



The Grey-Vine Grey's Hospital

Pietermaritzburg

August 2008

www.kznhealth.gov.za/greyshospital.htm



Group 7/2007 held a cultural day at the Campus where the students shared their different cultures and traditions with each other.

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

Official Spring Day has come and gone but I feel sure we will at some time still have to have a few days of winter before spring really arrives. Somehow winter this year seems to have been particularly warm.

The two Cosatu Strikes that occurred during the last two months caused some disruptions with the daily functioning of the hospital but it was pleasing to see how many staff members made the effort to come to work. The accommodation provided in the nurses home and in the hospital definitely made things easier for staff who regularly travel long distances to work.

Sales of The Grey's Hospital Commemorative brochure remain slow. If you are interested in buying one, they cost R50.00 and are available from Sr A Guise-Brown Pager 515 or from the PRO Mr. Zamo Mntungwa. Your R50.00 will buy you the old history book as well as the updated brochure and both books are well worth reading.

Group 7/07, under the guidance of Mrs. S Chandramohan held a Cultural day in the Campus. Students were encouraged to dress according to their culture and some students were seen wearing very pretty and colourful outfits. There was dancing, singing and each group gave a short talk about their particular culture and what it means to them. Those of us who were lucky enough to attend, thoroughly enjoyed the afternoon.

**Man who live in
glass house should change clothes in
basement. (Confuscious.)**

Grey's Fun Day

The Grey's Hospital Fun Day and Fun Run were held on Saturday 28th June 2008. The morning got off to an energetic start with lots of people taking part in the Fun Run/walk. Staff arrived with their spouses and children and it would appear that a good time was had by all who participated. The course was quite strenuous, especially on the return trip through the Townhill Hospital grounds and many an enthusiastic runner was seen walking on the steep uphill past the Nursing College. The 5km run was won by Ravi Naicker from Pharmacy, with the first lady being Alison Guise-Brown.

2nd male: Mark Smith
2nd lady: Zanele Buthelezi
1st boy: Michael Du Casse
2nd: Liam Scannell (7)
1st girl: Lihlie Maphanga
2nd: Aliya Singh
1st walker: Judy Gush
1st veteran: Joyce Goosen
1st pram: Taegan George



Dr Ruben Naidoo and Dr Belinge both ran

Other activities for the day included jumping castle, sack race, three legged race, wheelbarrow race, bell seeking, egg & spoon and balloon bursting.

The adults had a problem with the sack race (complaining that the sacks were too small, they

were told that the sacks were the same size, it was the person in the sack that was too big). Thanks guys and dolls for being such great sports, you made the day.

The tea garden was a great success and the arrival of the fire engine brought sparks to the children's eyes. The day ended with a braai.

A big thank you to all the committee members, sponsors and helpers for the tea garden, staff from the various departments for assistance before and after the race, marshals, sponsors of medals and lucky draw prizes and all runners, walkers, strollers and pram pushers, you made the day a great success.

P. PILLAY
SPORTS AND EVENTS RECREATION COMMITTEE



Mano Moodley, Angela Chetty and Thiasa Naidoo in the tea tent.

Competition:

The May edition of The **Greype-Vine's** competition was won by Dr K Naidu and Lee-Anne Naidoo. They correctly named all the people in the Collage as:

1, Abraham Lincoln 2, Che Guevera 3, Elvis Presley 4, Desmond Tutu 5, Albert Einstein 6, Fathima Muir 7, Nelson Mandela 8, Fidel Castro 9, Mahatma Gandhi 10, Peggy Nkonyeni 11, Bin Laden 12, Benito Mussolini 13, Adolf Hitler 14, Oliver Tambo.

They won themselves a chocolate cake sponsored by **Chatters Coffee Shop**.

**Don't worry about the world coming to an end today.
It's already tomorrow in Australia
(Charles Schultz)**

Sister Viljoen from CSSD is retiring.

Senior Sr F Viljoen from CSSD retires at the end of October. She came to Grey's in 2001 from Piet Retief and worked in Theatre before moving downstairs to run CSSD. Her knowledge, sense of humour and effervescent personality will be missed by us all but we wish her well in her move to Ugie in the Eastern Cape.

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SANBS South African National Blood Service

SANBS will be having a Blood Donation Clinic in the OPD foyer.

Date: Tuesday 30th September 2008

Time: 12h00-16h00.

Please support this worthy cause.



Miss Heather Findlay,

Hospital Manager (CEO) of Edendale Hospital retired at the end of August 2008 having spent 47 years working for the Health Department. She previously worked at Grey's as the Chief Matron/Nursing Manager from August 1981 to August 2005. During that period she also held the position of Acting Hospital Manager from January-July 2003. We wish her well and time to

enjoy playing bridge, reading, walking and getting back into previous pursuits like bird watching and photography.



