



**health**

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

## GREY'S HOSPITAL

### GREYPE-VINE NEWSLETTER

DECEMBER 2018



**EMPLOYEE OF THE YEAR 2018**

## **INSIDE THIS ISSUE**

ARTICLE	PAGE
MESSAGE FROM THE CEO	01
RECOGNISING OUR STARS	02
GREYS BUZZZZZZZZZZZZZZZZZ	04 - 07
RESEARCH DAY	08
MENTAL ILLNESS AND DISABILITY MONTH	09
HEALTH AND WELLNESS DAY	10
PHARMACY WEEK	11
INFORMATION DAY & CHILDREN PALLIATIVE CARE DAY	12
CANCER DAY	13
DIWAL CELEBRATION & CHILD DIABETES AWARENESS	14
MARKET DAY	15
BONE-ANCHORED HEARING AND IMPLANT	16
PAIN PATHFINDERS & ORGAN TRANSPLANT INDABA	17
QUALITY DAY AND LONG SERVICE AWARDS	18    - 25
FAREWELL DEAR ONES	26 - 27
IN LOVING MEMMORY	28



## MESSAGE FROM THE CEO



**Dr KB Bilenge**

**Grey's Hospital CEO**

"The year is slowly drawing to a close and what a year it has been. The Grey's family continues to grow in strength, integrity and self-worth but not in number due to the moratorium on clinical posts, despite this, Grey's hospital continues to heal, restore and provide care that is not compromised, care that is safe to our patients. Management sincerely appreciates your hard work and ongoing commitment to the Grey's vision.

The Festive season lies ahead, many of you will take to the road on route to a particular destination to enjoy your well-earned rest, please drive carefully and get where you are going safely, to all those who will be working, work well and Thank You.

May each one of you have a wonderful 2019".



## RECOGNISING OUR STARS



Dr A. Singh from the department of Urology competed in the South African Urology Association Laparoscopic challenge and was placed 3rd countrywide. He was also placed 3rd in the poster competition nationwide. Congratulations Dr Singh, and thank you for transforming the lives of our patients.

Urology department participated in a Prostate cancer screening campaign at Grey's hospital and approximately 200 patients were screened.

### **Department of Health advice regarding prostate cancer:**

Although the actual cause of prostate cancer is not known, the following risk factors have been identified:

- **Age is the major risk factor:** Men over 50 years are at risk. More than 80% of all prostate cancers are diagnosed in men over the age of 65 years.
- **Family history / Genetic factors:** If a father or brother had prostate cancer, there is an increased risk of getting the disease
- **Unhealthy Diet:** There is a relationship between a diet high in animal fat and protein (especially red meat), and prostate cancer.

### **Reducing the risk of Prostate Cancer**

The following guidelines should be observed:

- Annual screening from the age of 50 years
- If there is family history of prostate cancer, annual screening is advisable from the age of 45 years
- Diet low in animal fat and protein is advisable The health professional would advise you to have a blood test and a rectal examination.

### **Prostate Cancer: Symptoms and Signs**

- Frequent urination.
- Weak or interrupted urine flow or the need to strain to empty the bladder.
- The urge to urinate frequently at night.
- Blood in the urine.
- Blood in the seminal fluid.
- New onset of erectile dysfunction.
- Pain or burning during urination, which is less common.



## RECOGNISING OUR STARS

### **Festive cheer inspired by Sr L Thomas**

Each year Sr L Thomas (Pain Management Coordinator) initiates a toy drive during the month of December at the facility, this year was no different. Seeking to promote good cheer amongst the Paediatric population at Grey's is in my eyes a humanitarian act on her behalf.

Sr Thomas stated she received an overwhelming response from staff of Grey's, contributions poured in from all categories of staff. She was able to compile gift bags for girls and boys along with eats and juice. Areas visited were OOPD, SOPD, Eye clinic, Dermatology clinic, Urology clinic, wards F2,F1,E1,A1,H2,C1,M3.Thank you Grey's staff for your generosity and for seeing the need and responding to it.

