



## GREYPE-VINE NEWSLETTER

JULY 2019

NURSES DAY 2019



## INSIDE THIS ISSUE

ARTICLE	PAGE
NURSES DAY	01
<i>RECOGNISING OUR STARS</i>	02
RADIOLOGY NEW EQUIPMENT	03
CELEBARTIG MANDELA DAY	04
<i>GREY'S HOSPITAL NEW VISITING TIMES</i>	05
NOTIFIABLE MEDICAL CONDITIONS	06
GREY'S HOSPITAL AS A TERTIARY HEALTH CARE INSTITUTION	07
CELEBRATING HEALTH EVENTS	08
GREY'S HOSPITAL HAND HYGIENE DRIVE	09 - 10
MEN'S FORUM	11
NATIONAL EPILEPSY DAY	12
PREGNANCY, STI AND CONDOM WEEK AND INTERNATIONAL CHILDHOOD CANCER DAY	13
INTERNATIONAL WOMEN'S DAY AND KIDNEY DAY	14
WOLRD TB DAY AND HEAMOPHILIA AWARENESS	15
CULTURAL DAY AND WORLD MALARIA AWARENESS	16
BURNS AWARENESS & TEENAGE PREGNANCY OUTREACH	17
STUDENT CAREER OPEN DAY	18
WORLD HYPERTENSION DAY	19
SPORTS DAY	20
NEW APPOINTMENTS	21
FAREWELL DEAR ONES	22 - 25
IN LOVING MEMORY	26



## CELEBRATING OUR OWN

Grey's Hospital very own **Dr Carl-Heinz Kruse** received a HUMANITARIAN AWARD at the 2019 Ophthalmological Society of South Africa Congress. The purpose of the Humanitarian Award is to recognize participation in charitable activities, indigent care, community service and other humanitarian activities. Individuals must perform this service in their capacity as an Ophthalmologist. The qualifying for this Award are as follows:



- ◆ The nominee must have demonstrated a pattern of humanitarian service in Africa over a period of at least several years. Qualifying service might include, but is not limited to: care for the indigent, service in inner city or rural African locations with disadvantaged persons, care for underprivileged individuals of specific racial or ethnic background and care in settings of high risk to the Ophthalmologist.
- ◆ Service must have been above and beyond the usual service commitment required of an Ophthalmologist. The service should have entailed personal sacrifice on the part of the Ophthalmologist. Only one such Award may be given to an individual during his or her lifetime.

Congratulations Dr Carl-Heinz Kruse who is the recipient of this year's Award. Dr Kruse has been the Head of Clinical Ophthalmology Unit at Grey's Hospital for nine years, and prior to that at Ngwelezana Hospital for three years. He started off his Ophthalmology career as a medical officer at Edendale Hospital and completed his registrar time in Durban. He went on to serve on the council of the College of Ophthalmologists and has been involved in various capacities in all levels of examination. However, his passion lies in rural Ophthalmology and has made it priority in his career to give of himself in the service of others. Since 2009 he has been on just about every Doctors life outreach with the exception of one. He has truly set the bar high with his commitment to surgical outreaches. He has experienced some of

the most challenging circumstances and visited some of the most neglected areas in deep-rural Africa such as Zambia, Malawi, Botswana and Angola. He is a regular volleyball player and plays the trombone for the Durban City Orchestra. Thank you for all you do for our nation Dr Kruse.

## MEC SERVICE EXCELLENCE AWARDS 2019



Grey's hospital scooped six (6) awards at the 2018/2019 MEC Service Excellence awards which was celebrated at the Royal Show grounds on the 30 April 2019. Grey's scooped the following awards: 1st Position for National Core Standards, Best Performance in Complaints resolution rate, 1st Runner up in the 2018 CPSI awards in the category; Innovative use of ICT's for effective Service Delivery-Electronic Intensive Care Project, Neonatal Accreditation received Gold award, Finance Revenue received Gold Award. Congratulations to all personnel for their continued efforts in achieving service excellence.

The province also bid KZN Health MEC Dr Sibongiseni Dhlomo farewell at the event. Grey's hospital would like to thank Dr Dhlomo for all that he has done for the Department of Health and would like to wish him all the best for his future.

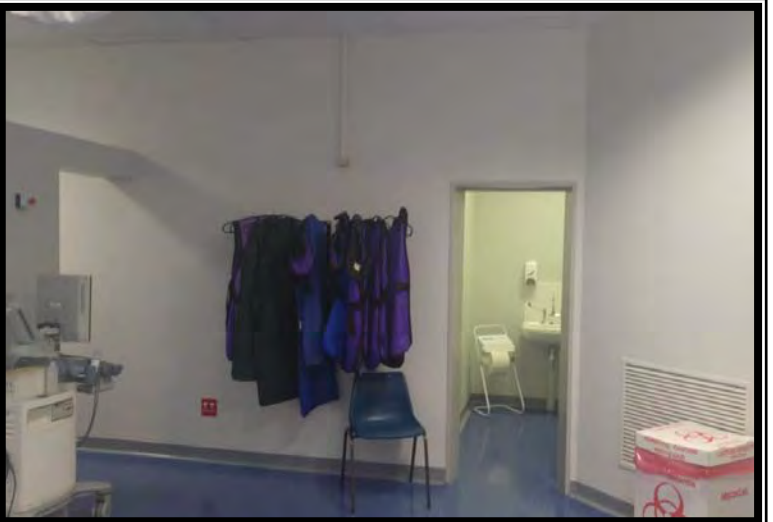
## RADIOLOGY DEPARTMENT RECEIVES THE MULTI-PLANAR FLUOROSCOPY + DIGITAL SUBTRACTION ANGIOGRAPHY (DSA) UNIT INSTALLATION

The interventional Radiology and ERCP/biliary stenting services have re-opened at Greys Hospital, following replacement of the previous Digital Subtraction Angiography unit that was condemned and whereby services were closed after final failure of the 1998-vintage backup unit in Dec 2018.

