

THE CTK PRESS

THE EDITOR

DEAR READER

PUZZLED LOOKS AND SIGHS OF RESIGNATION GREETED THE NEWS OF THE LAUNCH OF A HOSPITAL NEWSPAPER, A FACT THAT WAS HIGHLIGHTED BY MOSTLY EMPTY CONTRIBUTION BOXES...

BUT HERE IT IS NONETHELESS:
THE CTK PRESS.

A PLACE FOR YOU TO SHARE AND DRAW ATTENTION TO ANY INFORMATION OF INTEREST, IN ZULU OR ENGLISH.

WE HOPE TO EXTEND THE PAPER TO INCLUDE A CLASSIFIEDS SECTION, RECIPES, ADVERTS...ANYTHING THAT TICKLES YOUR FANCY. SO CONTRIBUTE TO AND LOOK OUT FOR THE NEXT EDITION.

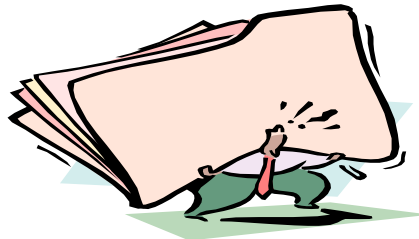
HAPPY READING!

YOURS,
THE EDITORS

STACEY GROVES
KATE FINLAYSON
CLAUDIA EDER
CHRISTY-JOY WEBSTER
GERDA BUSINGER

2 JUNE 2004

Thanking all those who made contributions, without you there would be no paper. We would like to appeal to all to make a contribution to the next edition, have your say or tell us about your ward/department and what you are doing. Anything goes!



HOT OFF THE PRESS TO LIGHTEN THE LOAD!

CONGRATULATIONS TO THE WINNER OF OUR NEWSPAPER NAMING COMPETITION:

MS P. MNGUMI

THANK YOU FOR ALL OTHER ENTRIES

LODGER MOTHERS AT CTK

Breast is best! There is no doubt that breast-feeding is the best way to feed and care for your baby, and Christ the King wants to support and promote this by offering mothers the opportunity to be with their children at all times, so that they can breast-feed on demand. In April 2004, CTK re-introduced lodger mothers so that daily trips to the hospital simply to breastfeed are no longer necessary. The lodger mothers' accommodation is situated beneath the sisters' cottage, but there is unfortunately very limited bed space, which means that only mothers of exclusively breast-fed infants of 0-6 months may be admitted. This supports the Department of Health's policy of exclusive breast-feeding for 6 months, and also ensures that the breast-feeding of babies on the Prevention of Mother To Child Transmission (PMTCT) program is uninterrupted. Kangaroo Mother Care will also be practiced in the ward. In July, several staff members will be invited to attend a 40-hour lactation management course that is run regularly by the provincial Nutrition Programme, so that CTK can learn more about successful breast-feeding and how to deal with problems that mothers may encounter. Although we have had some bad experiences with lodger moms in the past, we are hoping that with the correct supervision, our second attempt will be more of a success!

From the Hospital Managers Desk

Our Hospital celebrates 20 years after its take over by the Provincial Administration from the Roman Catholic Missionaries in 1984. Services have grown and continue to grow due to the changing needs of the community we serve.

There've been some positive developments in the past but there remains a lot of work to be done to improve the quality of services. The strategic objectives for the year are as follows: -

1. Improve communication within the health service and between the institution and the community.
2. Improve the quality of health care.
3. Decrease morbidity and mortality with an emphasis on TB, HIV / AIDS, non-communicable disease like hypertension and non-natural causes of death.
4. Improve Human Resource Management by strengthening Human Resource Planning, training recruitment and retention.
5. Ensure effective management and use of information.
6. Ensure effective management of assets and financial resources.

I wish to thank all staff members for their contributions in the past financial year. I believe that we can make a difference in spite of all the challenges we face. One of the greatest challenges is to live up to the expectations of our patients and to deliver on our vision and mission. So as we celebrate 20 years of service as a Provincial Hospital, let us rededicate ourselves to another 100 years of Service Excellence.

