

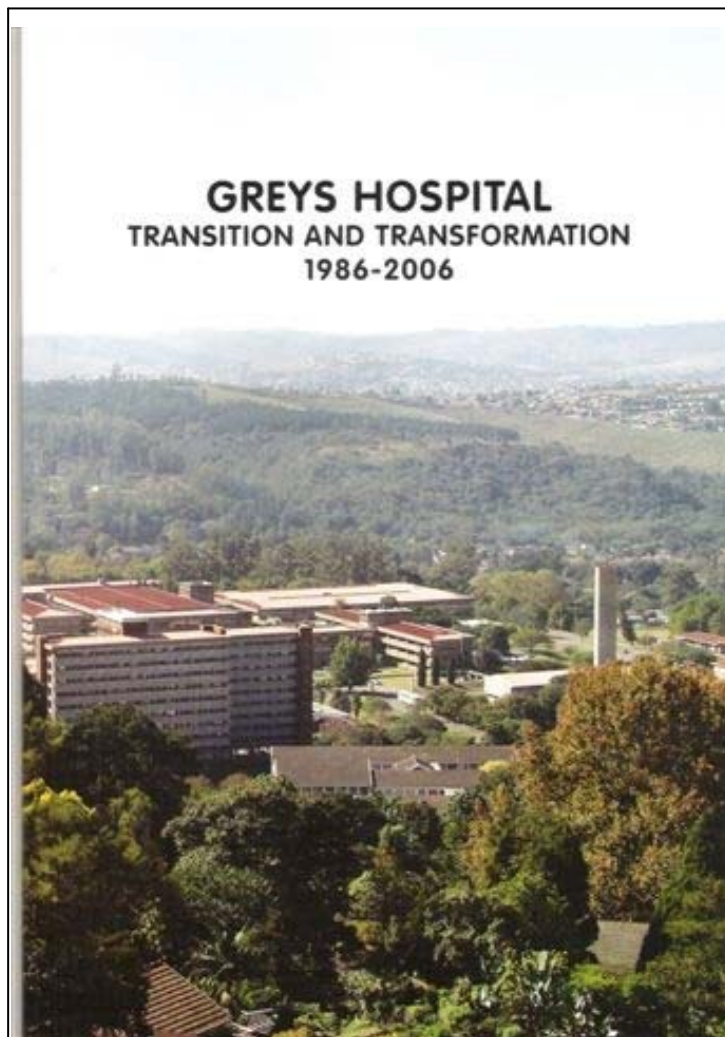


The Greype-Vine Grey's Hospital

Pietermaritzburg

February 2008

www.kznhealth.gov.za/greyshospital.htm



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Mrs. Y Thambiran.	X-ray 3019
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Mr. Z Mntungwa	3684
Mr. G Runganathan	3198

We are well into another year and the saying 'Time Flies' quickly comes to mind. The members of the Greype-Vine Committee would like to welcome all new staff members to Grey's and wish them a long and enjoyable stay.

Once again we would like to remind staff that the Grey's history brochure has been published and is available from either Sr A Guise-Brown in the Clinical Department (pager 515 or ext 3529) or from the PRO Mr. Z Mntungwa (Pager 800 or ext 3684). The cost is R50.00.

Our committee is a little depleted at the moment as both Krithika and Yolanda are away on Maternity leave. Krithika had a little girl Sarneya (Shez) before Christmas and Yolanda a girl, named Zoe, last week. We would like to congratulate them on their new additions to their families. Nomfundo Cele, the Ward Clerk from H1 has left us, as she received her call up to start the four year nursing training course at Edendale Hospital, from 1st January. If any staff member would like to join us on The Greype-Vine committee please feel free to contact me and I will happily give you the rundown on what the 'job' entails.

Phase 1 and 2 of the OSD for nursing staff has been implemented and some staff are very happy and others disappointed. Let's hope further salary negotiations will rectify the discrepancies so in the end all nursing staff are pleased with their new salary packages.

*Remember the three R's: Respect for self;
Respect for others; and Responsibility for
all your actions.*

DEPARTMENT OF OBSTETRICS & GYNAECOLOGY

The Department of O&G are proud to announce that we were able to, with the assistance of Mr. Mbangwa, General Manager - Corporate Communications at Head Office, brighten the lives of two very special new moms who gave birth to the first Grey's Christmas and New Years baby respectfully.

The moms each received hampers which included a baby bath, soft baby carrier, baby duvets, baby grows, bibs, bootie & hat sets, a feeding bra and a cosmetic basket just to mention a few goodies.

