



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

Asikhulume - Let's talk

G.J CROOKES HOSPITAL QUATERLY NEWSLETTER

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KZN HEALTH MEC OFFICIALLY OPENS TWO CLINICS IN UGU NORTH

KZN Minister of Health Dr Sibongiseni Dhlomo accompanied by representatives from his department, local municipalities, nearby clinics and hospital, local leadership, NGOs and other government departments were welcomed by huge crowds when they arrived at Amanyuswa Traditional Court Grounds for the official opening of Mgangeni Clinic which has been fully functional from March 2008.

In his speech, the MEC emphasized

“Government won’t fight and win the battle alone; everyone must have the same vision of reducing cases of teenage pregnancy and new HIV/AIDS infections.” said MEC Dhlomo

Sr N.J Zitha from uMzinto Clinic was awarded with two certificates by MEC Dhlomo.

These were the Cecilia Makiwane Awards, one for being an overall winner in KZN and the other for scooping position two for the same award out of 100 000 nurses nationally.

This is a nurse who went an extra mile during the June 2008



Sr N.J Zitha receiving a Cecilia Makiwane certificate from MEC Dhlomo, showing support are Hibiscus Coast Mayor and Ugu District municipality Maro, Mr Sthembiso Cele

that the community should take care of local developments and infrastructures like the clinic and utilize them to their full capabilities because they were built for them.

He also mentioned that teenage pregnancy and the effects of HIV/AIDS remains a worry for the government and communities.



MEC Dhlomo, unveiling the Mgangeni Clinic Plaque

Floods which had a huge negative impact on local areas.

She opened her warm hands and allowed patients who couldn’t access uMzinto Clinic due to damaged roads to receive medical assistance at her home in eMalangeni, despite the fact that she was on annual leave and medication had to be taken to her home with a helicopter.

MEC Dhlomo emphasized that this was a proud moment for the KZN department of health and would love to see other nurses being encouraged by the work and commitment of Nurse Zitha.

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MEC Sibongiseni Dhlomo paid the Ugu North region another visit on 13 May 2011. Gqayinyanga clinic has recently started operating and was officially opened by the MEC. He was accompanied by MEC of transport Mr Willies Mchunu and MEC for Arts, Culture, Sports & Recreation, Mrs Weziwe Thusi



Popular Gospel group Ithemba entertaining the crowd

CHILD PROTECTION WEEK—"CHILDREN ARE A GIFT FROM GOD, PROTECT THEM"

Children are a gift therefore they deserve to be cared for, looked after and be loved. If we fail to perform these simple tasks then it means we will be bringing up a nation which has no future because a future of every nation is determined by the kind of children it is grooming.



Child protection week is about promoting the culture that "it is everyone's responsible to make the communities child-friendly". All of us must work together to make a difference in our children's lives, especially those who are unfortunate, who sleep without anything in their stomach, who don't have shelter and other basic needs; such as education, shelter and access to better health.

In South Africa the main issue that greatly contributes to child-vulnerability is HIV/AIDS. This disease has a significant contribution and worsens poverty and malnutrition. HIV/AIDS has left lot of orphans, children are left without parents and in the care of relatives, mostly grandparents who themselves require someone to take care of them.

It will take a collective effort in ensuring that children are given hope again and their wishes for the future do not perish. We need to re-instore our old tradition within our community that "it takes a whole village to bring up a child".

The time of turning a blind eye and saying "shame how unfortunate is h/ she" without doing anything to assist in whatever way you can is over. So during this year's child protection week stand up and make a difference.

- Be a good neighbor, If you know that the child next door is being abused you need to report such matter to the police.
 - Assist with food and shelter whenever you can.
 - Call the help of relevant people such as the child line social workers
 - Donate old clothes that are stuck in your wardrobe to keep them warm.
- Give them blankets
- School uniform is also important because some do not have a proper uniform or don't even have shoes to go to school.

Try doing the above, you will sleep better with a clear conscience that you have made a positive difference in someone else's life.

The South African Bill of Rights (Section 28)

Every child has the right -

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



- not to be required or permitted to perform work or provide services that -
 - are inappropriate for a person of that child's age; or
 - place at risk the child's well-being, education, physical or mental health or spiritual, moral or social development;
- not to be detained except as a measure of last resort, in which case, in addition to the rights a child enjoys under sections 12 and 35, the child may be detained only for the shortest appropriate period of time, and has the right to be
 - kept separately from detained persons over the age of 18 years; and
 - treated in a manner, and kept in conditions, that take account of the child's age;

- to have a legal practitioner assigned to the child by the state, and at state expense, in civil proceedings affecting the child, if substantial injustice would otherwise result; and
- not to be used directly in armed conflict, and to be protected in times of armed conflict.
- A child's best interests are of paramount importance in every matter concerning the child.
- In this section "child" means a person under the age of 18 years.

