

- The Bridge
- Umgeni River = Life
- Elephant represents Indlovu Region
- Huts = Rural areas (Community Health Services)

### The Edendale Hospital logo

The river signifies the Umgeni which represents life and strength.

The elephant represents the Indlovu Region.

The huts represent Community Health Services.

The bridge represents the bridging of our diverse communities through efficient and comprehensive Health Care to all, irrespective of race, gender and culture.

PS The Editorial Team, in closing, would like to thank all those who contributed to the News Bulletin for the year 2003. Also wishing you a Merry Xmas and a prosperous 2003. Don't forget – Reading is a Mind Opener.

Eden-Daily Editorial Team

# EDEN-Daily



## “Eden-Daily” – Hospital Magazine Launch

The magazine was launched on the 29<sup>th</sup> of May 2002 at the Edendale Hospital Recreational Hall. The editorial team members were introduced and congratulated on the achievement of making everyone’s dreams come true when the first publication was produced. The brief history of the discovery was explained and the way forward was outlined. All hospital employees were encouraged to bring up constructive criticism and comments about the newsletter. Also, more news articles were requested either by individuals or departments. Unfortunately, the media invited did not publish the occasion or any of the photos taken, but the day was a success!

Editor.

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This is the second issue of Eden-Daily, the official newsletter of Edendale Hospital. This publication coincides with a significant milestone in the history of the Hospital. On 8th November 2002, Edendale Hospital was awarded a Baby-Friendly Hospital Status. More information on this event and a letter of congratulations from the National Minister of Health Dr Manto Tshabalala-Msimang is included in this newsletter.

The year 2002 has been a busy one for the staff. The upgrading of the external façade commenced in April and is expected to be completed by the end of 2003. This is a major improvement project. Staff are requested to ensure that patients and visitors heed all safety signs and keep away from the working areas. We apologise to all users of Edendale Hospital for the noise and inconvenience during building operations.

The second project to upgrade the wards from the 1st to the 4th floors will commence about April 2003.

The programme to “Keep Our Hospital Clean” is on-going. Edendale is our Hospital and every member of staff must play an active part by making this a Hospital that we are proud of. After all, it is the place where we spend the most part of our day in providing service. The 62,000 sq metre of bush has been cleared by the volunteers and community gardens are planned for this area.

The year 2002 is almost over, too soon. To all staff who have worked so diligently throughout the year to make a difference in the lives of the patients we serve, your commitment and dedication is appreciated. Do continue with your good work.

On behalf of the Extended Management of Edendale Hospital we wish you peace and joy over the festive season, and a peaceful and prosperous New Year. Together we must endeavour to take Edendale Hospital forward in 2003 to be a truly caring and compassionate place.

Dr Lalitha Ramiah  
Chief Medical Superintendent

## Thought for the Year – 2003

Some years ago, a researcher decided to find the secret of success. After months of study and countless interviews, he finally gave up. “There is not a secret,” he said, “it is all related to hard work. One must climb the ladder to success, not just be lifted on an elevator.”

The successful individual is the one who will do what the average person will not do. And average is nothing more than being the top of the bottom.

Thinking wrong, believing wrong, and confessing wrong always leads to an unhappy, mediocre and unprofitable way of life.

To think success, to become better, to believe big and to strive to be above average, you must develop the right kind of mental processes.

You have been programmed to be negative, to disbelieve, to be sceptical. However, you can change. That negative experience, the minuses – these can be transformed into positives and pluses simply by changing your attitudes.

William James said, “The greatest discovery of my generation is that men can change their circumstances by changing their attitude of mind.”

We teach changing those thoughts by changing the input. What goes in must come out. You control the future because you have the power to control your thoughts.

Some say success is just a decision away. That is true, on the surface. But that decision must be backed up with solid effort.

A person with a winning attitude accounts for 80 percent of the results in this country today. It’s amazing that the figures don’t change from year to year. They stay about the same. Twenty percent of the people are getting 80 percent of the results and 80 percent of the people are getting 20 percent of the results. That isn’t very much when you realize these figures haven’t changed over the last 25 years.

***All you guys and gals involved in extra curricular activities in the hospital, this is your chance to make yourself heard. We are looking for budding journalists to write articles for Eden-Daily.***

***Contact Mr Komal on extension 4197.***

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The infection control philosophy says the infection control co-ordinators believe that the control of infection is possible through collective co-operation of all categories of staff members in observing the infection control measures. One of these measures is the maintenance of our institution in an acceptable and hygienic state, which is the responsibility of all categories of staff members. Remember, hospital acquired infection can be prevented. So be responsible, keep our institution clean, for your sake, patients’ sake and the sake of the community we serve.

Doreen Nono Mbambo  
Infection Control Nurse

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Your growth potential, return on your investment, rewards in proportion to your efforts, and personal independence are limited only by your vision and desire. This already has made you above average.

So be enthusiastic! You have a lot to be excited about. God created you in the likeness of Himself and endowed you with specific talents and abilities. As you develop those areas in your life and use them to help others, you won’t have to be concerned about being above average. You will have conquered that enemy.  
Dexter R. Yager Sr.

