



The Greype-Vine. Grey's Hospital

Pietermaritzburg

November 2006

www.kznhealth.gov.za/greyshospital.htm

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The following staff members received awards for Service Excellence at The Grey's Quality Day.

Back Row: Inge-Louise Nel, Leigh-Anne Morton, Nontobeko

Abigail Ngubane

Second row: Thobile Gubese, Ashira Shreepal

Front Row: Eloise Lawrence

Yet another year has passed and much has happened at Grey's over the past 12 months. We would like to wish all the Interns and Community service personnel well as they move on to their new destinations. All other staff that are moving away, all the best and may you be happy in the next step of your lives.

Some of the changes we have seen at Grey's during the past 12 months include:

- A Medical Equipment Pool run by Senior Sister L Jordaan,
 - DVD and Television set in OPD to play educational programmes for the patients
 - Installation of computers in the wards
 - 5 bedded ICU
- Installation of the Linear Accelerator, for radiotherapy, in the Oncology Department which will ensure patients in the western half of KwaZulu Natal no longer need to travel to Durban for treatment.

May we continue to move in leaps and bounds into the future with more improvements planned for 2007 and may the committee members of **The Greype-Vine** wish you all a happy and peaceful Christmas and New Year.

If you want the fruit then climb the tree!

Christmas Message from Mr. Brian Edwards:
Chairman of The Grey's Hospital Board.

It is with great pleasure, on behalf of the Board, to give warm greetings to all staff at Grey's Hospital and wish you a Blessed Christmas and Prosperous New Year.

The Board is most appreciative and grateful for the dedication and wonderful work done by all staff at Grey's this and in past years. Our thoughts will be with you during this time and in particular to those staff in all disciplines who will have to work during the festive season in the service of the Grey's patients and community.
God Bless you all.

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Graduation 2006.

Graduation was held at the International Conference Centre in Durban on 10th October 2006. We felt so important and proud to be a graduand in such a special venue.

I would like to thank the tutors, the Campus Principal and the Clinical Department, as without them we would not have been there. They gave us support from the beginning of our training and also on graduation day.

The graduands of 2006 were extremely lucky as they were the first from Grey's in 150 years to wear gowns. I would like to encourage the students to work hard so they too can wear gowns in the ICC one day.

Staff Nurse P.A Dladla.

Criticism is another person's opinion.

Our Rabbits have names!!

The PICU Rabbits have been named!
Sr Mathonsi and Dr Hall chose two names from all those submitted and the rabbits are now called **Sugar and Spice.**

Well done to Senior Sister Bev Douglas who submitted the chosen names. She won herself a Chocolate Cake sponsored by *Chatters Coffee Shop.*

Best Decorated Ward/Department.

December's competition will be the Annual Best Decorated Ward Competition.

Once again we urge staff to decorate their ward/department with Christmas Fare and the staff in The Clinical Department will judge them on Wednesday 13th December.

The ward/department that is judged the best will win a Chocolate Cake sponsored by Chatters Coffee Shop.

Staff are encouraged not to spend large sums of money on decorations but to rather make the decorations themselves.

Stimulate your intellect with people who challenge your talents.

Christmas Fruit Cake.

450g self raising flour
10g mixed spice
½ teaspoon salt
450g currants
225g sultanas
225g raisins
110g cherries
110g mixed candied peel
110g sweet mixed almonds
450g marg
grated lemon rind
225g demerara sugar
8 eggs
2 tablespoons golden syrup
2 tablespoons brandy.



Cooking time 3 ¼ - 4 hours.
Temperature: 160°C (325°F) for first hour then reduce to 150°C (300°F).

Method:

Mix flour, spice and salt and sift them. Prepare the fruit e.g. wash, dry and deseeded, cut the cherries into quarters, slice the peel thinly, blanch and slice the almonds. Beat the marg and sugar and lemon rind to a soft cream. Add the well whisked eggs, one at a time, with a little of the flour mixture until all is used and beat for 5 minutes. Gradually stir in the fruit and almonds, syrup and brandy until mixed. Turn into two large tins lined with marg and flour. (Tin diameters 15 and 20cm)
The cake should be eaten only 2-3 weeks after it is made. Store in an airtight tin as the flavour improves with time.

Glazed Gammon.