You have a right to report to officials if these rights are violated in any way.

Compiled by: Mr Njabulo Masondo—
The new PRO Intern

INTERNATIONAL CANCER SURVIVORS DAY

They call it the silent killer. This is because a person who has cancer is not able to find out that they have the disease early unless they go for a medical check-up. By the time they find out it will probably be too late and cancer would have spread throughout the entire body.

Medical professionals are always advising the community to have regular check ups especially for the most normal types of cancer which are lung, breast, cervical, liver and oesophagus cancer

The 5th of June is international cancer survivors day, this is when the whole world will be celebrating the lives of those who has survived this dreadful disease.

In south Africa according to the South African medical research Council, Lung cancer is the leading cause of cancer in SA accounting for 17% of all cancer deaths. This is followed by oesophagus Cancer which accounts for 13%, cervix cancer accounting for 8%, breast cancer accounting for 8% and liver Cancer which accounts for 6% of all cancers. Many more males suffer from lung and oesophagus cancer than females.

The best and most effective weapon against cancer is knowledge. If you consider that one-in-four individuals may be affected by the disease during their lifetime, you will realise how powerful knowledge is in terms of risk reduction, prevention and early detection. Knowledge will also equip you with information such as is cancer curable and what kind of cancer are curable because according to statistics about 80% cancers are curable.



G.J CROOKES STAFF MEMBERS ARE ENJOYING THEIR NEW "HOME"

In November 2010, the new G.J Crookes Hospital Staff Residence was handed over to the hospital by the contractor who was awarded a tender to build this beautiful residence. The residence is home to employees and has assisted in providing the hospital's staff members with a secure place to stay with secure covered parking.

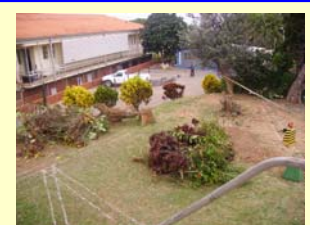
According to Mr. M Ridgeway, the hospital's Maintenance Manager, the contractor started building the residence on the 1st of May 2009 and he is also impressed with the results.

The building has bedrooms for males and females. It has a dining room where the staff can relax after work, there is a kitchen, laundry room, dinning area and toilets. The hospital took responsible of furnishing the whole building; from the bedrooms to the kitchen, the dining room etc.

For years staff members had complained that one of the reasons they are leaving is because of the shortage of staff residence. Although the hospital has rented residences for staff members outside the hospital premises it was still not enough.

We hope staff members lining inside this building will take very good care of its furniture so future employees will find it in a good state said Mrs S.P Nyawo, CEO of G.J Crookes Hospital.

See pictures on the right hand side (before and after the construction)



MAKE YOUR HEALTH A PRIORITY THIS YOUTH MONTH

June is the National Youth Month which is a month when we remember the bravery the youth of Soweto showed the nation and the whole world when they fought and died for all of us on 16 June 1976.

The youth is requested to make a pledge this year and say no to unsafe sex, drugs, alcohol, accidents and crime during. Males are encouraged to get circumcised at their nearest health care institutions in order to reduce their chances of getting HIV. Imagine what a wonderful and peaceful country South Africa would be without all the above destroyers.

Amongst other important things affecting south African youth is poor health. Disease like AIDS are quickly robbing the nation of tomorrow leaders. Most of them are involved in using drugs which are also destroying their future and lives of their loved ones.

The world is nothing without responsible, dedicated and unselfish youth. One wise man once said "youth comes but once is a lifetime".



G.J CROOKES WELCOMES BACK THE "GOOD DOCTOR"

A surprise welcome back party was organised in G.J Crookes Hospital on the 13th of June 2010 for Dr L.V.D Sithole who is also known to many as the "good doctor". His compassion and dedication makes him everyone's favorite, patients and staff members who utilise the Out Patients Department where he is positioned are all very appreciative of the doctor's return.

"When I was contacted by the HR Manager and asked to come back and work in G.J Crookes, I was surprised but did not hesitate to say yes because I missed waking up and helping people recover from their illnesses." said Dr Sithole who would

also like to thank all those involved in organizing the party for him.

