



HEALTH
KwaZulu-Natal

Asikhulume - Let's talk

Quarterly published Newsletter for G.J Crookes Hospital

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G.J CROOKES HOSPITAL

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SOCCER FEVER AT G.J CROOKES

FEEL IT, IT'S HERE... The biggest event to reach African Soil. Everyone is excited about South Africa being the first African Country to host the



G.J Crookes Hospital staff members watching the game and hoping Bafana Bafana will do the country proud.

FIFA world cup. This is a spectacular and world renowned event that is in everyone's lips.

The world cup fever is contagious at G.J Crookes Hospital, everyone is flying the flag high



The Wellness Committee members with 5 staff members who participated in the predict the score between SA & Mexico competition. After a lucky draw the winner was named Mrs Nozipho Ngcobo from the Catering

by wearing Bafana Bafana Jersey's on Fridays.

The Wellness Committee installed a big screen at the hospital's hall to ensure that workers have an

opportunity to watch the games whilst they are inside the premises as most of them leave work at 16:00 and probably arrive after the second half has even begun, if they are lucky.

During the opening ceremony between South Africa and Mexico on Friday the 4th June 2010, team spirit was felt throughout the hall where proud Bafana Bafana supporters gathered to watch the game

The games were tough, everyone felt the pressure that our lovely National Soccer Team was under when they attempted to make their supporters proud.



What is a South African Gathering without Braai meat? Mthoko Sibisi showing his true South African colours.

Simphiwe Tshabalala became the country's hero when he scored the first goal of the game making South

Africa lead Mexico by 1-0. The Mexicans gave SA no chance of winning when the games ended with a 1-1 draw.

"We do not need a vaccination for this fever"

"We are proud of our team, even though we did not win, and we are looking forward to more games" said Mr Percival Zama one of the hospital's well known soccer supporters.

PHARMACY DEPARTMENT AIMS TO SPEED UP ITS SERVICE

G.J Crookes Pharmacy department has established a new way of ensuring that Chronic patients do not wait in the long queues waiting for service. They are proud to announce the Opening of the GIJIMA/SPEED Clinic. "The main aim of the clinic is to

Speed up service for our chronic patients who are normal the elderly and frail." said Mrs N Pillay, Pharmacy Manager during the official opening of the clinic on the 14th of June 2010. For the time being, the clinic will operate from 7h15 until 10h00 from Monday to Thursday.



Mr Ramdaran Dhadibal and Peter Hirst were the first clients to use the Gijima/Speed Clinic and are excited that they didn't even wait 10 minutes for their chronic medication.

TB AND HIV/AIDS CAMPAIGN

Community Health Workers recognized a need to host a TB and HIV/AIDS awareness campaign in the Mayfield Community Hall on the 8th of April 2010. The main aim was to encourage the community members to go and test for TB and HIV/AIDS since both the pandemics are negatively affecting the community.

Mr M.V Hlalukane warned the community about HIV/AIDS. He gave facts on how the disease is transmitted and how the community should play part on ensuring that the spread of HIV/AIDS is reduced.



Mr M.V Hlalukane, the guest speaker of the day explained to the public what is HIV/AIDS



The Community Health Workers of Mayfield proudly singing for the community

Community Health Workers are also exposed to the virus because they look after the community when they are ill. They were encouraged to always use protective gear like gloves to ensure their safety.

It was emphasized that it is a ridiculous myth that a real man must have multiply partners and must not wear a condom when engaging in sexual activities because it won't feel the same.

Female and male condoms were available and distributed during the event.

“Infection Prevention and Control is everyone’s business”

CLEANING SERVICES RECEIVES INFECTION CONTROL & PREVENTION TROPHY

Infection Prevention and Control aims to minimize incidences of health care associated infections through adopting a uniform approach applicable to all levels of health care.

all hospital departments to decide which department is the cleanest, as a clean & safe environment plays a huge part in Infection Control and Prevention.

praise the ward staff for their achievements and encourage others to the copy the departments excellence.



Sr Nombika & Dr Maharaj receiving a certificate from Mrs. S.P Nyawo, Mrs T.G Mkhize and Mrs N.A Sishi on behalf of the Female Medical Ward

The Female Medical Ward (J Ward) received top marks when surveyed using an internal tool, which is aligned to the Provincial one.

The Roots Private Cleaning Company was also part of the celebration as they are responsible for keeping some of the hospital’s departments clean and sparkly.

A celebration function was organized by Sr Ramroop on the 25th of May 2010 to



Some of Roots cleaning service workers with their supervisor receiving their trophy from the Hospital manager.