The installation of the multi-planar fluoroscopy and DSA completed in June 2019 enabling some of the following essential services:

- Endoscopic Retrograde Cholangio-Pancreatography (ERCP)
- Percutaneous transhepatic cholangiogram (PTC)
- Angiograms and stenting
- Dialysis catheter placements
- Transjugular intrahepatic portosystemic shunt (TIPS)
- Groshong line insertions
- Nephrostomies
- Embolisations
- Caudal Blocks

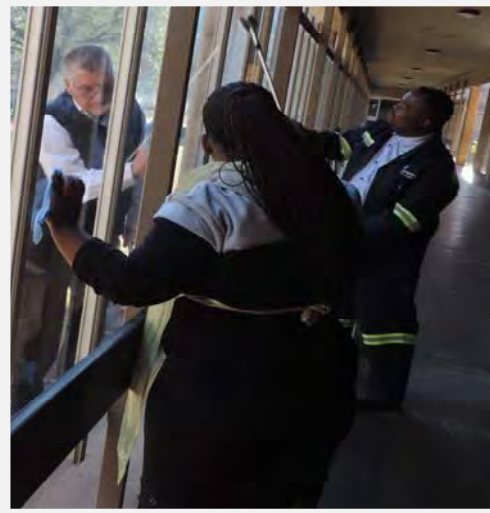
Just to name a few procedures, this remarkable system is able to offer. This system is specially designed to meet the high demand for interventional radiology, fluoroscopy and interventional cardiology. The system is fully digital, from the point of acquisition to processing and display, providing better diagnostic information.



## CELEBRATING MANDELA DAY

Celebrating Mandela day is a day to honor the legacy of Nelson Mandela through volunteering and community service. The Mandela day campaign message is: "Nelson Mandela fought for social justice for 67 years, we are asking you to start with 67minutes"

Grey's Hospital Systems Management Team led by Mr E L Madiba celebrated their 67 minutes by washing and cleaning the hospital corridor windows. The corridor windows were identified as the most needing attention and all efforts were put forward by the team to clean and shine



**Mr E. Madiba and the Systems management team at work**

Grey's Hospital Social Work department, Pain Clinic Team and CANSA Pietermaritzburg celebrated their 67 minutes in style together with Oncology lodger patients (support group) and Kangaroo mother care. A huge thank you goes out to the following individuals involved: Mrs A Chetty and Occupational Therapy team for selecting a safe Kangaroo baby carrier/wrap, Mrs L Blackbeard for stitching the first design and Sr P Moodley for donating the beautiful pink material used to make the baby carriers/wrap. Thank you to Mrs N Mare, Mrs K Iswarguth, Mrs K Govender and Luke Mare for compiling the comfort packs that were handed out to mothers in the NICU. Thank you to CANSA PMB for the toiletry packs that were given to the patients in ward M3 and M4 and to All Saints church for the hygiene packs that were handed out to patients. Sr L Thomas (Pain co-ordinator) and Ms P Cebisa from Social work department are commended in their efforts in coordinating the event.



## INTRODUCING THE NEW GREY'S HOSPITAL PATIENT VISITING TIMES

The new patient visiting time for Grey's will be:

13h00-14h00

19h00-19h30

Grey's hospital management has introduced the new visiting times for Grey's due to numerous public requests for a change in visiting times.

### GREY'S HOSPITAL BADGES

For many years nurses who studied and qualified at Grey's Hospital/Campus as a Registered Nurse /Enrolled Nurse were allowed to purchase a Grey's Badge. Nurses who did the 1 year midwifery course could purchase the Grey's Midwifery badge. Unfortunately for some time now these badges have not been available. A company has been sourced and have agreed to manufacture and supply us with these badges. They should be available towards the end of August. The cost will be R75 per badge. Staff who are interested and eligible can contact Sr Guise-Brown in the Clinical Department on extension 3529 to order these badges.

**Submitted by: Sr Guise-Brown**



## NOTIFIABLE MEDICAL CONDITIONS (NMC)-Paper based Notification

Notifying Medical Conditions (NMC) is currently being done via an APP. The link for Registering for the APP can be found on;  
**the KZN homepage and click on Index.**

**Scroll to Communicable Disease Control**

**Click on NMC APP**

Doctors and Professional nurses can also register using their cellphones

### **Why are we implementing the APP?**

Inefficiencies of the paper based system leads to inherent delays in upward reporting, Data is often lost in paper trail, requires centralized data capturing hence no real-time data collation, analyses and dissemination difficult to determine true disease burden delayed implementation of interventions required to curb disease spread. Expensive and time consuming to print and distribute paper forms and archiving is costly.

### **What is the NMC App benefits?**

Real-time notification

Direct data entry

Email and SMS alert for **category 1 conditions**

Data will be sent when a new suspected category 1 case is captured on the APP to the Health care provider or to the NMC data capturers

### **Accessibility of the NMC APP?**

Accessible on all platforms

### **APP Download for Mobiles?**

This app can be downloaded onto the following:

An android operating system for a smartphone or a tablet e.g. a mobile device which uses an app such as WhatsApp ,but is not yet

available for any Apple/iOS device

### **DOWNLOAD OPTIONS?**

There are 3 options to download the APP:

1. Google Search
2. Type in Link directly onto the web page SMS Link

### **Register?**

All users need to register with their personal information and professional credentials, to ensure only accredited users can access the App.

For more information you can contact the Infection Prevention & Control (IPC) office on Ext: 3016



**GREY'S HOSPITAL AS A TERTIARY HEALTH CARE INSTITUTION  
IMPORTANT INFORMATION TO ALL KEY STAKEHOLDERS**



Grey's Hospital is a referral/tertiary hospital located in Pietermaritzburg which falls in the Umgungundlovu Health District. Tertiary services are offered to the Western half of Kwazulu-Natal with a total population of about 3.5 million people. Grey's Hospital also provides 24hr emergency services.

