



**The Greype-Vine
Grey's Hospital**
Pietermaritzburg
May 2008



www.kznhealth.gov.za/greyshospital.htm



Grey's Hospital Family Fun Day held at Midmar Dam.
19th April 2008

FORTH COMING EVENTS

FUN RUN SATURDAY 28 JUNE 2008

DINNER AND DANCE SATURDAY 30 AUGUST 2008

SPORTS DAY SATURDAY 1 NOVEMBER 2008

Editorial Committee:

Editor:	Alison Guise-Brown	Pager 515
Members:	Mrs. A Chetty	Occupational Therapy. 3200
	Mrs. Y Thambiran	Mammo 3019
	Miss K Deepnarain	HRD 3308
	Mr. Z Mntungwa	PRO 3684
	Mr. G Runganathan	Audiology 3198

This edition we have started a new initiative where we plan to publish a photograph of all the staff in one of the departments in the hospital, so those of you who are new to the hospital or who are cloistered up in your own department and don't have the chance to get around, can see what the people that you talk to on the phone and deal with, look like. This editions photograph is of the staff from the Rehab department and the picture was compiled by Gerald Runganathan from Audiology. Thank you.

The functions planned by the events committee promise to be a great deal of fun and we would like to encourage as many of the hospital staff as possible to bring their families and join in the festivities. If you don't think you will manage to run the 5km fun run then volunteer to marshal or help at the start, and that way you will still be part of the fun. If you start training now, you never know, you might just manage to do the run after all.

Winter has arrived and although so far the weather has been very pleasant,



I am sure it will turn cold soon and then we'll have no doubts as to which season it is. Looking out the window from the Campus, towards the Doctor's Quarters, the awesome colours of the leaves as they change on the trees makes you appreciate nature and its splendour. Although Addington Hospitals' patients are able to look out over the sea, the beauty of

winter is ever apparent in the gardens of Grey's.

Why do people pay to go up tall buildings and then put money in binoculars to look at things on the ground?

TEEN SEXUAL AWARENESS DAY

In commemoration of Reproductive Health Month, the Departments of Obstetrics & Gynaecology and Social Work, hosted Teen Sexual Awareness Day. The purpose of the programme was to assist high school learners in making healthy responsible sexual decisions and reduce the high rates of teenage pregnancy. The issue of teenage pregnancy was highlighted for Reproductive Health Month due to the alarming rate of teenage pregnancy. Statistics from Grey's and Edendale Hospitals alone for the year 2007 revealed that between 19 – 31% of all deliveries belong to teenage mothers. The high rates of teenage pregnancy are of particular concern due to the health risks to the mother, to the baby and the negative consequences on the teenager's future dreams and goals as well as the country as a whole.

Seventy two learners and educators from 15 high schools in Pietermaritzburg and surrounding areas attended the programme held on 29 February 2008 from 08h30 – 13h00 at the Recreational Hall. The high schools targeted for the programme were identified from the statistics within the Social Work Department which showed that most teenage pregnancies dealt with were from these schools.



Teen Sexual Awareness Day was a huge success as the educators and learners who attended responded positively to the programme presented. Presentations on Sexually Transmitted Infections (including HIV/AIDS), Contraception and Social Aspects of Teenage Pregnancy were presented in an interactive manner with an opportunity for questions to be asked. The

large number of questions posed by the learners was an indication that they were glad to have a forum in which to openly discuss pertinent topics. Many of their questions highlighted the lack of information/misinformation that they had. Staff present was impressed by the learners' ability to assimilate the information present and ask meaningful and well thought out questions.

An important aspect of the programme was the small group discussions after the presentations, during which each school had to devise a plan of action as to how to disseminate the information gained to other learners at their respective schools. Most schools decided on similar ways of cascading the information to other learners such as promote one message of abstinence; give young people information to enable them to make responsible choices, using graphic images of sexually transmitted diseases in awareness campaigns, using drama and other methods that appeal to teenagers in order to raise awareness and develop peer educator programmes so that teenagers can talk about their problems.