But most of all thank you Sr Thomas for your continued commitment to spreading good cheer during this festive season and for being the inspiration the world needs.

“Kindness is a language which the deaf can hear and the blind can see.”



The above and the below pictures were taken during the distribution of gift bags to the outpatient and inpatient Paediatrics departments



From Left: Sr Thomas distributing gift bags to Paediatric wards



# GREY'S HOSPITAL BUZZZZZZZZZZZZ

## CONNECTING CRITICAL CARE 2018

Connecting Critical Care 2018 was held on the 01 December 2018, hosted by Grey's Hospital ICU.

Ten speakers were given the opportunity to impart knowledge in their respective fields, to empower, educate and ultimately improve the quality of nursing care provided at our hospital. All presentations were delivered with passion by our multi-disciplinary team and was very well received by the audience.

The programme ran smoothly, with tea and lunch being an opportunity to socialize and share experiences.

Feedback received was positive and great enthusiasm in this event being repeated was noted.

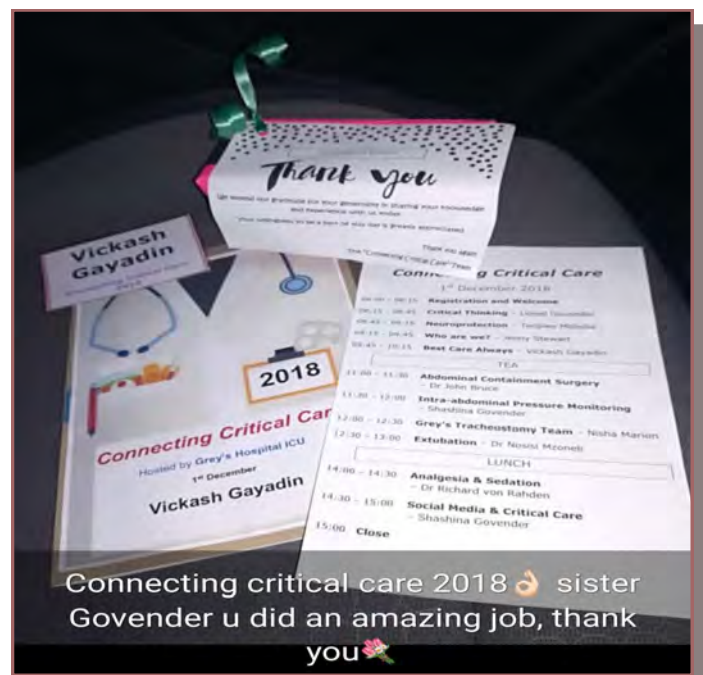
I truly believe that we have grown as individuals, as critical care nurses, and as a department due to this programme.

I would like to extend my appreciation for being given the opportunity to go ahead with the programme. It has been the first of it's kind, and was a tremendous success.

**Submitted by Shashina Govender**



## IMPARTING KNOWLEDGE



Connecting critical care 2018 🙌 sister Govender u did an amazing job, thank you 🌸



## GREY'S HOSPITAL BUZZZZZZZZZZZZ

### TEAM BUILDING

The staff of Ward B1 recently celebrated a baby shower for EN Ngwenya and ENA Kati, at North beach Durban and had first hand experience of team building. Sr Pule (Operational Manager) stated that her staff felt more united after the fun outing, and she encourages other staff members to have a similar team building experience. The main goals of team-building are to improve productivity and motivation and to create unity amongst the staff.