From Zanele Zondi

## Trip to Chicago - United States of America

Mrs Judith Dinky Halimana attended the Clean Med 2002 International Conference on the 24-28 October 2002 organised by the International Organisation called "Health Care Without Harm", which is an organisation that promotes pollution prevention practices, support the development of environmentally safe materials, technology and products, and educating, informing Health Care Institutions, providers, workers, consumers and all affected constituencies about environmental and public health impacts of Health Care industries and solutions to those problems.

Mrs Halimana represented the African Continent. There were other Health Workers from other countries that attended the conferences, such as France, Mexico, Argentina and Philippines to name a few.

The programme had plenary panels and Concurrent Panel Presentations, where different presentations took place on matters such as Health Interiors; Life Cycle of materials; creating environmentally sustainable health care system; safe needle devices: preventing exposure to blood borne pathogens; building green, incorporating health and sustainability in your capital project; solving disposable problems through purchasing; ethical and regulatory implications of purchasing decisions; problems with PVC/DEHP Medical products and policy solutions safer methods for disinfections, sterilizations, and cleaning in hospitals, tools and resources for greening health care purchasing, Building green: creative energy and water strategies, H2E: implementing a national health care agenda; safe disinfections, sterilization, and post management: case studies; building green: life cycle perspective on materials selections; moving to PVC-/DEHP- free products; Environmental initiatives in group purchasing organisations (GPO's); Mercury-free hospitals; Glove selections; Building green: tools and resources; environmental management systems and green purchasing: Solutions or distractions?

In between the presentations there were exhibits of medical products manufactured for the use of health institutions and communities, literature with information on HCWH.

Mrs Halimana was honoured to listen to the key speaker of the conference. William McDonough, the author of the book "Cradle to Cradle". This book was made available

at the exhibition rooms. Mrs Halimana brought it along and it will be available in the hospital Library in due course.

Mrs Halimana attended a full day workshop on Environmentally - Sound and Safe Management of Waste from Health Care Activities conducted by Glen Mcrae of USA who is the coordinator of HCWH and who once visited Edendale Hospital in 2001 with Ground work on "Skill Share". The programme included a tour of the University of Illinois - Chicago. It was co-ordinated by Glen Mcrae. The next day Mrs Halimana toured the University. The aim of this tour was to have a broad picture of how this Medical Institution was managing its health care waste.

Professor Denny Larson of the University of Illinois - Chicago gave an overview of the University structure and its activities, emphasising on the University Medical Waste management Programme. Various departments were visited such as Pharmacy, Laboratory, Areas of collection of Medical and hazardous waste to name a few.

Mrs Halimana's presentation was the past and present practices and the future intentions on medical waste management. Photo, graphs, policies and red and transparent bags statistics were used in illustrations. Edendale Hospital showed great progress in managing Medical Waste Management, in the past fifteen months. This was the effort of all Edendale Hospital staff, supported by the Hospital Management and the pioneers of the Medical Waste Management programme, Mrs Masinga and Mrs Ngcobo, the previous Infection Control Managers.

Mrs Halimana experienced a long journey from Pietermaritzburg to Johannesburg to Atlanta and to Chicago. On her return she went from Chicago to New York to Johannesburg to Pietermaritzburg and to Edendale Hospital, the Cultured Jungle.

*Judith Dinky Halimana*  
Senior Admin Officer - Auxilliary Services

## Ingredients for a Healthy Mind

1. Healthy Life Style
  - Eat a well balanced diet with all food nutrients in their correct proportions e.g. vitamins, carbohydrates, fats, mineral salts.
  - Have a positive, building attitude.
  - Have a positive vision and attain it.
  - Exercise daily e.g. even a brisk walk for 30 minutes, playing netball, tennis etc.
  - In the morning when you wake up – deep breathing exercises.
  - Avoid junk foods
  - Drink 8 glasses of water daily.
2. Laugh a Lot
3. Have extra hours of rest – at least 8 hours sleep
4. Do unto others as you would have them do unto you
5. Share good, building ideas
6. Avoid weight gain
7. Socialize after work – go out and meet people
8. Read newspapers, watch television, attend workshops – know what is happening around the world

All from me for the time being. Continue some other day.

Dorcas Mbeje  
In-Service Training Department



## What's Happening at Edendale Hospital Appointments ?



### NURSING MANAGER

Ms Nomagugu Njozela has been appointed Nursing Manager from 1st November 2002.

### MEDICAL MANAGER

Dr K Maistry has been appointed Medical Manager from 1st January 2002.

The following were appointed as Unit Managers -

- |                   |   |                |                 |   |           |
|-------------------|---|----------------|-----------------|---|-----------|
| ➤ Mr M Majoji     | - | 6F             | ➤ Mrs D Mvemve  | - | 2F        |
| ➤ Mrs D Makhaye   | - | Eye Ward       | ➤ Ms F Mgbhozi  | - | G         |
| ➤ Mrs N Ngcungama | - | H              | ➤ Mrs Q Kubheka | - | 2F i.c.u. |
| ➤ Mrs Mseleku     | - | KwaHlengabantu |                 |   |           |

They are congratulated on their appointment. May they enjoy the new challenge and serve with diligence and humility. May God keep and guide you in your work.

### RETIREMENTS

Dr DJJ Mabaso retired at the end of June 2002.

Mrs C Ngubane retired at the end of August 2002.

We wish them well in their new spheres of activity.

## Volunteer Programme

We are very lucky to have had such a good response to the Minister's call for volunteers. To date we have had volunteers help with the clearing of the grounds and with the general upkeep of the hospital.