We would like to say a very big "thank you" to Mr. Mbangwa and Mr. Ginya for the gestures of goodwill and wish not only these special ladies but all new moms throughout KZN all the best with their bundles of joy. May 2008 be a fantastic year for all.

Below are photo's taken of the first Christmas and New Year babies with their mothers posing with Dr Titus (Chief Specialist – O&G) and Mrs. Brown, (Nursing Manager)



If God should go on Strike.

How good it is that God above has never gone on strike,
Because He was not treated fair in things He didn't like
If only once he had sat down, and said "That's it! I'm through,
I've had enough of those on earth, so that is what I'll do
I'll give my orders to the sun – cut off the heat supply;
And to the moon, give no more light, and run the oceans dry.
Then just to make things really tough, and put the pressure on,
"Turn off the vital oxygen till every breath is gone."
You know, He would be justified, if fairness was the game.
For no-one has been more abused or met with such distaste,
Than God and yet he carries on, supplying you and everyone,
With all the favours of His Grace, and everything for free...
Men say they want a better deal, and so 'on strike' they go,
But what a deal we've given God, to whom all things we owe.
We don't care who we hurt and harm to gain the things we like.
But – what a mess we'd all be in if God should go on strike.

MedicAlert.



MedicAlert®, a nonprofit membership organisation founded in 1956 with a mission to protect and save lives, is headquartered in the United States and has international affiliates in nine countries.

History: The MedicAlert® story actually began in the summer of 1953, in the Central Valley farming community of Turlock, California. While her parents were away on vacation, Linda Collins, the 14-year-old daughter of Dr. Marion Collins, a physician and surgeon in the town of 7,000 residents, cut her finger.

She was taken to the Lillian Collins Hospital in Turlock, a 40-bed facility founded by her grandfather. Linda's uncle, Dr. James Collins, performed a skin test before injecting Linda with the full dose of tetanus antitoxin which contained horse serum. Seconds later, she went into anaphylactic shock, a severe allergic reaction which can be fatal.

After spending several days fighting for her life inside an oxygen tent, Linda recovered, but there was still no drug that could cure her allergy. That incident made Linda and her parents immensely aware of her vulnerability.

“My parents realized that if one tiny drop of the antitoxin had produced that reaction,” Linda recalled, “I'd probably be killed by a full dose. Thereafter, when I went away from home for a weekend or to a neighboring town for school events, they'd attach a note to my coat or make me a paper bracelet describing my allergies.”

Many in Turlock heard about Linda's near tragic experience and she wore a paper bracelet through her high school years. When Linda was accepted to Stanford University, however, Dr. Collins and his wife Chrissie knew that a more permanent emblem was needed.

After a family brainstorming session, during which Dr. Collins suggested a dog tag and even a tattoo, Linda convinced her father that a bracelet would be the best. A silver bracelet to be more precise – with “Allergic to Tetanus Antitoxin” engraved on the back. Dr. Collins had the snake-encircled Staff of Aesculapius, symbol of the medical profession, and the words “Medic Alert” engraved in bright red on the front of the bracelet. A jeweler in San Francisco then crafted the bracelet.

As people began to notice Linda's bracelet and ask how to get one for themselves or a loved one, the Collins' realized there were many people with special medical problems who could find themselves in situations where improper diagnosis and

treatment might cost them their lives. The Collins family decided they needed to share their idea.

In 1956, after several years of consulting with other professionals, Dr. Collins established MedicAlert Foundation International, a nonprofit, tax-exempt, and charitable organization.

Tens of thousands of lives have been saved since Chrissie and her husband, Dr. Collins, acted on an idea. The idea, to create a body-worn identification emblem supported by a 24-hour emergency medical information service offering peace of mind, became a reality. It has withstood the test of time over the past 50 years. From index cards to the Internet, MedicAlert® has come a long way since the first bracelet was created for Linda Collins. The original bracelet is now in the permanent collection of the Smithsonian Institution in Washington D.C.

Preventing Emergencies from Becoming Tragedies®

It is vital that emergency responders know your medical information before they can safely administer treatment. They would search your pulse points and find the famous MedicAlert emblem, which speaks for you if you are unable to speak for yourself.

The MedicAlert 24-Hour Emergency Response Service features:

Instant Identification	24-Hour Emergency Response	Family Notification
Your Membership number shown on your emblem enables you to be identified by emergency responders by a simple phone call to our 24-Hour Emergency Response Center.	MedicAlert relays your key medical facts to emergency responders, so you receive faster, safer treatment for your medical conditions, and avoid harmful or fatal reactions.	MedicAlert calls your family contacts and notifies them of your situation, so you won't be alone in an emergency

The MedicAlert® 24-Hour Emergency Response Center

Building on nearly 50 years of experience in protecting and saving lives, MedicAlert's Emergency Response Center handles "emergency calls" providing

instant access to identification and vital information. The 24-Hour Emergency Response Center provides translation support in more than 140 languages to meet today's demand for transmission of personal medical information. MedicAlert is trusted and recommended by more than 100,000 medical professionals.

