

CLAIRWOOD DIGEST

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SEPTEMBER ISSUE

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From the Editor

SANIBONAN

Let me start by expressing my gratitude for being one of Clairwood family.

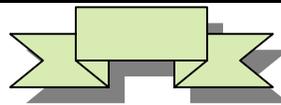
It has been three months since I have joined Clairwood Hospital, I have seen that there is a lot of good things and quality people who makes this institution one of the best in patient care. I believe that all categories of staff are the main solid foundation of this Hospital.

This is our fifth issue of Clairwood Digest I hope you will enjoy it. thanx to Mrs. Naidoo and the team who issued our previous newsletter.

I believe that as one of the Ethekwini District Hospital we have an obligation to provide a comprehensive health services Through our Primary Health Care approach.

I hope that we all working as a team to make sure that we contribute positively and honestly to improve lives of our customers.

HOSPITAL MANAGERS COLUMN



Greetings to you all. I have now been at the helm for the past two months at Clairwood Hospital. It has been a very rewarding experience for me and the support and encouragement that I am receiving from all categories of staff is very heartening.

Clairwood Hospital is a hospital with great potential and with the co-operation and support of all staff members this hospital can be example for other hospitals to follow in the District and even in the Province. We have dedicated and very competent staff who can really take this Institution to great heights. Patients who utilize services at this hospital are treated with dignity and respect and we should continue to provide pleasant memories of their visits to the hospital long after they leave.

I want to extend my heartfelt gratitude's and appreciation to all those who assisted in making the Women's Day Celebration at Clairwood Hospital on 30 August 2006 such a resounding success. The efforts of the PRO, Mr. Mbuso Khuboni are especially commendable.

Once again thank you to all staff who are assisting and supporting me in my duties. I wish this Newsletter every success in this present issue and in future publications.

God Bless You All.

DR D S DORASAMY
ACTING CHIEF EXECUTIVE OFFICER

HEALTH AWARENESS DAYS

This Hospital will be observing health awareness days that are of importance and which will contribute to better the lives of our staff and patients.

Let us embrace the present and future with a clear conscience and work for our nation to grow by providing a quality health care.

BREAST FEEDING DAY AT CLAIRWOOD HOSPITAL

Clairwood Hospital is promoting breastfeeding as the healthiest and cheapest way of raising a baby. Yiyolenkulumo eyayethulwa izikhulumi ngosuku lokugqugquzela omama ukuthi bancelise izingane zabo olwalungomhlaka 03/08/06

Mothers were told by Matron Dladla about the importance of breast feeding. She told them that breast feeding is the healthiest food babies can get from their mothers.

Sister Ngethembi Dlamini told mothers that having a baby is a sign of moving from one stage to another, which is being a mother and that breastfeeding is a natural thing from God, it can help the baby to grow up and be intelligent. "It is not easy for the baby to get sick, because the milk

from the mother does not carry any germs as the bottle may" said Ngethembi.

They were told to eat healthy food in order to keep their milk fresh and healthy.

Mothers were also told the importance of breastfeeding as it helps the baby to receive love and connection from his/her mother.

Bomama ncelisani abantwana bo! Kusho abomnyango wezempilo



Matron Dladla co-ordinator



Sr. Ngethembi Dlamini educating mothers

CLAIRWOOD HOSPITAL NURSES ATTENDING A PRAYER FOR ALL UNIFORM PUBLIC SERVANTS AT UMLAZI.

Realizing the dangerous and stressful conditions under which all the uniformed public servant are working under, the Saint Philips Anglican church under Father Thamsanqa Shange, SANDF Chaplain organized a prayer for Public Servants which was on the 16th of July 2006. The event was attended by Nurses, SAPS, Metro Police SANDF, St Jones Ambulance, other departments and the community at large. Thanks to our nurses who also attended the prayer.

Fr. Shange encouraged the uniform Public Servants to be strong in their challenging profession. He asked them to take their work as vocation because money cannot be compared with their challenging profession.

Father thanked people like Florence Nightingale & Hendrieta Stockdale who were pioneers of nursing. The event was much needed to uniform public servants who are always dedicated in improving lives of the South Africans

The collection of the day went to the Zamimpilo HIV / AIDS committee which is a home based care organization.



