOOK



Sr Manning educating some of her patients at the launch of the speaking book

Simunye Support Centre is very proud to have launched the speaking book on 02/07/2009.

Together with Broad Reach Health Care, Community Health Workers and the District health Team knowledge and hope about your health the “speaking book was developed”.

This is a valuable educational inspiring tool and also has a behavior risk game included, making it ideal for teaching any age or literacy group and It Provides much fun whilst learning.

What one needs to appreciate is that it comes in IsiZulu and English and most importantly easy to operate. Persons to benefit from using this book to teach are NGO's, CHW's, HIV Counselors, Health Promoters and Nurses as this book is clear and sends a beautiful concise message as well to the listener.

The take home message is one and all, using this book can help prevent the spread of HIV/AIDS and make a difference in your community e.g. support groups, church gatherings, community gatherings e.g. izimbizo and NGO's.

MENTAL HEALTH AWARENESS DAY

On 08 May 2009 St Andrews Hospital held an awareness which was conducted by the Mental Health Board Review. The main aim of this awareness was to educate the members of the society about Mental illness and also to better equip our community with sufficient knowledge of dealing and handling people with mental illness. Mr. Nofemele did a presentation on the rights of the mentally ill and the traditional healers also had time to present their views on how they deal with this illness from a traditional point of view. Prof Chima from UKZN did a full presentation on the mental illness itself on how people suffering from mental illness react and respond to their surroundings He also educated us about how we can help by caring for the mentally ill and he further explained about the amendment on the law about the mentally ill having any right as human beings and the rights of them receiving quality health care like any other individual. The awareness was a success with the members of the police force also being present because in most situations they are the ones who end up dealing with the mentally ill, due to their violent behavior.



Mr. Nofemele from the Mental Health Board Review did a presentation on Mental Health



Prof. S. Chima from UKZN was also one of the dignitaries on the day.



These were the traditional healers who were invited to be part of this Awareness campaign

Move for Health Awareness Day

On 28 May 2009 the Hospital had an awareness that was termed 'Move for Health', the aim of this awareness day was to encourage physical activities among Hospital employees and adhere to the health calendar in terms of celebrating World Move for Health. This fun filled day had different sports activities such as soccer, netball, taebo as well as indigenous games such as umagalobha etc.

The motive for this awareness was to help in building productive employees for this institution, to also strengthen HPH (Health Promoting Hospital) activities and to promote a healthy working environment.



Awu sikanini madoda, yibo laba abasebenzi bezivocavoca, ubani ikhehla ungathi usho njalo lapha uMr. S.Blose



Washa umuntu akalahlwa nangu noJoshua efundisa abafana abancane idiski.



Guga mzimba sala nhliziyo, nangu phela no Sr. Karuhije akazibekile phansi



Cha likhona ikhono eSt Andrews ubuwazi nje ukuthi oVanessa bagxuma kanje istallion lesi

Message from Dietician

HEALTHY EATING: 5 A DAY FRUIT AND VEGETABLES



Ms K. Maharaj, Dietician CSO

Need some reasons to get you eating more fruit and vegetables? Well how about this: the low intake of fruit and vegetables has been ranked as the 10th leading risk factor for death in South Africa.

Research proves that eating at least 5 portions of fruit and vegetables each day has real health benefits. It can help to prevent heart diseases, diabetes and some cancers such as cancer of the mouth, pharynx, larynx esophagus, stomach, lung, pancreas and prostate cancer.

Evidence shows, that many of us are not listening to this healthy eating advice. In one study it was estimated that about 80% of South African adults – 15 years and older, eat less than the recommended 5 fruits and vegetables a day.

What fruit and vegetables can do for you!

1. Fruit and vegetables contain many nutrients such as vitamins and minerals which help keep the body healthy and strengthen the immune system, examples include vitamin C and Beta-carotene.
2. Plants, like fruit and vegetables, also produce unique compounds called “phytochemicals” to protect themselves against viruses, bacteria and fungi. These phytochemicals can help protect cells in the body from damage that can lead to cancer.
3. Fruit and vegetables are less energy dense and lower in kilojoules - helping us maintain a healthy weight.
4. Fruit and vegetables are rich in fibre, which fills us up and helps avoid weight gain! In addition fibre helps accelerate the movement of waste products through the intestinal tract of the body, thereby helping us keep regular.

Practical tips for increasing fruit and vegetable consumption.

Make it a mission to start working to your 5 a day quota. Remember you don't have to include all five portions overnight - your body probably won't thank you for it! A sudden change can cause uncomfortable bloating and gas. Build up gradually, make it a habit and remember each extra serving is a step in the right direction. So here are some top tips to help you on your way...