Teen Sexual Awareness Day will be followed up by obtaining written feedback from the schools who attended to look at what they have been successful in implementing and whether any further assistance is needed. We hope to be able to continue with this programme each year while targeting different schools as the programme has certainly made a positive impact on those learners who attended.

Here are some excerpts of what learners had to say about Teen Sexual Awareness Day:

Have sex only if you are ready and I think we should wait till we are legal and mature enough to face consequences. Don't do adult things.

When I came to the workshop, I did not know much and I did not know what to expect. But now I have an open mind about everything. I learned things that I did not know, especially about pregnancy and HIV/AIDS.

I've learned quite a lot and I've learned that your decisions have nothing to do with anybody else but yourself. I've learned how to take care of myself as a woman and how to go about becoming the best I can be.
I've learned more about contraception.

I've learned that teenagers falling pregnant still at school is wrong and how much of a responsibility it is.

I've learned that abstinence is the perfect way to prevent pregnancies, STI's and HIV/AIDS.

Diane Mariah-Singh. Principal Social Worker

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Campus/Clinical Department News.

Mrs. ND Simelane returned from maternity leave. She had a little girl, Emihle on 18th December 2008. We congratulate her on the new addition to her family.

Sister Alison Beggs joined the Clinical Department at the beginning of March. She trained at Grey's completing the four year course in July 1999. Thereafter she worked in Wards D2 and Nathan, winning the Light of Learning Trophy in 2001 before traveling to England. She worked at King Edward VII Hospital in London for 5 1/2 years before returning to South Africa. We are very pleased to welcome her back to Grey's and more especially into The Clinical Department.

Sadly Tryphina Ngcobo, one of the general assistants who worked in the Campus, passed away on 23rd May. She had worked at Grey's for 27 years. The Campus staff would like to send their condolences to her family.

Crèche News.

The staff, parents and children at the hospital crèche would like to wish Mrs. Lorraine Willemse farewell and good luck. She left at the end of April to relocate with her husband to Empangeni. Lorraine had worked at the crèche for 16 years.



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?"

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EXERCISE FOR OVER 30'S

Just came across this exercise suggested for the over 30's to build muscle strength in the arms and shoulders. It seems so easy so I thought that I'd share it with you. The article suggested doing it three days a week.

1. Begin by standing on a comfortable surface, where you have plenty of room at each side. With a 2kg potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax.
2. Each day, you'll find that you can hold this position for just a bit longer. After a couple of weeks, move up to 5kg potato bag. Then 25kg potato bag and then eventually try to get to where you can lift a 50kg potato bag in each hand and hold your arms straight for more than a full minute (I'm at this level).
3. After you feel confident at that level, put a potato in each of the bags.

United Christian Fellowship.

A group of staff members have been holding Church services in the Hospital Chapel, every Monday and Wednesday from 1pm-2pm, for over 10 years. Monday's service is a prayer service and on most Wednesdays they invite a speaker from either Africa Enterprises or Jacobswell Ministries.



Pastor Isaacs, from Ghana, came to preach to the congregation at Easter.

Light of Learning Trophy.

The Group 7/88 Light of Learning Trophy has been won by Mr. CJ Marion, Unit Manager of Ward G1, for the second year running. He was voted the best teaching sister in the hospital by Group 7/2004.

Comrades Marathon:

The Comrades Marathon will be run on Sunday 15th June and finishes at the Alexandra Park Cricket Oval. Any member of nursing staff wishing to volunteer to help in the Medical tent can contact St/n N Peterson Group 4/2008 or can meet at the Oval at 9am on the day.

The Greype-Vine Editorial Committee members would like to wish good luck to any Grey's Hospital staff members who are running Comrades.

At the end of the money I always have some month left.

KKS Autumn Braai Experience.

On Wednesday 14th May 2008 Mrs. Fletcher-Campbell and Mckenzie, Sr G MacIntosh, Carpenter, Beggs and Guise-Brown went



to the staff dining hall to savour the KKS special lunch. This was the first time we have taken part in one of these events and found the décor was lovely and the food very tasty.

Dietetic Intern Zeruiah Pillay must be congratulated for the superb lunch and atmosphere. Apparently the sales yesterday were more than double what they have been for previous theme days.



