

Ezasekhangela

36 years old KEH Nursery still going strong

October was indeed a month of many celebrations at King Edward VIII Hospital. With Nursery Ward celebrating 36 years of existence. The Nursery at King Edward officially started operating on the 01st October 1971.

Professor Adhikar, Head of Paediatrics Department at Nelson Mandela Medical School, expressed how grateful she was for the success of this particular ward even though they are still facing many challenges they have managed to achieve great results and deliver high standard of quality health care services to the patients.

This is quiet evident as our most recent statistics indicate that King Edward VIII Hospital delivers about 7 000 babies per annum. She went on to mentioning that the success of the Nursery ward comes from the dedicated team doctors, nurses and everyone else who work at this particular ward.



From L to R: Mrs Louis, Ass. Nursing Mngr :Peads, Prof. Adhakar and Sr Ntuli



A cake to celebrate Nursery 36th Anniversary

TO THE POINT

'Tis a season to be giving once again...Christmas is here!!! I still cannot believe that this year is coming to an end. One cannot help but think about the resolutions, goals and plans that we had set for ourselves at the beginning of the 2007.

Christmas though, is not time to think about such things, it is time to give. We can give a gift, a hug, or little love to someone or some people who are less fortunate than the others. We tend to forget about those neglected and concentrate on ourselves and our families.

A sign of humanity is being able to lend a helping hand to those in need, not necessarily by offering them material things but showing them that we care. We as patrons and servants of the Department of Health should know better as our Slogans says *“Fighting disease, Fighting poverty, Giving hope”* the least we can do this Christmas is to give hope and love to our fellow people.

KEH Celebrates Quality/Open Day in style

King Edward VIII Hospital Quality/Open Day and Imbizo event was held at the hospital's premises on the 26th of October 2007. The main purpose of this event was to showcase the Quality Improvement Projects that King Edward VIII Hospital had embarked on in order to ensure that our clients receive the top of the range quality care services and also to inform the public about the package of services that this institution offers.

This spectacular event was attended by the community members from surrounding areas, Councilors from different Wards of eThekweni Municipality, deputy Mayor of eThekweni Municipality Hounarable Logie Naidoo, representative from University of KwaZulu-Natal – Faculty of Health Sciences, several financial institutions, and representatives from government departments e.g. GClS (Government Communications and Information System), Dept. of Social Welfare etc. and last but not least our fellow colleagues from other health institutions

Organizing this huge event didn't prove to be a challenge for the organizing committee of this hospital as their hard work finally paid off. This was quiet evident by how this event was planned from the Programme line up to the rest of the logistics. Mr M



KEH CEO, Mr Bhekiswayo, receiving Cohsasa Certificate for KEH

Bhekiswayo, Chief Executive Officer of King Edward VIII Hospital, warmly welcomed our guests and conveyed his gratitude to them for taking time to come and

celebrate Quality/Open Day and Imbizo with King Edward VIII Hospital. Teams from different departments within the institution were already in action, showing off their Quality Improvement Projects to the very keen and extremely interested members of the public. It was indeed a colourful and exciting day for our staff, which I believe worked extremely hard to deliver such high standard of quality health care services to our community and to the rest of the KwaZulu-Natal province throughout 2007 and many past years.

Cohsasa (Council for Health Accreditation of Southern Africa) certificates were also handed to all departments that did well on this particular national quality improvement initiative. Our guests were also treated to the thrilling line up of entertainment items i.e. music, lucky draws and gift hampers

Merry
Christmas

KEH CEO says—"All the best"

They are many reasons why different people celebrate the month of December in various forms. To school going children it means holiday time from doing any school work whilst to workers means taking time off from hectic work schedules to be with families or travel for holidaying.

The month of December is the reminder that the year is about to end and signal future planning. It is basically calling for organizations to take stock of their activities and plan the way forward. As King Edward VIII Hospital, we have had our highlights as well as lowlights that we can talk about.

Working together we have continued to provide quality health care service to our clients despite numerous



challenges. We have remained steadfast and unwavering to our conviction for a better life for all at the time when others thought we will crumble.

For the first time in the history of King Edward Hospital we held a quality/open day Imbizo to showcase our services and subjected ourselves to public scrutiny. Thank you very much to all departments that participated and it was so wonderful.

On behalf of management, I would like to reassure staff that management is in full control of the hospital activities and that recent negative media reports are not new.

Let me take the opportunity to wish all our staff members a well deserved break, wonderful Christmas and a prosperous new year.