There are more than 200 common conditions for which people should be wearing the special identity bracelets, says MedicAlert chief executive officer Diana Sochen.

"But there are thousands of people walking around in this country who, if they were in an accident, could be risking their lives, because doctors will not be aware of their condition," she said at the launch of MedicAlert Week at Pick'n Pay headquarters yesterday. MedicAlert is a project of the Lions of Southern Africa, with Pick'n Pay as one of its sponsors. Wear a MedicAlert bracelet if:

- You are allergic or sensitive to penicillin, sulpha drugs, tetanus, antitoxins, barbiturates, bee stings or other allergies.
- You suffer from diabetes, epilepsy, haemophilia, glaucoma, asthma or a heart condition.
- You are taking steroids, anticoagulants or other essential medicines.
- If you wear contact lenses, are a scuba diver, an organ or tissue donor, have a pacemaker, a handicap, Alzheimer's, or a Living Will.

For more information, call MedicAlert (021) 461-7328

Fax : (021) 461-6654 Cell : 083 441-9980

Postal Address : P.O. Box 4841. Cape Town. 8000

Email : medicalert@fast.co.za

There are two words in the English language that have all five vowels in order: "abstemious" and "facetious."

There are only four words in the English language which end in "dous": tremendous, horrendous, stupendous, and hazardous

BABY FRIENDLY HOSPITAL INITIATIVE.

The preparation for becoming Baby Friendly commenced in the year 2003. With lots of support from top management and the rest of the



staff, Grey's Hospital decided to enter for a BFHI assessment both internally and externally, in June 2006.

After lots of hard work and dedication, the

staff of Grey's were honoured to be awarded the Baby Friendly status which was officially communicated on 18 October 2007 from the National Department of Health. The final celebrations were on 25 January 2008.

This was the most rewarding experience because only **we** can make the difference by contributing to the reduction in infant and child mortality and morbidity. The Baby Friendly Hospital Initiative is a joint venture by UNICEFF and WHO as a strategy to protect, promote and support breastfeeding. Breastfeeding is certainly an unequalled way of providing ideal food for the health, growth and development of infants and has a unique biological and emotional influence on the health of both mother and child. We are a team and will continue to strive in maintaining the 10 Steps to Successful Breastfeeding.

Remember, breast milk is the best !

A special thank you to all the staff of Grey's Hospital who contributed to making this programme successful.

**MRS P RAMNUND
ASSISTANT NURSING MANAGER**

Why is it that no matter what color bubble bath you use the bubbles are always white?

HRD News.

OSD. We have completed phases one and two although there are a few cases that have not been completed as we are still waiting for certificates of service from individuals. All staff can {many have} are welcome to enquire if they have questions relating to their respective cases.

On the 25/2/08 reps from the unions and officials from National Department of Health have arranged a meeting with the Department Implementation Team. They will check on our progress of implementation and report on the various challenges that have arisen. The task team will ask questions for clarity and provide support if necessary.

Mark Todd.

Tuberculosis (TB) TB Fact Sheet

What is T.B?

TB is a disease that mainly affects the lungs, but can be found in any other body organ. It is caused by a germ called *Mycobacterium tuberculosis*. The germs are present in the sputum coughed up by those that have TB of the lungs. The germs usually destroy the soft tissue of the lungs, and this causes cavities (holes) in the lungs, resulting in difficulty with breathing, and blood can be coughed up. If untreated, TB can cause death.

How do people get TB?

The disease is passed on from person to person. When a person who has TB coughs, sneezes or spits, germs are spread into the air from where they can be breathed in. Fortunately not all those infected contract TB, in most cases the germs are sealed off in the body and they do not multiply. However, if the body's defenses can no longer control the germs, they become active and the person gets TB.

Who is at risk

Close contacts of TB patients especially children under 5 years
Persons with diseases like diabetes and AIDS
Persons who drink alcohol in excess and drug addicts
Persons with poor nutrition and lack of food
Persons suffering from stress
Persons living in poorly ventilated, over-crowded rooms

What are the signs and symptoms of TB?

A cough for longer than 2 weeks

Chest pains
Tiredness and weakness of the body
Loss of appetite and weight
Night sweats, even when it is cold
Coughing up blood

How is TB diagnosed?

