



# Asikhulumbe - Let's talk

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## WOMANS MONTH 2009 CELEBRATION

“There’s nothing WOMEN cannot do that MEN can do.

A woman can be a pilot/bus driver/train driver, Can be a mechanic, Can be a plumber, Can be an electrician/ technician, Can be a soldier, Can be a football player/ rugby player/boxer/wrestler, an Entrepreneur, She can even be the president of the country. On top of all that she has to play a role of being a mother and a wife (which are two of the most challenging roles in human nature), a daughter, a grandmother, a sister, religious person, and a community builder the list is endless” These were the inspirational words from Mrs S.P Nyawo, CEO of G.J Crookes Hospital during the G.J Crookes Hospital women’s month celebration event on the 28<sup>th</sup> of August 2009 at Scotties Hall.



The guests enjoying the day

The event was enriched with positive talks and inspirations for the G.J Crookes Hospital women to be re-



Mrs J Radebe, Mrs S.P Nyawo and Ms Zama

mind-ed that they are the best. They were encouraged that they must join and continue to fight tirelessly for their total emancipation. Ms L Zama the Programme director of the day pleaded with the ladies to not abandon their

commitment to what is seen as their responsibility: to fight against poverty, gender discrimination, AIDS, abuse and all issues which tend to affect women and children more than anyone else.

### TABLE OF CONTENTS

<i>WOMENS MONTH 2009</i>	<b>Cover Page</b>
<i>GUEST WRITERS</i>	02
<i>THE HIGHLIGHTS</i>	03
<i>ORAL HEALTH MONTH</i>	04
<i>FAREWELL PARTIES</i>	04
<i>BATHO PELE, INFECTION CONTROL &amp; PREVENTION OPEN DAY</i>	05
<i>UGU WORK &amp; PLAY GAMES 2009</i>	06
<i>RETIREMENTS</i>	06
<i>NEW APPOINTMENTS &amp; TRANSFERS</i>	06
<i>DECEASED</i>	06

ALIBONGWE IGAMA LAMAKHOSIKAZI

## MRS S.P NYAWO'S CHRISTMAS MESSAGE

2009 was a great year! Most people referred to it as "2009 is two thousand and mine", indeed it was our year here at G.J Crookes Hospital, as we have experienced so many positive improvements such as the Commencement of the Cataract Surgery and termination of pregnancy Clinic, construction of the 72 hour observation for mental health care users and the construction of the nurses cottage block which will be finished early in the year 2010. Of course every year has its own sad & discouraging stories, like the passing away of our colleagues, absenteeism of budgetary constraints



Mrs S.P Nyawo—Hospital Manager

As this year comes to its closure (according to calendar months) the message we wish all of you is the

one of hope. Joint efforts are required from everyone to address service delivery issues and backlogs at service points. This will enhance the quality and efficiency of the Service in G.J Crookes Hospital. Let us not fear change for willingness to change is a strength.

On behalf of G.J Crookes Hospital Management Team, I would like to Wish you a very Merry Christmas and an enchanting New Year.

In the year 2010 let us all Together beat the drum for service delivery because We belong, We care, We serve.



"A customer is a King, always treat them loyally" Unkown author

## MS NTSHANGASE INTRODUCES US TO THE EAP PROGRAMME

### THE EMPLOYEE ASSISTANCE PROGRAMME

The Employee Assistance Programme is a programme with an explicit aim of improving the quality of life of all its employees and their families by providing greater support and helping to alleviate the impact of everyday work and personal problems. EAP can be described as a worksite based program designed in the identification and resolution of productivity problems associated with the employees impaired by the personal concerns including but not limited to health, Marital issues, family issues, financial problems, drug abuse, legal issues, emotional issues, stress, depression and other personal concerns which may adversely affect the employees 's job performance.



There are 3 referral systems in the EAP process

#### Self Referral

This is the type of a referral where a person is able to identify themselves with a problem and therefore decide to consult the EAP Practitioner. This is the most favored type of a referral system because it becomes easy to deal with the issues that they have identified.

#### Formal Referral

A formal referral is done by the supervisor when the decline in work performance is being noticed. The supervisor will document observable signs and consult with the EAP for support and also to gain information. The supervisor further intervenes with the employee, the last step will be to refer to the EAP for job performance problems.

When a person has been referred or has referred themselves they must bear in mind that confidentiality is the basic principle of EAP meaning that everything that is discussed in the EAP office remains confidential. If a second party needs to know a letter has to be written by the employee to say that they would like that particular person to know. In cases of a formal referral where there is a "need to know" by the supervisor, consent will be acquired from you to do so.