Managers of public service department



Isizotha kubahlangikazi bethu belalele izinkulumo



Ukuzinikela kwabahlangikazi kwethu kuyancomeka siyabonga

USUKU LWAMAKHOSIKAZI

Clairwood Hospital saluted all women employees in this hospital by treating them like Queens on Womens day which was on the 30th August 2006, the main aim of the women's day event was to appreciate all Clairwood women employees for their hard work and dedication.

The theme of the event was Women must stand up and be proud of themselves. The event was a success with full attendance of women and few men Ha! Ha! Ha! Ha!

Women's day was officially opened by Acting Chief Executive Officer Dr. Dorasamy.

He thanked the women and told them the importance of working with them at Clairwood. He also gave stats on employment equity which shows that Women are occupying 67% of employees in Clairwood Hospital, And that clearly indicates their value to the Hospital.

Our first guest speaker Dr. Ramjee one of the experienced Doctor from Clairwood Hospital told women that there are two difficult words in life which is **Sorry** and **Thank you**. She told the audience to always say sorry or thank you whenever it is due. She also told women to build their families with passion and show them love.

Mum Bahle Ngcobo our second guest speaker a retired Principal and a runner up in community builder of 2003 competition was one of our guest speakers who encouraged women to fight against women abuse, and learn to do things on their own without depending on other people.

The third guest speaker was Nokwazi Hadebe Mbhele a producer and news reader at SABC ukhozi FM. She told women to always value themselves and discouraged them from gossiping.

Glen, a well known Business women in Durban who attended the event emphasized more on telling women how they should take care of their bodies and she handed out flasks and umbrellas to women.

All women employees were given presents such as umbrellas and flasks

Nursing manager Mrs. Mongoato handed over the gifts and asked the audience to pray for all Women employees who passed away from August last year.

It is great to be a female employee at Clairwood Hospital

To all the event organizers a big **THANK YOU 2 U**



Women listening to speeches



Guest speakers with senior management



Kay Naidoo receiving gift from Nursing Manager



Nokwazi Hadebe Mbhele
Ukhozi FM newsreader



Zazibuya kudansa o V.S. no Matrons



Dr Ramjee



Guest speakers handing out gifts to the Hospital chaplain

Retirements

We say farewell to I.O. Lupke Housekeeper.
We wish her a long & a wonderful retirement

Promotions

Congratulations to our shining staff for their
Promotion within and outside the Hospital.

Death

It is with a great sadness that we say goodbye to our staff member Mr. M.A. Nzama
Who passed on the 11th July 2006. Condolences to his family and to the staff of Clairwood hospital

SNIPPETS

**An English teacher asked the children
The opposite of BLESSING and one
Boy stood up with confident and
Said GOD.**

DISORDERLY CONDUCT

**Three man are in court,
Charged with drunk and disorderly
Conducts in a public park. Judge:
What were you doing? First man: Oh
Just throwing peanuts in the pond
Judge: What were you doing ?
Second man: I was throwing peanut in
the pond too. Judge: sounds harmless.
And you, were you throwing peanut in the
pond too? Third man: no, sir, I'm peanuts**

Hiding to nothing

**A couple and the two bickering sons
Are about four hundreds kilometers
Into their Trip when dad irrupts. "since
We left home you boys have been picking
On each other, shouting and being a pain.
I am ending this now!" He brakes, pulls the car over,
Jerks his sons out and spansks them. "I don't
want to hear a word out of you for thirty minutes"
He says. The boys sit silently precisely thirty minutes
Then the younger one meekly says: "Dad when you spanked
Me one of my shoe came off"**

For your health for your health

HEALTHY LIVING

Tips for maintaining a good figure

Drink three glasses of water

Every morning, exercise at least

Three times a week, eat healthy food

Like vegetables, fruits, boiled eggs and

White meat. Tips by Nombuso Cele & Ningi Zondeka

MY CRIES

My cries for love

My cries for peace

My cries for blessing

My cries of everything

I cry to God

I cry to my ancestors

Who will ever stop my cries?

