



Asikhulumé - Let's talk

G.J CROOKES HOSPITAL QUATERLY NEWSLETTER

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A MESSAGE FROM THE HOSPITAL MANAGER



Mrs. S.P Nyawo—Hospital Manager

We are now nearing the end of the year 2008 and this year has had its ups and downs. We have all went through happiness and sadness both in our private and professional lives. The recognitions and awards we have gained as G.J Crookes hospital are the results of the combined efforts of all of us. Condolences on loosing our staff members who were part of the family of GJC and will always be.

You might wonder if people from outside and inside the institution are noticing the hard work and active contribution you have done to the institution. The management of G.J Crookes hospital does notice, value and appreciate all your efforts; we might not always be there to mention it, thank you and reward you. Let us not look down upon each other but encourage one another to be the best they can be.

Our achievements during this year have been great and rewarding; we have managed to open a Dental Clinic at uMzinto Clinic that is now fully functional and is opened 5 days a week from 08:00 – 16:00. We have also been accredited with the Baby Friendly Hospital Initiative for the 3rd time. We are also looking forward to opening Termination of Pregnancy and Cataract services since 1985. We have increased our mobile points in order to make it easier for the community in deep rural areas to access medical assistance.

We are also celebrating 16 Days of activism against women and child abuse; it is with great disappointment that there are still men that abuse children and women. Let us not only protect women and children during these 16 days, we should do it 24/7, 365 days a year. Women are special people in the society that needs to be protected, supported and loved.

Soon it will be Christmas time, to celebrate the birth of our saviour Jesus Christ and as we celebrate let us remember why he came. Let us not forget those who are less privileged and for whom Christmas is just another day of hardship and difficulties. Perhaps we can each think of just one person whom we can help one way or another.

Lastly, may this festive season be a great one, filled with joy, fun and love. I am wishing every staff member, their friends and families; the general community a Merry Christmas and a prosperous New Year. Let the festive season not take away your prosperity and energy, spend wisely and invest in your future and that of your family.

TABLE OF CONTENTS

<i>Message for the Hospital Manager</i>	Cover Page
<i>Breastfeeding awareness week</i>	2
<i>Nutrition awareness week</i>	2—3
<i>Pharmacy awareness week</i>	3
<i>Heritage Day Celebration</i>	4
<i>What happened lately</i>	5
<i>Women's Day Celebration</i>	6
<i>Eye awareness week</i>	6-7
<i>ABET Celebration</i>	7
<i>Sports and Recreation</i>	8
<i>Inspiring quotations</i>	8
<i>Oats Biscuit recipe</i>	8
<i>Communications Department</i>	8



Nurses during the breastfeeding march.

Kungumsebenzi wethu ukukhuthaza omama ukuthi bancelise izingane zabo ibele, abasebenzi bethu abaphuma emtholampilo wokuxukuzisa baba nezinkulumo ezahlukene neziguli kusukela ngomhlaka 4 kuya ku 8 August kulonyaka.

Omama babefundiswa ngendlela efanele yokugona ingane ngesikhathi bancelisa nokuthi ubisi lwebele yikona ukudla okuhamba phambili umama angakunikeza ingane uma isencane njengoba kuvikela ingane ezifweni eziningi nezahlukene, kuphinde kwakhe ubudlelwane obuhle phakathi kukamama nengane. Omama babekhuthazwa ukuthi bangazincishi izingane ubisi lwebele ngoba becabanga ukuthi ubisi luzophela ngoba akulona iqiniso, ngesikhathi uncelisa ubisi luyazakhekela.

Izeluleko zazinikezwa omama ngokusetsenziswa kobisi lwethini nokuthiwa luyingozi kwingaphakathi lomntwana. Kanti ubisi lwebele aluyilimazi ingane ngaphandle kokuthi uma umama ehlaselwe izifo enganeni ngesikhathi encelisa. Emva kwalezizinkulumo omama babefundiswa ukuzivocavoca ukuze basizakale uma sebebeletha.

Ekugcineni amanesi ahamba ngaphakathi esibhedlela ecula amaculo aqanjelwe ukuqwashisa ngokuncelisa ibele.

