



# GJ CROOKES DISTRICT HOSPITAL

# NEWS

2nd QTR July-September 2016

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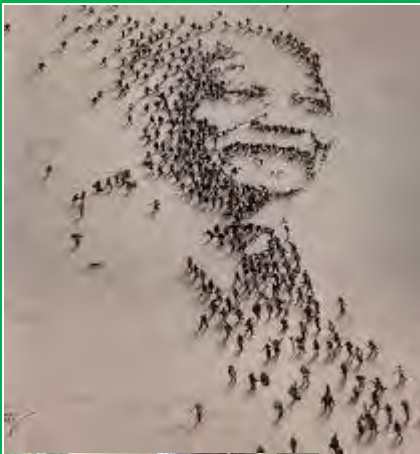
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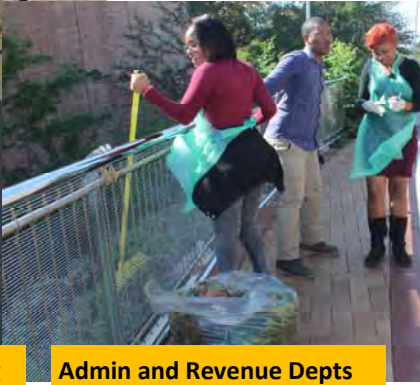


# MANDELA DAY

## Make Every Day a Mandela Day



Ms. N Mngunyana Catering



Admin and Revenue Depts



Mrs. Sikhosana and Ms Chithwayo on Outreach



Sr. J Rossow in OPD



OPD Staff



OPD Staff



Food Services Department

"Poverty is not an accident like slavery and apartheid; it is man-made and can be removed by the actions of human beings" *Nelson Mandela*... As the 18th of July is known to be Mandela day, staff members of GJ Crookes District Hospital embarked on a journey of their 67 minutes through various good deeds and helping those in need, their patients, the community and making a difference in people's lives. Mrs. VD Skhosana from crisis center went to Magabheni to help a family in need where she bought them groceries, the food service department prepared special meals for inpatients and OPD staff made tea and sandwiches for outpatients. The HR team handed fruits to outpatients as well, while Revenue, Finance and pharmacy cleaned the hospital. For this year people went all out to show their contribution on this day in remembrance of the selfless people's leader, Dr. Nelson Rolihlahla Mandela.



**GJC staff doing their  
Mandela Day Activities**

# OPEN DAY & BROCHURE LAUNCH



**Nursing Staff posing by the cake**



**Budget and Expenditure stall view**



**Clinical Managers  
Dr. Shange and Mqadi**



**Revenue Department**



**Board Members**



**Mrs. SP Nyawo CEO**

GJ Crookes Hospital was commemorating its 75 years with the launch of a brochure. On Wednesday July 27 2016 and also held an open day at the undercover parking of the new building. The event was graced by past and present board members, staff and well-wishers. Among them was Mr. R. Ramasar who was the board in 1994 (now residing in New Zealand) and Mrs. Teddy who was once a matron at the hospital. Although the hospital boasts a brand new state of the art building including state of the art equipment, we await an official opening to be done by the Provincial Department of health.

Hospital CEO Mrs. SP Nyawo explained the purpose of the day, touching on the hard work done by all involved to ensure the success of the hospital. "it is indeed a great honor to host this event and we hope with God's grace we will see another milestone". This day was about the launch of the hospital brochure and the various departments showcasing the services of the hospital.

We thank everyone who made a contribution to what the hospital is today. The hospital has grown tremendously, as over the years we have seen general workers become professional nurses and this shows the love and the commitment of people who are involved at this hospital which receives an intake of about plus minus 10, 000 patients per month, said Mrs. Nyawo (CEO). Deputy Board Chairperson, Mr. GG Govender expressed pride at the hospital's success having been recognized with numerous awards from the Department of Health and at one stage being nominated the best hospital in KZN. He said there has been challenges over the years but these were far outweighed by the successes. Mrs. Maureen Whitfield who worked at the hospital some years back and is now a board member and was on the brochure committee, cut the cake along with other board members. In her speech she thanked Heather Butler and Prakash Sadhai of the Rising Sun who were instrumental in the compilation of the brochure. All guests had the opportunity to visit the exhibition stands which showcased the various services offered by the hospital.



