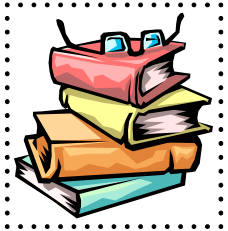




GJ CROOKES HOSPITAL ASIKHULUME – LET'S TALK

Volume 5 Issue 5
14 April 2003



Happy reading !

Welcome everyone

Dear Readers

We are well into yet another year with Easter on our doorstep!

This being our first newsletter of 2003 a special welcome is made to all staff who joined G J Crookes hospital this year. The Community Service Medical Officers, Physiotherapist, Dietician, Speech Therapist, the Nursing staff and everyone from the Support Services. I hope GJ Crookes Hospital will contribute to making your life an easy one and hope that we shall all work together in helping our patients and clients who come to us for various ailments and problems.

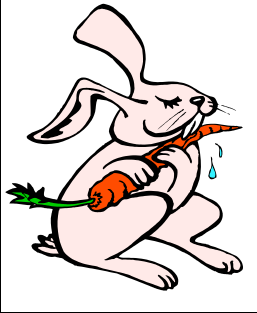
We applaud all the successes we had in 2002, and hope that we will strive to achieve our goals to work towards our vision "...To be an efficient and effective excellent health service for all citizens of the Ugu North Health Sub district..."

A word of appreciation also goes to our pupil nurses from Ocean View Nursing College. We acknowledge their presence in the hospital and hope that they will use this opportunity to advance themselves and build themselves a good foundation for further training.



POINTS OF INTEREST

- 1 Welcome Christmas Challenge
- 2 Soccer
- 3 Employee Awards Congrats / Info.
- 4 Positive Thinking Crossword



Regards
TG MKHIZE

Ugu North Health District – Challenge Brings Christmas Parcels

In December the UGU North Health District challenged staff in the district and GJ Crookes Hospital to donate a minimum of r10 to a Christmas fund for the destitute. Two hundred and eight staff members responded and an amount of R2 452.00 was collected. Donations were also received from members of the public.

The funds raised were distributed by the Siyabona Trust and Umdoni / Vulamehlo HIV/AIDS Forum in the Form of food parcels.

Donations from everyone who contributed were greatly appreciated. The families who were given the food parcels did not have any financial means of support and the food parcels made Christmas very special for them.

MM Whitfield (Mrs)
Sub-District Coordinator



SPORT—Soccer at GJ Crookes Hospital

Our boys are trying their best under difficult circumstances. They travel as far as Durban just to give a good name to our hospital and also participating in tournaments arranged by the sporting committees in the district.

Matches played in 2002 and results as follows:

Away Games:

GJC vs Ukhozi in Durban won 4-1

GJC vs Melville Durban won 4-3

GJC vs Edendale Hospital lost 2-1

GJC vs King George Hospital lost 3-2

Quarter Finals in Port Shepstone:

GJC vs Murchison Hospital lost 2-1

Home Games:

GJC vs Melville lost 4-2

GJC vs Addington Hospital won 3-1

GJC vs Agriculture Dududu won 2-0

2003 Matches:

GJC vs Edendale lost 1-0

So far only one game has been played and was unfortunately lost.

The performance is fairly good, but the boys need a lot of support from staff.

It is sad to note that soccer kit has to be borrowed from other teams. Some matches are even cancelled if other teams do not have kit to lend them.

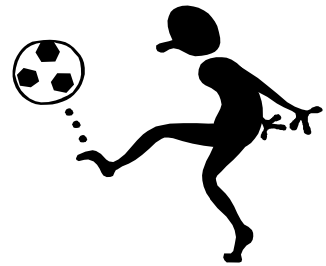
An appeal is made to anyone who could

lend a helping hand and assist us in getting our own kit.

This would make the boys play with pride knowing that we are behind them.

Congratulations to our team captain - Kelo Nyawose.

Nhlanhla Lucky Khomo is the coach.



RESOLUTIONS FOR 2003

Resolutions are always made for the new year - bit late but have a read!

STOP SMOKING



DRINK MORE WATER



EAT MORE VEGETABLES- CARROTS

X LOTS!



BE NICE TO FAMILY



LEARN TO MEDITATE



LEARN TO SPEAK FRENCH



LOSE 10 KILOS



GO TO GYM EVERYDAY/3 TIMES A WEEK



ONLY ONE GLASS OF WINE PER DAY



MAKE TIME FOR SELF



DRINK LESS COFFEE

FIND A WAY TO GO TO HYDRO!!



Anon.

EMPLOYEE OF THE MONTH 1ST QUARTER : 2003

CONGRATULATIONS TO THE FOLLOWING MEMBERS OF STAFF!

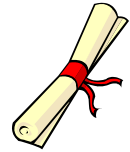
The following staff were nominated as Employee of the Month for the categories as follows:

General Service Worker: MR JOSEPH GUMEDE and MR BETHWELL GUMEDE.

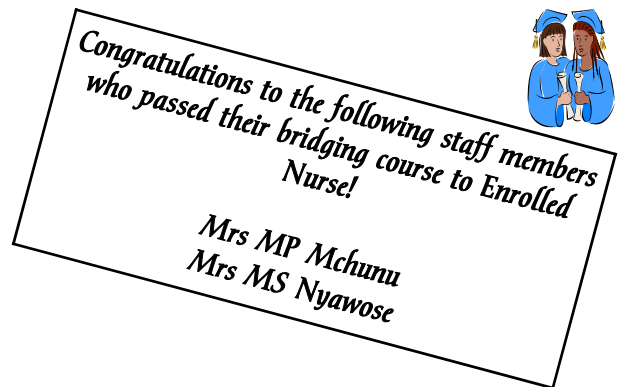
Nursing : Sr NP NGAMNTWINI and Sr CS GUMEDE

Support services : MR SR DHAJA

Medical Services: DR MS GOUNDEN



Photographs to follow in the next issue!