Heads of department are humbly requested to make their needs for volunteers known to the control office. The volunteer will then be requested to sign an indemnity form and an introductory note will be issued to the volunteer to take to the head of department. This note will specify the period the volunteer will be in the ward. **Volunteers may not be placed in units without first signing the indemnity form.**

Nomagugu Njozela  
Volunteer Co-ordinator



## Infection Control Unit

Hospital acquired infection is the infection acquired by patients, staff, visitors and the community through the failure to adhere to the infection control principles.

The presence of the infection control programme at Edendale Hospital has minimized the risk of cross-infection through the co-operation of all staff.

For contact and contributions the infection control department can be found at 395 4617.

Mrs J S Masinga  
Assistant Director Infection Control

Dear Colleagues

In line with the rationalization process and in the interest of patient care, the following wards will be relocated in the near future. They will then use the telephone extension of their future location.

Male Medical (6F)	-	C
Female Medical (5F)	-	E
Male Ortho (C&D)	-	6F
Female Ortho (E)	-	5F
Female Surgical (2F)	-	4F
Male Surgical (1F & 4F)	-	1F

2F will become a Post Op ward for all newly operated patients for the first 24-48 hours or as the condition necessitates.

**NB!!! Edendale Hospital has been awarded "A Baby Friendly Hospital" status as from the 17-10-2002**

Nomagugu Njozela  
Deputy Director Nursing Section

## Occupational Health and Safety Service

### DID YOU KNOW ?

- That your co-operation towards the proper disposal of sharps could:-
- Save you from sustaining a needle prick injury?
  - Save you from stress and sleepless nights awaiting HIV test results?
  - Save you from feeling terrified of the possibility of infecting your unborn baby should you become HIV positive?
  - Save you from watching your baby suffer opportunist infections just because you missed doing the right thing?
  - Save you from depriving your baby of a loving opportunity of breastfeeding while you are on anti retroviral drugs?
  - Save you from experiencing the adverse reactions of anti retroviral drugs?
  - Save you from the terror of exposing the bad news to your partner?
  - Save you from thinking that you might not make it to enjoy the fruits of your children because of anticipated premature death?
  - Save you from thinking you might lose the opportunities you have waited for your entire life e.g. enjoying your pension fund etc?

*If the answer to the above is "NO, I did not know that if I dispose of the sharps correctly I would then be saved from all of the above." Then from today onwards I am telling you YOU can be saved. So then, let us do the right thing and save ourselves from this horrible monster HIV/AIDS. "Let us all prevent needle prick injuries so as to fight HIV/AIDS in all possible ways."*

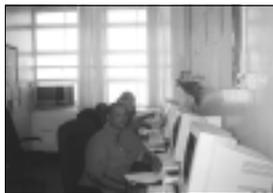
*Just a piece of advice: God gave us "Wisdom".  
Therefore, let us all use it so we may not die prematurely.*

JC Nzimande  
OHN



The Occupational Health Clinic (Staff Clinic) moved to a new, improved situation in the old "Easy Riders". It is anticipated that this will provide patients attending the clinic with more pleasant facilities.

Sr Hlophe  
Staff Clinic



### RE: New Switchboard Operating System

We as the switchboard operators are very happy, because we have moved to our new office. We are still having a problem as the staff does not understand this system. Please be informed that the computer system works automatically with the new switchboard. Preference is given to outside calls, which is in line with customer service delivery. Internal calls to switchboard will only be considered after all outside calls have been attended to. Sorry for any inconvenience caused.

Wishing Eden-Daily magazine all the best.

From Switchboard Staff

## Edendale Hospital Choir

The choir has gone from strength to strength since its inception. It has been invited now and again to perform at certain functions. It performed in June at Northdale Hospital for the launching of the District 22 Learning Resource Centre sponsored by the Italian Government.

It won fourth position during the KwaZulu-Natal Choir Festival in June 2002 and performed during the Nurses' Graduation Ceremony on the 22 August 2002.

Our dream is to record a CD of our own with Ukhozi FM in the near future, once examinations are over. Thank you for all your support.

Zanele Zondi  
Choir Co-ordinator

## Teamwork & Success

For effective, efficient, safe and competent service, we need to work in a team. To be successful, team effort is the key.

What does the word 'TEAM' mean?

**T – Together**  
**E – Everyone**  
**A – Achieves**  
**M – More**

### REMEMBER

When IF's and BUT's  
become "what, why and how",  
WE WILL SUCCEED.

### AND

Success comes when we focus on  
what is ON and let GO  
of what is GONE.

Zanele Zondi

## Edendale Soccer Team



Indlovu Regional Tournament  
(Held at Scottsville on 14/10/02)

Edendale Hospital played games as follows:

1. EDH vs Ambulance Services  
Won 3-0
2. EDH vs Bramhill  
Won 3-0
3. EDH vs St Appollinaris  
Won 4-0

Later in the afternoon, Edendale Machines rammed Appelbosch 2-0, to meet Bramhill once again in the semi-final. They crushed Bramhill 2-1 to reach the finals where they lost 1-0 to CPS.

For a change they had to settle for silver medals and a trophy instead of the gold.

On the 17/10/02 Edendale Hospital met Albany Bakeries and won 3-2. The ever growing team is always flying the Edendale Hospital flag high with pride.