Gaby Ntuli (food service assistant), Louise and Zeruiah Pillay (dietetic interns) at the KKS April theme lunch.

Congratulations to Ward M1 who were recently awarded 98.5% for their Environmental Infection Control audit. This is the highest mark obtained by a ward since the audits first started. NICU obtained 92.8%, the highest mark from the units (ICU, CCU, and PICU) for the month of May.

Casualty Staff new uniforms.

The Grey's Casualty Department sisters and staff nurses are wearing new uniforms while on duty. After being granted permission by Nursing Management, because of the bending, lifting and carrying of patients in and out of cars and bakkies that they have to do, they are all now wearing maroon scrubs. The three sisters spoken to commented on how comfortable and practical the new uniforms are. Even members of the public have commented on how smart they look.

However, the staff must arrive on duty and leave in their white nurse's uniform as well as any staff member who attends an official meeting does so in his/her whites.

Sr M Hitchcock, Sr G Lonsdale and Sr K Emanuel with Dr Wilson, wearing their scrubs.



How is it that we put man on the moon before we figured out it would be a good idea to put wheels on luggage?

Event Summary: Lifestyle Diseases and Health Awareness

Lifestyle diseases and health awareness formed the focus of the health promotion initiative by the Event's Committee at Grey's Hospital. The programme was hosted in the Outpatient's Department on 23 April 2008 and consisted of presentations from a multi-disciplinary team and the opportunity to interact with nursing staff and allied health professionals at information tables containing practical ways of maintaining healthy lifestyles.

Dr. Naidoo (Hospital Manager) welcomed the staff and patients who attended the event and contextualized the theme of the day as being both a concern about the types of illnesses prevalent in society and a need to encourage preventative initiatives promoting healthy changes to daily living.

Dr. Ganie (Neurology Department) outlined critical aspects of stroke, including a disease profile, prevalence in the population, treatment considerations and the importance of encouraging healthy living.

Shantal Singh (Clinical Psychology Department) presented a need to shift from mind/body dualism and the importance of recognizing health promotion techniques as preventative initiatives. Some of the practical aspects highlighted were ways of remaining motivated to encourage a healthy lifestyle, relaxation techniques, and increasing pleasurable activities to reduce stress.

Nicky Wiles (Dietetics Department) discussed the importance of maintaining a balanced diet and examined the information contained in food labeling. She emphasized a need to be vigilant in selecting the appropriate food to eat while being aware of economic factors.

Information tables containing pamphlets and posters were completed by the Coronary Care Unit, Renal Unit, Stroke Unit and the Rehabilitation unit. Attendees were also given the opportunity to have their blood pressure and blood/glucose levels checked by nurses. The Hospital Choir provided excellent entertainment.



Everyone who contributed and participated in the event is thanked for making the event successful. Hopefully we will be able to make proactive health changes and sustain positive outcomes.

Shantal Singh
Senior Clinical Psychologist

HRD NEWS.

Congratulations to both Ms. K Deepnarain, (staff office) on the arrival of her daughter Saniya, born 3rd December 2007 and to Ms. N Sithole, (labour relations) on the arrival of her daughter Bandile, born 27th March 2008. We wish you both everything of the best in the future.

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Infection Control Symposium.

The annual Infection Control Workshop will be held in the Grey's Campus Auditorium on Thursday 16th October 2008. Registration commences at 07h30 and the day should be completed at about 15h00. Topics include: Communicable disease and immigration control, MDT/XDR TB and Managing Isolation. Staff wishing to attend the symposium should contact Mrs. K Magubane on extension 3016 or e-mail Khanyisile.magubane@kznhealth.gov.za

As you get older your secrets are safe with your friends, cos they can't remember the either.

Easter Fun Day at the Crèche.

On the 19th March 2008 the children at the crèche were treated to a fun day. It was organized by the members of the Crèche committee and included a jumping castle for the kids, a colouring-in competition, face painting and an Easter egg hunt. The



raffle for an Easter hamper was won by Sr LP Daniels from Oncology Department.

Easter eggs were taken to the children's wards by the Easter bunny and the crèche

children were given party packs to take home.