What does tertiary mean? It means that Grey's Hospital provides specialized health care, with diagnostic and treatment facilities which are otherwise not available at a district or regional hospital. Non-emergency self-referrals or walk-in patients are advised not to visit Grey's Hospital directly but should start by going to their nearest Primary Health Care clinic.

In terms of the referral system, patients are advised to first see a health care worker at a primary health care clinic or at a district hospital, unless it is an emergency. They will in turn refer the patient to the next higher level of care, i.e. Regional hospital, as and when necessary. In order to save time and to avoid delays in accessing health care, please ensure that you have a letter from your doctor, referring you to Grey's Hospital once your case has been discussed and accepted by a doctor at Grey's Hospital (doctor to doctor consultation). Emergency cases will however not be turned away.

What does it mean when inappropriate referrals end up at Grey's Hospital?

1. Patients who have serious conditions suffer and have to wait longer periods, because doctors have to attend to less urgent "district-level" patients.
2. Time, effort and limited resources are spent on cases that should be handled by health care providers at a lower level in the referral chain, e.g. PHC clinic or district hospital.

Please note that Grey's Hospital provides tertiary services not only to the Pietermaritzburg area, but also has a workload of referrals from the Midlands, Lady-smith, Newcastle and Northern Zululand. We therefore need your support and understanding by adhering to set referral procedures.

What are the benefits of adhering to the referral procedures?

Smooth flow of patients, faster service and less burden to the system

**No delays in getting medical attention at the correct level of care;**

**Our tertiary resources will not be depleted and will be correctly used to help patients who need higher level (tertiary) services.**

**We therefore trust that all patients, family members and members of the public, will follow the appropriate referral procedures.**

**CONTACT : OFFICE OF PUBLIC RELATIONS**  
**Telephone : 033 897 3684**  
**Fax : 033 897 3398**  
**E-mail : zamo.mtungwa@kznhealth.gov.za**  
**Address : P/Bag X 9001**  
**PIETERMARITZBUG**  
**3200**

## CELEBRATING HEALTH EVENTS AT GREY'S

### SUNSMART SKIN CANCER AWARENESS



Occupational Health and Safety embarked on creating Sun Smart Skin Cancer Awareness during the month of January 2019. **Skin cancer is a disease of the body's skin cells. Skin cancer develops when the cells which make up our skin are damaged and grow abnormally.** The sun's ultraviolet (UV) radiation is the main cause of skin cancer. Each time your skin is damaged by UV, changes take place in the structure and function of our skin cells. If UV damage keeps adding up, skin cells become less able to repair, increasing the risk of skin cancer. Using sun protection in the sun will prevent UV damage and cut your cancer risk – and it's never too late. Using sun protection will cut your risk of skin cancer at any age.

### WORLD CANCER DAY

World Cancer Day took place at Oncology Ward M3 on 05 February 2019. World Cancer Day empowers all across the world to unite and rally together to show our support for cancer patients in a positive and inspiring way. The awareness day was well coordinated by Social work department. All Saints Church donated hygiene packs to all Oncology patients and they were also given booklets which contains basic information about cancer treatment and side effects. These booklets are written in ZULU and ENGLISH.



**Operational Manager Sr Kwela and Oncology Social Worker Ms P Cebisa**

## GREY'S HOSPITAL HAND HYGIENE DRIVE

On the 3<sup>rd</sup> May 2019 Grey's Hospital embarked on a Hand Hygiene Drive in collaboration with the World Hand Hygiene Day which is celebrated every year on the 5<sup>th</sup> of May. We had decided to have the event on the 3<sup>rd</sup> as the 5<sup>th</sup> May fell on a Sunday. The Global Theme for 2019 is **"Clean Care for All. It's in your Hands"**

Using the Global theme of 2019, we as the Hospital Acquired Infection in Intensive Care Units (HAIICU) Team of Grey's Hospital adopted the theme **"Don't Bug Me"** as our slogan. The HAIICU Team comprising of Dr. L. Naidoo (Medical Manager), Mrs J. Green (Infection Prevention & Control Manager, Ms S. Arends (Quality Manager), OM J. Stewart (ICU), OM Y. Umichand (NICU), OM Y. Martin Lewis (PICU), Sr Z. Reddy and Sr L. Peate (IPC Sisters) planned a unique programme for the event. Canvassing for the event began one and a half weeks prior to the event by means of an IPC Word search and a Crossword puzzle which was distributed to all personnel throughout the facility. Completed crosswords and word Search puzzles were returned to the IPC Office 3 days prior to the event for assessing. All names from both correct puzzles were then entered into a lucky draw which took place at the event. Six prizes were sponsored for this purpose. The venue for the event was at the Montgomery entrance of Grey's hospital. The day started at 09h00. We followed a structured programme where we had time intervals for all wards and departments to attend. This was controlled by the switchboard operators of the institution. Ushers (dressed as Microbes) were used to direct the groups through to the various stations viz.; Registration table and Guess the Bug station

The official welcome was then done by the IPC Manager followed by the reciting of the Hand Hygiene Pledge which was drawn up by the IPC department of Grey's Hospital.

The IPC staff then entertained the guests with a song and dance item which demonstrated the nine steps of hand sanitising. Thereafter the first of the six lucky draw was done. Following the draw, the staff were directed to the dark **"ALLEY OF MYSTERY"**

At this station, the staff had "bugs" placed on their hands. Their hands were then placed under UV lighting which illuminated the "bugs". They were then directed to the hand sanitising station where they had to sanitize their hands following the 9 steps of hand hygiene prescribed by the World Health Organization (WHO).