1. Try a new vegetable and fruit each week.
2. Portion your fruit and veggies into 3 daily helpings of vegetables and 2 of fruit.
3. Double your normal serving sizes of vegetables.
4. Eat raw and dried fruit and raw vegetables, and drink fruit or vegetable juices as snacks.
5. Use fruit in your cereal in the morning (Bananas, apples, grapes, and berries, etc.)
6. Make a fruit salad or try baked fruit for desert (use fruit in season - apples, bananas and peaches etc.)
7. Make a fruit smoothie.
8. Eat a vegetarian dinner at least once a week.

Zixoxwa ngezithombe.....

ST ANDREWS HOSPITAL MENTAL HEALTH AWARENESS



Our guests for the day of the Mental Awareness



Some of the attendees of the Mental Health Awareness



Our Very own Hospital Manager Mrs.Nhleko giving a vote of thanks

MOVE FOR HEALTH LIFESTYLE GAMES



Nangu no Mrs Ngcakaza edlala umagalobha, uyasitshengisa ukuthi wayenzenjani ebusheni bakhe.



Naba abanye ozakwethu beshaya itaebho ngelanga le move for health day. Sibona namaqhoks la kushubile!!!!



P.T Mkhize esishayela ama get down, uyozisholo wena kuguga othandayo



Yilo leli qembu lezinsizwa iRabi FC elalibambe iqhaza emdlalweni webhola



Yibo laba abafana be Mchunu United ababhaxabula iRabi FC ngo 1-0



Naba Nosistaz bekhala ngeSun screen uzowuzwa umoya, yibo laba be Netball

NEW APPOINTMENTS April-June 2009

Cele S.P –Intern –FSO
Mhlamvu A.D –Intern –PRO
Mkhize A.N –Intern –HRO
Maci M.G –Intern –FSO
Ludongeni X.S –Intern –Data Capturer
Ntobela S.P –Intern-Data Capturer
Chinnsamy Y –MO –CSO
Mfeka E.N –Assistant Manager Nursing
Ntuli T.M.M –Operational Manager (PHC)
Sejosengoe N.V –Assistant Manager (Night Duty)
Silwane C.M –Assistant Manager Nursing
(Operational Theatre)

DEATHS

St Andrews Hospital is sad to announce that two of our employees were lost during the April– June period.

Those employees were:

Ms. L.C Njongo –Lay Counsellor
Mrs. B.B Sikhahlane –Enrolled Nurse A Ward
May their souls rest in peace

Your Beliefs become your thoughts...
Your thoughts become your words...
Your words become your actions...
Your actions become your habits...
Your habits become your values...
Your values become your destiny...

The bottom line is, strength does not come from physical capacity.

LAUGHTER—THE BEST MEDICINE!!!

Tshepo is a house boy who every day drinks the wine of his Boss and puts water in the bottle to replace what he drank. But the Boss having suspicions as for the quality of the wine, he decides to buy pastis (a French wine that changes colour if you add water). Tshepo as usual, takes a mouthful and adds water to replace what he drank however, soon after! He added water the pastis became milky. When the Boss came back and noticed it, he was sure he had managed to nail Tshepo as thief!!! At that same moment Tshepo realized he was in trouble and decided to go into the kitchen. The Boss told his wife that 'Mary, you will see today, he will be obliged to acknowledge'... So he calls Tshepo. He shouted:'Tshepo!'Tshepo answered: 'Yes, Boss' Boss: 'Who drank my pastis?' No answer. The Boss reiterated his question: 'Who drank my wine?' Still; No answer. Then the Boss went to fetch Tshepo from the kitchen and says to him: You insane or what? Why when I call you, you say yes boss' but when I ask you a question you don't answer me? Tshepo retorted that 'It is that boss, when you are in the kitchen there, you don't hear anything at all, except the name. Then to prove that Tshepo lies, the Boss says to him: 'You stay beside Madam here, me I go in the kitchen, and you ask me a question '. Tshepo accepted and the Boss went in the kitchen. Tshepo shouted: 'Boss'. He answered: 'Yes, Tshepo '. Tshepo continued: 'Who goes in the maid bedroom when the Madam is not here? '.No answer. Tshepo shouted again: 'Boss, I say who made the maid pregnant?' No answer. Tshepo shouted again (third time) 'Boss, I say who made the maid pregnant?' The Boss returns from the kitchen running and says, Tshepo; it is true, you are right. When one is in the kitchen, one does not hear anything, only the name!

St Andrews Hospital

Private Bag X 1010
HARDING
4680

Phone: 039—433 1955
Fax: 039—433 1529
Email:nkosi.zwane@kznhealth.gov.za

We're on the web! **Website:** www.kznhealth.gov.za/standreshospital.htm