Make sure your gammon has thawed completely before cooking. Place gammon, 4 bay leaves, 6 peppercorns, and two onions, peeled and cut into quarters, into a large pot. Cover with water and bring to the boil. With the lid on, leave to simmer for 40 minutes per kilogram of gammon. Leave to cool in the liquid, then remove and drain. Remove the rind very carefully with a sharp knife, leaving a layer of fat on the gammon. Cut a diamond pattern into the fat, being careful not to pierce the meat. Place in a roasting pan.

Glaze:

100ml smooth apricot jam
20ml soya sauce
30ml brown sugar
5ml dry mustard
100ml honey
Halved glazed cherries



Mix all the glaze ingredients together except the cherries. (Tip: mix a small amount of honey with the dry mustard before adding the mixture, this prevents lumps.) Brush glaze liberally over the whole gammon. Place in a pre-heated oven for about 45 minutes or until golden brown, brushing with glaze about every 10 minutes. When ready to serve, place a cherry half in the middle of each diamond.

I have never met a man so ignorant that I could not learn something from him

GREY'S QUALITY DAY 22 November 2006.

Grey's Quality Day was celebrated in the Nurses Home Recreation Hall on Wednesday 22nd November 2006. All of the Grey's staff members were invited to attend and people came and went during the morning, according to what their departments workloads would allow.

Below is an extract from Dr Naidu's speech:

Ladies and Gentlemen,
Good morning / Sanbonani

On behalf of the Management and staff of Grey's Hospital, I extend a warm welcome to all of you to our Quality Day.

Today's function underlines Grey's Hospital's commitment to increasing awareness amongst staff and the community on the importance of quality in the provision of health care.

We also take this opportunity of acknowledging Quality Improvement Programmes and celebrating World Quality Day which was observed on the 9th November 2006.

Our effort to provide quality health care, through the implementation of Batho Pele Principles, was recognized in November 2005, when the Hospital won the Gold Award in the Premiers Service Excellence Award Programme. However, we must continuously guard against complacency and strive to sustain the high standards of care, which we have set for ourselves.

In terms of high service standards we are faced with many challenges:-

e.g: - decreasing waiting times for elective surgery

- improving the quality of data collection, validation and analysis
- ensuring health promotion is included in all clinical guidelines and programmes
- the need to benchmark ourselves with other institutions who deliver similar levels of care so as to measure our efficiency and effectiveness.
- sharing of best practices

I am proud to announce that through the tireless efforts, commitment and dedication of all our staff we achieved an overall score of 94% in the external survey conducted by the Council of Health Services Accreditation in Southern Africa (COHSASA) and we were granted a Focus Survey in 6 months.

I am certain that together as a team, we will address the short comings and will be granted full accreditation status when we undergo the focus survey in February 2007.

In conclusion, the sustained delivery of high quality health care will contribute to our shared vision of the KZN Department of Health "to achieve optimum health status for all persons in KwaZulu-Natal".

DR K. NAIDU
Hospital Manager

A man was telling his neighbour, "I just bought a new hearing aid. It cost me four thousand dollars, but it's state of the art. It's perfect."

"Really," answered the neighbour. "What kind is it?"

"Twelve thirty."

Grey's Hospital Awards and Award Winners 2006.

Merit Award: For the student nurse of the year;

Miss Leigh-Anne Morton.

Matron's Prize for Leadership:

Miss Leigh-Anne Morton.

Senior Medical Staff Prize: For the highest aggregate in Oral and Clinical Assessments throughout training;

Miss Inge Louise Nel.

Dr William O'Brien Prize: For the highest aggregate in theory exams throughout training.

Miss Inge Louise Nel.

Group 1/86 Trophy: For the student nurse who has shown the best all round performance in Psychiatric Nursing; Miss Leigh-Anne Morton.

David Canning Memorial Trophy: For the student who has shown the best all round performance in Midwifery;

Miss Inge-Louise Nel.

Mavis Nash Trophy: For devotion to duty;

Miss Leigh-Anne Morton.

Blair Turton Trophy: The student nurse who obtained the highest aggregate in Oral and Clinical Assessments in the second year; Miss Nontobeko Abigail Ngubane.

Dr R.E.Stevenson Award: For perseverance and achievement.

Mrs Helen Mary Williams.

Group 4/75 award: for the junior nurse who obtained the highest aggregate in oral and clinical assessments.