After sanitising they were directed to the second UV Lighting station where they had their hands re-examined to determine whether the "bugs" were still present after undergoing the sanitizing steps.

On completion of the process, individuals were issued with either a green or red sticker indicating whether the "bugs" were cleared or not. Green sticker signified "Bug Free" and Red sticker indicated that "Bugs" were still present.

Those with the green sticker were then ushered to the "Bug Free" station where they had their individual photographs taken in a specially designed "selfie" frame. They were then given a chocolate sweet as a reward.

The red sticker holders were ushered to the "Bug Attack" station where they had their photographs taken between two AO sized posters of "Bugs" in an attacking pose. They were also given a sour worm sweet to eat to show expression in the photograph. This then signified the end of the programme. The same programme was repeated six times throughout the day to accommodate all departments. Based on the verbal comments received both during and after the programme, this was considered a very successful event. We the HAIICU Team wish to thank the management and staff of Grey's Hospital for allowing us the opportunity to present this programme to you. A special thanks to Liberty Financial Services for sponsoring the entire event. We would also like to thank Mr Gary Whitson for his sponsorship towards this function.



**The Hospital Acquired Infection in Intensive Care Units (HAIICU) Team**

**Left to Right: Ms S Arends, OM J Stewart, Sr L Peate, Mrs J Green, OM Y Umichand, Sr Z Reddy, OM Y Martin-Lewis, Dr L Naidoo**



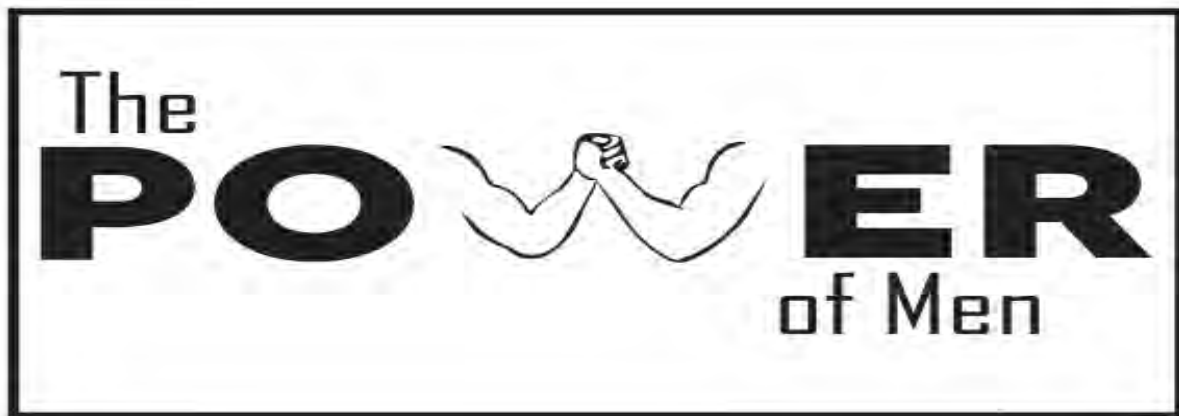
## MEN'S FORUM

The Grey's Hospital Men's Imbizo was organized by the institution's Men's Forum, and it was held at the Recreational Hall on 11 July 2019. Its main objective was to facilitate constructive and robust discussions amongst men on issues that affect them in and outside the work environment.

Different presentations and panel discussions focused more on specific actions, behaviors and strategies that could help address the health issues that affect men and boys throughout their lives. The event brought together about 100 men from different departments. Issues such as substance abuse, men's sexual life and relationship issues were also discussed.

The Grey's Hospital Forum will continue to provide a platform for men to ventilate their feelings and to discuss pertinent issues affecting men and boys. Membership is free and all male staff members are encouraged to partake in the activities of the forum.

If you would like to join this forum, or if you would like to be notified of future events and meetings, please contact the EAP office at Ext. 3472



Amadoda in attendance

## **NATIONAL EPILEPSY DAY**

National Epilepsy Day was celebrated on the 11 February 2019 at Grey's hospital. The focus was on educating patients and the public on epilepsy. Epilepsy is a neurological condition characterized by unusual electrical activity in the brain. A surge of electrical impulses cause brief changes in movement, behavior, feeling, or awareness. These events, which are known as seizures can last from a few seconds to a few minutes. People who have had two or more seizures without obvious triggers at least 24 hours apart have epilepsy.

9 Facts about epilepsy (Taken from the South African Government)

- Epilepsy is the most common neurological condition.
- About 1 in every 100 people has epilepsy.
- Epilepsy can affect anyone, at any age, and anyone can develop epilepsy at any stage of life.
- Up to 80% of people will have their epilepsy controlled by medication.
- Many children with epilepsy will outgrow it.
- Epilepsy isn't a mental illness or psychiatric disorder.
- Epilepsy isn't infectious or contagious.
- There are different forms of epilepsy and types of seizures.
- Epilepsy affects people of all levels of intelligence and from all racial and social backgrounds.



Standing in front of the Epilepsy display is the Social Work team that contributed to creating awareness about epilepsy.

### **Did you know!**

Your skin is an organ. A square inch of skin consists of 1300 nerve cells. Your skin is the largest organ in your body!

### **Did you know!**

3% of the population have a 6th Lumbar vertebra.

## **PREGNANCY/STI AND CONDOM WEEK**

Pregnancy and Condom awareness week took place at Antenatal Clinic on the 14 February 2019. It was well attended by Grey's pregnant patients. The patients were educated about the importance of sexually transmitted diseases and condom usage. Educational pamphlets were distributed to all in attendance.