Senior Sister Leigh Scott and Miss Findlay at Miss Findlay's last Senior Staff Meeting at Grey's. Sister Scott remembers being at Miss Findlay's first Senior Staff meeting as Chief Matron.

Why does someone believe you when you say there are four billion stars, but check when you say the paint is wet?

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Stand up straight and mind your manners:

Society is such that an individual is judged on the basis of his social skills. Manners play a big role in social behaviour. They influence people's perceptions and behaviour towards an individual. Good manners indicate a good upbringing and are a mark of good breeding.

Each set of circumstances has its own accepted manners. However, all manners are based on the same principal; that is consideration for other people and being mindful of their feelings.

DOs and DON'TS

Stand in line: Form an orderly queue (standing in line) and wait patiently for your turn. It's not necessary to push up against the person standing in front of you. Leave a little space so if they do step back they do not stand on your feet by mistake.

Take your hat off when you go indoors: It is impolite for men to wear hats indoors.

Say "Excuse Me": If someone is blocking your way and you would like them to move, say excuse me and they will move out of your way.

Say "Please" and "Thank you": It is very good manners to say "please" and "thank you". It is rude if you don't.

Say sorry: If you accidentally bump into someone, say 'sorry'. They probably will too, even if it was your fault!

Cover your Mouth: When yawning, sneezing or coughing always cover your mouth with your hand.

Avoid talking loudly in public.

It is rude to stare at anyone in public.

Do not pick your nose in public: If your nostrils need de-bugging, use a handkerchief in the bathroom.

Do not spit. Spitting is very bad manners.

It is impolite to speak with your mouth full of food.

Language. If in a group and one or more people do not understand the language being spoken, make sure you use the language that all the people understand

Chewing gum: if you must chew gum, do it with your mouth closed.

Getting in and out of a lift: Always wait for those in the lift to get out before you try and get in. It makes sense that there will be more space in the lift if you allow others out first.

Never make a phone call after 9pm or before 6am, unless it is urgent.

Sniffing and snorting in public is rude. Rather blow your nose gently into a tissue or handkerchief.

Bill Gates recently gave a speech at a High School about 11 things children did not and will not learn in school.

He talks about how feel-good, politically correct teachings created a generation of kids with no concept of reality and how this concept set them up for failure in the real world.

Rule 1: Life is not fair - get used to it!

Rule 2: The world won't care about your self-esteem. The world will expect you to accomplish something BEFORE you feel good about yourself.

Rule 3: You will NOT make \$60,000 a year right out of high

school. You won't be a vice-president with a car phone until you earn both.

Rule 4: If you think your teacher is tough, wait till you get a boss.

Rule 5: Flipping burgers is not beneath your dignity. Your Grandparents had a different word for burger flipping: they called it opportunity.

Rule 6: If you mess up, it's not your parents' fault, so don't whine about your mistakes, learn from them.

Rule 7: Before you were born, your parents weren't as boring as they are now. They got that way from paying your bills, cleaning your clothes and listening to you talk about how cool you thought you were. So before you save the rain forest from the parasites of your parent's generation, try delousing the closet in your own room.

Rule 8: Your school may have done away with winners and losers, but life HAS NOT. In some schools, they have abolished failing grades and they'll give you as MANY TIMES as you want to get the right answer. This doesn't bear the slightest resemblance to ANYTHING in real life.

Rule 9: Life is not divided into semesters. You don't get summers off and very few employers are interested in helping you FIND YOURSELF. Do that on your own time.

Rule 10: Television is NOT real life. In real life people actually have to leave the coffee shop and go to jobs.

Rule 11: Be nice to nerds. Chances are you'll end up working for one.

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

Cancer Awareness Programme on the 7th August 2008

This programme was organized by the Events Management team and The Oncology Department. We would like to thank them for their hard work and commitment. The aim of the event was to educate the public on the benefit of early detection of cancer. The theme of the day was: "Early detection, better chances for cure".

With this programme we are hoping to change the common perspective of associating cancer with a death sentence and also to consequently decrease the numbers of people presenting at the Oncology Department with cancer at its late stages, where very little or nothing can be done to help them.

Cancer is a public health problem worldwide, it affects all people regardless of age, status gender and or population group. In the same token cancer is also potentially the most preventable and curable of all major life threatening diseases.

According to estimates made by the International Agency for Research on Cancer (IARC), there are currently more than 9 million new cases diagnosed worldwide each year with slightly more than half of the cases occurring in developing countries. The research estimates that by year 2015 this will increase to about 15 million new cancer cases being diagnosed annually, of which two-thirds will occur in developing countries.

In South Africa, 1 in 4 people could become a cancer statistic in their lifetime and most people may be affected directly or indirectly by this disease.

It is true that the number of cancer victims has increased over the years, and one amongst the many causing factors is the HIV epidemic. It is common knowledge that the HIV epidemic is on the increase and therefore the number of HIV related cancers is also increasing.

In this fight against Cancer, the emphasis is on making healthy lifestyle choices, early detection, and then better chances for cure.