During this quarter (April—June 2010) Mrs G Ramroop, G.J Crookes’ Infection Control Practitioner and her team surveyed

HCT CAMPAIGN LAUNCH



Cllr Ntombifikile Gumede, uMdoni Local Municipality Mayor exiting the Customer Care Van after testing for HIV. She was the first one to get tested, a true testimony of the Chairperson of Umdoni HIV and AIDS Association.

Approximately 150 community members got tested for HIV at the HIV Counseling and Testing Campaign Launch at eMalangeni Multi Purpose Centre on 4th June 2010. The organizing team from G.J Crookes Hospital wanted to increase awareness of the campaign and explain how it is different from the previously known VCT.

The community was informed that the “I am responsible, we are responsible, South Africa is taking responsibility” slogan means the fight against HIV/AIDS will not be accomplished by health institutions and workers only, the community has a very large role to play. The South African government has a target to reduce new cases of HIV infections, and provide optimal care for those who are infected with the virus.



Ms T.Z Ndovela explaining to the attendants about the Prevention of mother to child transmission programme. “Modern treatment makes it possible for pregnant mothers to avoid transmitting the virus to their unborn children” said Ndovela

Information on Medical Male Circumcision was shared by Mr. D.G.S Maphumulo who informed the audience that the South African government recommends that males who are between the ages of 15 to 49 should be circumcised. This is an initiative to assist with decreasing the number of new HIV Infections, since circumcised males have lesser chances of getting HIV than the uncircumcised. It was emphasized that being circumcised doesn't mean you have to have unprotected sex with multiple partners and hope you

won't get the virus. The individual must still take precautions as the chances of infection are still there, but are lessened.



All Community members received free T Shirts after testing for HIV/AIDS.

The hospital had invited a number of its stakeholders and partners to the event, ranging from local municipality to Traditional Healers Associations. Educational stalls with different information related to HIV/AIDS were displayed outside the hall, where male and female condoms were also

distributed.

“A special thank you goes out to all local organizations who sponsored the event, the event wasn't going to be as successful as it was if it wasn't for you.” said Mrs. S.P Nyawo, Hospital Manager for G.J Crookes Hospital.

DONATE BREAD SEALERS FOR WHEELCHAIRS

G.J Crookes Hospital has heard the call from Mr. Peter Fielding of Scottburgh. Mr. Fielding initiated The Bread Sealers for Wheelchairs Campaign, with the intention of collecting bread sealers from the community to be recycled for wheelchairs.

The sealers are sold to a Recycler in Durban and the money raised is used to purchase wheelchairs. An article about this initiative was published in a local newspaper and staff members were requested to take part in it.

Catering and Physiotherapy departments are amongst many departments and individuals who have really supported this project.

“ We are proud to be part of this initiative which ensures that a needy person gets assistance and the environment is kept clean and safe” said Mrs. Sindy Ntisane , Catering Manager



Taking part in this campaign will eventually help the hospital's clients who are on a long waiting list for wheelchair acquisition.

Catering team with the thousands of bread sealers they have collected in the past months.

Impilo ende kwabesilisa

Kulenyanga kaJune umnyango wezempilo uthi amadoda awazibhekelele. Kushiwo lokhu nje, yingoba le inyanga yokubhekelelwa kwezimpilo zabantu besilisa, phecelezi “Men’s Health Month”

Amadoda noma abantu besilisa bavame ukuzibona njengabantu abayizidlakela nabangangenwa kakulu yizifo.

Izifo ezijwayele ukuphatha abantu besilisa zingagcina seziholele ekukhubazekeni noma ekufeni uma zingabhekelelwa.

Izinkinga zezempilo eziningi eziphatha abantu besilisa zingagwemeka noma zelapheke kahle uma zitholakale kusenesikhathi.

Izinkinga noma izifo ezihlupha kakhulu abantu besilisa, zibhaliwe ngezansi:

Udlame, Ukuhlukunyezwa kabantu besifazane nezingane: ziningi izindlela zokuhlukumeza kungaba ukushaya, ukudlwengula, ukuhlukumeza ngokomphefumulo njalo njalo. Sithi indoda yangempela, ebhekela umndeni wayo noma abantu abase-duze kwayo. Uma uhlukunyezwa noma wazi umuntu ohlukunyezwayo thintana namaphoyisa angakini noma usonhlalakahle. Inombolo ongayishayela ngokuhlukunyezwa kwezingane yile 0800 055 555 (Childline)

Omasihlekisane/Ophathina aban- ingi: Abantu bayoqonda nina ukuthi sesaphela isikhathi samasoka. Amasoka ayekhona kudala ngoba nesimo sempilo sasingsibi kanje. Kwakungekho ngculazi, babefuyile,



Sebenzisa ikhondomu njalo uma

betshalile kungalanjwa. Ukuba nophathina abaningsi kufaka impilo yakho neyabo engozini. Yiba nophathina oyedwa, uphinde uthembeke kuye. Lokhu kuzokusiza ukuthi uhlele impilo yakho ngendlela.