**Mothers in attendance**

## **INTERNATIONAL CHILDHOOD CANCER DAY**

Social Work Department and Paeds Haem/Oncology team coordinated the International Childhood Cancer Day on the 15 February 2019 in commemoration of the childhood cancer day. There were Talks at SOPD on Childhood Cancer, treatment and compliance by Paeds Oncology team: Sister Thole and Social Work Dept. Had a very interactive audience. Information Leaflets and posters on Childhood Cancer done at the OPD and Montgomery entrances. The leaflets were handed out as part of cascading information.

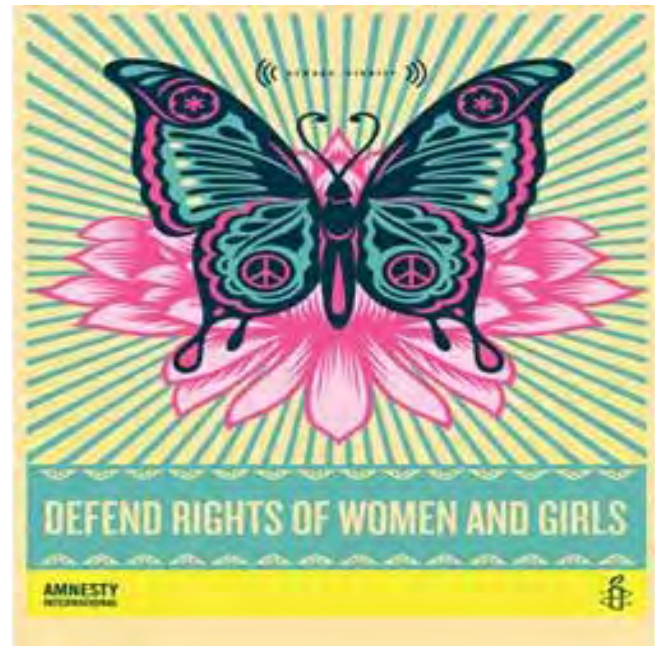
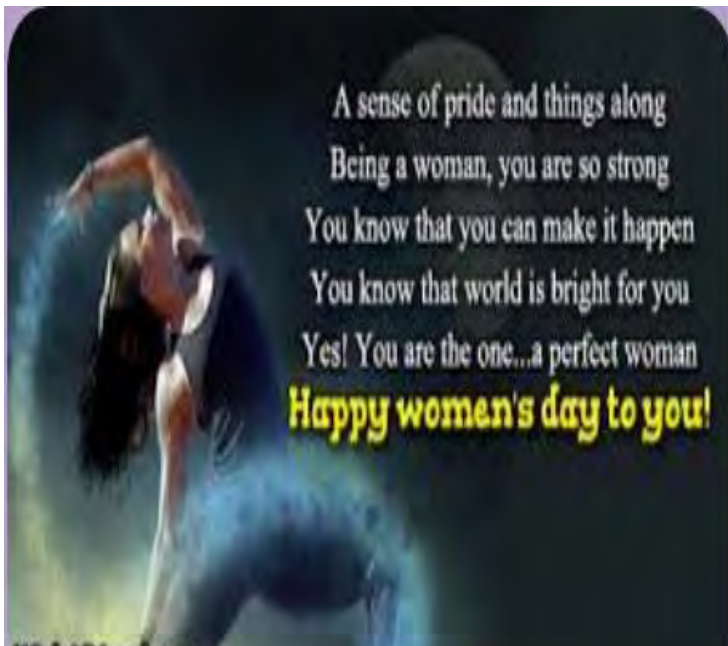


**Social Work student distributes pamphlets to patients**



## INTERNATIONAL WOMEN'S DAY

The Grey's hospital Women's Forum organized a Women's Day Display at the Outpatient department as part of celebrating International Women's Day on the 8th of March 2019. Posters and pamphlets on Women Abuse, Women's Rights & resources were made available for patient use. An Educational email on Women's day was sent to Grey's Hospital global email as part of the awareness. The Women's Forum of Grey's Hospital can empower and assist you.



## WORLD KIDNEY DAY

The Grey's Renal Team did an exhibition table at the OPD on the 14 March 2019 and pamphlets were distributed at the Liberty Midlands Mall to educate the public on prevention of kidney disease and organ donation.



The above display screen was placed at Outpatient department



## WORLD TB DAY

During the month of March 2019, the Health Awareness topic at the Occupational Health Clinic was on Tuberculosis. A well organized informational noticeboard was displayed at the Occupational Health and Safety department. Staff were invited to take part in the TB awareness event.



Mr Ngubane is one of the staff members who attended the TB awareness event.

## HEAMOPHILIA AWARENESS DAY

Haemophilia awareness day was celebrated on the 18 April 2019 at the OPD. The 2019's Theme "Is the first step to care outreach and identification!!!". Haemophilia is a condition in which bleeding is prolonged. Haemophilia is a condition present from birth and is normally inherited; you cannot catch haemophilia or pass it onto others. In some rare instances, haemophilia may develop later in life (typically affecting people in the 50+ age group).



Assistant Nurse Manager Mrs PT Mhlongo (Paediatric Matron)

## **GREY'S NURSING CAMPUS CULTURAL DAY 2019**

Grey's Nursing Campus second year students (Groups 1/2018) held a "transcultural care" cultural programme on the 24 April 2019. The event took place at Greys Nursing Campus auditorium. The students produced and showcased a play on transcultural care, performed several song and dances from diverse ethnic cultures and created a display of different foods as enjoyed by diverse cultural groups. There was also a slide show that highlighted cultural diversity and a talk related to the how cultural competent care should be practiced. The programme was an educational event that served to educate nurses on the value of understanding and respecting patients from various cultural groups. The students were able to add a touch of humor whilst bringing across a serious message of transcultural care.

The event was attended to by Greys Campus academic staff, students and support staff. The students were complimented on the execution of a well-planned programme.



**Middle: Mrs B.E. Shezi (Campus Principal) joined in the day**

## **WORLD MALARIA AWARENESS**

During the month of April 2019, the Health Awareness Topic at the Occupational Health Clinic was on Malaria.