## Nathi KwaZulu Sinazo Izifundiswa!

Ngelinye ilanga uSibisi no Tenza baya e-Khempini. Bafika-ke bagxumeka itende labo maqede bazosela inyama eyabe seyehliswa ngaye uJeke (Jack Daniels).

Cha, zaphuza izinsizwa kwakuhle impela zaze zazunywa yiso isiqhwaga esiwubuthongo zalala kulo itende. Kuthi ebusuku avuke uTenza aqhwebe uSibisi:

Tenza: Sibisi! Bheka phezulu – ubonani?

Sibisi: Izinkanyezi.

Tenza: Uma ucabanga wena lokho kusho ukuthini?

Sithule sithule isihlakaniphi esiwuSibisi bese sishilo.

Sibisi: Ngokwe – Astronomy kusho ukuthi kune zigidigidi zamaGalaxy okungachaza ukuthi maningi amanye amaplanet esingakawazi. Ngokwe-Astrology, ngibona kahle ukuthi iSaturn ikwiLeo. Ngokwe Horology ngingasho ngithi isikhathi u03.30hrs. Kanti ngokwe Theology kuyabonakala ukuthi uMdali mkhulu uyesabeka. Ekanti ngokwe Meteorology heyy . . . koba kancane impela singabanga nosuku oluhle kusasa. Wena Tenza ucabangeni?

Tenza: Ey, Sibisi niyahlupha ngokufundiswa kakhulu! Siphukuphuku ndini ngoba ungaboni ukuthi sibona izinkanyezi nje ngoba kukhona u 'clever' owebe itende lethu!!!

M. Funi  
Radiology Department

## *A Friend . . .*

- *is a tissue when you can't stop crying*
- *is a shoulder when you feel like dying*
- *always listens when you have something to say*
- *is a week when you just need a day*
- *is a crutch when you have a broken heart*
- *is some glue when everything falls apart*
- *is the sun when the rain just won't stop*
- *is your mom when you run into a cop*
- *is a phone call when you can't leave your home*
- *is a hand when you feel alone*
- *is a wing if you want to fly*
- *understands without knowing why*
- *is an ear for a secret to tell*
- *is an aspirin when you feel unwell*
- *is a love that can never go*

Dudu Ndlovu  
Radiology Department

## Human Resource Report

1. The authority to perform paid overtime was received on the 18<sup>th</sup> September 2002 and because of some logistical problems, Human Resource Officers only started on the 19<sup>th</sup> September to perform overtime.

The overtime is performed from 16h00 to 18h00 from Monday to Thursday and from 9h00 to 13h00 on Saturdays.

Each officer is allocated 50 leave forms to capture during the two-hour period and the capturing of leave information into the system has been completed. All supervisors are requested to submit all outstanding leave forms. It is of utmost importance that the leave forms are submitted timeously in order to avoid an unnecessary backlog.

2. As from the 7<sup>th</sup> of October 2002 the correction of leave information for nurses working at the clinics shall begin. The nurses in clinic work a five day week and they are entitled to 22 or 26 days leave depending on the years of service that have been acquired by that individual nurse.

Did you know that Edendale Hospital/Nursing College has a library on the ground floor of the Nursing College, which has been operational since February 2002 for all staff?

The Edendale Library, with its various collections (journals, textbooks) and service-orientated staff, constitutes a vital instructional and research resource for Edendale Hospital. The essential purpose of the librarian is to control and manage the library's collection and services growth for the future.

The mission of the Edendale Library will be to effectively support the hospital's multidimensional educational and service functions by providing in a timely manner:

- dynamic in-house collections of informational resources in all formats,
- to promote academic excellence and help toward patient care,
- to provide appropriate services and professional support required by students and staff as they endeavour to fulfill their academic and professional goals,
- efficient links to remote informational resources.

The library will house journals and textbooks for all medical staff, as well as other disciplines (administration, social work etc.), and participates in resource sharing with RK Khan, Wentworth, King Edward, Addington, Grey's and Prince Mshiyeni hospital libraries. My request to all staff is that books taken out during the closure of the library must be returned.

Denise Carolus - Librarian

## Renovations

Head Office have approved many projects in Edendale Hospital which will be done over a few years. The biggest job at the moment is the upgrading of the facade of certain buildings in the Institution.

The dust and noise is most regrettable. Obviously this will continue for some time. We therefore humbly appeal to the staff, patients and public to take extreme care of the activities in and around the hospital. There are demarcated or 'no-go' areas which are restricted for the public. Unauthorised persons must be told to vacate these areas, as their lives could be in danger.

The list of 38 projects currently in progress can be obtained from Mr G Aysen on request. The list for the future 5-year planned projects can be obtained from Dr Ramiah.

Mr Aysen

## Library Services Ext 4692



## Esithombeni (X-Ray Department)

Wemfundi we Eden-Daily!  
Ak'uphum'ubhek'esithombeni;  
Uzokhangwa izindonga zakhon'eziluhlaza;  
Iphansi'lakhona ububenyebenye; kuhle  
k w e n k a n y e z ' e s i b h a k a b h a k e n i ;  
Ingan'ihlanzwa nsukuzonke,  
ukuz'ihlal'icocekile; Abadle ezipinki  
abazibekile phansi; bakhiph'amangwev'abo;  
Hleze; nesiguli sizizwe sesingcono ngenxa  
yendawo ecocekile esikuyo, kwazise  
ihlanzeko iyaphilisa.