Utshwala nezidakamizwa:

Ngaphandle kokusho okuningi, kuyaziwa ukuthi utshwala nezidakamizwa kuyingozi, ikakhulukazi uma ukusebenzisa ngokweqile. Kungakwenza uzithole sewenza izinto ezingalungile



Ukubhema kulimaza amaphu nezinye izitho zomzimba

nobungeke unenze uma ubuse-simweni sempilo esijwayelekile. Kudala nezifo eziningi emzimbeni womuntu okungaholela ekutheni umuntu agcine ase-lahlekelwe yimpilo. Sithi kubantu besilisa, asehlise uphuzo oludakayo sehlukane nokusebenzisa izidakamizwa.

Ukukhuluphala ngokweqile:

Amadoda amaningsi azitshela ukuthi indoda indoda ngobukhulu besisu, uma unesisu esikhulu kuchaza ukuthi uyindoda yangempela futhi esuthayo kanti cha akulona iqiniso. Ngokosolwazi bezempilo, indoda kumele ibe

nesisu ezin-gaphansi kuka 102 cm.

Kuthiwa idla izithelo eziwu 5 ngosuku, uzivocavoce okun-

genani kahlanu ngesonto, imizuzu engama 30 ngosuku ukuze ugcine impilo yakho isesimweni esihle. Gwema ukudla okunamafutha, usawoti noshukela omningi.



Uma sekunje kumele umuntu aqele ukuzivocavoce okun-

Umdlavuzwa wesifo sangasese:

Loluhlobo lomdlavuzwa lubizwa ngombulali othule, ngoba ungakuphathi iminyaka eminingi ungezwa. Abantu besilisa abavakashela izikhungo zezempilo zangakubo ukuze bathole iminin-gwane eminingi.

Noma lomdlavuzwa utholakala kubantu besilisa banoma imiphi iminyaka, kujwayeleke ukuthi utholakale kubantu abangaphezulu kweminyaka engama 50.

Impiphakathi eminingi isisungule amaqembu abantu besilisa abizwa ngama Support Group, lapho abantu besilisa bexoxa ngezinkinga ababhekene nazo. Isizulu sithi, **Okuhlula amadoda kuy-abikwa!**

“ Indoda umutu ovikela aphinde athande umndeni wakhe nalabo asondelene nabo, uma uhlukumeza abantu besifazane nezingane, awusiyo indoda kodwa uyigwala”

G.J CROOKES BECOMES STRICTER ON SMOKERS

Since the passing of the new strict anti-smoking laws that came into effect in August 2009, G.J Crookes Hospital has become more proactive on its No Smoking Policy.

Staff members have been educated on the requirements of this Act and all patrons to the Hospital are monitored to ensure that they comply with the No Smoking policy. According to the Patient Rights Charter, everyone has a right to a healthy and safe environment and if they feel that their rights have been infringed

by a person who is smoking they can lay a charge against that individual with SAPS. Clients and staff who fail to comply with the Tobacco Control Act will face possible charges being laid against them.

This message has been strengthened during awareness activities that have taken place at the hospital in the month of May, which is an Anti-Tobacco Campaign Month.

GJ Crookes Hospital is a strictly no smoking building, no cigarettes or any such items should be bought or

sold on the premises of the Hospital. All visitors who come to the hospital are to abstain from giving cigarettes to patients.

There are no smoking zones within the Hospital. Those who wish to smoke will have to leave the Hospital premises and exit the gates to smoke. More Signage has been procured and put up in all areas of the Hospital warning of no smoking.

THANKS FOR YOUR SUPPORT - H WARD

The G.J Crookes Hospital Paediatric Ward (H Ward) was lucky to be visited by the Bible Ministries including Dr Melvin Pillay from New Zealand. It is unusual for a successful and busy person like him to remember his roots.

Dr Pillay was born and schooled in the Umkomaas area, and confirms that he has been gone for a very long time but there is no place

like home.

“This hospital holds good memories for me; I was born here and grew up in this area; which is the main reason I wanted to show my gratitude visit this hospital first during my visit to South Africa.” said Dr Pillay.

During his speech, he added that his wish is to see the little one’s living a happy and better life, especially Orphans and those who are affected with HIV/AIDS .