**Malaria** is a mosquito-borne disease caused by any one of five malaria parasite species. The disease is transmitted to people by the female Anopheles vector mosquito.

This disease is a leading cause of debilitating illness, with over **200 million** cases each year from around the world. The disease is widespread in Africa, and over one million people die of Malaria every year on the continent.

Malaria is spread by the bite of an infected Anopheles mosquito. With certain malaria species, dormant forms can be produced, which may cause relapses of Malaria months or years later.

Malaria may also be transmitted by transfusion of blood from infected people or by the use of contaminated needles or syringes.

A total of 17 staff members were informed and educated on the Topic by reading information on the well decorated notice-board. Staff were interested in the above topic expressed appreciation for the information provided by OHC. Pamphlets and brochures were issued to staff.

## **BURNS AWARENESS & TEENAGE PREGNANCY OUTREACH**

On the 02 May 2019, The Grey's Outreach Team (Freda Harmse and Karusha Reddy) put up a Burn's Prevention display at the Out Patient's Department. The patients and the public who visited the display was managed by the outreach team, who also provided them with additional information and resource lists. They interacted with the crowd and gave out pamphlets. The team also visited Scottsville Clinic where they were given an opportunity to hold a programme on teenage Pregnancy and Burns Prevention.



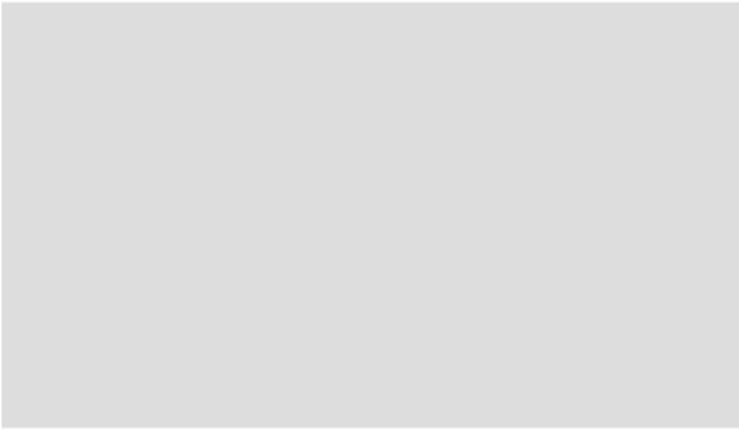
Ms Karusha Reddy displays the poster

## STUDENT CAREER OPEN DAY

### **“My public, my colleague, my better service”**

On the 10th of May 2019, Grey’s Hospital hosted a Student Career Open Day Event which was attended by high school learners and educators. This kind of event happens every year at Grey’s hospital with the aim of changing the notion or myth that a medical career path is difficult and boring, to enable the learners to think out of the box and teach them about various career choices which they can partake within the health department. The event was attended by seven (07) various schools learners from around Pietermaritzburg and one school from eNquthu . Various departments exhibition stands were uniquely decorated and showcased the different services we offer at a hospital. Grey’s CEO: Dr K.B Bilenge welcomed all our guests including learners, educators and gave them the purpose of the event. Each Executive Member ( Medical Manager, Nursing Manager, Finance Manager, Human Resource Manager, Systems Manager and Chief Engineer) presented the learners with career choices. After the programme, students were given an opportunity to visit the individual exhibition stands and interact with staff members to ask questions and obtain more in-depth information on career pathways they wish to follow or would like to pursue. A hospital tour was then provided for the learners to get a better understanding or feel of a hospital environment. The students genuinely enjoyed the hospital tour and excitement was written all over their faces. The event was co-ordinated by Mr Mntungwa and his PRO team.

### **ENJOY THE BELOW PICTURE STORY**



## WORLD HYPERTENSION DAY

During the month of May 2019, the Health Awareness Topic at the Occupational Health Clinic was on Hypertension.

Blood pressure means the force of blood against your blood vessels as it circulates. The force is necessary to make the blood flow, delivering nutrients and oxygen throughout the body.

**Hypertension** means there is too much pressure in your blood vessels. This can damage your blood vessels and cause health problems. Anyone can develop Hypertension, but it becomes more common as you get older.

Uncontrolled blood pressure can cause Strokes, Heart attacks, Heart failure, Dementia, Eye defects, Erectile Dysfunction and Kidney Disease.

### **Know your numbers :**

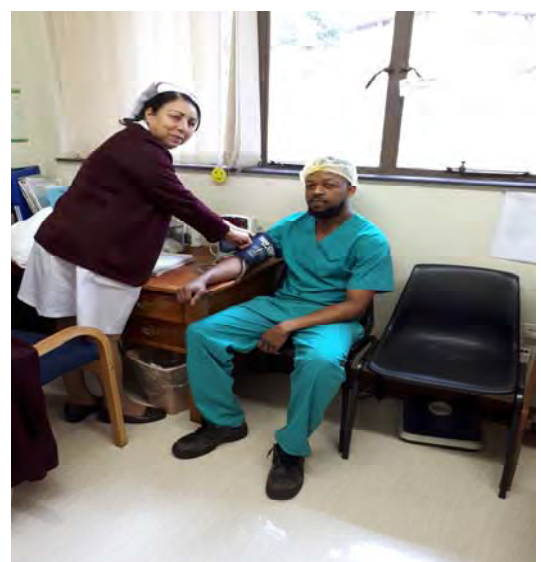
Blood pressure is measured with two sets of numbers i.e. Systolic (Top) and Diastolic (Bottom) i.e. 120/80

**Systolic pressure** occurs when your heart contracts, pushing the blood out to the vessels.

**Diastolic pressure** occurs when your heart relaxes and fills up with blood.

Staff were educated on the definition of hypertension, prevention, diet, treatment as well as life style changes when diagnosed with Hypertension.