A fun time was had by all.

The best way to forget your troubles is to wear tight shoes.

Greype-Vine e-mail address.

All articles written by staff are most welcome to be submitted to the Greype-Vine for publication. If you have anything that you think might be suitable please submit it to us at CTD.Greys@kznhealth.gov.za or send to Clinical Training Department in the Outlook Global address book. Unfortunately some articles have been submitted to us using the 'Grape-Vine' address but we are unable to open them as we do not have a password. If your article is one of these, please accept our apologies. We are working on the problem.

SPORTS AND RECREATION EVENTS COMMITTEE

REPORT FAMILY FUN DAY

THE EVENT TOOK PLACE AS PLANNED ON 19 APRIL 2008 AT MIDMAR DAM. SIXTY ANGLERS PURCHASED TICKETS TO TAKE PART IN THE FISHING COMPETITION. (46 ANGLERS FISHED ON THE DAY). THE MONEY RAISED FROM THE SALE OF TICKETS WAS USED TO PURCHASE TROPHIES AND MEDALS. EACH ANGLER RECEIVED A MEDAL FOR TAKING PART IN THE COMPETITION AND THE TROPHIES WERE FOR THE CATCH OF THE DAY. ALL TICKET HOLDERS WERE ELIGIBLE FOR THE LUCKY DRAW AND MANY FANTASTIC PRIZES WERE WON ON THE DAY. FISHING WAS NOT VERY GOOD ONLY TWO FISH WERE CAUGHT FOR THE ENTIRE DAY (1 CARP AND 1 BASS). THE CARP WAS CAUGHT BY COLLIN PERUMAL FROM THE SUPPLIES DEPARTMENT AND THE BASS WAS CAUGHT BY RANJAY SINGH FROM TOWN HILL HOSPITAL **WELL DONE GUYS.** TO THE OTHER FISHERMEN AND WOMEN BETTER LUCK NEXT TIME.



THE FUN EVENTS AFTER THE FISHING COMPETITION WERE ENJOYED BY ALL. THE CHILDREN HAD A FANTASTIC TIME TAKING PART IN EVENTS SUCH AS EGG&SPOON RACE, SACK RACE, BALLOON

BURSTING AND BELL SEEKING WHILE THE ADULTS TESTED THEIR CO-ORDINATION IN THE THREE LEGGED RACE (GREAT FUN)

ALL IN ALL IT WAS AN ENJOYABLE DAY WITH APPROXIMATELY 128 PEOPLE HAVING GREAT FUN. SPECIAL THANK YOU TO ALL THOSE THAT ASSISTED AND PARTICIPATED IN OUR FIRST EVER OUTSIDE EVENT.

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P. PILLAY
SPORTS AND EVENTS RECREATION COMMITTEE



Grey's Hospital Choir.

All staff who wish to join the choir are most welcome. Choir practices are held on Tuesdays and Thursdays from 13h00-14h00 in the Midwifery lecture theatre.

FUN RUN/ WALK - 28 JUNE 2008



Competition.

Can you tell us the names of the people in the photographs?

Please send your answer to Clinical Teaching Department at the Grey's Campus by Friday 20th June 2008 and you could be the winner of a chocolate cake sponsored by **Chatters Coffee Shop**.

Fun is the key word in our endeavour to provide an entertaining day for all our staff and their families. So even if you can't run, are young or old, with or without children, we welcome you to participate in our fun run/walk which will be approximately 5km between Grey's and Town Hill hospitals. Babies in prams, wheelchairs for the disabled, a supporting arm or more can all help you participate in this morning race which will only cost you R10.00 a person at 8am sharp.

*Are you willing,
Are you motivated,
Can you get to the finish line,
Do you have team spirit,
Come and see us for a ticket....*

The day promises to be fun and entertaining for all. A tea garden, braai fires for those who want to bring a braai picnic, a jumping castle for the kids, face painting and balloon blowing are all part of the day. There's also a buzz about a fire engine for kids and loads of socializing.

We are looking for volunteers to assist us with the planning of this day. If you can bake, be a marshal, man the tea garden or help with other activities not limited to the above we would greatly appreciate you on our team.