Quote: *Perseverance is a positive, active characteristic, it is not idly, passively waiting and hoping for some good thing to happen, it gives us hope by helping us realize that the righteous suffer no failure except in giving up and no longer trying. We must never give up, regardless of temptation, frustrations, disappointments or discouragements.*

Joseph Wirthlin

KEH receives a TV donation from Old Mutual



Old Mutual Representatives and KEH SMT

Lady luck has been on King Edward VIII Hospital's side once again. This time, Old Mutual Group Scheme, a giant in financial services, donated a Television Set to King Edward VIII Hospital.

Speaking at this small presentation event, Mr C Reddy, from Old Mutual, stated that this donation comes from a social responsibility programme that Old Mutual is embarking on in order to create and maintain relationships with

the communities and organisations that they serve.

The TV set was accepted with warm hands from all present. The hospital's CEO, Mr M Bhekiswayo expressed his gratitude to Old Mutual for the donation and assured them that their donation will go to a chosen department within the hospital as we are currently short of such items here in the hospital.

Mr AJ Dlamini, Provincial General Manager (KZN) Old Mutual was also present at this event and thanked the Senior Management Team of the hospital for their warm welcoming to him and team of his representatives.

HIV/Aids number one killer in sub-Saharan Africa

December 01 is the day to commemorate World Aids Day. Knowing that more than three-quarters of Aids related deaths occur in Sub-Saharan Africa is extremely shocking. The UN Aids annual report on the epidemic indicates that South Africa is the country with the largest number of HIV infections in the world. This day, December 01, should remind South African people about the seriousness of this disease and the impacts of it to our society. We must also remember those who have died or fallen sick due to the disease. The onus is on every South African Citizen to make wise decisions about their health and maintain a healthy lifestyle. Furthermore South African people should be proactive where the matters of HIV/Aids are concerned. Most of all, we should enrich our minds with knowledge about this killer disease. The department of health in KwaZulu-Natal and the National Department of Health has facilities in many hospitals where people can access information about HIV/Aids, test, receive treatment (ARVs) and counselling.

ZITHANDE—VALUE YOURSELF



EMERGENCY PREPAREDNESS FOR KEH

Occupational Health and Safety unit took another step in making sure that our hospital is prepared to deal with internal disaster. Almost 100 employees from different units attended a one day training course in fire.

The first morning session was mainly the theory part of fire, where the attendants had to understand the making and the cause of fire. Then in the afternoon peo-

ple had to apply theory to practical.



One of the staff trying her hand at extinguishing the fire

A demo was made so that people could observe the handling and the approach when extinguishing the fire. This session was a lot fun as the delegates were very active and involved. After this training people will be going back to their respective departments and conduct presentation. Hopefully we are one step closer in completing our internal disaster drill plan.

Article by: Mr T Hadebe—KEH Health & safety Officer

Miscellaneous Events



Abet Learners from KEH singing



Mrs Z Magubane saying farewell to Mr S Cele, KEH ex Public Relations Officer



A Sister from Theatre also showing off her QIP on Quality Day



Ms Nasreen Motala, Occupational Therapist shows off her QIP to a keen community member on Quality Day



Pharmacy Interns who entertained Kids at Peads

Infection Control: "Lets prevent Klebsiella"



Mrs D G Zimu, KEH Infection Control Practitioner

"Infection control measures at KEH have extremely improved" says Mrs Zimu, Infection Control Practitioner for KEH. She further stated that Klebsiella can be preventable by simply learning and practicing basic infection control habits. Enlightening us about Klebsiella, she described it as a bacteria which is a "resident" found in respiratory, intestinal and urinogenital tracts of animal and man. However, when Klebsiella bacteria get outside of the gut, serious infection can occur.

December 2007 Health Calendar

- 1 December—World Aids Day
- 3 December—International Day of Disabled Persons
- 5 December—International Volunteers Day

Ezasekhangela is an official Publication of King Edward VII Hospital—Compiled and edited by the Public Relations Office

Contact

Editor: Philile Manzi (Intern: PRO)

Tel : (031) 360 3021

Fax: (031) 2061457

E-mail: philile.manzi@kznhealth.gov.za

International Literature Day—KEH ABET Celebrate

September 13, 2007 was a special day to celebrate International Literature Day. King Edward VIII Hospital Abet learners also attended this spectacular event. This event was held at Chatsworth Stadium.




Above picture: ABET Learners from KEH

This event was also attended by employees from other government Departments e.g. Dept. of

Labour, Housing, Transport etc. The objective of Abet training at different institutions is to assist and empower employees with basic literacy skills. The Abet training was applauded and praised by many attendants.