The Batho Pele Christmas raffle was won by Nomusa Mseleku - Drop In Centre

Hope you enjoyed the goodies Nomusa!



GJ CROOKES HOSPITAL—
DENTAL SERVICES



The services provided by our Dental Services are as follows:

Examination, treatment planning, relief of pain and sepsis, extractions, restorations (fillings). Any other services will be provided at King Edward or Addington Hospital.

Dentists will provide a service to the community at GJ Crookes Hospital during the following times:

MONDAY - FRIDAY 08:00—16:00

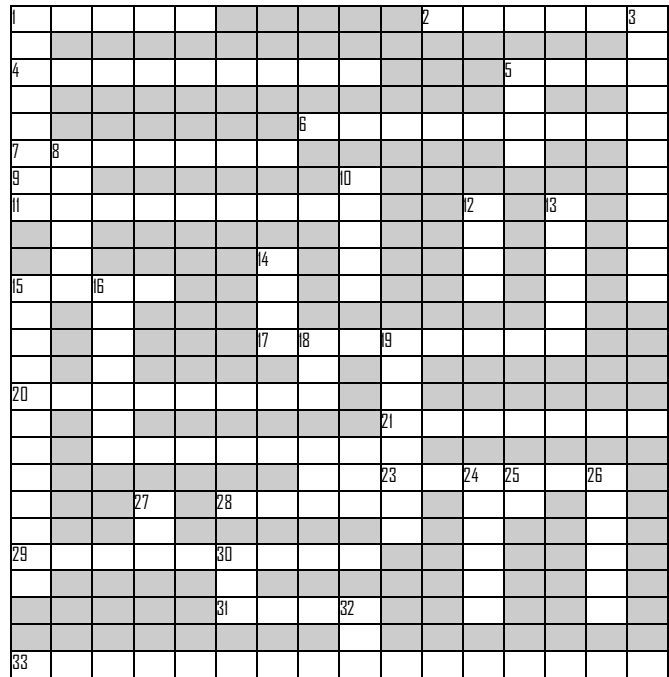
THE POWER OF POSITIVE THINKING

1. Don't get the idea that you're Atlas carrying the world on your shoulders. Don't strain so hard. Don't take yourself so seriously.
2. Determine to like your work. Then it will become a pleasure, not drudgery. Perhaps you do not need to change your job. Change yourself and your work will seem different.
3. Plan your work - work your plan. Lack of system produces that 'I'm swamped' feeling.
4. Don't try to do everything at once. That is why time is spread out. Heed that wise advice from the Bible: "This one thing I do."
5. Get a correct mental attitude, remembering that ease or difficulty in your work depends upon how you think about it. Think it's hard and you make it hard. Think it's easy and it tends to become easy.
6. Become efficient in your work. 'Knowledge is power' (over your job). It is always easier to do a thing right.
7. Practice being relaxed. Easy always does it. Don't press or tug. Take it in your stride.
8. Discipline yourself not to put off until tomorrow what you can do today. Accumulation of undone jobs makes your work harder. Keep your work up to schedule.
9. Pray about your work. You will get relaxed efficiency by so doing.
10. Take on the 'UNSEEN PARTNER.' it is surprising the load He will take off you. God is as much at home in hospitals, offices, factories, stores, kitchens, as in churches. He knows more about your job than you do. His help will make your work easy.



Anon.

MATERNAL & CHILD HEALTH CROSSWORD



ACROSS

1. This dilates during labour [6]
2. A monilial infection is commonly called [6]
4. Midwifery is associated with ... [9]
5. A slang South African term for an enlarged abdomen [4]
6. A foetal stethoscope is used to hear the ... [5] [4]
7. Clothes prepared for a baby is called a [7]
9. A women is admittedestablished labour [2]
11. Women are told to come to hospital when theirare regular [12]
15. What is felt during contractions [4]
17. Engorged breasts can lead to [8]
20. Less than 500 ml of urinary output is called [8]
21. A baby iswhen born before E.D.D. [7]
22. A lubricant used when doing pelvic examination [1] [1] [3]
23. What is the term given to a fertilised egg between the 3rd-8th week [6]
28. A women after the 40th week of pregnancy is [4] [4]
29. The after birth is called [8]
31. What is released during ovulation [4]
33. In an obstetrical emergency ais performed [9] [7]

DOWN

1. A head presentation is medically known as a Presentation [8]
3. A temperature reading that is below 36 C is known as [11]
5. A small child is commonly known as a [5]
8. When the supply of O₂ to the foetus in labour is interfered with it results in [6]
10. Inverted can cause problems when breastfeeding [7]
12. The mucous plug seen at the beginning of labour is called [4]
13. The term used for a fertilised egg from the 9th week of pregnancy to birth is [6]
14. Pregnancy isat 40 weeks [4]
15. A baby diagnose with neonatal jaundice is treated with [12]
16. Monilial infections can cause [7]
18. This is given to releave pain [9]
19. A multiple pregnancy can result in [8]
24. A buttock presentation is called apresentation [6]
25. Registered midwife abbreviated [1] [1]
26. One of the signs of eclampsia is Of the lower limbs [6]
27. Ante-natal clinic abbreviated [1] [1] [1]
30. Latin word for new [3]
32. Sperm is produced by a [3]

