



DUNDEE WEB

DUNDEE PROVINCIAL HOSPITAL

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Heritage Day

Some staff broke away from the dress code and came to work in vibrant and colorful traditional attire to celebrate Heritage day.

What is Heritage Day all about? It is a South African public holiday that was first celebrated on the 24th September 1995. Heritage Day is about "Ubuntu" togetherness to build the rainbow nation and keep it intact for years to come. It is celebrated in spring symbolic of birth and growth.

"Ke e Xarra Ke"... "Unity in Diversity"...



DUNDEE PROVINCIAL HOSPITAL IS A HEALTH PROMOTING HOSPITAL



Torn amongst the roses.

Mr. S Vilakazi doing [indlamu] Zulu dance. Incidentally his outfit was labour intensively hand sewn by him "Proudly South African"



MERRY CHRISTMAS AND A PROSPEROUS NEW YEAR



Food Safety

by Miss EN Mkhabela Infection Prevention and Control manager.

With the approaching festive season here are some tips in food handling to prevent food borne illness.

Shopping:

- Purchase refrigerated or frozen items last ,after selecting your non-perishables.
- Never choose meat or poultry in packaging that is torn or leaking.
- Do not buy food past the "Sell-By" date.

Storage:

- Refrigerate perishable food within 1 hour.
- Ensure your refrigerator temperature is below 4 °C and the freezer below 0 °C.
- Meat and poultry should be wrapped securely to prevent meat juices from contaminating other food.
- Do not store food too long even in the refrigerator
- Discard cans that are dented, leaking, bulging, or rusted.

Preparation:

- Always wash hands thoroughly before and after handling food.
- Don't cross-contaminate. Keep raw meat, poultry, fish, and their juices away from other food. After cutting raw meats, wash cutting board, utensils, and countertops with hot, soapy water.
- Sanitize cutting boards, utensils, and countertops using a solution of 1 tablespoon of bleach in 5L of water.
- Protect kitchen areas from insects ,pests and other animals.
- Keep Marinated meat and poultry in a covered dish in the refrigerator.
- Wash fruits and vegetable especially if eaten raw.

Thawing:

- **Refrigerator:** The refrigerator allows slow, safe thawing. Make sure thawing meat and poultry juices do not drip onto other food.
- **Cold Water:** For faster thawing, place food in a leak-proof plastic bag. Submerge in cold tap water. Change the water every 30 minutes. Cook immediately after thawing.
- **Microwave:** Cook meat and poultry immediately after microwave thawing.

Cooking: cook all foods thoroughly especially meat poultry eggs and sea food

Leftovers:

- Do not leave cooked food at room temperature for more than 2 hours.
- Place food into shallow containers and immediately put in the refrigerator or freezer for rapid cooling.
- Re heat cooked food thoroughly before eating

Brain Gym

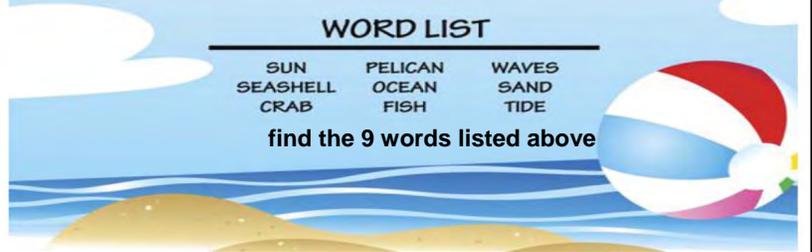
AT THE BEACH!

H N C V L C K W R I Y S E F A E E O A I
 Z N P S N E E D B F C V I B R I H Y N S
 E S S E A O N E D I T L J B E I A A L U
 R L V A L S O L L S L I C F S Z P D C N
 V E L S N I C E N H C L E K E A S V G W
 N Q C H A D C S O T E O C A D U S A O E
 I S R E L G C A F N C A C N F N A C W W
 C E A L S E D N N E N A N G C S M N C A
 C F B L I Z C L S A V S S E J A R I C L
 H W A V E S C O D E N A E C O N N D A D

WORD LIST

SUN	PELICAN	WAVES
SEASHELL	OCEAN	SAND
CRAB	FISH	TIDE

find the 9 words listed above



You exercise your body to stay physically in shape, so why shouldn't you exercise your brain to stay mentally fit? Try these brain gym exercises to flex your mind and boost your memory.

Sudoku

	6		1		4		5	
		8	3		5	6		
2								1
8			4		7			6
		6				3		
7			9		1			4
5								2
		7	2		6	9		
	4		5		8		7	

Sudoku rule: "Fill in the grid so that every row, every column, and every 3x3 box is filled with digits 1 to 9." answers in in next edition

The 10 warning signs of Alzheimer's Disease

- A** : Memory problem, forgetfulness which worsens over time
- L** : Language problem: The speech is confused. Suffers have difficulty in naming objects
- Z** : Zips and buttons: are difficult to fasten and it is difficult to dress themselves
- H** : Hygiene is neglected, suffers don't care about personal hygiene and may not want to bath.
- E** : Extreme mood swings within minutes the mood can change from being calm to aggression
- I** : Impaired judgment strange behaviour wearing underwear over top clothes
- M** : Many people with Alzheimers get lost in familiar places such as their own neighbourhood
- E** : Even recognition of family members and friends becomes difficult
- R** : Recalls childhood memories but cannot remember anything that happened the same day
- S** : Suspicious of other people and may accuse them of stealing or hiding things

Admin Block Before After



1931 Admin verandah



2008 Admin verandah converted to HR offices

Since 1931 the Admin block has changed . The unused verandah space was partitioned off to create much needed office space.