**Mr. GG Govender  
Vice Board Chairman**



**Mr. F Lemmer Board-Member**



# WOMEN'S DAY CELEBRATION

On the 5<sup>th</sup> of August 2016 GJ Crookes District Hospital and Management held Women's Day Celebration. Program director of the day was Mrs. T. Gumede who shared the words from the bible, "When God created a woman, He caused a deep sleep and he took out a rib from a man". God then made a woman from the rib and he brought her to the man. When the man saw her, he said to the woman "this is now bone of my bones and flesh of my flesh" and she will be called a woman because she has been taken out from a man".

A prayer was done by Mrs. N Sisoka. opening & welcome done by Mrs. S.P Nyawo (CEO) and thanked everyone for coming. This day is to honor the strength of women. Women's Day is a remembrance of the 20,000 women who marched for equal justice system in 1956. Mrs. Nyawo said that it's important to work together as women than pulling each other down. She said that "As women we must know that we are beautiful, we can do anything we set our mind on, climb the highest mountain and swim the deepest ocean". She thanked the sponsors who assisted in making the event possible.

Health education was done by Sr BPE Gumede who talked about breastfeeding to women and encouraged breastfeeding mothers to donate milk to the Hospital Human Milk Bank to assist babies who are abandoned or have mothers who cant breastfeed. She advised women about sexual reproductive health which is family planning and use of contraceptives.

Ms. PT Mkhize presented the speaker of the day Mrs. B.M Mhlongo, who is a lecturer at Edendale nursing college, the author of two books, a wife and a mother of two boys, and comes from Edendale nursing college. Mrs, Mhlongo thanked the hospital management for the invitation and said Women are the heartbeat of the nation, In Remembrance of the women of 1956 who marched to Union Buildings marching in dignity & silence, marching for an equal justice system. As women we have differences, but we don't need to focus on our differences but focus on working together in providing health to the community.

Surprise guest appearance, Mastermind (Ntokozo Dlamini) wished all the women a happy women's day and thanked the hospital management and Mrs. S.P Nyawo the CEO for inviting him to such a beautiful event and being able to see all the hospital colleagues who work with Ms. Lindi Ndelu (his mother). Best dressed Contestants showed off their garments and winners were awarded accordingly.





**How all ladies looked and felt like on their special day. Everyone was happy.**

# SEXUAL & REPRODUCTIVE HEALTH



Mrs. VD Sikhosana



Sr. Cele doing health education



Health Songs



Mr. S. Maphumulo



Dr. V Radebe



Mrs. TR Gumede



Sr. NG Madiba



Mrs. DG Mchunu



Mrs. SP Nyawo CEO



Rev. CMK Dlamini

On the 10<sup>th</sup> of August 2016 GJ Crookes Hospital Health and Reproductive department held an outreach event awareness for sexual and reproductive health at Ezembeni tribal court in Dududu, this was to increase the HIV & AIDS testing and counselling, the uptake of contraceptive, cervical screening (pap smear) and to decrease teenage pregnancy. As the chief was not available on the day, Ms. Shozi officially opened and welcomed everyone to the event and was followed by Rev. CMK Dlamini who opened with a prayer. Amongst the speakers of the day there was Sr. VD Skhosana who spoke about sexual abuse and what parents should do if their children are raped, Sr. NG Madiba from TB Clinic who spoke about types of TB's and how it is treated, Ms. DG Mchunu HIV & AIDS counselor who advised people on getting tested and taking their treatment while Sr. Zulu spoke about teenage pregnancy and grandmultiparity and Dr. Radebe talked about cervical cancer and pap smear, STI's etc. Mrs. BC Msomi (MCWH) from district spoke about mother child and women's health and Mrs. Gumede from BroadReach demonstrated the use of a female and male condom to the audience and Sir Dlamini from Dududu clinic emphasized the importance of first ANC visit. Different types of tests were done for the day, refreshments and gift were served to the patients/community that came to the event