Dr Sithole's return is another attempt of the hospital to increase the number of employed doctors thus reducing the long times that patients spend whilst waiting for service.

Dr Sithole has been with the G.J Crookes Hospital for 8 years, following his employment on 1st of April 2002. When he reached his retirement age in the year 2010, he decided to take it so he can rest with his family and enjoy his adult years; his last day at the hospital was on the 30th of September 2010. But being in the medical field for 40 years proved that treating patients was also his passion and G.J Crookes Hospital was his second home.



Dr L.V.D Sithole is cheered by other staff members after entering the venue and hearing a big "Surprise"



Dr L.V.D Sithole in his consulting room

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

Above is a puzzle with words that are linked to health calendar from April—June. Have fun finding the words to this puzzle.

Created by: Miss Thobile Hadebe, Public Relations Officer

Association	Drugs	Polio
Autism	Elder abuse	Redcross
Blood	Epilepsy	Test
Cancer	Haemophilia	Tabacco
Candle	Hospice	Worker
Donate	Malaria	Youth

“Breast feed your baby exclusively for the first 6 months”

G.J CROOKES HOSPITAL WINS ANOTHER BABY FRIENDLY INITIATIVE

G.J Crookes Hospital has maintained their Breast Feeding Hospital initiative for a number of consecutive years. A team of surveyors from the KZN Department of health recently visited the hospital, to check if the policies and standards of BFHI are still maintained. They were impressed to find out that the hospital is prioritizing Breast Feeding which is good for both the mother and the child.



Studies show that more than two million infants worldwide die every year because they are not breast-fed or are given other food too early. Millions more who are not breast-fed live in poor health, contract preventable diseases and battle malnutrition.

The Baby-Friendly Hospital Initiative (BFHI) was discovered by the World Health Organization (WHO) and the United Nations Children's Fund (UNICEF) to encourage and recognize hospitals that offer an optimal level of care for lactation.

The BFHI assists hospitals in giving breastfeeding mothers the information, confidence and skills needed to successfully initiate and continue breastfeeding their babies and gives special recognition to hospitals that have done so.

After being assessed by the team from head office the hospital got 100% accredited as a baby friendly hospital.

This proved that the hard work that the Baby Friendly team was doing is really paying off, 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.

AVOID FEVER/FLUE THIS WINTER

What is fever?

Fever is an elevation in body temperature. It's the body's protective mechanism against infection. The elevation in temperature happens when our immune system is fighting off bacteria and viruses that could harm our body. Fever is our strongest weapon in the fight against infections or diseases.

What is flue?

Influenza, commonly shortened to "flu," is an extremely contagious respiratory illness caused by influenza A or B viruses. Flu appears most frequently in winter and early spring. The flu virus attacks the body by spreading through the upper and/or lower respiratory tract.

Who is mostly at risk?

we can get fever and flue from other people who are infected with it. We are all at risk of getting infected with flue or fever because everyday we pick up bacteria which could lead into getting flue or fever.

Home remedies for flue and fever?

Our strongest defense against any kind of any deceases is our immune system which fight any kind of illness we might have. It is important that you eat fruits which contain vitamin C, example of this is an orange. An orange will help to boost your immune sytem this will help you to recover quickly because of the strong immune system in your body. Eating garlic will also help to decrease any virus in your body.

For your cough and cold, you can make a health drink with a glass of boiled water, lemon juice and one tea spoon honey. This drink will soothe your throat. Alternately, you can also mix grated ginger to one cup of boiled water and then strain the mixture. Add one tea-spoon of honey to this. This is also equally helpful when consumed while it is still warm. You can drink these as many times as you like throughout the day.



As far as body pain and weakness is concerned, massage your body with any herbal oil or else consume carrot and lemon juice everyday

which are helpful in combating body aches. If possible, use warmed mustard oil for the massage, as this is also very useful. Try to stick to home cooked vegetarian food, like rice, hot soup, boiled lentils and hot milk. Oily and spicy food should be totally avoided for the duration of the illness.

Where can you get help?

You can get help at your local clinic or at your doctor where you will be examined and given the necessary treatment for the flu and fever. This helps you because you will be informed what kind of flu you have and if there is anything serious it will be spotted in time and prevented from spreading into something serious.