Staff Leaving..

- Mrs Nerupa Misra—Pharmacy Manager
 - Mrs Louis—Assistant Nursing Manager: Peads
- We wish you all the best with your future endeavors


Food for thought
"If you want your dreams to come true, you must not oversleep"
 -Source Unknown-

Editor's Back Chat....

I received a letter from my grandmother last week. She is eighty-eight years old and still drives her own car. She writes:

Dear Chelsy,

The other day I went up to our local Christian bookstore and saw a "HOOT IF YOU LOVE JESUS" bumper sticker. I was feeling particularly fired-up that day because I had just come from a thrilling choir performance, followed by a thunderous prayer meeting. So I bought the sticker and put it on my bumper. Boy, am I glad I did! What an uplifting experience that followed. I was stopped at a red light at a busy intersection, just lost in thought about the Lord and how good He is, and I didn't notice that the light had changed. It is a good thing someone loves Jesus, because if he hadn't hooted, I'd never have realised that the light was green.

While I was sitting there, the guy behind me started hooting like crazy, and

then he leaned out of his window and screamed, "For the love of!Go Go! Go!" What an exuberant Cheerleader he was for Jesus! Then I found that lots of people love Jesus! Everyone started hooting! I just leaned out of my window and I started waving and smiling at all those loving people. I even pressed the hooter myself a few times to share in the love!

There must have been a man from Margate back there, because I heard him yelling something "sunny beach".

I saw another guy waving a funny way—with only his middle finger stuck up in the air. I asked your cousin George, who was in the back seat, what that meant. He said it was probably a Zulu good luck sign or something. Well, I've never met anyone from Zululand, so I leaned out the window and gave the man the good luck sign back. George burst out laughing....Gosh, even he was enjoying the religious experience!

A couple of the other people were so caught up in the joy of the moment that they got out of their cars and started walking towards me. I bet they wanted to pray and ask which church I attended, but unfortunately this was when I noticed that the light had changed. So, I grinned and waved at all my brothers and sisters and drove through the intersection.

I realised that I was the only car that got through the intersection before the light changed again, and I felt kind of sad that I had to leave all my new friends after all the love we shared. So I slowed the car down, leaned out the window and gave them all the Zulu good luck sign one time as I drove away!

Praise the Lord for such wonders!!!

Love,
Grandma

Splendid Xmas Recipes

Easy Peasy Xmas Cake

Ingredients

24 oz dry fruits mix.(4 1/2 cups)
1-1/2 cups sugar.
8 oz butter / margarine.
2 1/4 level tsp. bicarbonate of soda.
1 1/2 cups boiling water.

Method:

Boil the above ingredients together for 20 minutes. Cool, then add the following:-

Ingredients

3 cups sifted white flour (cake flour).
3 beaten eggs.
2 1/4 tsp. baking powder.

Method:

Mix all preferably with a wooden spoon or hand. Bake for 1 1/2 to 3 hours (depending on the size of your cake tin) at 300 degrees F.
Sprinkle liberally with brandy on taking off from oven.

Traditional Turkey & Gravy

Ingredients:

8 slices bacon, crisply cooked and crumbled
1 cup unsalted butter, softened
3 TBLsps. fresh sage, chopped
16 lb. turkey
salt and pepper, to taste
3 cups leeks, white and green parts, chopped
8 lg. fresh sage sprigs
3 bay leaves, crumbled
4 1/2 cups canned chicken broth
Garnish: fresh sage and parsley

In medium bowl, mix bacon, butter and sage. Season lightly with salt and pepper; set aside.

Pat turkey dry with paper towels and season cavity with salt and pepper.

Place leeks, sage and bay leaves in cavity.

Loosen skin on turkey breast and spread 1/3 cup sage butter over meat, under skin.

Place turkey on rack set in large roasting pan and rub 2 TBLsps. sage butter over outside of turkey.

Set aside 1/3 cup butter for gravy; reserve remaining for basting.

Position rack in bottom third of oven and preheat to 350 degrees.

Pour 1/3 cup broth over turkey and roast turkey at 350 degrees until thermometer inserted into thickest part of inner thigh registers 180 degrees.

Baste every 30 minutes with 1/3 cup broth and brush with sage butter for approximately 3 hours.

Transfer turkey to platter and let stand 30 minutes. To prepare gravy, pour pan juices into large glass measuring cup, spoon off fat; discard.

Pour juices back into saucepan, add 2 cups broth and bring to a boil. Continue to boil until liquid is reduced to 2 cups. Whisk in reserved 1/3 cup sage butter, season to taste.