# MENTAL HEALTH AWARENESS



Health Talk in OPD

Sir. Ntuli

Mrs. N Mkhwanazi ANM

On the 10<sup>th</sup> of August 2016 GJ Crookes Hospital & Ethembeni ward held mental health awareness at outpatient department, to educate the public about mental health and to reduce the stigma and discrimination of people with mental illness. People have assumption that everyone with a mental problem no matter how mild or severe, that he/she is a danger to the community. The truth is mental illness according to studies is more common than cancer, diabetes or heart disease . Sir Ntuli from Ethembeni Ward conducted the health education on Mental Health and how it should be managed. People thought it was witchcraft or possession of an evil spirit which was regarded as common cause of mental illness which is not the case. The community was informed of what to do to with a family member who is unstable, to call the police or visit the nearest clinic, if the clinic can't help the patient, they will be referred to the hospital. At Hospital they will be required fill a form under outlining the odd behavior . The patients will be examined by medical doctor to exclude general medical and condition. The patient will be assessed for 3 days .

## The public was informed of the causes of mental illness

**Biological factors** - Brain injury or defect , MVA involving head trauma Assault on the head & general medical condition e.g. epilepsy Prenatal damage disruption of early fetal brain Trauma occurring at time of birth and may be reaction in autism

**Psychological factors** -Severe psychological trauma suffered as a child such as emotional physical or sexual abuse, loss of relatives neglect & poor ability to relate to others

**Environmental factors** - Death or Divorce, Social or cultural expectation e.g. Eating disorders & Substance abuse by someone or by parents. Post-traumatic stress disorder, Possible causes of Being kidnapped & surviving severe car accident

## Symptoms

Persistence of stimuli associated with trauma

Effort to avoid activities places or people that arouse recollection of trauma

Inability to recall an important aspect of trauma

Recurrent distressing dreams of the event

Acting and feeling as if the traumatic event were recurring



Continuation of Health Talk

# MRS FJ MAGUBANE'S FAREWELL



Mrs. FJ Magubane and Grand Daughter



Mr. R Poonsamy



Joyful Dance

After serving the Department of Health KZN for 17 years, Mrs. FJ Magubane the linen Orderly decided to go for retirement. On the 27th of July the staff of GJC bid farewell to Mrs. Magubane. The entertaining program director Mr. TM Mbanjwa made the farewell a memorable and interesting one. The farewell was officially opened with prayer by Mr. TK Khuzwayo who was followed by Mrs. Shibe who said they started the journey in 1999 with FJ and they have been friends from then and she mentioned that she is glad that FJ left the department alive, which she wishes for most of the staff. Mrs. Ncwane who started working with Mrs FJ from 2005 wished her a happy retirement and also wished she reaches her stage one day. Linen supervisor Mr. Poonsamy didn't have much to say as this was very emotional day for him, he bid farewell to one of his team members again and also wished her all the best. Ms. H Bhengu acting systems manager bid farewell to Mrs. FJ with memories of the past and also said goodbye with a verse from the bible (Jeremiah 29 verse 11). The guest speaker Nontobeko (relative) thanked the staff for taking care of her aunt all these years and she was also grateful that she worked with people who are kind, caring and loving, she was followed by the exquisite CEO Mrs. SP Nyawo who mentioned that it was Mrs. FJ's humbleness and respect that brought her thus far, "the patients have never received dirty linen and your hard work has been noticed" said the CEO. On her vote of thanks Mrs. FJ Magubane thanked everyone who contributed, she also thanked Mr. Poonsamy for being a good supervisor throughout the years of working together and she also thanked her team for being there for her whenever she needed them and for also having a good working relationship with her colleagues. She encouraged Linen room staff to keep up the good work and always deliver. The audience was entertained by song birds (Sizwe & Cliff) and Ms. J Chiliza did the vote of thanks.