The Employee Assistance Programme is very important as it helps individuals to cope with the pressures on them and at the same time it will provide companies with invaluable data on what problems are most prevalent, and ultimately it translates to a more emotionally and physically healthier staff that can contribute to the organization's productivity. The need for the EAP reflects an understanding of the broad range of personal issues that affect the workplace and the ways that work influences an employee's personal life. It is obvious that employees are diverse and they have a complex range of personal issues and responsibilities. Employee Assistance Programmes need to be properly utilized and this will in turn lead to a happier and a more fulfilling work scenario that will in turn lay a the groundwork for good staff retention and pride



## VITAMIN A CAMPAIGN & SWINE FLUE ALERT

During the Vitamin A Outreach Programme PHC Staff members visited different Public Areas in UMzumbe, Umdoni & Vulamehlo. The visits were to educate the public about the importance of Vitamin A and give more information about Swine Flue. They were given tips on how to take care of their lives and made aware of how dangerous the Swine Flue disease can be if not treated early.



## CASUAL DAY 2009

4 September is known as Casual Day, which is a campaign dedicated in funding the disabled people all around the country. The GJ Crookes Hospital staff members also participated in this initiative by wearing casual clothes. NH Mtambo, NA Mbambo, LJ Ncwane, NG Ngidi and N Sibanda made the day more fun by wearing school uniforms. Thanks to everyone who helped in raising money.

## HERITAGE DAY 2009

On the 24th September the GJ Crookes hospital celebrated the Heritage Day, where different cultures came together to share and showcase what makes their cultures and traditions unique. Everyone was free to entertain the crowd and parade in their traditional clothing and attire.



## PHAMARCY WEEK 2009

The first week of September is known to be Pharmacy week on our health calendar and our Pharmacy Department took the initiative to educate and enlighten patients more about the Pharmacy department. Information on safe dispensation of medication, carrier pathing, taking of medication etc, was shared.

## DIABETIES AWARENESS

Health Care workers take care of patients lives and give them advice on how to live healthy lifestyles but most of the times they forget or to committed to look after their own health. Our very own dietician Ms Elana Delpont educated staff members regarding Diabetes, for people with or without the disease. If not taken care of this chronic diseases can cause lifelong complications and can be lethal. Body masses indexes were checked to confirm if people on healthy weights, advice and Eating plans according to findings. We encourage all those responsible for diabetes care to understand and know how to manage diabetes by so doing it could be easy to take control of their health.



September 2009 was declared a National Oral Health Awareness month, where institutions are supposed to create more awareness about Oral Care. The GJ Crookes Hospital Dental & PR team took this opportunity with enthusiasm and planned four Fridays to visit different areas with a purpose of conducting a Health Education which will ensure public awareness and offered free Dental Screenings were offered to the community to attendants/the community.



On the 4th of September, there was an Official Opening of the Umzinto Clinic's Dental Clinic, which has been operating from September last year. Umzinto is the only area that has a Clinic with a Dental Clinic which is opened from 7:30 – 16:00 during weekdays.



Management Officially Opening the Umzinto Dental Clinic

The public was also told about the successes and challenges of the dental Clinic and the Hospital in General. Public queries were also welcomed and attended to immediately.

It was clear that the public was not aware that Bad Breath is a common but curable problem that people tend to ignore and is caused by strong foods such as onions or garlic; poor oral health habits; or medical problems such as stomach disorders, an excessive postnasal drip, or bacteria in the mouth

They were also made aware of Bad Lifestyle habits to avoid like, smoking and chewing tobacco which affect breath odor.

“VISIT YOUR NEAREST DENTIST FOR A CHECK UP, EVERY 6 MONTHS!”

## FAREWELL PARTIES

30 November 2009 was a sad day for colleagues but a happy day for Ms S Malunga & Mrs IC Faulkner. A Farewell party was organized by Mrs S Ntisana, Catering Manager in conjunction with other staff members from the Catering Division. The well planned party was to say goodbye to both the employees who are dedicated to their jobs. Mrs Faulkner who has been working for G.J Crookes Hospital for 17 years “I have enjoyed my stay here in G.J Crookes Hospital you have become my family and I will miss you all, I am now going home to enjoy life with my other family” said Mrs Faulkner, whose eyes were full of tears of joy.

Ms S Malunga got to share her painful story with the attendees, where she confessed that she couldn't wait for this day to come as waking up everyday and coming to work was a painful struggle since she was not well. She was hoping for Medical Boarding ever since her accident.



Mrs Volker receiving her gift from Mrs S Ntisana

### **1 Retirement - The Best Days Of Your Life**

Goodbye to work, you're on a high - it's the best day of your life!  
You gladly hand the reins over - goodbye to toil and strife.  
When morning comes, you lie in bed and you look up at the ceiling -  
There's no-one here to harass you - I know just how you're feeling.

The sun shines through the window, you hear the clatter of some feet -  
It's people who are off to work, you can hear them in the street.  
Within you comes a warming glow - your new life just is starting.  
There's cards from many work-friends who were sad at your departing.