From left is Sabitha Sewgolam, Dr Pillay and his wife Michele and Lenny Pillay enjoying the visit.

During this term , H Ward received almost four groups of visitors from different institutions and individuals namely: Sezela Emmanuel Church, Ms Malthee Sigh, Umzinto Interact Club including Dr Melvin Pillay. They all seemed to have one aim— wanted to entertain the children before the World Cup begins by giving them toys and gifts. Sr Michelle Governder from the ward extends her thanks on behalf of the children and their parents.

By N.P. Buthelezi
PRO In-service Trainee

PLEASANT STAY FOR AN ABANDONED BABY

On the 9th of April 2010, an adorable and cute infant was found by a passer by in a plastic bag at the Kwa Dumisa Maize Field after he was abandoned by his mother.



Baby Bongani dressed in clothing presented by a team from the Upper Coast Newspaper

The baby boy, by the name of **Bongani** (name given by hospital staff members) was rushed to G.J Crookes Hospital on the same day and admitted to the Maternity Ward in the nursery section weighing 1.5 kg.

Staff members from the department fell in love with the little boy as soon as he was admitted. He was nursed and taken care of and proved to be a brave and healthy little boy.

Most of the local community members wanted to visit the baby after reading about his story in a local newspaper. He was offered parcels

ranging from clothing, blankets, toys and the like, he was the hospital's “celebrity”

The 24th of May 2010 was a happy and sad day for staff members, they were happy that Baby Bongani’s grandmother came to fetch him and he was going to be reunited with his family; but sad that they had to say good-bye.



His bed was full of gifts and parcels

Section 28 of the South African Bill of Rights, entitled "Children", says:

Every child has the right to -

- a. a name and a nationality from birth;
- b. family care or parental care, or to appropriate alternative care when removed from the family environment;
- c. basic nutrition, shelter, basic health care services and social services;
- d. be protected from maltreatment, neglect, abuse or degradation;
- e. be protected from exploitative labour practices



As a result, the drafters of our Constitution have made children's rights a priority - and have stated that the best interests of a child are the overriding concern when it comes to any matter affecting him or her.

Child line toll free number: 0800 055 555 Child Abuse: 800 556 2722 this number allows you to leave a message.

2010 FIFA WORLD CUP PUZZLE

Feel it, it's here. The FIFA World Cup on the African Continent for the first time. Everyone is excited about the tournament, almost everything we do is somehow related to it.

Find words that are hidden in this puzzle.

N	M	F	L	A	N	A	F	A	B	A	N	A	F	A	B	I	D	I	R
A	W	Q	O	P	K	M	R	G	C	L	U	O	F	I	D	E	H	J	Y
T	K	G	O	A	L	K	E	E	P	E	R	G	U	L	F	H	M	T	R
I	R	A	X	Y	B	E	E	H	N	Z	L	M	U	E	C	A	Y	H	T
O	A	I	A	F	Z	B	K	C	Y	U	I	T	N	P	X	T	K	H	Y
N	P	E	B	G	H	X	I	I	P	V	B	D	K	R	L	U	S	Y	A
A	S	W	O	R	L	D	C	U	P	U	A	A	E	A	C	M	N	I	B
L	I	A	R	W	G	V	K	P	M	V	S	M	N	V	P	L	A	K	A
A	L	K	O	S	H	D	L	E	F	S	R	E	V	S	U	T	F	O	L
N	L	A	Z	S	N	F	K	E	O	A	P	F	T	C	B	W	R	G	E
T	E	W	T	A	S	I	P	C	W	Y	E	L	L	O	W	C	A	R	D
H	E	A	Q	P	C	J	C	H	I	L	E	L	H	V	S	N	U	C	N
E	E	K	Y	K	Y	E	C	M	L	K	B	A	D	P	A	B	D	T	A
M	R	A	O	C	R	N	H	V	A	D	I	B	A	M	S	E	S	O	M
Y	E	F	Q	A	E	T	Y	Y	L	A	T	I	X	E	U	A	P	H	N
H	F	E	P	B	R	A	Z	I	L	X	N	K	P	L	B	C	S	Q	O
P	E	T	E	R	M	O	K	A	B	A	Z	A	I	N	E	V	O	L	S
O	R	E	D	C	A	R	D	P	S	M	A	K	A	R	A	B	H	A	L
R	S	H	R	B	K	J	A	U	S	T	R	A	L	I	A	G	K	E	E
T	O	U	R	I	S	T	S	T	P	A	E	R	O	K	H	T	H	O	N

