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Editor: Dr. L. Naidoo



Inside this issue:

Gratitude is the key... 2*Attitude...* 2*Lightheartedly... Tell 'em Razo!* 3*CPR Training* 3*Activities, events and parties at CBH* 3*Laughter, the best medicine + Quotable quotes* 4*How to properly place new employees...* 4**"Thoughts to bear in mind":**

- "Miracles are of all sizes, and if you start believing in little miracles, you can work up to the bigger ones." (Norman Peale)
- "Sometimes when I consider what tremendous consequences come from little things, I am tempted to think that there are no little things." (Anon)



STRIKE ACTION DOESN'T DETER CATHERINE BOOTH HOSPITAL

Despite the initial full-thrust of the massive industrial strike action, incapacitating numerous public service institutions country-wide, including the dismissal of approximately 2700 striking essential service workers, Catherine Booth Hospital has shown its determination to provide continuing and indispensable health care. The strike began losing its momentum by the 21st day as more and more employees returned to work, submissive to the no-work no-pay rule.

Finally, the month-long public service strike is over. The majority of public service unions have agreed to

sign the government's final wage offer of 7.5%. The labour caucus met in Centurion on 27 June 2007 to finalize their position. Minister Fraser-Moleketi has acknowledged the calling-off of the strike. However, education sector unions share the sentiment that the public service wage agreement was biased against teachers and favours nurses. Hence, they were not prepared to sign.

Notwithstanding, CBH is wholly esteemed by the community which we serve, and our surrounds which fall under the patient drainage of other hospitals which were closed during the strike. Our fortitude to uphold the commitment we have towards our pa-

tients and simultaneously supporting our colleagues in the strike reflects our vision and mission. Our hearts are with all those fighting for a fair wage.

Our hospital displayed an excellent staff attendance during the strike action, and our appreciation goes out to them. Our staff and patients are our key responsibilities, without whom our hospital would cease to exist. We sincerely hope that the strike aftermath renders a smooth configuration of resolutions to the numerous problems the country has encountered. **Story by: Dr. L. Naidoo**

CBH EMPLOYEE OF THE MONTH

Well, it's time to award those who have done more than their duty to uplift patient care and the hospital itself. The criteria is vast, but just to brief you, here are the important ones. Firstly, close adherence to Batho Pele principles. Excellent work ethics, in other words being punctual, working with dedication and doing things that are not normally in ones "job description", but

instead one is able give input or aid. One should have initiative and teamwork. Leadership skills will definitely put one above the rest. So taking all the above into consideration, the Employee of the Month for:

February: Dr L. Naidoo
March: Sr. P.P. Nxumalo (MDR TB ward). It was certainly not easy for others to start working in the ward.

April: Mr. Blessing Mthethwa (Male Ward clerk)

May: Mr. Shangase (artisan super)

June: Sr. Malinga (Maternity).

Well done people. You need to keep it up the good standards. For those aspiring to be awarded, there are another six months to go.

By: Dr. Thandrayen
(Medical Manager)

GRATITUDE IS THE KEY...

As hospital employees, we are often faced with many challenges, including ill and restless patients, and angry relatives. Mind you, I'm not talking about nurses and doctors only, but all of us who experience this directly or indirectly. At the hospital gate, security staff find it difficult when people want to enter through, even if it's not visiting hours, not to mention strict screening of visitors during the strike period. Other challenges include administration clerks at OPD dealing with patients whose cards have been lost; and patients and their relatives sometimes insulting and threatening nurses and doctors. "Ayikho lento

eyenziwa lapha, amanesi azi ukuzilandela nje kuphela nodokotela abasinaki." Sometimes health care workers are told what to do: "I think my brother needs a drip... and please nurse, tell the doctor to admit him 'cos there is no one at home to look after him."

Counsellors doing pre- and post- HIV-test counselling find it hard to tell people about their HIV status. What about the hazardous material removed by General Orderlies in the wards, and laundry workers cleaning soiled and sometimes infection-carrying linen?

Mortuary attendants handling corpses usually have a

hard time dealing with this, but they have to put their fears aside.

At the end of the day, we all smile. Why? Because there are those who show gratitude after you have helped them in some way or the other! The Dental Clinic became operational earlier this year, and within five months, people started to show their gratitude via the local newspapers.