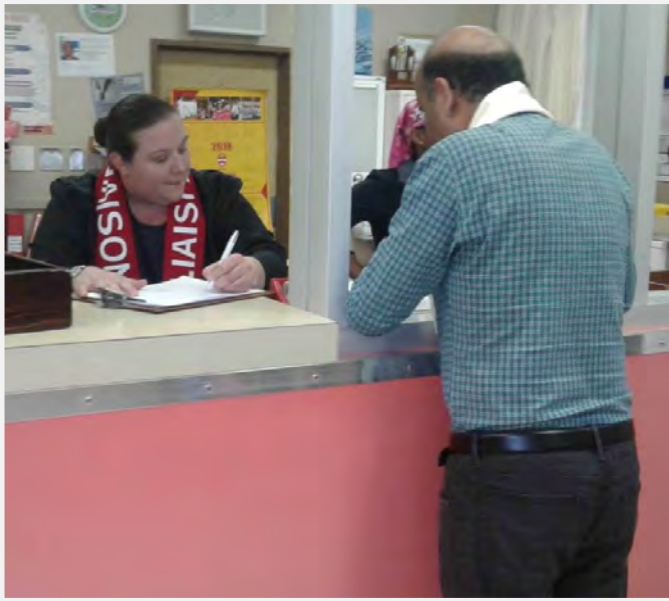
## GREY'S HOSPITAL BUZZZZZZZZZZZZ

### EXTERNAL MOCK DISASTER DRILL

Grey's hospital conducted an external mock disaster drill on the 17 August 2019, involving 10 trauma patients (5 red codes and 5 yellow codes) arriving at the facility via a bus. Simulation was effectively organized by Mr D Naidoo, Dr Assari and Emergency department personnel.

The drill exercise is effective at improving individual and institutional preparedness for responding to emergencies and are found to be effective at improving personnel knowledge of emergency activities, policies and procedures and improving overall competence and confidence.

Thank you to all who participated in the drill.