NEW APPOINTMENTS



A warm welcome is extended to all who have recently joined G.J Crookes Hospital. We are happy to have you in our institution. Mrs S.P Nyawo, Hospital Manager

Initial & Surname	Position	Initial & Surname	Position	Interns
MB Khwela	Prof nurse	S Ally	Pharmacist	NN Ndadane –HR
Dr SO Baboolal	Com serv. med off	DT Ndlovu	Optometrist	CT Dube – HR
GF Dladla	Prof nurse t/f in	Majoka MG	HR Officer	MS Ncwane -Finance
NH Mntambo (promoted to)	Asst Mngt. – Radiography	Ngcobo EK	General orderly	PV Ngamntwini - Finance
NL Mkhize	Operational Mngt.	Hlengwa SB	HR Officer	ZZ Duma – Office Mngt.
KG Ramsuran	Pharmacy asst.	Langa N	General orderly	NC Sosibo - Nurse asst.
K Pillay	Pharmacy asst.	Mnembe SI	staff nurse –t/f in	NP Cele - Staff Nurse
Neaves SM	Clinical Psychologist	S Mcking	Med Officer	NB Masondo —PRO
S Dlamini	Data capturer			
SR Rampershad	Med Officer			
Finiza NT	Pharmacy asst.			

KEEP FIT AND HEALTHY WITH G.J CROOKES SPORTS



All staff members are invited to take part in the hospital's initiative towards better health for employees. Staff members are requested to join the current soccer and netball team of the hospital.

The number of players has decreased over the past years due to players leaving for employment at other institutions.

Time for practice is arranged accordingly and in a manner that will encourage participation from all categories of staff.

Remember that healthy employees tend to be happier and more productive employees. Joining the sports team can make positive change happen. Not only will you be more able to complete your job responsibilities, but you will have more energy and vigour to give to your family and friends when you get home

Rewards and Benefits of exercise

- Exercise benefits every part of the body, including the mind.
- Exercising can help you look better.
- Exercise helps people lose weight and lower the risk of some diseases.
- Exercise can help a person age well.

So what are you still waiting for, come on, have fun and enjoy the health benefits at the same time.

Interested parties can contact Miss Thobile Hadebe, the Public Relations Officer on ext. 7004.



The boys are also dedicated to their sport, with weekly exercise sessions if there are no games on the schedule.



G.J Crookes Netball team in action

HOW TO AVOID WINTER WEIGHT GAIN

Winter is just around the corner and people will have all sort of excuses for gaining unnecessary weight during this cold season. By the time Spring is in, they start wondering how they have gained so much weight in so little time and would have to make adjustments to loose the extra kilos for summer.

If you don't want to get caught up in this unhealthy annual cycle, then read below for some expert advice.

(http://www.askmen.com/sports/foodcourt_150/167_eating_well.html)

CAUSES

Winter is a very cold month which keeps us staying inside closed doors and not even thinking about exercising. Our metabolisms also slow down and we pack on the kilograms.

Low-calorie snacks are replaced with high-fat snacks like chips, nuts and crackers. We also get less sunlight, which makes us feel down in the dumps. To combat those feelings, we gobble up carbohydrates, fats and sugars, which make us feel better.

HOW TO FIGHT IT

1. STAY ACTIVE

Exercise is your best weapon against winter weight gain. And strength training will do a lot to keep your metabolism revving. So exercise at least three times a week .



2. GET SOME SUN

Go outside, even when it's freezing. The sunlight will refresh your mind and the activity will put you in a better mood, making it easier to turn down those leftover candied yams.



3. TAKE UP A NEW SPORT

This will keep you motivated and you won't get bored if it's something you like.

4. EAT WELL

It means finding tasty, low-calorie alternatives that will satisfy your gut and your mind. Plenty of winter crops are low in fat and calories, like squash, onions, oranges, artichokes, kale, Brussels sprouts (yes, they are tasty if cooked correctly), and cauliflower.

They're also filling, which will help you say no to that second piece of pie or vetkoeks.

5. LAY OFF THE BOOZE

It'll be tempting to guzzle brandy and good wine during the holidays, but don't. Alcohol contains a lot of empty calories and it slows down your metabolism. Limit yourself to just one drink a day, if you must.

6. STAY HEALTHY

Gaining a little weight during the winter may be an inevitable biological reaction to cold temperatures. Becoming a couch potato is, however, very much avoidable. Stay active during the winter, even if you don't avoid all the holiday treats. Lack of exercise will affect your health and mood, and will add those few extra pounds you don't need.



Source:
<http://www.google.com>