Phinda ubheke esithombeni;  
Kodwa bebengaba yini ngaphandle kwakho;  
Angithi nguwe umthwebul'omkhulu;  
Abalimele babonwa nguwe; Abagulayo  
babonwa nguwe; Abazithwele ubabona  
kuqala; Ubezwe behalalisa; begiya  
beqephuza; ingani phela kuzofika intombi  
noma insizwa ekhaya; Uphinde uzwe abanye  
benximfa; behwaqabala; beququd'imihlathi;  
kuthi abazidle baziqede nya; ingani nabo  
phela sebetsshelwe izindaba zokuthi bazothola  
yize kade bengalindele; Pho indaba kaba!  
Wena usuke usuwenzile owakho umsebenzi.

Ake uphinde ubheke esithombeni; Babengaba  
yini odokotela ngaphandle kwakho; Inyani  
uDr KHATHAZA ubezonyuka eshesha;  
Ebuza ephindelela ethi kungani ingavuliwe  
iTrauma Unit; Impela ubalulekile mthwebuli  
omkhulu; Bebengawenza kanjani umsebenzi  
wabo?  
Bebengawenza kanjani uphumelele  
ngaphandle kwakho?  
Ngisho ngoba nguwe obahlalela indlela;  
Bathi! Yisho mthwebuli omkhulu  
Othwebul'thambo, waze wathwebula  
nomkantsha.

Phinda ubheke esithombeni;  
Yaphenduk'inqola emasondosondo; Ngisho  
ngoba iphenduk'imini nobusuku esithombeni  
(24 hrs)  
Kuhle komful'omkhulu ogobhoz'imini  
nobusuku; Yingakho ngisho kugcwalile  
umlomo ukuthi; KUNGAKUHLE KUNYUKE  
IHOLO LAMI.

Ake uphinde ubheke esithombeni; Wasuka-  
ke umsebenzi, kuhle kwebhola lisuka lihlala;

Lisuka ntendeni liya ntendeni; Isiguli siqala  
koMABHALANE basinqake ngenjabulo  
bashicilele; Bathi bangaqeda ukushicilela;  
basidlulisele kuma RADIOGRAPHERS, ingani  
adle ezinsundu; nawo asamukele ngenjabulo  
ngokukhulu ukumomotheka, athi sicela  
ungene ngaphakathi; Asho njalo asephethe  
ipuleti lezimanga (cassette); Maqede  
akuthwebule athi sicela ulinde ngaphandle;  
Yilo lelo puleti eselithatha eliyisa endlini  
emnyama (darkroom); Lifike linqakwe ama  
(DARKROOM TECHNICIANS), nawo  
alithintathinte; Alipotopotoze, aliwotawote,  
maqedane lingene emshininini; Siphume  
kanjalo isithombe sakho mfowethu nawe  
dadewethu;  
Uma uzihambela usuke usuphuthuliwe' Uma  
kungenjalo usuke usuzothathwa ngu Porter  
ubheke ku Dokotela.

Phinda ubheke esithombeni;  
Uhalalise ngobungcweti bomsebenzi wabo;  
Sibonga u WILHELM CONRAD ROENTGEN  
umsunguli wakho Uma engake avuke  
angakhexumlomo, maqede agiye aqephuza,  
akikize aze abe nesihosho, ngisho ngoba  
usudlondlobale ngokuyisimangaliso; Usu  
mkhakhakhakha;

Wadla Edendale  
Ungakhala ngani manje  
Angithi uhambela phezu;  
Ngisho wena  
(i) CT Scanner  
(ii) Mammography  
(iii) Radiotherapy (Deep Therapy / DXT)  
(iv) Ultrasound  
(v) Specialised Radiography  
(vi) Trauma  
(vii) Conventional Radiography (General,  
Theatre & Ward Radiography)

Ngacishe ngalibala, siyafundisa nokufundisa;  
**TRAINING & ASSESSMENT OF STUDENT  
RADIOGRAPHERS**  
Ukuze kuthi noma sesaphumula sathatha  
umhlala phansi; salala kobandayo, baqhubeke  
beyibeka induku ebandla.

Sweetness N Mbimbi  
Radiology Department

## INTERNATIONAL NURSING EDUCATION CONFERENCE 2000

*This paper was presented at the above  
international conference by Zanele  
Mabaso Zondi*

### MENTORSHIP IN NURSING EDUCATION AND PRACTICE

#### INTRODUCTION

Motivational letter from an  
anonymous writer "He's my Dad".  
How relevant this message is to  
our daily practice as health care  
workers, therefore we need to  
really introspect ourselves and see  
whether we are on the right track  
or not.

#### MENTORSHIP

- Definition
- More or less the same as role  
model
- Transformationally the key  
word is "coaching" like in  
soccer, boxing, athletics, etc.,  
as the coach is always with  
his/her people to guide them  
through. Able to inculcate all  
the core values that will make  
them win throughout.
- Unlike, in mentorship, the  
tutor or sister will not know  
that a certain student is  
looking after her and when  
she does wrong then all hell  
breaks loose.
- Our past mentors in nursing,  
like Florence Nightingale,  
Henrietta Stockdale and  
Cecilia Makiwane have done  
good nursing for fraternity,  
now we need the present  
ones and the future ones of  
whom our neophytes would  
relate to them. There are so  
many unsung heroes and  
heroines in nursing who need  
to be marketed in media so  
that young people can look  
up to them, identify and be  
coached thereafter.