On the 12 November 2008 the wooden doors at OPD foyer was replaced with aluminum doors displaying Dundee Hospital name and a gigantic hand painted AIDS ribbon.

Sincere thanks to all Workshops staff for transforming the appearance of Dundee hospital. Keep up the good work!



New frontage at Foyer

Accolades



Staff of ward 3 proudly showing the Infection Control Floating Trophy which was awarded to them for the 2nd quarter.

Infection Control assessments are conducted quarterly and all departments are encouraged to be competitive.

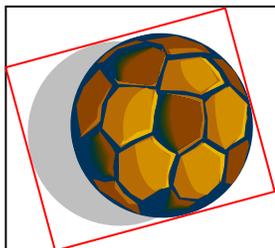
"The real contest is between what you have done and what you are capable of doing"

- Geoffrey Gaberino

On the 23 -10-2008 the Dundee Hospital board conducted an inspection . The board was overall very impressed with the improvements made . The most outstanding department was the kitchen. The chairman of the board stated " the efforts put in by all the staff is indescribable, even the Angels couldn't have done better. Well done kitchen staff



Sports and Recreation



Mr. Lindani Khumalo showing the numerous medals he won .

Congratulations to Mr. Lindani Khumalo, of Linen room .This young achiever ran the grueling 42.2km Soweto Marathon returning home proud with a silver medal. Lindani is busy training for his first the Comrades Marathon in 2009

Running : Getting started by Leonard Benjamin

Mr. L Benjamin is experienced in Comrades Marathon and Time Trials and has the following tips to offer.

Please note: If you're a man over 45 or a woman over 55, get a doctor's clearance to start running.

Walk First: If you haven't been doing any cardiovascular exercise, do three 20minute walks a week for 2 to 3 weeks.

Run & Walk: Do short bursts of runs and then take walk breaks to catch your breath, it lessens the impact on your joints and muscles, especially if you're returning from an injury, walk breaks are good for you.

Build Slowly: E.g.. A beginner, aged 50, starts by walking 300m on an athletics track and then running 100m. Increase a few weeks later to 200m walking and 200m running. About 5 to 6 months later you should be able to run 5 Laps non stop. That's how everyone should build up – slowly, consistently, in your own time. Rush the process and you could end up sore, frustrated, or injured. So increase your running time by about 10 to 20 percent a week.

Stretching: A little soreness is inevitable, but you can minimize this by walking for a few minutes before running and stretches after your run. In addition to improving Flexibility, stretching flushes the muscles with blood and oxygen, which promotes recovery of sore muscles. Hold stretches for 30 to 60 seconds.

Training Notes

Walk/Run: You might begin by running 8 minutes and walking 1, or running 30 seconds and walking 2minutes. Do what feels right, or try this: After a warm up, run until you want to stop, then walk until you've recovered. Time both segments and make them your starting point. After week 3, add 15 to 60 seconds to the run segment. Use walk breaks indefinitely or phase them out.

Cross-training: Other forms of exercise, such as cycling, strength training or aerobics.

Any body can run, but where you should start depends on your fitness level.

For a detailed training programme Contact Mr. Leonard Benjamin

First Aid by Mr. VSI Zwane Health and Safety Officer



Mr. J Sewmangal

The Medical Manager, HRD, Health and Safety Officer have embarked on a Basic First Aid Course which is being conducted every Thursday from the 20th November to 19 December 2008. It is important at least to have one First Aid Kit in your work-place, in your home and one in your car. Check First Aid Kits regularly at least every 3 months to replace supplies that have expired. The Health and Safety Office is in the process of installing first aid boxes at the workplace. The course broadly covers all Basic First Aid for non clinical staff, Advanced Basic Life Support for clinical staff as well as Executive training for senior staff.

It is important to report work related injuries to your supervisor immediately, to enable the employer to look into the causes of every work related injury to prevent future occurrences.

Photo inserts: Participants practicing CPR on mannequins.



Left to right Mr. B Makhubu, Mr. MM Smith, Mrs. GTN Msibi, Dr Aung , Mr. SH Lamula, Mr. Mthembu Mrs. L Bhengu,

Quality Improvement Team - [QIT]



Mr. IM Gubevu



Mrs. ZS Khambule



Mr. VSI Zwane



Mrs. NW Ngema



Dr Aung



Matron JE Fricke



Mr. R Paras



Mr. MM Smith



Matron NT Mkhize



Mr. S Khan



Mr. N Dookie



Mr. A Gurudial



Ms. EN Mkhabela

Meet the QI team above. The team conducts inspections every Thursdays. Sections should view inspections positively as support visits to improve your work area and ultimately service delivery. The weekly inspections are successful as after formation of the team 31 July 2008 our external inspection score rose from 56% [June] to 81% [Sept.]

The QI team sincerely Thanks all staff for dedication, hard work and making a difference .

Paradigm shift : See every client as your employer without that client there would be no need for your service.