Any of the signs and symptoms mentioned may be an indication of the disease. Seek help at your clinic, doctor or hospital if you have these symptoms. **TB testing and treatment is free.** The germs are found in the sputum, when tested in a laboratory. A chest X-ray done at a clinic or hospital may show cavities or changes in the lungs.

A skin test done on children, by a nurse or doctor, can be an indication. When a person has been diagnosed as suffering from TB, all children under five years of age, that have been in close contact with that person should be examined, so that if necessary they may also receive treatment.

Treatment of TB

TB can be cured with little or no complications

Medication must, however, be started as soon as possible and it must be taken regularly according to the instructions given at the clinic. It takes 6 months for TB to be cured completely, but within 2 weeks of starting treatment, the person will no longer spread the disease. Intensive phase medication is given for the first 2 months, 4 or 5 tablets (depending on body weight) are taken Monday to Friday. Continuation phase medication is given for the next 4 months, 2 or 3 tablets (depending on body weight) are taken Monday to Friday

Treatment must be completed

It is a mistake to stop taking medicines when a person feels better. All treatment / medicine must be taken for the full 6 months. If treatment / medicine is missed, the risk of a drug resistant strain of TB is possible. This TB is very difficult to treat and needs more than 18 months of treatment / medicine, with a long stay in hospital.

It takes a long time for TB germs to be destroyed. If medicines are stopped too soon and without instructions of the nurse or doctor the disease may start all over again.

How can TB be prevented?

To cure those who are ill with TB in order to stop the spread of the disease. Cover your mouth when coughing.
Immunisation of all babies at a clinic within 1 year of birth.
Eating balanced meals consisting of food like meat, fish, eggs, beans, amasi, brown bread, maize meal, vegetables, fruits.
Alcohol should be avoided because it lowers body resistance, and affects the treatment.
Smoking causes further damage to the lungs and can also cause heart disease

and lung cancer.

Getting some sunshine, fresh air, exercise and living in a clean environment.

DOTS

DOTS stands for Directly Observed Treatment Short Course (6 months)

DOTS supporters help patients to ensure that medicines are swallowed daily

DOTS ensures TB diagnosis is available to every one free of charge

DOTS ensures that good quality standardized treatment / medicines are available for all TB patients free of charge.

DOTS does not involve long periods of hospitalization, instead a person can take treatment at home, at work or at school. The DOTS combines five elements:

political commitment, microscopy services, drug supply, monitoring systems, and **direct observation of treatment**

TB in the workplace

Once a person has been on TB treatment for 2 weeks, they are not infectious.

Persons with TB can continue to work. TB treatment can be given by a treatment supporter at work.

TB and HIV Interactions

In people with healthy immune systems, only 10% of those who are infected with TB ever become sick from TB. Over 50% of people who are co-infected with TB and HIV will get sick with TB before they die.

HIV increases the risk of developing TB. Not all HIV-positive people have TB. Not all people with TB are HIV-positive. HIV and AIDS is common in socio-economically stressed communities, and these same communities are also vulnerable to TB.

TB testing and treatment is Free!

Infection Prevention and Control Surveillance Visit.

Grey's Hospital was visited by Mrs. L Liebenberg, Senior Technical Advisor, Infection Prevention and Control, on 21st January 2008. The purpose of her visit was to monitor and evaluate the progress made in the implementation of infection prevention and control guidelines at Grey's as well as to render support where necessary.

Along with Mrs. P Brown and the Infection Control staff, Sr Liebenberg visited Administration, CSSD, Physiotherapy, Pharmacy and Main Kitchen. Due to some areas of concern, Grey's received 85%. (The pass mark for Infection Control is 80%). This means that we can not rest on our laurels and that we must continue to strive for improvement.

Recommendations have been made by Mrs. Liebenberg on how we can improve and the relevant concerns are being addressed.

Campus News-

Mrs. Tsione Mtshali commenced at the Campus on 1st December 2007 having previously worked at the private nursing colleges in Pietermaritzburg. She trained at Edendale Hospital where she did her General Nursing training and Midwifery and studied Administration and Education at Zululand University. She has three children- two boys and a girl and 5 grand children. She is teaching Community Health at Grey's Campus and we wish her a long and happy stay.

Sick Certificates:

Hospital Management would like to inform staff that all sick certificates or letters of ill health will only be accepted at this institution, if written up and signed by a qualified Medical Practitioner. Sick notes coming from Private Nurse Practitioners are not accepted at Grey's.

Ethics Committee:

The next Ethics Forum will be held on 12th March 2008 in the 1st Floor Lecture Theatre at 12h30. The topic of discussion will be 'Consents'.