Please contact any member of our team.

The Sports and Rec.Team: Polly Pillay (Chairperson) 3757 Pager. 309

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CEREBRAL PALSY WORKSHOP

In honour of **cerebral palsy week** in May this year, the Rehab departments will host a workshop for the caregivers of children with developmental delay. The workshop will focus on personal hygiene, basic first aid, household food security and a mothers' perspective on managing a disabled child. Empowering caregivers with skill and confidence in themselves, are our primary aims, in order to overcome helplessness and dependency.



We thank the events committee for funding for this workshop and the various role players who will make this day a success for us. A special thank you to all the willing speakers: EMRS College – Mrs Makanye , Infection Control – Grey's – Mrs Magubane , Nutrition Advisor -District office – Ms Ngubane, and our caregiver Mrs Busiswe Ngcobo.



Rehab

Celebrating Child Protection Week 2008

The Department of Clinical Psychology and Social Work, Grey's Hospital, jointly organised and presented the celebrations of Child Protection Week in OPD on Tuesday 27th May 2008. This was in line with the international calendar on the above celebration with the 26th May to 01st June being declared as Child Protection Week.

This year's theme was on ***“Parental Monitoring, Identifying and Avoiding Risk”***. Mr. Nkosikhona Colvelle, a Clinical Psychologist at Grey's, gave a resounding speech on the day's theme. His talk revolved around making parents/caregivers aware and reminding them that they are the sole guardians of their children and that being protected, for children, is not a privilege but a right. The emphasis was also made that parents/caregivers must try at all times to know the whereabouts of their children, and that parents should also let their children know where they are and how to get hold of them should there be a need. Parents/caregivers were made aware of the importance of identifying risky situations, people and areas, to prevent accidents from befalling their children and thus minimizing injuries before they happen. Among other things, parents/caregivers were made aware that accidents and risks do not only happen outside the home and from

strangers, and that they need to work out ways of avoiding any form of danger or risk within their premises.

Other speakers who also gave talks on protecting children were Inspector Khoza from FCS who emphasised to parents/caregivers that perpetrators should be brought to book, Halalisani a social worker from Child Welfare Society encouraged parents to report any form of abuse and he further explained that Social Welfare services are not just about placement of children but are for a holistic care of the child.

Sister Phetha from Ward A1 told parents/caregivers that most injuries that occur to children can be prevented and highlighted the nature of injuries they deal with in the awards.

Anja and Marike from the Rehab team at Grey's talked about the development of the child and how to assist the child reach all the milestones required for normal development.

We would like to express our gratitude to the speakers who responded positively to the invite, the Medical Manager, Dr Bilenge for his welcome and giving insight to everyone on the types of abuse and role that each can play in prevention thereof, the Grey's Hospital staff and management who participated in the event, the parents/caregivers and children who also attended the event and participated in the proceedings, as well as the patient community who graced us with their presence. Appreciation also goes to all who helped us with organisation of the event, viz. Mike Thomas from Maintenance, KKS for supplying us with refreshments, Mr. Mntungwa our PRO and his intern, for video recording and camera, and last but not least the switchboard team for ensuring that we had the required sound system levels. We also thank our Program Director Zanele Ndlela from PICU for her energetic presentation of the proceedings and her wise words.

One Child Saved... Equals the Future Preserved... And the Nation Salvaged!

Parents where do your priorities lie?

Phindile Msengu (Social Worker).

BRITTANY (age 4) had an earache and wanted a chewable aspirin. She tried in vain to take the lid off the bottle. Seeing her frustration, her Mom explained it was a childproof cap and she'd have to open it for her. Eyes wide with wonder, the little girl asked: "How does it know it's me?"

Grey's Rehab '08



Front Top: Rabea, Anil, Yugesh, Fran, Susanna, Nicky, Ruwaida, Jo, Muman, Gerald, Angela, Lukha, Sitwe, Heidi, Kaylee, Candice, Emma, Lana, Judy, Preffy with Doreen, Moosa, Tamaryn, Marilee, Kara, Tracy, Rhonda, Jolie, and Nabeel.



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