



JAN-FEB 2009  
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## “Phansi nge HIV/Aids Phansi!”

2008 WORLD AIDS DAY



## 'Keep the promise'

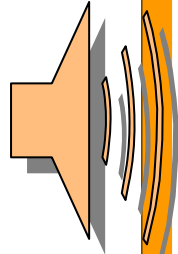
Keep the promise was the theme at this year's World Aids Day commemoration on the 1<sup>st</sup> of December 2008, The Ethekwini district was this year's host of the Commemoration. Guest from all parts of South Africa and the world gathered in Durban to honour the Day.

To a large extent the day was about remembering those who had died as a result of HIV/AIDS related illnesses, not forgetting those who live with the ailment infected and affected. Addington also took part in the events and Addington made a pledge at the function to go all out towards fighting the disease.

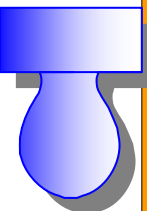
Our Hospital also displayed many initiatives that we embarked upon toward eradicating the scourge of HIV/AIDS such as the TB testing Drive, getting men to participate in the debate on HIV/AIDS. It is hoped that we will all come together as promised to fight against the pandemic.

"Happiness comes of the capacity to feel deeply, to enjoy simply, to think freely, to risk life, to be needed"

-Storm Jameson-



**You know you're a nurse if...**  
Every time you walk, you make a rattling noise because of all the scissors and clamps in your pockets.



**Smart Tip!**  
Go the extra mile...it makes your supervisor look incompetent

## Men at Addington hospital have heard the call

Addington men took to the streets, to protest against the abuse of women and children. Women and children abuse is increasingly becoming a societal curse, and we are seeing more and more young men and women perpetrating these horrendous crimes. Various research findings conclude that abusive behavior is commonly inherited socially; from parents to child or other close relatives such as uncles, aunts etc. Both women and men have a very crucial role to play towards eradicating this ill from our society. It has been noted that in the past men have not been active participants in the fight against women and children abuse. There has been a call from various spheres of society, for men to make a pledge to lead the fight against women and children abuse. Men at Addington hospital have heard the call and as a first step towards combating this situation, the men made a pledge and took to the streets to demonstrate their commitment towards bringing an end to this "cancer".

## Toys are us.

Children admitted at Addington Hospital were really lucky this Christmas, as organizations and individuals flocked in to pamper them with gifts; you literally had to dig through toys to see a child at the Children's ward. Besides gifts there was also a lot of live entertainment that was enjoyed by the children, the **Durban Girl Guide** sang Christmas carols in the wards and at the main foyer of the hospital and other departments, also a group called **Eager artist** did a play in the children's ward. These are a few of the many organizations that gave generously to the children.



## ADDINGTON HOSPITAL ANNUAL PRIZEGIVING CEREMONY-2008



On the 4th of December 2008 Addington Hospital held its Annual Prizegiving Ceremony. At Addington Hospital we reach for quality care and aim to enhance customer satisfaction and to maintain high standard of services.

Prizegiving is a yearly event that awards students and staff for their hard work and dedication. Students Nurse Awards, Hospital Prizes and Customer Service Excellence Trophies for different categories were presented. Staff who completed the Upliftment Course, Supervisory Course, Clinical Assessment and Treatment of Acutely patients Course were presented with certificates.

Dr. Jill. Hurst, Hospital Manager opened the ceremony with the welcome and hospital report. The keynote speaker for the afternoon was The Right Reverend Dr. Warwick Cole-Edwardes. Representatives from Ethekewini Municipality attended the function to present the Gold Fob Watch and Silver Fob Watch. The Gold Fob Watch was awarded to Vinola Moodley and the Silver Fob Watch was awarded to Nompumelelo Makhanya.

Students and staff at Addington Hospital felt appreciated and honoured .

### School pupils get an opportunity to experience!

Choosing a career can be quite a puzzling exercise especially if one has not had the privilege of proper career guidance. It's only in the twilight of their school life that pupils are encouraged to start looking into possible career paths. Our hospital has always opened itself up for school pupils to come into our hospital and be exposed to various departments so as to see the day to day procedures in that discipline. It is through a programme called work experience that pupils get an opportunity to experience the various departments in our hospital. The Public Relations Office is very pleased with the co-operation it always gets from various departments who are always willing to host the pupils even at short notice.

### Have you just been diagnosed with high cholesterol? Here's how to manage the condition.

**C**HOLESTOROL is a soft, waxy fat-like substance present in the blood-streams and in all our tissues and cells.

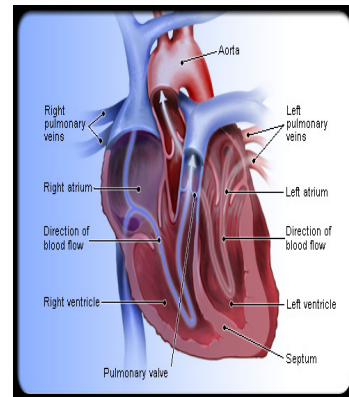
It is produced in the liver and is essential for human life. The food we eat also has a huge impact on our blood cholesterol levels.