Staff were interested in the above topics and satisfied with the information provided by OHC. Pamphlets and brochures were issued to staff.



**Most people with pulmonary hypertension experience one of these symptoms:**

- Shortness of breath.
- Fatigue.
- Chest pain.

Know the symptoms.

#WorldPHDay2019



## GREY'S CAMPUS SRC AND STUDENTS SPORTS DAY

A successful sports day was held for the students of Grey's Nursing Campus on the 29th May 2019. The programme commenced with an opening prayer and worship in the auditorium. Mr.S.C. Magoxytwa (President of the SRC) welcomed the staff and students present and outlined the purpose of the day. The student groups who participated were G/7/15, G/1/17, G/1/18 and G/1/19. Mr.M.A. Smith (Lecturer) addressed the students and delivered a farewell message to G/7/2015 who completed training at the end of June 2019. An impromptu choir comprising of students of all groups rendered 2(two) items of song. In addition, G/7/2015 also presented a song and dance item and they were joined by Mrs .B.E Shezi and Mrs.J.D.Mzila, who also gave a speech on behalf of Campus Management. The sports and recreation officer of the SRC, Ms. S. Lephoto delivered a farewell message to G/7/15. After a short break students proceeded to the sports ground behind the Doctors' quarters. Sporting events consisted of netball, soccer, athletic events and board games. Group 1/2017 emerged as overall winners of the netball and group 1/2018 were the soccer champions. Mr. Masoma of group 7/2015 was victorious in the board games i.e. Chess. The Tug-of-war was won by group 7/2015. A very big thank you to the Grey's Campus Management and lecturers for their kind sponsorship of the refreshments for the day. The weather played its part and a wonderful time was had by all.

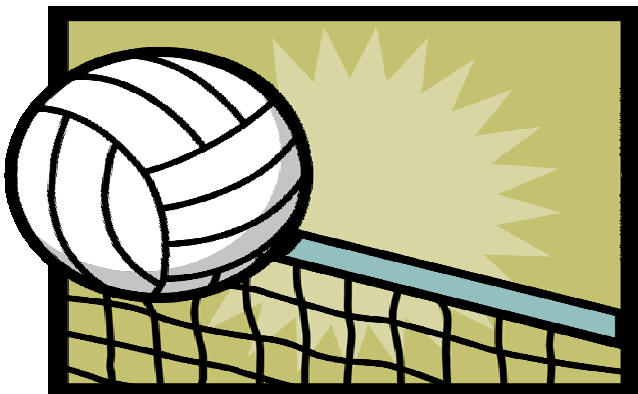


**Top left picture: Group 7/2015 soccer team**

**Top Right picture: Mrs. C. Johnson with G/1/2017**

**Middle right Picture: Mrs.B.E. Shezi and Mrs. J.D.Mzila with G/7/2015 Soccer Team**

**Bottom Right picture: Mrs. B.E. Shezi and Mrs. S. Mahadeo with the female student nurses who participated in the fun and games**



**NEW APPOINTMENTS TO GREY'S HOSPITAL**

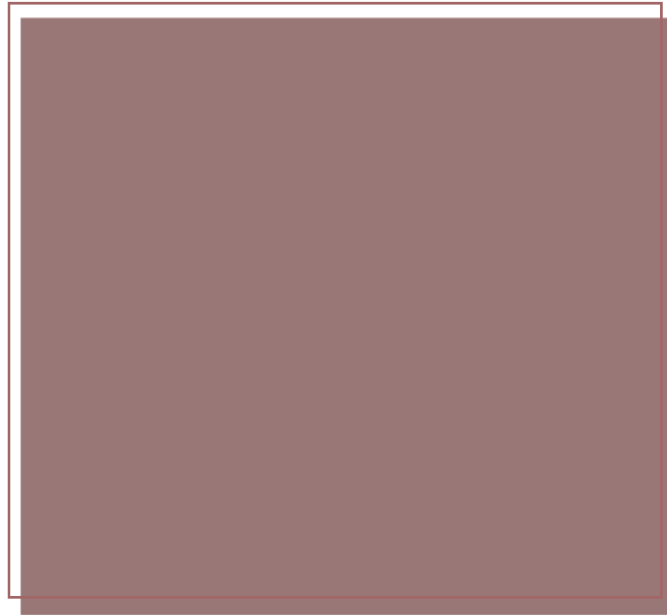


**MR E.L. MADIBA  
DEPUTY DIRECTOR-SYSTEMS**



**Ms S Arends  
Assistant Nursing Manager: Planning, Monitoring, Evaluation & Reporting**

## FAREWELL DEAR ONES



### **DR R. LUTCHMAN**

It was with great sadness that we had to bid farewell to Grey's Head of Cardiology department, Dr R. Lutchman on the 15 March 2019. Dr Lutchman has worked at Grey's for many years. He did his internship about 17 years ago. He worked as a Senior Registrar at Albert Luthuli thus working at Grey's as a part of the cardiology team. He qualified as a Cardiologist and applied to Greys for the Head of Cardiology post in 2018. He worked in Ward D1, Medical Admission Ward, Cath Lab. Echo lab and MOPD. He was an absolute gem to the department. He was known to treat both patient's and staff with the utmost respect at all times. He was indeed an asset to not only Grey's but also to the Department of Health. Grey's wishes him all the best for the future.



**MR GANSEN MOODLEY**

Mr. Gansen Moodley (Mkhulu as we know him in Finance department) served Grey's Hospital for over 33 years of which most part he was the Senior surgical buyer. Grey's would like to wish him well as he ventures into the next chapter of his life.