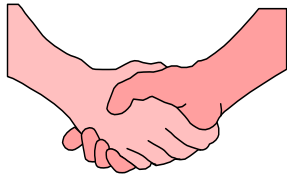
Lastly but not least, I wish to thank the editorial team for the hard work that has gone into publishing this our first newsletter.

Miss TBT Dlomo
Hospital Manager

GREEN THUMBS UP

Christ the King has recently acquired a new gardener. Although on a temporary basis, he is going to be restarting the food garden situated behind the paediatric ward. The garden was started last year, but has deteriorated over the year due to lack of staff to care for it.

So if you are passing by the garden, wave and say hello to Mr M. Hlangu. He is doing a great job and the food that is grown will be used to feed all the hospital patients. This will aid in preventing malnutrition as well as promoting the Anti-Retro Viral (ARV) rollout program!



THE PHYSIO DEPARTMENT

2003 marked the addition of a physiotherapy department to Christ the King hospital. 2004 began with two new physiotherapists (Gerda Businger and Claudia Eder) and numerous fresh ideas.

Although resources are often scarce, many people benefit from the services offered. To extend these services we have started doing outreach work in the communities and this ensures that as many people as possible are reached. Clinics are visited once a month and home visits are to be done on those disabled people requiring wheelchairs. We hope to start some support groups for people with disabilities in the near future.

But What Is Physiotherapy?

Physiotherapists are part of a team of rehabilitation personnel, dealing with a large spectrum of patients. We can help people with pain that is musculoskeletal in origin (e.g. Sports injuries, old fractures, arthritic joints etc), we aid in maximising people's independence by providing tools to aid in recovery and if necessary by providing the best assistive devices possible – be it a walking stick, a wheelchair or a lumbar corset. Physiotherapists also aid people with chest conditions by teaching inhaler use, mobilising secretions in the lungs and providing breathing techniques that ease the effort of breathing. We mobilize people following surgery or illness and try to prevent further complications such as pressure sores from arising.

Physiotherapists can also work in the business sector. Sound knowledge of biomechanics enables them to advise companies on the best working design for equipment that is used by the public (e.g. Cars and office furniture). It therefore goes without saying that if you are suffering from and work related pain (e.g. Back Pain), the best person to consult with would be your friendly physiotherapist!

News from the Health & Safety Committee

We have had three meetings this year. Attendance has been poor due the staff shortage. Health & Safety problems in the hospital have been identified and are currently being addressed.

To do this effectively, we need the support of ALL the staff. Please report any problems to your regional representative.

WASTE NOT, WANT NOT

Waste is an ongoing problem and affects numerous areas:

- the environment
- infection levels
- pests
- finance

Working in a hospital, highlights these problems.

I appeal to every staff member to think before discarding anything. If the segregation of waste is done adequately, there will be a reduction in medical waste and thus cost reduction as red bag disposal is expensive.

REMEMBER:

Fill red bags **ONLY** with medical waste
Fill fully and tie with cable tie
Empty fluid out of IV bag first

If we save on waste, we'll have money for the essential items.

Let's work together and make a **DIFFERENCE!**

Sr H. Bowren

A FRIEND:

Is someone who thinks you are a good egg even though you are slightly cracked!

TOOTH DECAY – THE TOOTH BURGLAR

There is someone in Ixopo that can relieve you of the agony of tooth decay, someone who can make those monsters disappear, all free of charge! The dental department of Christ the King is situated at Ixopo Clinic. Dr. Marzanne Snyman is the community service dentist and is assisted by her dental nurse Veli Zondi.

Clinic days are Mondays, Tuesdays, Thursdays and Fridays (on Wednesdays the dental team helps out our neighbors at St Apollinaris). Extractions are done in the mornings, no appointment needed. In the afternoons, fillings and cleanings are done by appointment only. Unfortunately there is no suction machine available, but it is no problem – it is just like getting a free facial!

Crowns, dentures and bridges are referred to private dentists, and all complicated cases are referred to Edendale or Addington Hospital.