NUTRITION AWARENESS

Kulonyaka eNingizimu Africa isonto lokuqwashisa ngokudla okunomsoco beligujwa kusukela ngomhlaka 9–13 kuOctober. Ngalelisonto izikhungo nezinkampani ezahlukene ziyagqugquzelwa ukuthi zazise siphinde zifundise Umphakathi kanye nabasebenzi ngokubaluleka kokudla ukudla okuhlazekile nokunomsoco ukuze baphile impilo engcono.



Lapha ngaphakathi esibhedlela bekuhlalwe ukuthi kunikezwe Umphakathi ulwazi olungcono ngempilo enomsoco nokuyiyo ebalulekile ukuze umuntu aphile kangcono avikeleke nasezifweni.

Abagqugquzeli kwakuyizintokazi ezimbili u Nksz B Zim, Usomsoco (The Dietician) kanye no Nkz S Ntisana, ophethe ekhishini (Catering Manager) babefundisa Umphakathi neziguli ngezinhlobo ezahlukene zokudla okumele kudliwe nomthelela owenzayo ezimpilweni yethu.

Umphakathi wanikezwa lezixwayiso nolwazi olulandelayo.

Ukuthoswa kokudla kungenasidingo akumele kwenziwe ngoba kunomthelela omubi empilweni; Usawoti awusetshenziswe kancane futhi ungawutheli phezu kokudla osekuphekiwe; Ukudla kwasekuseni kubalulekile abantu kumele badle ekuseni ngoba kusuke sekunesikhathi eside umuntu egcinile ukudla; Inyama kumele ibiliswe noma uyithose ungawasebenzisanga amafutha (grill) ngoba yonke inyama inamafutha ayo; Izikhumba kumele usisuse kwinyama yenkukhu ngaphambi kokupheka namanoni kumele uwasuse kwinyama ebomvu; Idla ukudla okuxubile ukuze ukwazi ukuthola imisoco eyahlukene, imibala eyehlukene kumele ivele epulatini lakho (omhlophe, oluhlaza, ophuzi, obomvu njalo njalo);



Ms B Zim and Mrs Ntisana during education

(Iyaqhubeka kwikhasi elilandelayo)

Ukudla okunesitashi kumele kuhlale kukhona eputetini lakho ngoba kubalulekile ukusinikeza amandla (ilayisi, impuphu, isitambu, uflowa kanye namazambane); Yidla amafruits namaveggetables amahlanu ngosuku ukuze umzimba wakho ukwazi ukulwa namagciwane; Phuza izingilazi zamanzi eziyisishiyagalombili zamanzi acwebile ngosuku ukuze uhlanze izinso, itiye, ikhofi, utshwala, ijusi, namadrink akubalwa njengamanzi futhi kumele kuphuzwe kancane; Abantu kumele bagade isisindo sabo somzimba kuba ukukhuluphala kakhulu kubeka impilo yakho engcupheni yokuthola izifo ezifana nezenhliziyo, ushukela, uhlangothi, umdlavuza njalo njalo.

Ukuvocavoca umzimba kubalulekile futhi kumele kwenziwe imizuzu engamashumi amathathu ngosuku kane ngeviki ukuze ugcini umzimba unempilo futhi esesimweni esilungile; ukuhamba, ukubhukuda, ukugijima, ukusebenza engadini, ukwensa umseenzi wasendlini, ukusebenzisa izitezi kunamalifts kuyasiza futhi kubalwa njengokuzivocavoca.

Umphakathi wawuhlalwa ukhunjuzwa ukuthi kumele baphathe ukudla uma beza esibhedlela noma beya kude namakhaya abo khona bengeke balambe ngesikhathi besalinde usizo.

Umphakathi watshelwa ukuba utshale emakhaya, abazikhulisele izingadi ngoba nokudla sekuyabiza kanti futhi ukudla okunosoco akuthengeki kalula ngenxa yenani lako. Ekugcineni bahlolwa ukuthi babalelele yini ngokubuzwa imibuzo bathola izimbewu kanye nezithelo .