## FAREWELL DEAR ONES CONTINUES...



**Mrs R Ramnund**

The Grapevine had an opportunity to interview Mrs R Ramnund prior her departure from Grey's Hospital:

**How long have you being at Grey's hospital?**

15 years

**Where are you transferring to?**

Gauteng province to be closer to my family.

**What will you miss most of Grey's?**

The staff, their hard work and commitment is commendable. They strive to work their hardest in these trying circumstances.

**Mention some of the your achievements during your stay at Grey's**

I initiated the use of the golf cart for transporting frail patients to needed services around Grey's. Awarded the MBFI accreditation (100%) status after extensive training and implementation of the 10 steps and additional 3 steps to successful breastfeeding. To streamline patients, the induction bay and admission in the maternity was commissioned in 2006. Home Affairs office was brought to Grey's after numerous consultation. I initiated the nappy changing areas at strategic points at the facility. I coordinated the Grey's team that won the Gold award at the Premier Service Excellence award in 2005. With the Maternity team, we implemented National priority programmes in the Maternity section.

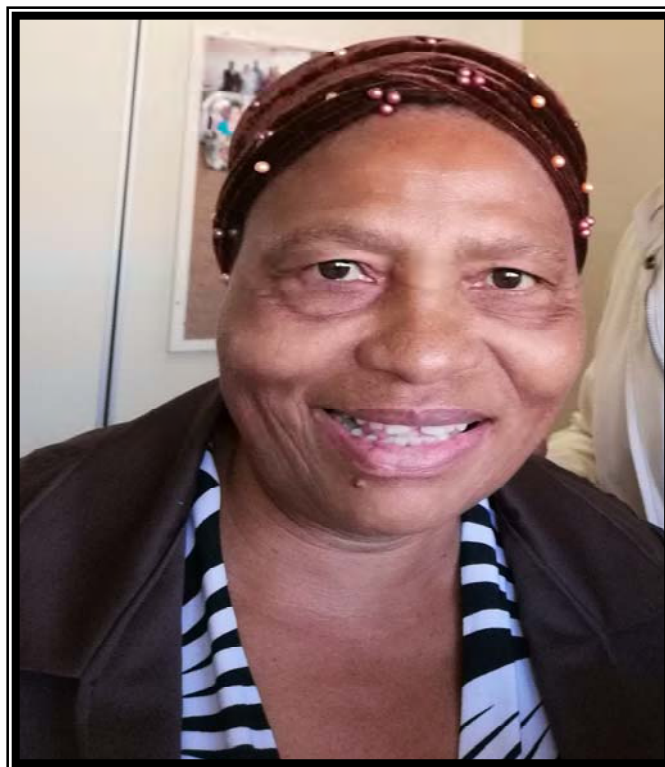
**What are your parting words to your fellow colleagues?**

To the nursing staff: keep up the good work and always bear in mind the following in terms of patient care: Quality care, safe practices, patient advocacy, accurate record keeping and rewarding excellence.

## FAREWELL DEAR ONES CONTINUES...



**Dr R von Rahden**



**MRS TM DUMA**

## FAREWELL DEAR ONES CONTINUES...



**R LEHMAN-RETIRED AFTER 29 YEARS OF SERVICE**



- ◆ **TH MNCWABE-RETIRED AFTER 30 YEARS OF SERVICE**
- ◆ **N MABASO-RETIRED AFTER 11 YEARS OF SERVICE**
- ◆ **DC KING-RETIRED AFTER 30 YEARS OF SERVICE**
- ◆ **D MDONTSWA-RETIRED AFTER 40 YEARS OF SERVICE**
- ◆ **C COOKE-RETIRED AFTER 23 YEARS OF SERVICE**
- ◆ **PS FERREIRA-RETIRED AFTER 9 YEARS OF SERVICE**
- ◆ **VB NXUMALO-RETIRED AFTER 22 YEARS OF SERVICE**

## IN LOVING MEMMORY



**MS MARGARET NONHLE RADEBE**



# ACKNOWLEDGEMENTS



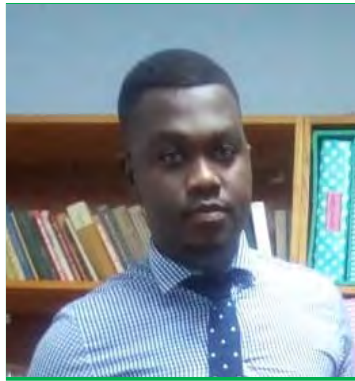
Mr Z. MNTUNGWA  
DESIGNER AND WRITER



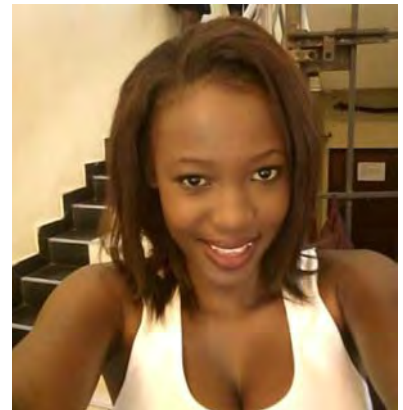
MS S. ARENDS  
CHIEF EDITOR



MS L.E. NDLOVU  
PHOTOGRAPHER



MR S. MAHLABA  
PHOTOGRAPHER



MS M.M. MGEGBA  
PHOTOGRAPHER



**health**  
Department:  
Health  
PROVINCE OF KWAZULU-NATAL

## CONTACT DETAILS

**Physical Address:**

201 Town Bush Rd

Northern Park, Pietermaritzburg 3201

Postal Address: P/bag X9001

Pietermaritzburg, 3200

**Web Address:**

[www.kznhealth.gov.za/greyshospital](http://www.kznhealth.gov.za/greyshospital)

[www.kznhealth.gov.za](http://www.kznhealth.gov.za)

**SWITCHBOARD:**

033—897 3000

**HOSPITAL FAX NUMBER:**

033—897 3370