Nursing, whether education or  
practice, transcends everything.

Like Education System, we need  
projects such as COLTS (Culture of  
Learning, Teaching and Service),  
TIRISANO - where people choose  
the best teacher, school, pupil, etc.  
and through this, standards would

be maintained and sustained.

Exchange programmes locally,  
nationally and internationally  
should be done, as we are a  
"Rainbow Nation" with a  
diverse population.

Indeed, nursing standards are  
dropping, if they have not  
dropped at all. How can we  
bring back the culture of  
nursing, professionalism,  
excellence, respect, tolerance,  
"ubuntu", learning and reading,  
etc.?

#### RESEARCH ON MENTORSHIP

- This was a quantitative  
descriptive research on the  
role of mentors in  
education and practice.
- Questionnaire, focus  
group interviews and in-  
depth interview was used.
- Qualities of a good mentor  
were outlined such as:
  - Knowledgeable
  - Assertiveness
  - Caring, compassionate
  - Empathic, honest, loving  
and loyal, etc

All these form core values of  
our education and practice.

#### FINDINGS

- Most students came out  
with the qualities of good  
mentor.
- Most students' mentors  
were sisters in the ward  
plus tutors though less.  
That really meant that  
most of the nursing care is  
done in the ward and  
therefore correlation of  
theory and practical is a  
necessity. Clinical  
accompaniment has to be  
strengthened.
- Most students agreed  
about the low standards of  
nursing
- Reasons put forward  
being:
  - Shortage of staff
  - Low salaries
  - Lack of equipment
  - Staff put more interest in

academic matters than  
patient-centered care

- Low morals such as  
drunkenness
- Best nursing care in order of  
priority:
- Intensive Care Units came out  
tops
- Paediatric Units were second
- Maternity
- Surgical and Orthopaedic
- Out-patients departments
- Medical wards

#### RECOMMENDATIONS

Encompasses all disciplines  
whether medical, nursing, clerical  
or administrative.

1. In-service education for all  
personnel.
2. Provision of equipment
3. Increase in salaries
4. Improve good human  
interpersonal relationships  
within the multi-disciplinary  
team approach.

#### CONCLUSION

Mentorship/coaching plays a  
potent role in the education and  
practice of a neophyte.

Good role models/coaches who  
are innovative, creative, visionary,  
transformational, advocate,  
compassionate, committed,  
dedicated, disciplined and  
determined are still needed in the  
new millennium.

Should be included in Batho Pele,  
Accreditation (COHSASA) and  
Transformational projects.

Nursing is caring and  
compassionate from the olden day,  
today and tomorrow.

Therefore, let us all be good  
mentors so that this profession  
never dies.

THROUGH LOVE, SHARING  
AND CARING WE CAN MAKE  
IT.

Thank you,

Zanele Zondi

## In-Service Training Department

It is said, "Knowledge is Power". Our beloved country, South Africa, wants to improve our economy. This can be achieved through people whose skills have been developed through extensive education, involvement and active participation.

This department exists to unlock and unfold human potential for better performance in patient care. It is also user-friendly, co-ordinated, integrated and sustainable with continuous empowerment and skills training of all internal customers of Edendale Hospital.

A programme for the whole year is drawn up in consultation with other departments according to their needs as well as needs of the institution to hasten service delivery. Expert internal and external presenters give presentation of various interesting topics. We are even able to know the available resources in our community where we can refer our customers for help and treatment. We work hand-in-hand with Non Government Organisations e.g. Cancer Association, Hospice, Child Helpline etc.

Thus the consumer of health care receives a competent and safe service. It is held every Wednesday at Edendale Hospital Board Room from 11h00 to 12h00.

### DO NOT BE LEFT BEHIND

D. Mbeje  
In-Service Training

## SHOULD TREATMENT BE IN THE HOSPITAL, CLINIC OR HOME FOR TERMINAL OR VERY ILL PATIENTS

(e.g. Cancer, P.T.B., HIV/AIDS etc)

In this 21<sup>st</sup> century, there is a dramatic change in the disease pattern. Problems that our country now face are the pandemic diseases such as HIV/AIDS and P.T.B., causing hospitals to become full, and patients to outnumber nurses, thus not receiving effective and efficient nursing care. This is also due to the exodus of nurses abroad.

I believe in home-based care where trained nurses and volunteers can nurse patients at home. The nurse is then in direct contact with the patient's environment, family and relatives.

Family and relatives can be involved in the nursing care of their loved ones. Extensive education and skills training will be dealt with when involving the family.

Home-based care is essential, as the nurses or trained volunteers work hand-in-hand with the community we serve. There is community involvement and participation at all times.

Together we will win the fight against Cholera, Malnutrition, HIV/AIDS and P.T.B. Let us all have positive attitudes and make home-based care our business to deal with.

**NB: This topic is subject to discussion by the Inter-disciplinary Team as it calls for Workshops.**

D. Mbeje  
In-Service Training

## The Bugs

As we all know, the government, community and health workers are faced with a serious battle against TB. The laboratory service has contributed to this fight to eradicate TB from the community by opening TB laboratories in Health Care Centres.