It is so nice to meet someone on the street saying, "Hello, how are you? I know you may not remember me, but I was once in your hospital, and you treated me. I really appreciate your kindness."

All in all, the key to health,

fulfilment, success and love is simple gratitude. We work in a place plagued with illness and poverty, and it is really difficult to celebrate life, but the truth is that we do work in a beautiful and majestic place! We can always find hope if we are prepared to look for it.

We need to see beyond the pain, and celebrate those small moments that can make a bad day truly wonderful.

By: Zhane Khanyile

ATTITUDE...

Success in any endeavour relies largely on ones attitude. We are what we feel. The outcome of a situation between two people of the same skills and abilities lies with their attitude. Consider Mr. Mandela lying for 27 years in a prison cell. Do you think for one moment that, when he looked out of his cell window, he saw the mud on the ground before him? Or did he see the stars in the sky and the view of Table Mountain, knowing that in years to come he will be free. The pictures he had painted lay testament to this. The message the pictures translate are one of hope and of Mr. Mandela's resilient attitude to life.

Those with a positive attitude perceive a situation differently from the way others with a negative attitude perceive a situation.

When one is told of the poor road to Catherine Booth Hospital, one may get disillusioned, but with the right attitude, a rocky road makes no difference to what one can achieve.

The happiest people in life don't necessarily have the best of everything. They do strive to make the best of everything though. Have you noticed the poorest people photographed from the remotest villages in the world are always smiling? They would consider a purse being half filled with coins, not half empty.

Being optimistic does improve one's frame of mind. But nevertheless to say attitude is not everything. A confident attitude does not substitute for competence, experience or change facts. Being a rookie four-and-a-half metre goal scorer with a great attitude, on a netball team, does not make one the ideal choice to be part of the team. Hence choosing good team should not be based on attitude alone but having a great attitude does set you above the rest.

With attitude comes change. We are all afraid of change. Even great leaders resist change. Change is a necessary part of learning and growing.

Sometimes it may take a generation to achieve change. Change in ones attitude is an ongoing process. One may falter now and then, but one can always change ones attitude to succeed again.

Remember, "anywhere is paradise. It's up to you."

By: Dr. M. Thandrayen



Lightheartedly...Tell 'em Razo!

As everybody knows, I am everywhere, so I take this time to let the whole hospital feel how it is being "Razo."

After seeing Mrs. Peggy Nkonyeni's photo on a calendar at the beginning of this year, I was introduced to her a few months later by honorable Mr. Vundla when she visited CBH. What amazed me was when I saw her last week at a wage negotiation with that very same hairstyle. I then asked myself why people, like some of you, change hairstyles so often. If you have an answer, just submit it to Dr. Naidoo! Still talking about hairstyles, I just remembered Sphindile! Hey girl, that bumper you had about three months ago was chalk-like... so if you were mine, you were gonna plant it for life!

Has anyone notice that phoning the Paediatric ward is boring now? Let me tell you why... It's because Sr.

Nxumalo is on leave. Hey, that woman knows how to answer the phone wonderfully. Actually, she reminds me of my time in China with my broken English! I have recommended her to HRD to help with the ABET programme!

Lastly, I want to apologize about the joke concerning women in last edition. To all those who were offended, it was not aimed specifically at anyone. But umfana ukhulume iqiniso lodwa kodwa... they say truth hurts!

Till the next edition...

Blessing Mthethwa

CPR Training

Our hospital had a CPR training session on 20 June 2007 in the hospital boardroom. Drs. P. Govender, L. Naidoo and M. Thandrayen undertook an initiative, together with co-ordination from our Occupational Health and Safety nurse, Sister Mkhize, to teach our staff the imperatives of CPR. This forms part of the requirements of Disaster Management teams at various institutions. Audiovisual and other aids were used in the demonstration, and staff were given a chance to practise on the doll thereafter. The attendance was very good. However, if you have missed the session, don't worry... there is still plenty training planned for this year. Our next session will be held on 5 July 2007. Reminders will also be sent out closer to the time.

Please contact Sr. Mkhize or Dr. L. Naidoo for more information.