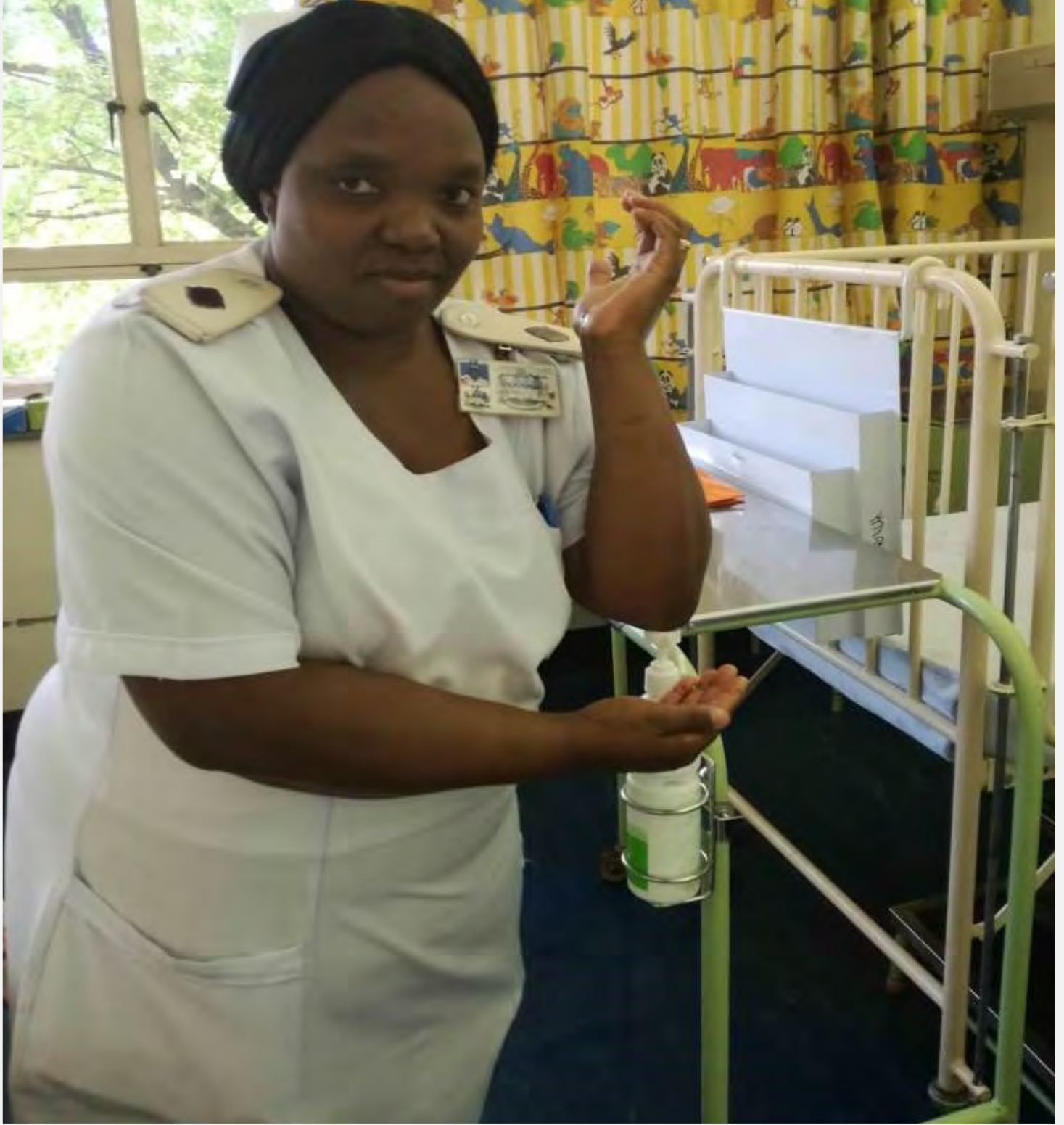




## GREY'S HOSPITAL BUZZZZZZZZZZZZ

### Mounted Hand Sanitizer brackets

Wards, units and departments were issued with stainless steel brackets that will be used to house the alcohol-based hand sanitizer bottles. These brackets are fixed onto the cardiac trolleys at each patients bed side, allowing for easy accessibility and within sight. Yet another initiative to reduce the spread of germs at Grey's hospital.



EN MCF Ndlovu from Ward F1 demonstrates hand hygiene

## RESEARCH DAY- GREYS NURSING CAMPUS

The staff and students of Grey's Nursing Campus organized and celebrated their very first research day on the 4<sup>th</sup> September 2018. **THEME: "EMPOWERING GREY'S NURSING CAMPUS STUDENTS THROUGH RESEARCH".**

Research is part of the curriculum for third year student nurses doing the Diploma in Nursing (General, Psychiatric, Community and midwifery). The student nurses followed the research process meticulously where they wrote up their research proposals which were submitted to the UMgungundlovu Health Ethics Review Board (UHERB) gaining full ethical approval. The UHERB in partnership with the KwaZulu Natal College of Nursing are working together to develop the research skills of student nurses and the academic staff. Due to being neophytes in research and carrying out mini research projects, the student nurses conducted their research studies at Grey's Nursing Campus and at Grey's Hospital. Titles of studies that were researched were enrolled nurse's readiness for Emergency Fire management in the workplace at Grey's Hospital; the use of gloves by student nurses at Greys Hospital; an overview of clinical challenges faced by first year- year bridging course student nurses (R683) at Greys Hospital.; an investigation on the rate of absenteeism among fourth year student nurses at Greys Hospital; an Evaluation of eating patterns of third year student nurses living in the Nurses Home at Greys hospital and an evaluation of the competence of First year student nurses regarding the use of computers and information technology.

Mrs. Maharaj in her key note address encouraged all categories of nurses to be actively involved in research to improve nursing practice and education. She also highlighted some points on continuous professional development (CPD).

It was an exciting and interesting day for the staff and the students alike. The young researchers presented the findings of their studies confidently and with pride. Students were applauded and commended for their hard work and awarded with certificates and floating trophies. Well done to the supervisors who worked tirelessly to mold these young researchers.

A special thank you to all our colleagues who attended and contributed to making this day a success.

Mrs. M.S. Subhan (HOD – CHN, Campus research coordinator) and Mrs. U.R. Sooruth (Lecturer – Community Nursing Science).



**Bottom Left:** Greys Campus tutors and principal handing over a trophy and certificate to the student nurse group who did very well with their research.