As from March 2002, fully equipped TB microscopy centres were fully functional in Imbalenhle and Pholela Clinic, following one that started in 2000 in the Church Street Municipality TB Clinic. These centres serve to give quicker diagnosis of TB to patients on site, as well as create job opportunities. Five new staff members have been employed and specially trained in TB microscopy. Edendale Laboratory, particularly the Microbiology Department, looks after these small TB laboratories.

Changes are not to everybody's advantage. HIV, Hepatitis and Thyroid function tests have over the years been done at

Edendale, but now that is no longer the case. HIV tests are done at Grey's Lab – obviously turnaround will be prolonged a bit – and Thyroid function and Hepatitis tests are done in Inkosi Albert Luthuli Central Hospital. All this falls under two words – Rationalisation and Budget Control.

Edendale Laboratory was honoured to help two Zamazulu Secondary School students, Thamsanqa Shange and Vincent Mbongwa, in their medical science project on antibiotic sensitivity, because:

- They competed and succeeded in the Provincial and National Eskom Science Expo
- They won the bronze medal for the national competition and are off to Moscow, Russia in 2003.

Nonhlanhla Mtshali  
Laboratory

## Transport

The transport office has, over the past two years, gone through a very difficult stage, due to the lack of reliable vehicles. Through hard work and dedication by the Transport Officers, this "drought" of vehicles has been broken.

The transport office has received 16 new vehicles over the past six months

- 6 of these vehicles have been allocated to School and Community Health Services
- 2 mobile clinics have been allocated to the Caluza Clinic
- 2 vehicles have been allocated to Symons Centre Clinic

The remaining 6 vehicles were allocated to Edendale Hospital pool and replaced the old vehicles that were boarded. The transport section will still receive 4 new vehicles, of which one is a specialized state-of-the-art mortuary vehicle, which is capable of transporting 4 corpses at once. The reason for purchasing this vehicle is to alleviate the problem of the increasing number of corpses this section has to transport from the various hospitals to Edendale Hospital. At present we transport approximately 24 corpses a week.

The upgrading of our fleet is an ongoing process so as to validate our motto: "Providing effective and efficient means of transport for the hospital patients and staff."

## Edendale Hospital Dental Department

### UBUWAZI YINI NGAMAZINYO AHLANZEKILE

UBUWAZI ?

1. Ukuthi ukunuka komlomo kubangwa:
  - Ukungaxubhi ngendlela efanele
  - Ukungaxubhi ulimi
  - Izinyo elibolile
  - Ukukhathazeka
  - Ukugula okubangwa eminye imithi
  - Ukulahlekelwa amanzi emzimbeni
2. Ukuxubha amazinyo ngokuqinisa isandla kakhulu:
  - Akwenzi amazinyo abe mhlope
  - Kulimaza izinsini namazinyo
3. Xubha amazinyo ekuseni nantambama:
  - Vikela ukungcola nokopha kwezinsini
4. Ukusebenzisa intambo yokuvungula zonke izinsuku kususa ukudla okungena phakathi kwamazinyo.
5. Isixubho esincane esithambile sihlanza kangcono amazinyo kunesixubho esiqinile.
6. Ukuhlambulula amazinyo ngamanzi emuva kokudla izinto ezinoshukela kusiza ukuvikela ukubola kwamazinyo.
7. Ukujwayela nokudla uswidi isikhathi eside kwenza kubelula ukubola kwamazinyo.
8. Amazinyo omntwana kumele ahlanzwe ngendwangu ethambile.
9. Ukuhlanza amazinyo omntwana kumele kuqale ngenkathi umntwana eqhumisa izinyo lokuqala.
10. Ukuvakashela ikliniki yamazinyo kanye ngonyaka kungasiza ukugcina amazinyo akho impilo yakho yonke.

Contact Edendale Dental Clinic  
Oral Hygienist / Dental Therapist  
Tel: 033-395 4147



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**MINISTRY OF HEALTH**  
*Republic of South Africa*

Dr Ramiah  
Edendale Hospital  
Private Bag X 509  
PLESSBLOCK  
3216

Dear: Dr Ramiah

**RE: CONGRATULATIONS TO EDENDALE HOSPITAL FOR OBTAINING THE BABY FRIENDLY HOSPITAL STATUS**

The Department of Health considers the Baby Friendly Hospital Initiative (BFHI) as a key strategy to protect, promote and support breastfeeding. The introduction of BFHI has in some countries been associated with a drop in infant mortality rate and maternal deaths as well as reduced hospital costs,

As of September 2002 the number of Baby Friendly maternity facilities in South Africa now totals 58 (12%). The Department is on track in achieving the target of declaring 15% of the 480 maternity facilities Baby Friendly by 2004. This year 19 health facilities have been declared baby friendly of which Edendale Hospital is one.

The Department of Health would like to congratulate Edendale Hospital on obtaining Baby Friendly Hospital Status.

This achievement demonstrates great commitment on the part of the government, hospital staff and the communities. The Department of Health appreciates all the effort and dedication of the hospital staff in making Edendale Hospital a centre to promote, protect and support breastfeeding.

The staff of Edendale Hospital now has the big responsibility to ensure that the hospital remains baby friendly and to ensure that breastfeeding is promoted in the surrounding community and to share experiences with other hospitals. Please be assured of the support from the National and Provincial Departments of Health in this regard.