Activities, Events and PARTIES at CBH!!

SPORTS:

Late last month, CBH girls went to Untunjambili to play against Untunjambili Hospital and King George Hospital. WE WON! Our girls are coming down hard! They also played against five teams at Mvutshini, where they emerged second. The trophy is glittering on my fridge, since I'm the captain and caretaker.

The girls also convey their compassion to Thembinkosi Ndlungwane and Sibonelo Sikhosana who were involved in a car accident, while driving back from Untunjambili where they supported the girls.

Soccer and netball players have been feeling down these days.

I really don't know why. Maybe it's because of the strike, or because it's off-season. However, they are supposed to be practising for the approaching regional tournaments!

PARTIES:

Hey ziyabuya eCBH people are loaded with cash after the 1.5% bonuses and housing allowance back-pay. On Saturday, 23 June, two parties were held, one at BEE's res, and one at squatter camps. Smanga was at both parties, and he paid R50 for the latter and R120 for the former. They were all saying "Thank You" for the money. I also heard from my friend who stays at Mandini ukuthi zaziwa nakhona.

I think there will be another party soon... due to the 7.5% increase! Enjoy it guys!

There was also a birthday party held for Knowledge, for which I was also invited. Mina-ke I'm lucky 'cos people always invite me. I don't know why, but I think it's because of my good looks and dancing © Keep it up guys!

By: Zhane Khanyile



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Read more about our hospital on the net. Visit:

www.kznhealth.gov.za/catherine/

CONGRATULATIONS CATHERINE BOOTH HOSPITAL ON THE NEWLY RENOVATED PREMISES! VISIT: <http://healthweb.kznhealth.gov.za/catherine/renovation.htm> TO VIEW OUR PHOTOS.



Department of Health

All news published herein is free of discrimination and bias, and is fair and factual. If anyone has any constructive criticisms, comments, suggestions or interesting news that they feel should be published, please feel free to contact me.

Please submit your letters with concerns and/or grievances, and any other important information that you would like to be published.

Those who are interested in joining the editorial committee, please contact me.

We hope to keep you informed!

Dr. L. Naidoo (Editor)



PLEASE SUBMIT ARTICLES, NEWS BITS, JOKES, EVENTS, ETC. TO THE EDITOR BY THE 25th OF EACH MONTH IN ORDER TO BE CONSIDERED FOR PUBLICATION

Laughter, the best medicine...

A man and his wife are dining in a fancy restaurant, and the husband keeps staring at an old drunken lady swigging her gin at a nearby table.

“Do you know her?”

“Yes, she is my ex-wife. She

took to drinking the night after we divorced seven years ago, and I hear she hasn't been sober since.”

“My God! Who would think a person could celebrate that long!” — **By: Sifiso Fakude**

Quotable Quotes

“The only time a woman really succeeds in changing a man is when he's a baby!”

“He who knows little often repeats it.”

“Politicians are the same

everywhere. They promise to build bridges even where there are no rivers.”

Submitted by: Sifiso Fakude

How To Properly Place New Employees...

1. Put 400 bricks in a closed room.
2. Put your new employees in the room and close the door.
3. Leave them alone and come back after 6 hours.
4. Then analyze the situation:
 - a. If they are counting the bricks, put them in the **Accounting Department**.
 - b. If they are recounting them, put them in **Auditing**.
 - c. If they have messed up the whole place with the bricks, put them in **Engineering**.
 - d. If they are arranging the bricks in some strange order, put them in **Planning**.

- e. If they are throwing the bricks at each other, put them in **Operations**.
- f. If they are sleeping, put them in **Security**.
- g. If they have broken the bricks into pieces, put them in **Information Technology**.
- h. If they are sitting idle, put them in **Human Resources**.
- i. If they say they have tried different combinations, they are looking for more, yet not a brick has been moved, put them in **Sales**.
- j. If they have already left for the day, put them in **Marketing**.
- k. If they are staring out of the window, put them in **Strategic**

Planning.

- l. If they are talking to each other, and not a single brick has been moved, congratulate them and put them in **Top Management**.

Finally, if they have surrounded themselves with bricks in such a way that they can neither be seen nor heard from, put them in **Government**.

By: Avisha Baijnath