Linen Room Staff



Mrs. H Bhengu and Mrs. Ncwane



Mrs. Shibe and Mrs. SP Nyawo CEO



**How the rest of Mrs FJ Magubane's farewell looked like**

# Sr. L Mkhize's Farewell



Mrs. SP Nyawo CEO presenting a gift to Sr. Mkhize

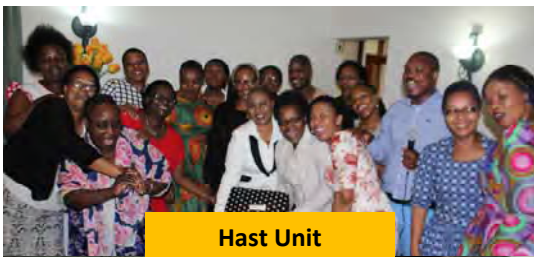


GJC Staff posing with the retiring guest

On the 29th of July 2016 GJ Crookes Hospital Management and HAST Department staff bid farewell to Sr. Lee Mkhize the HAST Unit Operational manager. Her event was held at the Selborne Golf Estate and this is what she had to say to the Hospital Manager and staff on her goodbye "What I learnt from you was that you didn't get the CEO position by fault, you were a true nurse who led by example and are still leading by example while you manage so many people. I knew when you wanted something, you always greeted by saying "hello my beautiful baby". I've been to different hospitals and I've never gotten so much respect from a CEO like you give me, you have taught me a lot and I am very grateful for that.

She thanked the HAST Team by saying, "My HAST team, we've been through a lot and we come very far as a team, keep up the good work and always know that you're not a health employee without a patient".

Staff members had a lot to say about Mrs. Mkhize, starting with Sr. Gumede who said, "you were like a sister to me and you taught me a lot of things as a colleague". When Sr. Mkhize was at work she would focus on her work and didn't know lunch and tea time due to her passion for work. She thanked Matron Muthwa for being there like a sister to her, Mrs. Sikhosana, for the love of her patients. She also thanked the PRO and said "Thabiso my son, you loved me the day you arrived at GJ Crookes and I am glad that you are here today. She said "Sir Ndlovu and I had a very good working relationship and I remember when we always forgot meetings and always went in late. She also thanked Sma from Ongoti Cleaning company. She said thank you for making the HAST department look so clean and hygienic. May she have a good and health rest on her retirement.



Hast Unit



Singing her favorite song



Waiting for her Spa treatment



Nursing Management Team

# PHARMACY WEEK



**Awarenesses in and out of Hospital from day 1-5**

The early preparation of Pharmacy week 2016 started earlier in the year which included contributions from the pharmacy staff members and doctors in the form of money. A cake and savory sale was done as well as engaging with sponsors such as Clicks and Cipla to raise funds. The theme for pharmacy week 2016 was USE MEDICINES SAFELY. Pharmacy staff had planned to present talks every day of the week to patients in the outpatient department around chronic diseases that pertain to the community and the safe use of medicines as well as CCMDD. In order to accommodate the diversified group, the different talks (Asthma, Diabetes, Hypertension, Orthopaedics and General) were conveyed in English and in isiZulu. Outreach was also scheduled for the week, which involved visiting clinics and a high school.

Pharmacy week began with much enthusiasm and energy. Whilst groups went out to participate in out-reaches, talks commenced at the hospital. Patients were informed on the topic of the day and were given presentations and also received great involvement from the patients during quizzes, where they were awarded with prizes and gifts.