A pain in my heart

A torture in my life

I cry for hope in my life

POEM

I cry for unity in my family

I cry for freedom

I cry for discrimination.

I know it will come to an end

by Ningi zondeka



THUSONG CLINIC

One of the things that we should be proud of in Clairwood Hospital is our contribution in changing lives of those that are HIV infected and those that are not infected by making sure that they live a positive life

The clinic started operating in May 2005 and the number of people that are attending is constantly increasing.

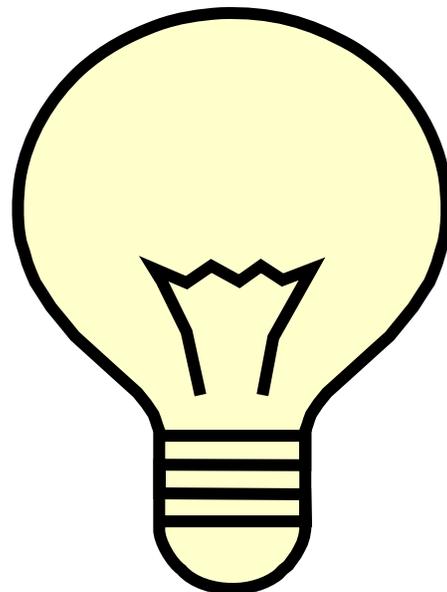
This clinic has a support group called Face It which meets twice a month.

Services that are offered at Thusong Clinic are

VCT CDU Screening
Literacy training ART Roll out



From left.P.D Ngongo, Ms P. Dlamini, Sr Bc Molefe (Project Mngr) Ms M.B.Ngubane



PHARMACY WEEK

The pharmacy Department celebrated Pharmacy Week during September 2006. A programme was organised to promote pharmacy awareness. The national theme was 'Knowledge is powerful medicine'. There were various lectures on chronic diseases, TB and ARI. The competitions were well received by both staff and patients. The winner was Ward NCU and runner up was Inservice Department, siyanibongela.



Display in the pharmacy on the pharmacy week

Pharmacy staff telling the public the importance of taking medication accordingly

PHYSIOTHERAPY BACK WEEK

Clairwood Hospital physiotherapy department held a Back week program on the 11th - 15th September 2006. posters were strategically placed throughout the Hospital as part of the awareness campaign to both staff and patients.

There was in-service education workshop for staff on Back care which included anatomy of the spine & practical demonstrations on lifting and Back exercise. Staff participated on these exercises.

Outpatients were also shown the correct lifting techniques & back exercises.



Back exercise

Moving patient technique



Moving the patient technique



Sitting the patient technique

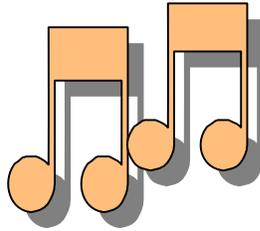
UCOMNGU EZEWE

Clairwood choir participated in the KZN Dept. of Health choir competition

The competition was held at DLS Hall, No 5 DLS Avenue, Greyville Durban

We are very proud of their performance.

Okusithokozisayo ukuthi amalunga e kwaya yethu abasebenzi base Clairwood Hospital kuphela.



EZEMIDLALO

EZEMIDLALO

EZEMIDLALO

EZEMIDLALO

Siyadlala e clairwood

izinsizwa nezintokazi zase clairwood ziyadlala ngempela bezihambile ziyodlala le e St Apolinaris Hospital noma-ke kungahambanga kahle kwezehola lezinyawo ngoba behluliwe kodwa bebedlala ibhola elisezingeni eliphezulu kakhulu. Imphumela I hambe kanje **Clairwood 2** I **St Apolinaris 3** kobuye kulunge bafana.

Kwelomnqakiswa izintokazi zase Clairwood zazizenzela zibukisa nge St Apolinaris imphumela ihambe kanje I **Clairwood 18** I **St Apolinaris 10** nazo-ke mantombazane fakani induku.

Okumnandi nokuhlaba umxhwele ukuthi amaqembu adlala kahle ngokukhulu ukuzwana baphinda bahlinzekwa ngayo yonke inhlobo yezidlo ongazicabanga.