There needs to be only a small amount of cholesterol to function properly. Too much cholesterol in the blood can eventually lead to heart attack or stroke. If your blood cholesterol is too high, the cholesterol will slowly

Build up in arteries that supply oxygen to the heart and brain. Eventually it will form a thick, hard plaque that narrows the space for blood to flow through.

When not oxygen-carrying blood reaches the heart chest pain ( called angina) can result. If a blood clot forms and blocks a narrowed artery, you may suffer a heart attack or stroke. There are different types of cholesterol, of which the most important are LDL and HDL, respectively 'bad' and "good" cholesterol.

**NB: Minimise fatty junk food!**



### Quick Quote

"Charm is a way of getting the answer yes without asking a clear question"

-Albert Camus-

## Letters To the editorial team

Dear Dr Hurst

Good morning, I am not sure whether I have met you personally. I have dealt with your PREO Jenette in the past and I find her most helpful. I used to be a medical correspondent for the mercury and had dealings with your hospital on and off, as well as with Proff.

Ronald Green-Thomson, when he was director general of the KZN health Dept under Dr Zweli Mkhize. I want to say how well I am feeling, especially today, and how thorough, kind and caring your Doctors and Nursing staff have been to me. There is so much shame put about in "old wives tales" about Addington, Addington well, those doom-sayers are wrong. The hospital is superb and your department outstanding. Well done!

**Patric Leeman (ward O4A)**

Dear All,

I just want to extend a word of gratitude to the Addington staff, especially ward 10A. The gratitude is especially extended towards their kindness, caring and warm hearts, they must keep up their good work and treat the others as they have done unto me. Their efforts and good work is greatly appreciated.

Regards

N.T. Puza (Patient Ward 10A)

### Quick Quote

"Speak when you are angry and you will make the best speech you will ever regret."

-Ambrose Bierce-

Dear all

U-nurse wase sick parade wangisiza kakhulu ngempilo yami ngikungitshela ngokubaluleka kokudla amaphilisi. Ngabe ngidla amaphilisi e BP. Ngibuywe ngiwayeke, wahlala nami phansi, wathi lesisifo esikuphethi siyingozi kakhulu. Wangilileka nango-kuthi uma ngingawadli amaphilisi kungafeyila izinso zami okungaholela ekutheni ngishaywe I-stroke. Kusukela ngalolosuku ngaqala ukudla amphilisi ngendlela okuyiyonayona ukuze ngigcine isimo sempilo yami siphephile. Wangitshela ukuthi ngiyowadla impilo yami yonke nango-kuthi ngingacabangi njengalabantu abathi amaphilisi ayaqulisa yikhona okwenza abantu abaningi ukuthi bangasindi ezifweni abanazo.

Mrs. K. Mfayela

## Addington Hospital Pregnancy Week



Sister Ngcobo addressing pregnant mothers about safety tips for taking care of themselves during their pregnant period. This was done during Pregnancy week that was held inside the hospital Foyer on the 09/02/2009

The hospital staff members from Maternity and ANC Clinic were allocated to conduct Pregnancy Awareness on the 9th— 15 February 2009. The event that was held in the hospital Foyer. Patients came in large numbers to be educated on how they can take care of themselves during pregnancy.

Patients were given different kinds of gifts on that week and information pamphlets regarding pregnancy and the PMTCT programme were displayed and given to pregnant mothers and the community.

Social work department also formed part of the awareness where relevant advices were given to patients and community members that were available on that day.

## East Coast Radio Toy Story Project Visited Addington Paediatric Ward ( 13A)

Addington's Paediatric Ward (13A) patients were blessed and surprised by the visit of the East Coast Radio Toy Story Project to give them Christmas presents. The heartfelt expression of delight and appreciation by the children was a sight of cheer. " Every year our children are always remembered and it has always been a great pleasure for all of us at Addington hospital to know that children in hospital ( especially during this time of the year) are being taken care of.

Compliments go to all the companies that took part and contributed to the success of such a project. The department's contribution to the project is also appreciated ", children were also entertained with music and clowns bringing lost smiles from the children. On behalf of Addington hospital, we would like convey our sincere appreciation to the sponsors that contributed to this project and may they and their families have a prosperous New Year.

## Farewell to Doctor D.K. Naidoo Medical Manager Addington Hospital

The hospital Management and staff bid farewell to Doctor D.K. Naidoo the Medical Manager at Addington hospital. This comes after a farewell function that was held at Paddington Bar on the 30th of January 2009.

Dr. D.K. Naidoo graduated in India at Poona University. Started his career at King Edward hospital where he did his internship in 1982 and he also worked at King Edward as a Medical Officer in Pediatric Surgery, Beatrice Street Clinic and at MOPD. He also worked in Clairwood hospital as a Medical Registrar FM1 and FM2 Wards.