The dental team is very child friendly! The tooth fairy visits the CTK operating theatre every second Friday to extract multiple, severely decayed milk teeth. Sorry, **NO ADULTS ALLOWED!**

Patients are advised to visit the clinic as soon as they become aware of tooth discolouration or sensitivity, bleeding gums or holes. If these problems are seen in the early stages, it is possible to avoid extractions. Early treatment is essential because teeth that are lost early in life can result in further problems such as over-eruption of opposing teeth, gum disease, skew teeth, jaw problems and possibly malnutrition. Other health-care practitioners should therefore take note of dental problems in the patients that they care for, and refer them to the clinic as soon as possible. The dental team is here to serve the community and will do their best within available resources.

TO MAKE AN APPOINTMENT PHONE VELI DURING OFFICE HOURS AT (039) 834 1415 DURING OFFICE HOURS!

WHAT ON EARTH IS AN O.T?

I am an O.T, the first of my kind at Christ the King Hospital. When I arrived the staff often confused me with the Operating Theatre but my job is very different. The saying goes: Doctors and nurses save a patients life but the O.T gives it quality and meaning.

O.T stands for Occupational Therapist. I help people live an independent and meaningful life following illness, injury or disability. The word "occupational" refers to work or activity and this is the tool that I use to rehabilitate people. By engaging in specifically planned activities, patients can exercise muscle groups and cognitive areas of the brain in a meaningful way. Consider the actions required in order to pick up a peg. You squeeze the peg using the index finger and thumb. Thus, should a patient have a hand injury, I would use an adapted game/activity such as peg solitaire to exercise the hand while the patient enjoys the activity and is cognitively stimulated. O.T's try to consider all the aspects of a persons need; spiritually, emotionally, cognitively and physically.

O.T's treat numerous conditions in physical, psychiatric and paediatric settings. Examples of conditions that can be seen include neurological problems such as stokes, hand and nerve injuries, psychiatric disorders, burns and developmental problems in children including learning disabilities. However there are too many conditions to name, so if in doubt just ask!

Kate Finlavson

Personal Profiles

Learn a about the people that you work with. What they like, dislike and information that, unless you are a close friend, you would never know☺

Biyase Khethokuthula the Mortuary Attendant!

Nickname: Sombee
What your Job Entails:
Receiving bodies into the mortuary, issuing of bodies to relatives, completing relative documentation. I also assist in OPD and the discharge office!
What do you do for fun?
Play soccer
When do you celebrate your birthday?
11 June
What is your favorite colour?
Green
What is your favorite thing to say?
Hi manje?? Mfowethu
What do you love eating?
Meat, fish and milk
If you could choose an animal to be, what would you choose, and why?
A cow. It provides meat and milk and has a strong skin!

Kate Finlayson, the Occupational Therapist

Nickname: Katy
What your job entails:
I rehabilitate people with a focus on the activities of daily living so that a person can be independent.
What do you do in your leisure time?
Decoupage, dance, listen to classical music
What day do you blow out your birthday candles?
28 October
What is your Favorite colour?
Yellow like daffodils
Favorite saying?
It's the small things in life that make big things happen
Whats your favorite food?
Pasta and sauce, and for dessert Crème Brule
If you could choose an animal to be, what would you choose and why?
A gazelle (female buck) that grazes in the mountains, because a gazelle likes small groups, fresh surroundings and is swift and alert to predators.
Favorite place in the hospital?
Paeds ward - they really appreciate you!

Patricia Anne Jenkins, the Radiographer

Nickname: Tricia
Hat your job entails:
Taking X-rays, doing admin, processing film in the darkroom, topping up on chemicals, servicing the processor and being kind to patients.
What hobbies do you enjoy?
Reading, knitting and listening to music.
What day were you born?
22 April
What is your favorite colour?
Green
Favorite Saying?
Never believe anything you see, hear or read!
What is your favourite thing to eat?
Cheese
If you could choose to be an animal, what would you choose and why?
A cat, because they're independent yet affectionate. I had one that liked to rub noses!