**The above left picture:** Mrs Mzila addressing the nursing students

**The above right picture:** Nursing students entertaining the audience with their songs.



## CELEBRATING HEALTH EVENTS AT GREY'S

### MENTAL ILLNESS AND DISABILITY MONTH

#### “WHOLE PERSON MENTAL HEALTH”

The Mental Illness and Disability Month was organized this year by Social Work and Clinical Psychology departments and with participation from Occupational Therapy, Pain Clinic and Public Relations. A pamphlet was developed on ‘whole person mental health’ and a display was mounted in Outpatients for the month.

An outreach to Sunfield Home, Howick, took place where our team facilitated interactive sessions with residents and staff on whole person mental health, including participation from Social Work student Ms Yaksha Jabeer and audio-visual assistance from our admin in-service student Ms N Shange. A visual aid ‘Andy’ was used to illustrate the concept of whole person mental health. We thank Occupational Therapist Helen Gatley and the Sunfield community for welcoming the outreach team. Talks on the topic and the programme were facilitated by the team at the Pain Clinic by the coordinators and two Social Work students: N Mkhize and N Masikane on the theme of the month. A CPD-accredited training event for Allied Health took place to complete the month with Dr Shante van der Sandt from the Child and Adolescent Unit presenting on ‘A child and family centered approach in child psychiatry’ at Occupational Therapy. Thank you to Occupational Therapy for assisting with the venue, organization and accreditation.



Left Picture: The Outreach Team with Sunfield staff presenting a food parcel to the Home

Right Picture: From left N Shange (Admin inservice); N Masikane, N Masikane (Social Work students); Mrs F Harmse (Social Work) and ‘Andy’; D Blackbeard (Clinical Psychology)



## GREYS HOSPITAL HEALTH AND WELLNESS DAY 2018

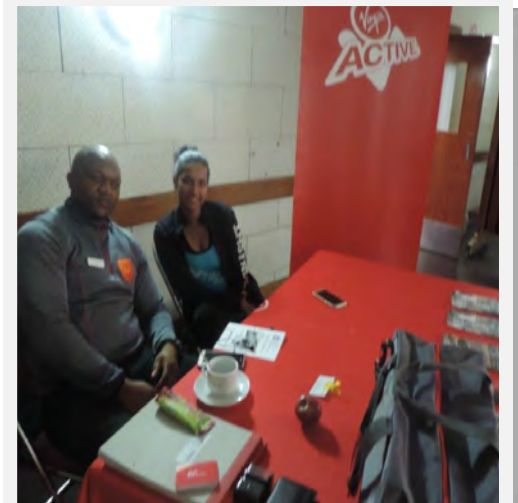
Grey's Hospital celebrated Health and Wellness day on Friday 21 of September 2018. It was centered specifically around Wellness. Staff members were encouraged to wear traditional outfits/attire as part of commemorating their heritage. There were various stalls in the Recreational Hall including GEMS Marketing, Anamik Finance, Virgin Active, Brahma Kumaris, Liberty Insurance, South African National Blood Services, Metropolitan Insurance, Employee Assistant Programme and Occupational Health and Safety Clinic. Each stall offered free pamphlets, gifts and fruit in light of the days event. At 10h30 there was a Zumba dance routine run by Ms K Govender. Announcements and handing over of certificates were done by Mr N Madlala and Ms CM Stilwell. The Public relations department headed by Mr Mntungwa provided entertainment for the day.



**Top left Picture:** Ms C. Stilwell and Mr N. Madlala handing over a prize.

**Middle left Picture:** Zumba dance routine run by Ms K Govender

**Bottom Left Picture:** Occupational Health and Safety In-service personnel manning the registration table



**From top right to bottom Pictures:** Various private companies which had stalls in the recreational hall.





## PHARMACY WEEK

The interns of Grey's Hospital pharmacy department participated in Pharmacy month in September 2018. The theme for the month was “**use medicines wisely, ask your pharmacist.**”

In the first week of September, we visited Laduma High School and presented a talk on pharmacy as a career and the importance of knowing your medicines and how to use them wisely. The students at the school were very interested and showed great enthusiasm. Overall this turned out to be a great learning experience for them.