PHARMACY WEEK

The first week of September (1-7 September) is declared a National Pharmacy Week, where educations on subjects related to pharmacy are emphasized to the community. The G.J Crookes Hospital hosted this event for the whole week where the pharmacy staff was giving different information at the Out Patient Department on different subjects like Chronic Illnesses, Medication compliance, storage of medication, disposing of medication and insulin needles, etc. There were also planned visits to schools and non profit organizations in Scottburgh and surrounding areas.



Pharmacy staff members

Patients were advised on how to look after their health and how to take the correct medication at the correct time for different diseases or conditions. After the educations patients were asked questions and given mugs as presents for answering correctly. Storage of medication is critical for healthy living; all medication needs to be stored in a refrigerator or in a cool place because direct sunlight can damage the effectiveness of the medication. It should also be kept away from the reach of children. Sharing of medication is very dangerous, a doctor needs to be the one who prescribes medication for you because he/she would be able to identify your illness and give you the correct medication. It is also advisable to do check-ups in every six months with regards to weight, glucose, blood pressure and cholesterol.

On Friday the 5th of September a competition for patients with a prize for the winner was held at the OPD and the kids at the Paediatric were hosted a very entertaining party which they all enjoyed.



Kids at the Paediatric Ward pictured with Viny the clown



Mrs. H Vallah from Parkrynie receiving her gift

On Tuesday the 23rd of September 2008 the G.J Crookes Hospital embarked on a celebration of the hospital's diverse heritages. This was a day to celebrate cultural heritage and the diversity of various beliefs and traditions. All staff members had an opportunity to reflect on what our collective heritage actually is.

It was the first time that the hospital hosted such an inspiring event on heritage organized by the Wellness Committee. The aim was to enable people from different cultures and traditions to liaise with each other in an informal gathering. Staff members came in numbers dressed in clothing and dresses representing their cultures.



Employees parading with their traditional wear

Different entertainment items were also organized to celebrate the day, Different cultural songs were sung, Poetry, Zulu dance, Indian dance and there was a stage play.



Employees parading with their traditional wear

Staff members had to parade in their clothing and prizes were given to the best dressed members. Our judges had a difficult decision to make when it came to choosing the three best dressed males and three best dressed females as everyone looked lovely and stunning in their own way. One winner was chosen from a lucky draw.

South Africa and G.J Crookes Hospital is a "Rainbow Nation" because of the different races, cultures, traditions, religions and the 11 official languages that we have. G.J Crookes hospital staff members truly appreciate what they have inherited and what they are collectively capable of.

The Hospital Manger, Mrs. S.P Nyawo encouraged everyone present to live "ubuntu" – show hospitality and warmth to fellow country men and visitors alike, Learn one more of our 11 languages and explore the culture attached to it; learn more about the other races of the nation and open our eyes to the amazing diversity of others; Learn our national Anthem as we have been proven to be the only country to have a national anthem composed in five different languages and the only one whose people do not know the words to all the verses.

Everyone enjoyed the event and what it was all about. Refreshments were provided for staff members at the end of the function.



Employees representing the rainbow nation



Winners of the best dressed categories with one lucky draw winner



Mr. P. Zama proving that he can actually do the Zulu Dance



NATIONAL CASUAL DAY

Thanks to all our staff members who contributed to making the national casual day which was on Friday the 5th of September 2008 a success. Staff members were requested to wear casually or as they please and buy stickers which cost R 10.00 to support NGOs for people with disabilities. Pictured are our senior management team wearing clothing impersonating other departments

TB HLOLA CAMPAIGN

The G.J Crookes Hospital embarked on a five day Hlola Manje Campaign which is a TB campaign that was aimed at creating awareness about the disease. It commenced on Monday the 28th of July to the 1st of August 2008. Primary Health Care Field Workers visited different places in Umdoni and Vulamehlo as well as the whole of Ugu District taking samples from the citizens. Members of the public were educated about the disease, information on how to recognize the symptoms, how to get tested and how to take medication provided. The main aim of the Hlola manje campaign was to get statistics of people affected by TB and that was a huge success.