Patients also received fruits, pamphlets and hand- on a daily basis. Our outreach programmes also focused on talks and presentations as well as quizzes and prizes but mainly on health education and awareness. The different teams were judged unknowingly by the pharmacy week organisers whereby team HYPERTENSION won due to their 'WOW FACTOR' as well as meeting all the criteria used by the judges.

Pharmacy also visited KwaHluzingqondo secondary school where they spoke to the learners about Pharmacy as a profession including the BPharm degree and Assistants course. Students were also informed about acne as well as the main theme of pharmacy week

# PHARMACY WEEK



**Awarenesses in and out of Hospital from day 1-5**



# HERITAGE DAY



Umzinto Clinic Celebration



GJC Hospital Celebrations



On the 23rd of September 2016 the GJ Crookes Hospital Wellness committee Celebrated a Heritage Day with the staff of the hospital. This year was different, as all departments were invited to set up stands and prepare dishes for display and tasting that represented diversity of cultures in their departments. Mr. TK Khuzwayo opened with a prayer and Ms. Buhle Madonsela HR Manager, opened the event and welcomed all present. Amongst the special guests were, Rev. CMK Dlamini Chairman of the Hospital Board, Mrs N Hlongwa Deputy Director Human Resources Ugu Health District and Mrs Thathakahle Gumede who was also our MC alongside the Hospital PRO Mr. TM Mbanjwa. The day was full of fun, dance, showcasing of outfits and activities from various departments, which the best dressed, prepared meals and performed activities were awarded prizes.

Amongst the prize recipients on the day were, Mr. M. Ngubane SFMO, Ms. B Madonsela HR Manager, Outpatients Department, Gateway Clinic, Stores Department and Administration Component. In closing Mrs. Hlongwa thanked everyone for coming out and participate in this event and expressed gratitude to sponsors of the event which were, Old Mutual, Sanlam and Eye Clinic. All employees were very happy on how their efforts were united through this event.

Umzinto Clinic staff also held a celebration on the same day with the patients in their clinic on the day. All staff arrived in their traditional garments on the day for the program that was on point with the words from the Clinic Manager Mrs. Nozipho Zitha, SAPS Gentlemen, Mr Khanyile and Zondi and the PHC Manager Ms. Lindi Ndelu and performances from the clinic staff. The Hospital PRO thanked the staff for arranging this event which should bring about a spirit of unity amongst staff and patients. He also encouraged patients to utilize the clinics and if they have any queries regarding the services, to notify the Operational Manager and for any compliments to the clinic the patients were also requested to make those comments in writing which will motivate the staff in executing their duties. The clinic staff had prepared meals for all patients that were in the clinic on the day.



Hospital Board Chairperson and Co- Judges



Traditional Dances in Umzinto

# HERITAGE DAY GALLERY



Everyone went all out and looked very traditional and fabulous





# NEW FACES OF GJC



Sibiya SA (CNP)



FB Masuku (PN)



Shezi LT (PN)



KhenaSAP (Dental Assistant)



Mahamba A (PN)



Pandarum K (PN)



Duma TT (PN Comserv)



Cele NF PN Comserv



Myende PN (Staff Nurse)



Nyawose NE (PN Comserv)



Mngadi NR (PN Comserv)



S. Naidoo (Clin Psych Comserv)

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**Mr. TM Mbanjwa PRO**  
Writer and Editor



**Ms. SC Tusi PRO Inserv Trainee**  
Designer, writer and Photographer

We appreciate the time taken by our readers to go through this newsletter. Should you have any newsworthy item relating to our hospital or health matters please contact the PR Department on the details below. For any suggestions, complaints or compliments regarding our services or hospital, please write them down on the suggestion forms and put into the suggestion boxes located in all departments and wards of the hospital. Enjoy this season and remember, it is our aim to provide our clients with the best quality health care services all the time.



**health**

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