In the second week of September, we visited Caluza Clinic and presented to patients in the waiting area about various common conditions such as diabetes, hypertension etc. We took along pamphlets with us and had a great question and answer session. In this same week we visited Aryan Benevolent old age home with snacks at tea time and had a lovely bonding session with the residents.

We put together hampers for the Paediatric wards at Grey's Hospital. These hampers included a toy, snacks and a fruit to keep things healthy. In the third week of September, the pharmacy staff delivered these hampers to the individual kids in wards A1, E1, E2, F1 and F2. The children were ecstatic to receive these hampers.

A few months prior to September, the pharmacy staff started a grocery drive for Ekujabuleni Children's Home. In the last week of September, the pharmacy staff took these groceries as well as party packs for 42 children which reside at the home.



**Above Left Picture:** Pharmacy staff members who participated during the pharmacy week. They visited various schools, children home and Caluza Clinic. Hampers included toys, snacks and fruits put together for Paediatric Wards by pharmacy team.

**Above Right Picture:** Children of Ekujabuleni Children's Home enjoying the gifts received from pharmacy team.



**Bottom Right Picture:** Pharmacy team visited Caluza Clinic and presented to patients in the waiting area about various common conditions such as diabetes, hypertension etc.



## GREY'S HOSPITAL INFORMATION DAY

An Information Day for a small group of senior learners from Richmond took place at Grey's hospital on the 04 October 2018. The aim of the day was to uplift the impoverished youth by educating learners in life skills, soft skills and preparing them for their future career path.



**Left Picture:** Human Resource Manager welcoming Roselands Trust Learners during the information day.



**Right Picture:** Grey's Executive Management

## CHILDREN PALLIATIVE CARE DAY AND WORLD HOSPICE DAY

Hats on for Children for Palliative Care and World Hospice Day was held on the 12 October 2018. The day started with a March within the hospital which was organized by HATS ON FOR CPC and Hospice to create awareness on Children Palliative Care.



A March within the hospital premises created awareness on Child Palliative Care



## CANCER DAY

Cancer Awareness Day – jointly held at Oncology Department by CANSA PMB, Grey's Social Work and Oncology Departments on 19 October 2018. INTRODUCTION OF THEME was done by M Mbhele of Oncology . The Theme was “**Early detection and compliance with treatment saves lives**”. She explained the modes of treatment used in the management of cancer and the vast area covered by Grey's Hospital which at times causes long waiting periods for treatment to commence. She mentioned the provision of the Oncology Lodger Facility for out of area patients attending treatment and the contribution of external stakeholders like CANSA, All Saints Church, etc. in providing support to cancer patients and their families..

CANSA social worker - Miss N Mnyaka highlighted that the survival rate of cancer patients is gradually growing as the research and treatments on the disease are becoming more advanced. She spoke about the CANSA support services around KZN and about their volunteer programme encouraging patients to consider spreading the awareness in their areas of residence as they are now being enlightened on the condition and its management.

GREY'S HOSPITAL SOCIAL WORKER : P CEBISA – spoke about the importance of psycho-social support structures whilst patients undergo treatment, highlighting the role of the hospital social worker in facilitating access to support services – incl. disability and labour related issues, engaging with NGO's to provide motivation for compliance with treatment and material support. The audience were informed about the existence of the Oncology Support Group at the Onco. Lodger Facility which is a forum of mutual support for patients and a learning environment about the condition and patients' rights and responsibilities during the management of cancer.

TESTIMONY FROM a current oncology patient – Mrs Dolly Mkhize is a married, traditional practitioner (living with breast cancer for the past five years), she gave a moving testimony of her challenging cancer journey – where her marriage took a blow when her husband left her because of unfounded fear of contracting cancer from her. How her traditional practice suffered when she was unwell undergoing treatment and feeling weak due to the treatment, in her area it was difficult for her to share her agony and receive support. How pain relieved she felt after the surgical removal of the breast and facing the adjustments to the changing body image. Her perseverance and resilience and continuing positively with life and following doctors' orders paid off when the cancer became controlled – the husband eventually returned home. She also returned to work as a traditional practitioner, feeling empowered to raise awareness to her patients about the condition and the importance of compliance to the western medicine and the benefits of using the public health system.