Miss Thobile Gubese.

Group 1/88 Fellowship Award: For the Bridging Course Student of the year 2005/6

Ms Thabisile Primrose Ngcamu.

Robert Webb Award: For the Enrolled Nurse of the Year.

Miss Eloise Nadine Lawrence

Henrietta Stockdale Floating Trophy: For the Senior Student Nurse who presents the best professional image for the year 2004/5.

Miss Ashira Shreepal.

The following staff members were nominated for the Employee of the Month Awards and were issued with letters of commendation.

Mrs DH Dlamini	Food Services Aid
Mr. N Ndima	Senior Food Services Supervisor
Mrs LP Mthembu	Senior Food Services Supervisor
Mr. D Naidoo	Unit Manager Ward B1
Sr DM Khumalo	Theatre
ENA M Gcabashe	Theatre
Enr S Ramdan	Theatre
ENA C Nzimande	Eye Clinic
Sr J Williams	Eye Clinic
Sr L Morton	Eye Clinic.



Campus News.

The Campus welcomed two more tutors to the fold at the beginning of September. They are:

Mrs Umritha Raj Sooruth trained at Northdale Hospital and worked there for 20 years before transferring to the campus. She has a degree in Nursing Science, Primary Health Care and Nursing Education and a Diploma in Quality Management. She is teaching Fundamental Nursing Science. She was a Clinical Co-coordinator at Northdale and is married with one son.

Mrs Shamla Pillay also trained at Northdale Hospital and worked in Quality Assurance and in their Clinical Department. She obtained her degree from Potchefstroom University in Nursing Education and Administration in 2002 and is teaching Community Health at the Campus. She is married with two children.

Mrs Sharmen Mahadeo returned to Grey's campus at the beginning of October, after an absence of two and a half years. She has been appointed as the Subject Head for Midwifery. She taught Midwifery previously at Grey's Campus before going overseas to Oman.

In Pursuit of Excellence.

Critical care nurses by definition experience many moods and emotions in caring for the critically ill patients and their families. Included in these feelings are feelings of satisfaction and fulfillment that are realised when the patient and their family perceive that as a result of the patient-nurse interaction, a beneficial change has occurred and this has made a difference in the outcome, or that the patient has been allowed death with respect and dignity. The art of caring is using the 'me' principle and focusing on patients as people and considering that 'that could be my family' in that bed, rather than on the illness. Being human must become the central point in everything that the nurse does for her patient in delivering exceptional nursing care.

Often the critical care nurse experiences feelings of helplessness and frustration when, despite their best efforts they witness the demise of a patient with whom they feel a close bond. On the other hand, patients in ICU also tend to feel a sense of losing their self worth, independence and privacy, due to the nature of their illness or disease, resulting in a dependence on the knowledge and skills of the dedicated team attending to them.

I think working in ICU develops an ever-increasing awareness and understanding of self and of one's integrity. The special bond that exists amongst critical care nurses helps each of us gain some insight into who we really are, and what makes us tick.

I have been privileged in the 9 years that I have been Unit Manager of this ICU to have had a very special and dedicated team working with me. There have been many changes and challenges over this time but I think we have adapted exceptionally well to every one.

I would like to thank all the wonderful

people that I work with and with whom I have developed a special relationship. We are a family working together and sharing both the good and bad times. God has and will always be our inspiration and guide in this unit with its special group of dedicated people.

In conclusion it is always pleasing to hear from outsiders, especially those in the medical profession that the unit and its staff is held in high regard and can be considered to be amongst the 'best of the best.'

Senior Sister Jenny Stewart.

Rotary donates "Survivor Bags."

Every year more than 600 children between the ages of two and 14 years are seen at Grey's Hospital's Child Abuse Clinic, following some form of sexual abuse (mainly girls but about 10-12 boys are seen each year.)

More than half of these children have been abused within 48 hours of presenting at the clinic and so the collection of forensic evidence is crucial.

The whole experience is extremely traumatic for the child and to add to their humiliation their underwear is confiscated for forensic analysis.

The Azalea Rotary Club of Pietermaritzburg in partnership with the Pietermaritzburg Child and Family Welfare Society is attempting to try and alleviate the plight of these children in some small way and restore their dignity by providing them with the following:

New underwear,

Facecloth and soap

Toothbrush and tooth paste

Body lotion for the older girls and a comfort doll or soft toy for the younger girls or boys.