The overall result of these efforts will without a doubt, improve the nutritional status and health of children and women in KwaZulu-Natal and the rest of South Africa.

Kind regards

Dr ME Tshabalala-Msimang  
Minister of Health

**What is the Baby Friendly Hospital Initiative (BFHI) ?**

This is a strategy implemented by all health facilities that are rendering care to both mother and child throughout the world. UNICEF and WHO (World Health Organisation) are behind this initiative.

**Objectives of BFHI**

- To improve the health status of both the mothers and children
- To implement the TEN STEPS TO SUCCESSFUL BREASTFEEDING

The latter is the gist of the BFHI assessments. The external assessors would be looking at how far the TEN STEPS are implemented.

**How are the Ten Steps Implemented?**

Each and every one of us should see to it that these steps are practised accordingly and give support where necessary.

STEP 1 - Have a written policy that is routinely communicated to all health care staff.

- policy to be written in languages spoken by people
- posted in all relevant areas
- must incorporate the ten steps
- staff should know the contents in the policy
- should be included during induction and orientation of new staff



**BFHI Awards**

If every baby were exclusively breastfed from birth, an estimated 1,5 million lives would be saved each year. And not just saved but enhanced, because breastmilk is the perfect food for a baby's first six months of life - no manufactured product can equal it!" says Penny Campbell Assistant Director Nutrition Programme.

This is why the Province is promoting the Baby Friendly Hospital Initiative and the MEC for Health, Dr Zweli Mkhize conferred "Baby Friendly" status awards to 6 hospitals at a function held on 8 November 2002 at Edendale Hospital. This is an extra special achievement in that all 6 hospitals achieved 100% in the accreditation process and evaluation. This brings the total number of Baby Friendly facilities in the Province to 18. A certificate of commitment to becoming "Baby Friendly" was issued to Catherine Booth Hospital at the award ceremony. The facilities are not only friendly to babies, but to mothers as well.

The Baby Friendly Status is internationally recognized and there are a number of Baby Friendly facilities worldwide. UNICEF and the World Health Organisation (WHO) launched the initiative jointly in 1992, as an effort to ensure that all hospitals become centres of breastfeeding support.

A hospital is designated "Baby Friendly" once the facility and staff have adhered to and implemented certain standards of operation. The Ten Steps to Successful breastfeeding form the basis of this. These include a breastfeeding policy, which entails protecting, promoting and supporting *exclusive* breastfeeding as a norm at a facility. It also includes transforming and removing constraints and discouraging any practices that are detrimental to breastfeeding. Inherent in achieving this is the training and re-training of all staff that care for mothers and babies.

Once suitably trained, facility staff are required to educate mothers on the benefits and importance of breastfeeding, for instance, nutritionally complete, protective, convenient as well as promoting bonding. Virtually all children benefit from breastfeeding, regardless of where they live. Breastmilk has all that babies need to stay healthy and grow. It protects them from diarrhoea and acute respiratory infections - two leading causes of infant death. It stimulates their immune systems and responses to vaccinations as it contains hundreds of health-enhancing antibodies and enzymes.

STEP 2 - Train all health care staff in skills necessary to implement this policy

- each and every category of staff to be trained at least 18 hours including 3 hour practicals
- records to be kept of who has been trained, how many hours, what content has been covered etc.
- Obstetricians and Paediatricians to be highly involved

STEP 3 - Inform all pregnant women about the benefits and management of breast-feeding

- staff members to be knowledgeable so as to disseminate correct and relevant information
- exclusive breast-feeding for the first six months to come out clearly
- management topics e.g. rooming-in, demand feeding, ensuring enough milk to be known and thoroughly understood by both patients and staff

STEP 4 - Help mothers initiate breast-feeding within a half hour (30 minutes) of birth

- stress the importance of initiation within 30 minutes
- nurse may do all other chores for ± 15-20 minutes and thereafter give baby to the mother
- put baby skin-to-skin after wiping – bonding

STEP 5 - Show mothers how to breast-feed and how to maintain lactation, even if they should be separated from their infants

- skills like positioning, attachment and manual expression of milk would have been demonstrated during antenatal care
- caesarean section mothers to be assisted with these

STEP 6 - Give newborn infants no food or drink other than

breastmilk unless medically indicated

- colostrums should be the first milk to go into each infant's mouth

STEP 7 - Practise rooming-in. Allow mothers to remain together 24 hours a day

- continuous sucking by the baby will maintain neurohormonal reflexes for maintenance of lactation
- night feeds very important as prolactin levels are high

STEP 8 - Encourage breast-feeding on demand

- feed baby whenever he/she wants – don't time
- mothers to wake up their children when sleeping for too long or if breasts are overfull – express

STEP 9 - Give no artificial teats or pacifiers (also called dummies or soothers) to breast-feeding infants

- these can cause "nipple confusion"
- decreases sucking power thus diminished milk production
- baby prone to allergies and infection

STEP 10 - Foster the establishment of breast-feeding support groups and refer mothers to them on discharge from the hospital/ clinic

- identify and network with support groups existing in the community
- have a list of these and be given to mothers
- give them relevant information time now and again

The college wishes the two hospitals success during the external BFHI assessments. We know you are going to make it. You are going to make District 22 proud of you.