Patients were given a chance to ask questions about the patient's journey – which was very interactive and informative and motivating to other patients undergoing or starting treatment.

As a symbol of an ongoing battle against cancer; all participating stakeholders and some of the patients went out to wrap a pink cloth around a few trees at strategic points in front of the hospital, to raise public awareness about breast cancer.

Security was hands-on for the campaign!



Mrs M. Mbhele , Ms N. Mnyaka , Ms P. Cebisa

## DIWALI CELEBRATION

The Diwali committee held its fourth consecutive Diwali function in OPD on the 1st November 2018. The function was attended by staff and patients who responded positively to the invitation. This year the programme comprised of talks on the universal significance of Diwali and dance items. Baking demonstrations and a quiz completed the programme. The function was graciously sponsored by staff at Grey's Hospital as well as business in Pietermaritzburg. As a result, the Diwali event was able to provide 450 meals to staff and patients. The Diwali committee would like to place on record their sincere appreciation to all who assisted in making the function a success as well as all who attended the event.



## CHILD DIABETES AWARENESS

Child Diabetes Awareness Day was held at the Paediatric Outpatients Department on 15 November 2018 and was coordinated by Sr L Marimuthu. The event was attended by staff, patients, parents/caregivers as well as students from the Nursing College. The theme was **'The family and diabetes'**. Music items were facilitated by Sr McKenzie (MOPD). Talks on the family and diabetes were made by Dr Dhada; Ms H Jili (Social Work); Mr N Mvundla (Dietetics); Jodi Aigner (Lilly Pharmaceutical) and Mr D Blackbeard (Clinical Psychology). A parent shared her story of a family's journey with diabetes. Dr Dhada provided an interactive education for the Nursing College on 'Changing Diabetes in Children' (CDiC) guide. The event was closed with a vote of thanks by Sr Comley (POPD). The Paediatric Diabetes team distributed stationery and hygiene packs which had been contributed. A special thank you goes out to POPD nursing staff, Dr Suleman, Dr Sherriff and all involved in making this event successful.



**The above pictures were taken during Child Diabetes Awareness Day.**



## MARKET DAY

For the third time, Grey's Hospital played host to a Market Day on the 22 November 2018.

This was an initiative by the Physiotherapy Department to raise awareness and funds to support the Quad-Para Association in Kwa Zulu-Natal. The funds are utilized towards transport and refreshments for meetings between patients and members of Quad-Para at Grey's Hospital.

Quad-Para KZN is an NGO that provides counselling and support to patients with spinal cord injuries. They also assist with integration of the spinal patient back into the community.

Their members visit Grey's Hospital regularly to meet with spinal patients. The objective of the fundraiser is to strengthen the association between Grey's Hospital and Quad-Para KZN.

Stalls were leased to private individuals/companies. A jumble sale was also held. The stalls at the market day boasted full occupancy and there were a wide variety of items on sale ranging from food, crafts, motoring, insurance companies, health and beauty.

A big THANK YOU goes out to Grey's staff who turned out in their numbers to support the market day.



These were some of the pictures taken during the market day





## **BONE-ANCHORED HEARING AID IMPLANT AT GREYS HOSPITAL**

Grey's Hospital achieved a special milestone this year for KZN Department of Health (DOH). The first bone-anchored hearing aid (BAHA) system was done at a KZN DOH facility. The ENT surgeons completed the insertion of the implantable portion of the system in August 2018. The audiologists attached the sound processor and performed the switch-on for the patient in November 2018.

A BAHA is a special hearing aid for people who have permanent conductive hearing loss, mixed hearing loss or single sided deafness. The surgeons insert a titanium pin into the skull behind the ear. Once this heals, the audiologist attaches the sound processor to the pin and programs it for the patient. The sound is delivered via the skull to the inner ear. The sound quality is excellent and will give many of our patients with congenital ear deformities a chance to hear.