UMDONI MAYORAL IZIMBIZO



During the week of 21,23,24,27 October 2008 izimbizo were organized by Umdoni Local Municipality in areas falling under Umdoni. As a government institution representation the Department of Health the G.J Crookes Hospital was invited. Other government institutions were also present and a lot of information was shared. Umdoni Local Municipality Mayor Ms N.H Gumede also gave her speeches about the plans they have for the areas visited. The community was given chances of asking questions and answerers were given instantly.

BABY FRIENDLY HOSPITAL INITIATIVE

After being assessed by the team from head office the hospital got 100% accredited as a baby friendly hospital. Our last accreditation was done on 07 October 2008. This proved that the hard work that the Baby Friendly team was doing is really paying off, led by Mrs. L Reddy the team was working very hard teaching the community even the staff members about the importance of breast feeding. Males were not left out, they had to know why their children must be exclusively breastfed for the first 6 months. Policies on breast feeding are also in place and displayed around the hospital for the public and staff to read. Pictured on the right is Mrs. L Reddy a representative for a Baby Friendly Hospital Initiative.



VITAMIN A CAMPAIGN

Primary health care field workers in partnership with the Community Health Workers from Sub district office under our hospital visited various places around Umdoni, Vulamehlo and Umzumbe North, giving a Vitamin A dose to children. This campaign was scheduled to take place from 8—22 September 2008. During the campaign, the community was reminded about the importance of Vitamin A and the need take children to the nearest clinic for their Vitamin A dose every six months until the age of 5.

WOMANS DAYS CELEBRATION,

WATHINTA ABAFAZI WATHINTA IMBOKODO!

Page 6



Members of the Staff Wellness Committee during the Woman's Day Celebration.

Since August is a special month for the woman and G.J Crookes Hospital hosted a Women's Day celebration event on Friday the 8th of August 2008 as an initiative of celebrating the National Women's Day. The day was aimed at all the women that work at the hospital. The hospital's Wellness Committee was the organizers of this wonderful and inspirational event which started at 10:00am.

The day started with a wonderful prayer from Mr. T.V Shezi who was thanking the lord for the day and not forgetting to pray for the victims and relatives of the recent south coast floods.

Mrs. S.P Nyawo the Hospital Manager said the well known woman empowerment slogan :

"Wathinta abafazi, wathinta imbokodo" She stressed that women were previously disadvantaged and were not considered as powerful and influential individuals. Women need to ask themselves what they can do to change and assist the community of today that is faced with Abuse, HIV/AIDS, and Orphaned children.



J Ward staff with their in-charge Sr. Gumede after receiving gift bags.

Captain Singh from Umzinto SAPS was

the day's motivational speaker who inspired the women to be independent, to stand up for what they believe in, to never let or allow men or their families to abuse them and their children. She concluded by naming powerful women in our society like the Hospital Manager Mrs. S.P Nyawo, uMdoni Local Municipality Mayor, Mrs. N Gumede as our role models. Dr. Gounder was the Programme Director of the day who kept us entertained with his inspirational jokes and guitar play.



Capt. Singh, Dr. Gounder and hospital CEO Mrs

To embrace our beautiful women the staff wellness committee presented all the female staff staff from G.J Crookes with small bags as part of the celebration for their day and month.

"it may be hard to be a woman but if you choose a right circle of friends, dare to be different and always fight for your dignity you will be able to succeed" Author: Unknown.

EYE AWARENESS WEEK

This year the National Eye Care Awareness Week took place from the 8th – the 12th of October. The main aim of this week is to raise awareness about the importance of eye care amongst our communities. In turn we will be promoting clear and healthy vision and preventing blindness.

During this Week the G.J Crookes Hospital nursing staff were screening patients for eye problems and low vision. The screenings are not a full eye examination, but it can immediately indicate whether a patient have a problem with their eyes or sight, especially low reading. **(Continued on the next page)**



Following these screenings, the nurses would then recommend if the patient would be referred to the District Optometrist, Dr Martin Daniels or an eye specialist for those who have Medical Aid for further examinations. Dr Daniels visits the hospital twice a month (3rd and 4th Monday of every month)

In the near future the nurses will be doing the screenings on Fridays, except for the first Friday of the month. Only people who are doing the screenings for the first time or have minor elements will be attended to by the nurses and major problems will be referred to the doctor. This initiative is still under discussion at hospital level.