But you must arise, get dressed and out - there's no time left to lose.  
Make the most of it, the day is yours - just do exactly as you choose.

Just why should you feel guilty on the best day of your life?  
"Because I said a cheerio to my poor, still working wife".

<http://www.lovethepoem.com/retirement-poems/>



Ms S Malunga & Mrs S Ntisana

# BATHO PELE, INFECTION CONTROL & PREVENTION OPEN DAY

Page 5

The G.J Crookes hospital took an initiative to educate the Public on Batho Pele and Infection Control & prevention; hence an Open Day was held regarding the two subjects. The event was commemorated with different departments showcasing their services On the 25th of November at Umzinto Town Hall.

It had been years since the hospital hosted such an Open Day and thanks to donations received from local businesses and the Sponsorships from Old Mutual Group Schemes, the event was a success.

During the whole week of 22– 26 November was dedicated to Batho Pele and Good Customer Care, the hospital hosted a Public Service Week, where members of management were deployed to other departments in order to identify strengths and weaknesses and act upon them.



OLD MUTUAL, The main sponsors of the vent



The lively Mrs. T.R Gumede who was the event's programme director.



Some of infection control displays from Compass Waste



Some of the Educational Stalls which were prepared for the public



Hospital Manager, Mrs. S.P Nyawo, making a presentation on Batho Pele

# UGU WORK AND PLAY GAMES 2009



The Soccer Team who brought home the Medal

The Ugu Work and Play Games 2009 were held at the uMzinto Sports Ground on the 18th of September 2009. All government departments around Ugu District participated in this event which was aimed at improving social participation in sport for government and local government employees. The event was organized by the Provincial department of Sports & Recreation, sports codes included Volleyball, Soccer, Netball, Chess, Tug or war and Relay. Congratulations to the department of Health who was represented by The G.J Crookes Hospital, Port Shepstone, Murchison and EMRS were the only department to win first place hence they beat Sports & Recreation in the soccer finals. Sadly the department of Sports & Recreation took all the other awards back home with them after they got first positions.



**RIGHT:** Fundraising was also part of the event; (From left) Mr T Zwane, Miss T Mpanza, Miss T Hadebe & Miss B Cele were selling Bran Muffins and Hot-Dogs to raise funds for the GJ Crookes Batho Pele Committee .

## RETIREMENTS (JULY-DECEMBER)

Below is a poem from an unknown poet adopted from <http://www.verses4cards.co.uk/retirement-verses-poems-quotes.html>.

As one chapter ends  
Another begins for you  
Enjoy all the things  
You've been looking forward to  
A very happy retirement to you!

NAME	RANK	RETIREMENT DATE
SHEZI NN	PROF NURSE	31/8/09
JIJI CC	PROF NURSE	31/8/09
MKIZE LPM	PROF NURSE	31/8/09
DLAMINI BB	PROF NURSE	31/8/09
JAZA RN	PROF NURSE	31/8/09
MKIZE DC	PROF NURSE	30/9/09
KHANYILE E	CLINIC NURSE PRACTITIONER	30/11/09
MALUNGA SSM	FOOD SERVICE ORDERLY	30/11/09
FAULKNER IC	FOOD SERVICE ORDERLY	30/11/09
NYAWOSE NC	CLEANER	31/12/09
MTSHALI TC	PROF NURSE	31/12/09
MALULEKA BF	PROF NURSE	31/12/09
HALE BA	RADIOGRAPHER	31/12/09

## NEW APPOINTMENTS & TRANSFERES (JULY-DECEMBER)

NAME	RANK	APPOINTMENT DATE
CIBANE N	STAFF NURSE	1/7/09
CHILIZA ON	PROF NURSE	1/8/09
DUMA TH	PROF NURSE	1/8/09
GUMEDE BP	PROF NURSE	1/8/09
TSEEKE SR	PROF NURSE	1/8/09
MBHELE NR	NURSING ASST	1/8/09
MKHIZE BM	PROF NURSE	1/9/09
DUBE FP	PROF NURSE	1/9/09
NYAWOSE NT	PROF NURSE	1/9/09
ZIKALALA SA	PROF NURSE	1/9/09

## DECEASED

Below is a poem from an unknown poet adopted from (<http://www.love-of-poems.com/sympathy-poems.htm>)

Those we love don't go away,  
They walk beside us every day,  
Unseen, unheard, but always near,  
Still loved, still missed and very dear.

NAME	RANK	DATE OF DE-MISE
HADEBE ME	STAFF NURSE	11/10/09
JIJI BW	NURSING ASST	20/11/09
MUDENDA F	ASST MANAGER-RADIOGRAPHY	23/11/09

May their souls rest in peace