Other dates to diarise for 2008 are:

14 May 2008

17 September 2008

12 November 2008.

ZISHAPHI EMNYAHGWENI WEZOKUXHUMANA?

Ukuthuthukiswa kwezokuxhumana kwenza umsebenzi ubelula kunoma iyiphi inhlango noma inkampani, lokho kufakazelwa ucwaningo olwenziwa minyaka yonke oluveza ukuthi ukuphumelela kwanoma yiphi inhlango noma inkampani kuncike kakhulu ekuxhumaneni kahle namakhasimende ayo. Kubaluleke kakhulu ukuthi ezokuxhumana zithuthukiswe ngayo yonke indlela kunoma yiphi indlangano noma inkampani. Loku kuyinselelo kubo bonke abaphethe ezokuxhumana kunoma yimiphi imikhakha yezokuxhumana ukukhombisa ukubaluleka kwezokuxhumana ekuthuthukisweni komkhiqizo wenkampani.

Umnyango wezokuxhumana eGrey's uthanda ukufisela bonke abesebenzi bomnyango wezempilo impumelelo ezifisweni zabo kulonyaka ka 2008, isisho sithi "akulahlwa mbeleko ngakufelwa" okusho ukuthi uma izifiso zakho zingaphumelelanga onyakeni odlule lokho akusho ukuthi azisoze zaphumelela.

Lomnyango uthanda ukwamukela nokunazisa ngomxhumanisi osafunda eDurban University of Technology u Ms Lerato Leeu osebenza ngokuzikhandla ekuthuthukiseni ezokuxhumana esibhedlela eGrey's. Lentokazi esencani nekhombisa ukukhalipha izoba nathi la isikhathi esiyizinyanga ezisithupha.



Grey's PRO: Zamo Mntungwa
Lensinzwazwa iphethe ezokuxhumana
Igeza lensizwa, ithanda kubukwa.



PR intern: Ms Lerato Leeu
Ozimisele ngoku khuphula izinga
Lakhe kwezokuxhumana

Never laugh at anyone's dreams. People who don't have dreams don't have much.



Grey's Hospital Lodger Mothers accommodation looks to be nearly completed. It has come a long way since we took our first pictures in May 2007.

Best Decorated Ward Competition.

On Friday 14th December staff from the Clinical Department went around the hospital to judge the ward/department that they thought had the best Christmas decorations.

Sr A Guise-Brown, Sr L Maharaj and Staff Nurse E Lawrence decided that Ward H2 looked the best and so the staff from that ward won a chocolate cake sponsored by **Chatters Coffee Shop**. Well done.

Easter Spice Biscuits.

220g butter	130g castor sugar
3 eggs (1 for glazing)	500g flour
1/2 t cinnamon	1/2 t mixed spice
50g currants	

Cream the butter and sugar. Add 2 eggs and beat well. Add sifted flour, spice and currants. Roll out. Beat last egg and brush each biscuit (before baking). Sprinkle biscuit with castor sugar and bake at 180°C for 10-12 minutes.

The Cardiology Staff Mission

The Cardiology staff are now on a Mission to get fit. We are tired of the normal rut that we are in at present so we have decided to make this the "Get Fit Year", to some of us it will be the "Biggest Loser Year".

For many years Sen Sr. Bev Douglas from CCU has organized The Herman's Delight Time Trial at Collegians Club. It was designed for the Comrades runners who wanted to improve their running times and we now join them on a Tuesday afternoon to walk and have tons of fun. The comments passed by the runners and other walkers are the best and even though it is hard work at the time, especially in this heat, when you finish you feel fantastic. The short walk/run is 2.8km long or you can run the 7.4km time trial. We are babies at this so we stick to the 2.8km course. You can see our results in the newspaper on a Friday (much to our embarrassment Sr Douglas insists on printing our names and our times.)

At present our group is made up of Miss Winnie Maphanga and her two girls, Miss Zethu Kunene, Sr. Mano Moodley and myself with my two boys. The kids run and manage to do the 2.8km in half our time, but hey age is an issue.

At the beginning of February we got brave and attempted the Community Chest 5km fun run/walk at the Golden Horse Casino; this was a first for most of us but what an experience. It was great fun. For many years I have watched runners and walkers and thought they were crazy, we all spend years saving for or paying off a car and these people run! I could not figure the logic in this, but after we did it I now see the attraction. We are now working up to the Umgeni Marathon on the 9th of March where we will walk 15km, around Midmar dam. If I finish the 5km- well done I did it, if I make 10km- fantastic never done that far before but if I make the 15km in the 3 hour cut off I'll demand a weeks leave, I will definitely need it!