The Rotary Club has purchased items to complete the first batch and the Rotary Anns have made handmade small bags to put the items in. The first 30 bags were handed over to Dr Neil Mckerrow on 19th August by Rotarian Mark Todd.

Roast Turkey.

When buying a turkey allow 300g of raw weight per person for turkeys with a total weight of up to 7kg. For turkeys over 7kg allow 200g per person. E.g. A turkey weighing 5.4kg will feed 18 people, a turkey weighing 7.6kg will feed 35 people. Don't forget this all depends on the people you are feeding!

Fill the turkey with your favourite stuffing. As there are two cavities, a suggestion is to use two different stuffings thus catering for different tastes.

Place the turkey in a roasting pan and brush liberally with dripping, butter or bacon fat. A taste also is to cover the top of the turkey with streaky bacon, this not only adds flavour, but prevents the turkey from drying out.

Pre-heat your oven to 180°C and place the turkey in the center of the oven.

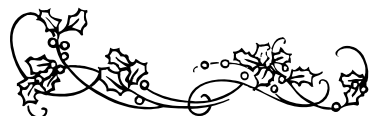
Cooking times:

3-5.5kgs allow 25min/500g

5.5-7kgs allow 20min/500g

7-11kgs allow 18 min/500g

Foil wrapped turkeys are cooked at 220°C, in the center of the oven, at the same cooking times as above, except open up the foil during the last 30minutes of cooking to brown the skin.



RADIOLOGY DEPARTMENT **2006**

The new radiography post establishment was finalised towards the end of 2005. The radiography manager post was filled in July 2006 and the filling of the assistant manager posts has been deferred until the new financial year due to financial constraints.

The filling of posts has been difficult due to the attraction of the rural and inhospitable allowances offered at other institutions. It has been largely due to the five community service radiographers and

performance of overtime that we have been able to maintain the service this year.

The department is HPCSA accredited for the training of diagnostic and ultrasound student radiographers. The students rotate through the PMB Metro complex on a three year rotational system for their clinical training and attend lectures at the Durban University of Technology.

A presentation on our department was done by one of the chief radiographers to the students at DUT, so hopefully they will be enticed by the wonderful presentation, to join us at Grey's Hospital in the near future.

Initial discussions have been held regarding the implementation of "assistant radiographers". The need for a mid-level worker in the field of radiography has been recognised but is still in the infancy stages. This is being developed and implemented by HPCSA, Department of Health and the SETAs.

The first two radiology registrars trained at Grey's Hospital passed their final FCRad (Diag) SA examinations in May 2006. Congratulations to them both – we wish them every success in their future careers!

Courses / congresses attended by various staff members include a SORSA seminar held at Grey's Hospital, International Radiology and Radiography congress, Cardiology Congress, Ultrasound Congress, Mentoring course, Assessor Course and Computer courses. We also have a very successful in-service training programme and have had many interesting lectures throughout the course of the year.

The mammography unit was commissioned in April 2006 and the number of patients attending the department is rapidly increasing.

A proud achievement for the department was receiving a score of 98% in the final external survey conducted by COHSASA.

As another year comes to an end, I would like to thank ALL the staff for their hard work and dedication and wish them and their families a very healthy, happy and prosperous new year.

**MRS D WOOD
RADIOGRAPHY MANAGER**



PAEDIATRICS REPORT 2006

It is my pleasure to be able to say a few words on the progress of the Paediatrics Department at Grey's Hospital in 2006. Firstly, I would like to mention that I am pleased to have joined this institution in June as Head of Department. I have had to fill the shoes of a very competent and well-loved member of staff in Dr Kimesh Naidoo, both by patients and peers alike. Judging by the response at his farewell party in August this year, Dr

Naidoo has left his lasting impression on the department and will be sorely missed. Among his contributions is the initiation of the paediatric HIV / AIDS treatment clinic; one of the largest in the developing world, an endocrine clinic, and a smooth-running paediatric department. We wish him well in his new job as Head of Paediatrics at King Edward VIII Hospital in Durban!