Leave an imPRESSion...

The happiest people do not have the best of everything,
they just make the most of everything that comes their way...

Information on EAP:

Employee Assistance Programme

This is the work-site programme, which is designed to assist in the identification and resolution of productivity problems such as marital, family, legal, financial, alcohol, drug or any other problem.

Goals of EAP

- Improve productivity
- Solve workplace problems
- Improve work harmony

EAP Policy Statement

CTK Hospital recognizes that personal problems can affect employee's job performance.

Employees who have such problems are encouraged to seek advice from the EAP Practitioner: - Mr S. Mtshali (ext 210) and Sr O. Z. Khoza (ext 267)

The programme does not intend to interfere with employee's private lives, however when an employee's performance falls below acceptance level, an fails to improve despite normal disciplinary measures, management has the right to intervene. Confidentiality of all records will be strictly maintained.

Scope of practice of EAP

- Assessment of the problems
- Advice
- Referrals to relevant resources e.g. social workers, financial advisors, psychologists, FAMSA, SANCA etc
- Follow-ups

The Supervisors Role

- Supervisor monitors the performance of the employee. If there is poor or a decline in performance he/she provides training supervision and guidance
- The supervisor evaluates and if there is no improvement, confronts and counsels
- If the above fails the employee is referred to EAP

1. Formal Referral

This is when the supervisor refers the employee to EAP

2. Self Referral

The employee consults EAP for assistance

3. Informal Referral

This is when the colleague/co-worker advises the employee to seek help from EAP

HIV/ARV Programme

Christ the King Hospital is busy preparing to roll out Anti-retroviral therapy. Accreditors visited the hospital in May and found certain areas that need to be addressed first, before we are able to get the drugs. It is going to take a lot of hard work and a team effort to get the programme started. I am confident that everyone in our hospital is behind this programme and will ensure its success.

Voluntary counseling and testing is available during the week. We also provide for the prevention of mother to child transmission. Home-based care is arranged with our local clinics. For further information contact Sr. Chetty and our lay counselors.

Our HIV/AIDS Team consists of the following:

- Sr. U. Chetty – HIV co-coordinator
- Sr. Zikado
- Mrs. Mthimkhulu – Nursing Services Manager
- Ms. S.M.X. Zibula – Pharmacy Manager
- Mrs. Izzard – Chief laboratory Manager
- Stacey Groves – Dietician
- Keshena Naidoo – Clinical Director: ARV programme
- Mr. D. Nair – Admin officer
- Mr. M Mseleku – Acting FIO
- The Lay Counselors
 - T.H. Hlengwa
 - N.A. Magenyana
 - N.M. Hadebe
 - S. Choncho
 - N.M. Ndzoyiya

- *Dr. Keshena Naidoo*

SOMETHING FISHY...

FISH CAKE RECIPE

You will need:

- 1 x 410g tin salmon or pilchards in tomato sauce
- 1 onion, grated
- 2 teaspoons dried herbs eg parsley
- 1 cup oats
- 1 egg
- 3 teaspoons sunflower or canola oil

Remove the sauce from the fish and keep it aside. Flake the fish and add it to the onion, herbs and oats. Mix in the egg and enough of the sauce from the fish to make a firm mixture. Be careful not to add too much sauce. Shape the mixture into 6 large or 12 small fish cakes. Heat the oil and fry the fish cakes briefly.

Nutrition information per fish cake:

- Energy: 565kJ
- Fat: 7g
- Protein: 14g
- Carbohydrate: 3g
- Fibre: 0,5g

This is a low fat and very healthy way to enjoy fish cakes. They are also much cheaper than the ones you buy from the shop. They can be eaten with potatoes or pap and vegetables, or you can even eat them as fish-burgers on a hamburger roll. Pilchards are very high in omega-3 fatty acids, which are beneficial in heart disease and are very important in people who are immuno-compromised.

In Thanks:



Sr. Bowren would like to thank the following staff for their efforts in supporting infection control within the hospital:

T.S. Mngonyane(April)
R. Dlamini(May)

Well done!