So if anyone would like to join in the fun and experience a change from the norm, join us at Collegians on a Tuesday afternoon at 17h30 and lets get fit together.

Tracy-Lynn Scannell

A nurse on the pediatric ward, before listening to the little ones chests, would plug the stethoscope into their ears and let them listen to their own hearts. Their eyes would always light up with awe, but she never got a response equal to four-year old David's comment. Gently she tucked the stethoscope into his ears and placed the disk over his heart. "Listen", she said....."What do you suppose that is?"

He drew his eyebrows together in a puzzled line and looked up as if lost in the mystery of the strange tap - tap - tapping deep in his chest. Then his face broke out in a wondrous grin and he asked, "Is that Jesus knocking?"

Actual writings in a Mpumalanga Hospital Register

1. The patient refused autopsy.
2. The patient has no previous history of suicides.
3. Patient's medical history has been remarkably insignificant with only a 40 pound weight gain in the past three days.
4. Patient has chest pain if she lies on her left side for over a year.
5. On the second day the knee was better, and on the third day it disappeared.
6. The patient is tearful and crying constantly. She also appears to be depressed.
7. Healthy appearing decrepit 69-year old male, mentally alert but forgetful.
8. The skin was moist and dry.
9. Occasional, constant infrequent headaches.
10. Patient was alert and unresponsive.
11. Rectal examination revealed a normal size thyroid.
12. Patient has two teenage children, but no other abnormalities.

One for the ladies

One day my housework-challenged husband decided to wash his sweat- shirt.

Seconds after he stepped into the laundry room, he shouted to me,

"What setting do I use on the washing machine?"

"It depends," I replied. "What does it say on your shirt?"

He yelled back, "Wits University "

And they say blondes are dumb..

Vitamin A Saving lives!

Creche Kitten.

About a month ago the ladies working at the hospital crèche heard the cries of a small kitten. After looking high and low they saw it near the campus parking lot. A saucer of milk and a little bread was put down for it which it quickly devoured. Over the next few days the ladies put out milk and bread whenever they saw it but then it seemed to disappear. Next it was seen sitting in the breezeblocks at the end of the crèche storeroom. The SPCA was contacted and were asked to catch the kitten. The crèche staff were advised to feed it so it got used to a regular dinner time and then the SPCA would bring a trap to try and catch it. Unfortunately despite the food being put down, it was several days before the kitten was seen again, this time by hospital staff near the Montgomery Drive entrance of the hospital. By now it was badly dehydrated and obviously unwell. One of the ladies from the crèche managed to catch it and put it in a box so it could be taken to the SPCA. Sadly this story does not have a happy ending. The kitten was 'hospitalised' at the SPCA for treatment but it died a few days later.

Diabetic Support Group

.....
Needing information and support to help you cope with your diabetes?
Please join us!

When: 13 March 2008 (first meeting)
Where: Physiotherapy seminar room
(level 2)
Time: 10am – 12pm

Topics that will be covered at each session:
Foot care, nutrition, diabetes education,
exercise, emotional support
and much more!

For more information please contact:
Frances Driemeyer (Dietician) @ 3149/3796

Why do we press harder on a remote control when we know the batteries are going flat?

Vitamin A is important as it helps with normal growth and development and protects children from sickness. Vitamin A helps reduce the affects of infections like measles and diarrhea.

Is Vitamin A safe?

Yes it is very safe. There have been no major side effects reported with the use of the Vitamin A drops.

Who should receive these drops?

All children under 5 years of age.

What should you do?

If your child has not received these drops from the Clinic or doctor in the last 6 months then bring your child and his/her road to health card to either Ward A1, E1, F1, or POPD from 3rd -14th March and the staff will administer the drops to your child.

Vitamin A drops should be given at 6 monthly intervals to help ensure children remain fit and healthy.

Midmar Mile 2008

Sunday morning the 10th February. Midmar Dam- drizzly, misty, cold.... Where is everybody.... This is the World's Largest Open Water Swim, but there is hardly anyone here? Ok, ok so it is Six o' clock in the morning, most normal people will only be arriving in two hours time. But I was there early and I was keen- my first Midmar Mile... I didn't know what to expect. I stood at the edge of the dam and looked at the expanse of water before me. Thought about what the lifeguard at the pool where I'd done my training had said. "Just pretend it's another training swim in the pool like you have been doing.... Except there'll be a whole bunch of other people with you." Hmm.. don't know if I can twist my thinking to that extent! Then I was at the start line with loads of other people. All shapes and sizes, younger children and older ladies. I had to jettison my towel and slops at the start. "Gee God, swimming the Midmar Mile is like a near death experience- you realize anything extra is just an encumbrance and you can't take it with you when you cross over to the other side." Wade in and kick out in my well practiced freestyle stroke... Oh dear, taking a lot of water on board when I come up for air.