In 1986 Dr. D.K. Naidoo moved to RK. Khan Hospital to work in Casualty, MOPD, Dermatology and Nurses Sick Parade as a Medical Officer. In 1994 he was appointed as Medical Superintendent in King Edward, in 1996 he was promoted as Senior Medical Superintendent and in 1998 appointed as a Acting Chief Medical Superintendent. In 1999 Dr. D.K. Naidoo joined Addington Hospital as Senior Medical Superintendent.

Dr. D.K. Naidoo spends his spare time doing Woodwork , plumbing, electrical and building but a favourite hobby is traveling.

Dr. D.K Naidoo gave an unprepared speech during his farewell, thanking everyone and offering many encouraging words— " I want to thank all of you for your dedication, hard work and for being passionate in serving the lives of our people, to me it was a great privilege to work with you."



This is how they brought lost smiles to our kids during East Coast Radio Toy Story.



East Coast Radio personalities inside Addington Paediatric Ward.



It was early morning of the 15th of December when they arrive outside Addington Hospital. To give Toys to Ward 13A.



## Dr. D.K. Naidoo's Farewell Pictures.



Staff members come in large numbers to bid farewell to Dr. D. Naidoo. The above pictures shows Hospital Manager Dr. J. Hurst and Nursing Manager Mrs. Chinniah giving Dr. D.K. Naidoo some presents.

Dr. G. Gill, Dr. Bruns, Dr. Rangiah and Dr. Valli were amongst the Doctors who came to bid farewell to Medical Manager .

The Nursing Management ( Matrons) were also presents to witness Dr. Naidoo's Farewell.

## Being a Nurse

Let me tell you how it's like to be a nurse,  
You don't have to go work with stress,  
Because its people's lives that you nurse  
Batho Pele says its people first ,  
and then we come last .

We are not the priority I guess,  
But with our hands  
We prevent people's lives from getting worse  
A doctor without a nurse is a mess,  
We the one's who build the relationship  
between you and the angels  
That's why before we work everyday we start  
with  
a prayer to communication with the heavens.  
So that we will be able to use syringes, needles,  
Medication to help our patients.

We have fancy names that we use  
Stomatitis, Gingivitis, Hepatitis.  
It's like food but it's inflammation  
of body parts.

We work together so that the stress is less .  
To decrease the mess.

When we have survived a resus, we say yes !  
Thanking the Lord that we didn't close his eyes,

When he is breathless,

Being a nurse, is not like playing chess

You must be compassionate and be able to  
emphatise not just sympathize

Sometimes you have to go very deep and tell  
them

To condomise.

Sometimes our bond is stronger than family,  
That's why besibiza ingelosi, ( call us angels)

Now don't be afraid to wear your Star-White

And say

"I love to be a nurse,

Because we care like nobody else".

Poem by : Mr. Nduduzo Mbele  
Student Nurse

# Addington Hospital Strategic Planning Session

On 27 and 28 November 2008 Addington Management and Staff including Organised Labour held the 2009/10 Strategic Planning and Team Building Session in Paddington Lounge.

The session was opened by the Hospital Manager, Dr Jill Hurst; the opening address was provided by Ms Shezi, the eThekweni District Manager who also thanked Management and Staff for their achievements and encouraged all to develop plans that were patient focused.

All the delegates enjoyed the relaxed atmosphere which allowed enthusiastic participation.



Dr. J. Hurst ( Hospital Manager ) did all best to ensure that the Strategic Planning Session is a great success.



Hospital Management Mrs. Chinniah, Dr. D.K. Naidoo, Mrs. Hlongwane, Mr. D. Govender, Dr. J. Hurst and Mrs. Shezi from eThekweni Health District Office were also present during Strategic Planning Session.



The above pictures show staff members exchanging ideas to amend the hospital Vision, Mission and Core Values for the upcoming financial year. Groups were divided into five categories : Optimal, cost-effective , Attraction and Retention of talented staff, Enhanced Customer Satisfaction, Sound Financial and Systems Management and Effective Information, Communication and Co-ordination with stakeholders.

# ADDINGTON HOSPITAL

## VISION

To achieve an optimal health status for all patients, families and communities through innovative and dynamic health care leadership .

## MISSION STATEMENT

“ Addington Hospital is committed to providing a safe, legal, ethical quality patient focused district and regional health services through the integration of the Batho Pele, Good Governance and Accreditation programmes, supported by Information Technology to achieve:

- Optimal, cost-effective clinical outcomes through a well designed and implemented clinical governance system and evidence based practice within the available resources and current provincial health policies;
- Attraction and retention of talented staff by providing an exceptional work environment conducive to staff well being, participation, development learning and research;
- Enhanced Customer Satisfaction ensuring the dignity and rights of patients, staff and other customers;
- Sound Financial and Systems Management;
- Effective Information, Communication and Co-ordination with stakeholders including the promotion of partnership with the Community and the eThekweni District Health Office”.

## CORE VALUES

Courtesy  
ity

Compassionate Caring

Responsibil-

Innovation

Integrity

Trustworthy

Self Awareness  
ment

Team Work

Empower-

Accountability

Dedication

Enthusiasm

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Next Review Date : November 2009

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Send us your stories!! Tell us what's happening!!

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