Without proper eyesight we cannot do our everyday activities properly like driving, cooking, writing, reading, watching television working with a computer etc. which in turn have a big negative impact on our lives.

We are also looking at developing cataract surgery services within our hospital for the people who are cataract sufferers, the community will be kept aware or informed of the progress. Cataract problems mostly happen to the elderly community who might have troubles with clouding of the lens inside the eye which can contribute to a fuzzy sight and reading difficulty. Most importantly, the public should know that Eye Care services are free of charge at the hospital; they do not have to pay even a cent.



Eye Awareness Team Members

"Together contributing to a seeing nation"

ABET CELEBRATION

Different government departments gathered on Thursday the 11th of September at Gamalakhe College near Port Shepstone for ABET Celebration day. Places under Area 1 which is eThekweni, Ugu and Ilembe district gathered together on this fun filled day. There were a variety of performances done by different learners to celebrate their achievements. ABET is short for Adult Basic Education and Training which is a programme initiated by our government to assist adult workers from previously disadvantaged groups who did not get chances to get proper education. According to ABET, an adult is described as someone who is sixteen years or older which means that anyone who has a minimum of sixteen years of age can be a learner.



Members of management, ABET learners and tutors

G.J Crookes Hospital have this Programme where there are 8 learners who are normal workers. They have lectures conducted by Abet Tutors from Monday to Thursday starting at 14:00 – 16:00. The subjects include Communication in English and mathematics. This assists them with learning skills to help them cope with today's society and work lives.

Exams are written with International Examination Board (IEB). If the learners are successful they obtain Certificates, which are nationally recognized. Last year there were 7 learners who all completed ABET level 4 with the help of Department of Education teachers. In 2009 the hospital is aiming to improve the ABET Programme with the assistance of Department of Education where additional subjects will be provided according to the current Department of Education Curriculum



participants with their medals and trophies.

A fun walk/run was organised for our staff members on Friday the 31st of October 2008. Walking and jogging at a comfortable pace has so many health benefits and is recommended for individuals who are inactive and wants to start living a healthy lifestyle. . Everyone who wanted to join was welcome, whether you are used to exercise or not.

The objective was to introduce active lifestyles to our staff members so they can be able to realize that they are capable of exercising and living healthy lifestyles.

Physical activities have a lot of benefits namely, stress relief, weight management or loss, healthy heart to name a

few. Participants enjoyed themselves as this was not a competition but a fun filled event. Pictured on the right are the runners who made it first on the finishing line.



Inspiring quotations

“Kindness is the golden chain by which society is bound together.” - Johann Wolfgang Von Goethe

“Behind an able man there are always other able men.” - Chinese proverb

“Be strong in body, clean in mind, lofty in ideals.” - Dr. James Naismith

BAKING RECEPE FOR YOUR LOVED ONES

Christmas is just around the corner, lots of families will be preparing festive season meals, spoil your family with this recipe of oats cookies on Christmas Day but do not over indulge. Recipe From : food24.com

Oats cookies in 30 minutes

Preparation time: 15

Cooking time: 15

Ingredients

85 ml soft butter
150 g castor sugar
85 ml soft butter
150 g castor sugar
85 ml soft butter
150 g castor sugar
one large egg
150 g cake flour

Method:

- 1 Combine all the ingredients in a large bowl and mix well.
- 2 Place spoonfuls of the mixture on greased baking trays and lightly press down, leaving space for spreading.
- 3 Bake in a preheated oven for 15 minutes or until golden. Remove from the oven and allow to cool before lifting the cookies off the baking trays and storing in an airtight container.

Please contact Miss Thobile Hadebe, the Public Relations Officer of G.J Crookes Hospital on extension 7004 for any contributions to the next newsletter, due for publication in January—March 2009. Your input will be very much appreciated.