Plan B. Breaststroke. Then I look behind me... can't see anyone... That can't be because I'm coming last, must just be cos it's hard to see the other swimmers in the murky water.
(Positive thinking.)

Eventually I crossed the half way mark, gained some confidence and got the freestyle tuned so I breathed air not water between strokes.

Then the finish was in sight, I struck land and staggered out of the dam.

Now considering most people swim the mile in about 30 minutes for me to confess my finishing time was 47 minutes makes it sound more like a near drowning than a good swim but for me it was a challenge faced and overcome. See you there next year.

Sr Carmen Alledahn. CCU

Sports and Recreation Committee.

The sports and recreation club is part of the events committee. This club was formed to improve social interaction between staff members and also improve morale at Grey's Hospital. We convened our first meeting on 7th February 2008 and the members listed below were elected.

Chairperson – Mr. P. Pillay
Deputy – Mr. T. Ndawonde
Secretary – Mrs. Y. Sookay
Treasurer – Ms. T. Ndlovu

The following members were also invited to serve on the committee.

Mr. D. Naidoo	Mr. C. Frank	Mr. Z. Mntungwa
Mr. V. Ndaba	Mr. M. Naidoo	Mr. J. Govender
Mr. C. Marion	Sr. M. Moodley	Mrs. A. Chetty
Mr. M. Thomas	Mrs. R. Lachman	Mr. S. Zondi
Mrs. K. Mc Kenzie	Mr. M. Mc Kenzie	Sr. S. Seesha

The following events were proposed to take place during the course of the year

1. FUN DAY – 19th APRIL 2008 AT MIDMAR DAM
2. DINNER/DANCE – 28th JUNE 2008 AT GREY'S RECREATION HALL
3. FUN RUN – 30th AUGUST 2008 AT GREY'S/TOWN HILL HOSPITAL GROUNDS

4. SOCCER/NETBALL/VOLLEYBALL TOURNAMENT – 1ST NOVEMBER 2008 AT CARTER SCHOOL GROUNDS

NB: these are tentative dates and will be confirmed by circulars.

Join us in enjoying each of these events. Bring the fun side of you out, let your hair down and participate!!!! Families are welcome and there will be lots of surprises and exciting prizes.

Polly Pillay and Mano Moodley.

REHAB NEWS

Dietetic News

The department has certainly grown over the last few months and we are now a team of 6 Dietitians. Welcome to Ms. Rene Burns and Ms. Francesca Driemeyer, who joined us in January this year. They have been a welcomed addition to the team, and their spirit and innovative ideas are currently being displayed in the many projects that have been launched by the department. May your stay be a happy and fruitful one with us.

Congratulations to Mrs. Joanne Galliers who was recently appointed as Principal Dietitian and to Ms Pretty Madlala on the arrival of her baby girl. Thank you to the many departments who have eagerly contributed to our 'Save A Seed Project'. Your contributions have been packaged and are being distributed to patients who attend our clinics. This project is helping us to address household food security within the homes of our patients and is a cheaper alternative to purchasing fresh vegetables and fruit. Not forgetting that the spin off from here will assist in addressing micronutrient deficiencies, and will impact on lifestyle changes. For those of you who have not had a chance to contribute to our project, it is not too late. Please forward your leftover seeds or seeds from vegetables and fruit to the department. Alternatively you can place them into the designated green containers within each ward.

The department is also looking forward to the commencement of a 'Diabetic Support Group'. The first group is scheduled for the 13th March 2008.

In addition do watch this space for a 'Weight Management and Healthy Living Support Group'.

***Yours in Nutrition
Reshmee Lachman***

Speech and Audio news

The Speech Therapy – Audiology Department bid a sad farewell to Brenda Govender, our Community Service speech therapist, at the end of

January 2008. We are also sad to be losing our exceptional Junior Audiologist, Shamini Pillai at the end of March. We will miss her hard work, dedication and cheerful face. We wish her every success and hope to have her join our team again at some stage. We are very happy to welcome Marike Van Deventer into the Senior Speech Therapist position. She is dedicated mainly to paediatrics, and has made huge inroads in improving the service we offer to this population. We also welcome our community service therapists Moosa Meeran (Audiology) and Emma Dodd (Speech Therapy). Both these therapists bring a wealth of skills and knowledge, and in the short time they have been with us have made a huge contribution to the development of the department.