Since my arrival here, there have already been many challenges – most underlined by the obvious problem of lack of human resources in our public health system. As a result, the tertiary paediatric development that has been planned at Grey's Hospital is being hampered. Therefore, my greatest appreciation goes to the doctors, nurses, allied medical and support staff in the hospital – against difficult odds your caring and inspiring endeavours make coming to work a rewarding experience. With the severe nature of our patients' illnesses, your understanding and commitment does not go unnoticed.

Great efforts are being made to improve patient care in our area by members of the department – these include the initiation of a home-based tracheostomy care program by PICU staff, the expansion of a clinical audit system to improve the care of all children in the country in ChIP, ongoing commitment to paediatric HIV/AIDS, the addition of the genetics clinic to our specialist out-patients department, a dynamic approach to tertiary care for patients with difficult problems, and the continuation of tertiary NICU facilities under tremendous pressure. Thank you!

A special thanks goes to Dr Neil McKerrow and the hospital management for giving me the opportunity to spread my wings and contribute to making health care more accessible to our people. Several obstacles still need to be removed to get to the light at the end of the tunnel, but with an improved staff complement with twice the number of registrars, all medical officers' posts filled, more interns and hopefully consultants – 2007 looks extremely promising for the Paediatrics Department in the Pietermaritzburg Metro. So, enjoy the festive season, and stay safe – our children, the nation in development, need you to come back next year revitalised to continue the fight to improve their health for the future!

Best Wishes – Dr BL Dhada – HoD Paediatrics.

An extract from Connie's farewell to Jan Reed.

It is said that you can count your good friends on one hand, but Jan had many, many more and though I speak for myself, I know I speak for all her friends.

Jan was born in Kenya, to Harold and Marge Rooker-Smith, the only daughter after three sons. After schooling in Kenya she trained at Addington Hospital and after qualifying she nursed in Johannesburg for a while. Her father and Ted's dad used to go horse riding together and so she met Ted, who she married in 1968. They moved into their home, Greenfields, when her parents moved to

Rhodesia, and remained there for the rest of her life. Jan made Greenfields into a lovely, happy home filled with freshly cut flowers and the sound of music.

In a way I always quietly envied Jan for the work she did and the dedication to what I can truly say was an art in the way she dealt with it all.

She could be very assertive when necessary and frank when called upon to be so. She was not afraid to challenge injustice regardless of rank, power or money and gave me the courage to do the same.

We shared the love of books. The creative, romantic side in us shared the love of poetry, needlework and embroidery, the beauty of trees and flowers in the garden.

As Marlene Dietrich once said 'It is the friends that you can call up at four in the morning that matter.' No truer words can be spoken – like the time I phoned Jan late at night to tell her of Bryan's accident. She promptly got out of bed and stayed in theatre until 1 a.m. Only to report on duty on time the next morning.

It wasn't long after this that Sheila, my assistant, suggested that Bryan's bad luck would change if he were sold to another mother. Jan promptly pulled R1 out of her purse and bought him!

Jan did not fuss about material things and was generous to a fault. She was considerate, compassionate and kind with a very patient ear. She was loyal and one always felt safe.

She had an irresistible desire to see others happy.

Jan had many Janisms, amongst them, 'What's the matter?' she would ask. "Life is too short"; 'it's going to be fine.'; 'What a lot of dog'; Good, good'; 'Hello sweet thing' and 'Now let's not be silly about this'.

Sometimes when I felt sad about someone, Jan would say 'Remember Con, the soul would have no rainbow if the eyes had no tears'.

She loved bright colours, especially red and her needlework projects are all bright. Jan loved broaches, Blue Grass, Chanel no. 5 and oh dear! Toasted cheese sandwiches!

She loved clouds. When we holidayed in Kenya we were always having to stop and admire the clouds. 'Con, one day when I am no longer around, look for me in the clouds' she said.

We do not cross one another's path without purpose, only with the capacity to make a difference. My life is the better for having shared so much with Jan.

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Over the ground is a mat of green

Over the grass is dew

Over the dew are arching trees

Over the trees are blue

Dotting the blue are scudding clouds

Over the clouds the sun

Over the sun is the love of the lord

Blessing us every one.

One who looks for a friend without faults will find none.

Great Truths about life that little children have learnt.

- **No matter how hard you try, you can not baptize cats.**
- **Don't sneeze when someone is cutting your hair.**
- **The best place to be when you are sad is grandpa's lap.**
- **When your mom is mad at your dad, don't let her brush your hair.**



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