This news-
letter was
compiled
and de-
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AUSTRALIA	BAFANA BAFANA	BALL	BENCHWARMER
BRAZIL	CHILE	DEFEND	ELLIS PARK
FANS	FIFA	FLAG	FOUL
FREE KICK	GOAL	GOALKEEPER	ITALY
KICKOFF	LOFTUS VERSFELD	MAKARABHA	MOSES MABIDA
NATIONAL ANTHEM	NELSON MANDELA BAY	NORTHKOREA	PENALTY
PETER MOKABA	RED CARD	REFEREE	SLOVENIA
SOCCER	SPAIN	TOURISTS	TROPHY
USA	VUVUZELA	WAKAWAKA	WORLD CUP
YELLOW CARD			

2010 FIFA WORLD CUP PICTURES IXOXWANGEZITHOMBE



*"G.J Crookes
Hospital
proudly
supports
Bafana
Bafana."*



RESPONSIBILITIES OF A PATIENT

Every human being in South Africa has a right and every right is accompanied by a responsibility. Most of the time, people concentrate on rights and ignore responsibilities. Everyone needs to be responsible when applying their rights, even patients! Every patient has a responsibilities to:



- **Care for and protect the environment**

- **Utilise the health care system properly and not abuse it**

- **Know his or her local health services and what they offer**

- **Comply with the prescribed treatment or rehabilitation procedures**



- **Enquire about the related costs of treatment and/or rehabilitation and to arrange for payment**



- **Take care of health records in his or her possession**

- **Take care of his or her health**



- **Respect the rights of other patients and health providers**

- **Provide health care providers with the relevant and accurate information for diagnostic, treatment, rehabilitation or counseling purposes**



- **Advise the health care providers on his or her wishes with regard to his or her death**



G.J CROOKES' GENIUS

G.J Crookes Hospital management is proud to announce that one of the hospital's staff members received best marks in the whole of KwaZulu Natal Province.

Ms F.P Dube received position number one out of participations and tough competition from 11 KZN Districts.

She was doing a one year Bridging course from Enrolled to Professional Nurse

"The whole study process was not easy, sometimes we felt like giving up but hospital management kept us motivated" said the ecstatic genius who is originally from Ifracombe in Umkomaas area.

"Constant effort and frequent mistakes are the stepping stones of genius." Elbert Hubbard



Ms F.P Dube (middle) is pictured with Ms Msweli from The Ocean View Nursing College (left) and Mrs S.P Nyawo, Hospital Manager during a small celebration that was organized by hospital staff members

MEET OUR COMRADES MARATHON RUNNERS

This year, South Africa marked the 85th year anniversary of the Comrades Marathon which firstly took place on 24th of May 1921 with just only 34 runners.

Once again two devoted Comrades Marathon runners from G.J Crookes Hospital joined this historic, fun and tiring 89 KM run, which started from Petermaritzburgh and ended in Durban (Down run).

Mr. Gary Goldstone and Ms Tammy Quarsingh both enjoyed participating in this year's Comrades Marathon, which was very special as the country is celebrating hosting the FIFA Soccer World Cup.



Mr Gary Goldstone and Ms Tammy Quarsingh showing off the medals that they had worked hard for

Mr Gary Goldstone works at the hospital's Patient Admitting department and this was his 7th year that he has run the marathon. "This was my most difficult run ever as I suffered from painful cramps and had to walk a long distance, I was initially aiming for a better run" said Mr Goldstone who finished the run in 10h30 min.

This uMzinto resident said he really enjoyed his first run which took place in the year 2003. Gary belongs to uMdoni Athletics Club and prefers training in the quite uMzinto sugar cane fields.

His main goal is to achieve a green number (a recognition that athletes gets for running the marathon 10 times). "My advise to aspiring runners is "Train like you are competing and compete like you are training" said the runner who enjoys an up run (From Durban to PMB)

This year acknowledged the third participation from Ms Tammy Quarsingh who finished her run in 11h30. "My first run was difficult, I afterwards suffered from dehydration and was hospitalized, but I am

happy with my yearly time improvements" said Ms Quarsingh who works at the Maternity department. She said her training schedule involves training alone and sometimes with her teammates from the Scottburgh Athletics Club. She will start serious training from August this year, which will also incorporate two 42 km runs in September and November.

The Wellness Committee together with Hospital Management collected funds and surprised both the runners with gifts before they left the institution to prepare for the marathon.

By next year hopefully more staff members will enter the race, since it is recommended that every South African should run the Comrades Marathon at least once in their lifetime.



Wishing them well are staff members from the Admitting Department, two wellness committee members and Nursing Manager, Mrs N.A Sishi on the right

We're on the Web
www.kznhealth.gov.za/gcrookeshospital.htm