Yugesh Perumal

Physio News

Congratulations from us all to Heidi Shanahan on receiving her certificate for 20 years of service to Grey's Hospital. This shows an extraordinary commitment to this establishment and her achievements and strong leadership of our department is a fine example for us all to strive for. We said farewell to Yashna Bhagwan and Thaneshree Gounden who both left Grey's to further their careers in the private sector. Luckily we also gained one new staff member, Lana Truter, and we are happy that Candice da Roche decided to stay on at Grey's after completing her community service in our department. And finally, congratulations to Judy Gush, who became a grandmother for the first time on the 25th February 2008.

Marian Draper

OT News

We are glad to announce that Kiera Brough has decided to stay after her promotion to senior therapist. Our paediatric chief OT Anja Tollner, is currently on an 8 week NDT course which will broaden her skills and abilities in the paediatric unit. Welcome to Kaylee Small, who is our new community service therapist. We wish you a pleasant stay with us.

Angela Chetty

HEAR THIS...

You will never know how much you miss in life...
Until you hear as well as you could.

Our hearing helps us to make every second of our lives a unique experience. It connects us to our colleagues, our friends and most importantly the people we love. That is why we need to take good care of it. *But when it comes to our hearing far too many wait far too long!*

DID YOU KNOW:

- Up to 4 million South Africans are deaf or need help because of hearing impairment.
- Up to 30% of acquired deafness is preventable
- 4000 South African babies born every year will suffer hearing damage unless adequate early detection and treatment programmes are available.
- Nationally, 67% of our deaf citizens are unemployed-not because of their inability to work, but because of inadequate employer facilities, training and understanding.

PREVENTION IS BETTER THAN CURE:

Noise at work

Proper protection is a necessity around constant high level noise sources, even if you are only occasionally exposed to it.

Noise at home

A pair of disposable foam ear plugs is an essential tool when using lawn mowers, chain saws and other power equipment.

Personal stereo systems

Headphones and earphones concentrate high sound levels very close to your eardrums. Turn it down to keep hearing the music.

Firearms

Hunting or target practice, shooting with unprotected ears is a mistake. Earphones or custom ear plugs are a must.

Foreign objects

Fingers, pens, tweezers and cotton swabs don't belong in your ears. If something gets stuck, seek medical help immediately.

Medication

The use or abuse of certain medicines can be damaging to your auditory system. Obey dosage levels and consult your physician.

Too much wax

Certain conditions cause wax to accumulate and block your sound passage. It is important to examine and remove the wax build-up.

HOW TO CHECK YOUR HEARING

This convenient checklist can be used to check if you may sometimes have difficulty with your hearing. All you need to do is add up the number of points corresponding to your answers and check your total against the score panel shown at the end.

1. Do you often have difficulty understanding one particular person in a group of several people who are all talking at the same time?	YES (3)	NO (0)
2. Does it often seem to you that most other people normally do not speak clearly?	YES (3)	NO (0)
3. Do you have difficulty understanding whispered speech or low level speech when the speaker is not looking directly at you?	YES (3)	NO (0)
4. Do you need to sit close to the front of a room or hall to be sure that you will hear what the speaker is saying?	YES (3)	NO (0)
5. Do your family and friends sometimes point out to you that you are speaking rather loudly for no reason?	YES (3)	NO (0)
6. Does your family often say that you have the volume of the TV or radio set at a level that is uncomfortably loud for them?	YES (3)	NO (0)
7. Do you sometimes have difficulty hearing your alarm clock in the morning, or the telephone ringing?	YES (1)	NO (0)
8. Do you often find that you are startled when you suddenly notice that there is someone in the room although you did not hear them enter?	YES (2)	NO (0)
9. Do you sometimes avoid using the telephone because you can't always understand what the other person is saying?	YES (2)	NO (0)
10. Do you feel unsafe while walking in a busy street because you don't always hear approaching traffic until very late?	YES (2)	NO (0)
12. Are there quiet sounds that you often don't hear, such as the song of a bird, a clock ticking or quiet music on the radio?	YES (2)	NO (0)

Now check your score:

How many points do your answers add up to?

0 points: Your hearing is excellent

1-3 points: You should have no significant problems with your hearing, even though it is not 100%

4-8 points: You are experiencing a level of difficulty that indicates you should seek expert advice as quickly as possible

9-25 points: You probably have a serious hearing loss that has affected many aspects of your life. You may find that professional help can make a big difference to your enjoyment of life.

Complements of Audiology Department, Grey's Hospital

Whose idea was it to put an "S" in the word "lisp"?



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