The recipient of the implant is 12 years old. She has been with us since she was born in 2006. She was born without external ears. Over the years we have used various hearing aids to help her hear and communicate. The new system delivers clearer sound without any distortion. She was very happy with the BAHA system. She will continue her studies with the wonderful team at Fulton School. We wish her all the best!



# TRANSFORMING LIVES



## **PAIN PATHFINDERS**

The Pain Pathfinders are a group of patients with chronic pain. They access services at Grey's Hospital. The Grey's Pain Services Committee recently launched a 6 week multidisciplinary programme – for the treatment of patients with chronic pain.

These patients attended the course which helped them with self-management skills to cope with chronic pain. Presentations included talks by physiotherapy, occupational therapy, dietetics, social work, psychology and pain and anaesthetics. There was an exercise component also. After the 6 week course, patients were awarded certificates. As “Pain Pathfinders” they are empowered to be champions in their communities with regard to the management of chronic pain.

Patients reported that the course had been informative.



The “Pain Pathfinders” showing their certificates

## **ORGAN TRANSPLANT INDABA**

The event took place on Tuesday, the 27 November 2018 from 10h00-14h00 at Greys Recreational Hall organized by Ms B Ko-loane. The main aim of the event was to try change perceptions of different cultures /religious groups and indigenous doctors with regards to organ donation and transplantation. And also to share knowledge among Western and eastern medicine. The event was a success, the audience requested if the event can be done annually for update purposes with regards to transplants.



**Traditional Healers , Doctors and Transplant Coordinator attended the Organ Transplant Indaba Event**

## **QUALITY DAY AND LONG SERVICE AWARDS 2018**

Quality day and Long service awards was held on the 23 November 2018. The theme of the day was “**Professional Excellence**” in keeping with the newly introduced Department of Health “Ethical code of conduct handbook”, which **encourages** public servants to conduct ourselves ethically with the aim of improving the facilities culture and to promote good governance. Ms Arends pointed out the importance of professionalism at the workplace: “We as healthcare professionals have higher standards than most professions because, we are dealing with the dignity of patients and their ability to be healed and professionalism shapes the public’s perception of us as servants.”

Professionalism characteristics which guide our **noble work** are...



**Guest speaker: Dr P Sithole of the Public Service Commission Office**



## QUALITY DAY AND LONG SERVICE AWARDS 2018





QUALITY DAY AND LONG SERVICE WARDS PICTURE STORY CONTINUES ...





















PICTURE STORY CONTINUES...





## FAREWELL DEAR ONES



**Sr Janet Jones (Operational Manager of Emergency Department)**

Sr Jones retired after 46 years service at Grey's Hospital. She worked through huge changes, the move from old Grey's to the new Grey's in 1984, the transition to a Tertiary Institution and the introduction of the Trauma as a specialty.



**Mr Jonny Govender (Stores department)**

Mr Jonny retired after 43 years at Grey's Hospital. He started working at Old Grey's Hospital in 1974.



**Dr El-Koha: HCU Oncology**

Dr EL-Koha has been working at Grey's Hospital for 9 years as the Head Clinical Unit for Oncology.



## FAREWELL DEAR ONES CONTINUES...



**Mrs TP Mncibi: Theatre Assistant Nurse Manager**  
Retired after 22 years of service. We wish you well.



**Mr L Gaza: CMCS**  
Retired after 32 years of service.

**Farewell dear ones, we wish you all the best and we will miss you.**



## IN LOVING MEMMORY



**EN MHLONGO RDP**  
2016 - 2018



**SR MATHONSI NR**  
1996 - 2018



### **Kiara Singh (Chirkoot)**

Daughter of Lekha Chirkoot from Social Work Dept., sadly departed and went to heaven on 27 October 2018 at the tender age of 19 years. She was a loving and pure soul and special young woman, who will be remembered for her many amazing achievements, including her beautiful and graceful dances at several events of Grey's Hospital such as Quality Day, Women's Day and the Greening Grey's Events. She was part of the Grey's family. May her soul be graced with divine light and eternal peace.



# ACKNOWLEDGEMENTS



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