How do we make healthy lifestyle choices?

We can achieve this by:

- Eating a balanced diet
 - Drinking plenty of water
 - Not smoking
 - Exercising regularly
 - Maintaining a constant body weight
 - Being sun smart
 - Doing self examination e.g. breast examinations
 - Engaging in safe sexual habits (HIV related Cancers)
 - Getting regular medical check-ups e.g. pap smears (women) and PSA tests (men).
-



(L-R Gary, Merle, T.Q, Jabu, Nokuthula, Lucky)

July was a month of celebration, especially with Mr Nelson Mandela turning 90. HR also had the chance to celebrate in July. It has become a tradition in the department for staff to buy cakes/lunch to celebrate birthdays. In July HR had 6 birthdays 'babies', with Merle sharing her special day with Madiba. They provided a lovely lunch that was enjoyed by all.



Five members of staff in the x-ray department have each worked at Grey's for more than 24 years. They are Maureen Amod (35 years), Eddington Matiti (32 years), Margaret Mbanjwa (36 years), Miriam Ahmed (24 years) and Mandlankosi Mkhize (27years). *Maureen* started working as a dark room operator at The Old Grey's and can clearly remember 'The Great Trek' to the new hospital. She helped to set up the new department and was involved in unpacking and filing the thousands of x-rays brought up from the old hospital. She says her work as a clerk has been revolutionized since the department obtained their computer and instead of making out index

cards manually and filing them alphabetically she can now do it all with the computer.

Eddington started at Grey's in 1976 as a GA in the linen room and in 1989 was promoted to work as a clerk in x-ray. He collects and delivers x-rays to the wards and was involved when all the old x-rays were moved to the archives. He says his work can be quite heavy at times but he enjoys the responsibility and commitment involved to ensure he doesn't make any mistakes.

Margaret worked at old Grey's as a GA, starting in 1972 in Ward M3 and then moving across to D Floor, St Anne's and later Ward M4. In 1990 she came to work in X-Ray as a dark room operator and is now an admin clerk. She processes the films, does clerical work and has also learnt how to use the computer.

Miriam started working at Old Grey's x-ray department in 1984, just before 'the big move.' She left for one month in 1995 to a job that wasn't what it promised to be and then came back to Grey's because it is much nicer here. She likes working in x-ray and enjoys getting to know the regular patients, especially those from oncology, and seeing them get better.

Mandlenkosi has worked as a porter in the x-ray department since 1981. He willingly pushes bed to and from the wards by himself, never complaining. He and Andreas taught the Zulu dancers and he is one of the leaders of the Grey's Zulu Dancers troupe.

Pregnancy nutrition tips

1. Eat a balanced diet

The most basic thing you can do to ensure that you have a successful pregnancy is to ensure that your diet is balanced. A well-balanced diet should include the following foods:

- Fresh fruit and vegetables, especially dark green and yellow ones, to boost beta-carotene or vitamin A intake and those that are good sources of vitamin C
Examples:
Vitamin A or beta-carotene: carrots, pumpkin, sweet potato, butternut, broccoli, yellow peaches, paw-paw, and mangoes.
Vitamin C: oranges, grapefruit, naartjies, lemons, guavas, strawberries, kiwi fruit, paw-paw, mangoes, the cabbage family, sweet green peppers
- Unprocessed bread, cereals and grains to ensure that you get sufficient B-vitamins and dietary fibre to keep you regular

Examples: high-fibre breakfast cereals, brown or wholewheat bread and rolls, maize meal or oats porridge, brown rice, pasta

- Milk and dairy products to provide you with the large amount of calcium you need to build the baby's bones and teeth, plus protein and riboflavin
Examples: whole or low-fat or skimmed milk, yoghurt, cottage cheese, other cheeses and maas (South African sour milk beverage)
- use the low-fat varieties if you are scared of gaining weight
- Lean meat, poultry, fish and eggs to provide body-building protein, iron and vitamin B12 for a healthy blood supply and essential fatty acids (found in fish and omega-3 enriched eggs)
- Fats and oils for energy and essential fatty acids - use sparingly if you are trying to control weight gain, and remember that soft tub margarines, which are rich in polyunsaturated fatty acids, and olive oil which is one of the richest sources of monounsaturated fatty acids, are your best options

2. Eat regular meals

Eating regular meals during pregnancy is one way of ensuring that you feel well and don't get the blues from low blood sugar. If you can't face breakfast right away during the first three months of pregnancy when mothers are often plagued by nausea, then nibble a dry biscuit or suck a slice of lemon or ice cubes when you wake to dispel the nausea. When you are feeling better, eat a light breakfast of fruit and cereal with yoghurt.

Dividing your food intake into six small meals a day is also a good way of combating nausea, preventing bloatedness and ensuring a good nutrient intake.

Having a glass of milk at night with a wholewheat biscuit can help you fall asleep because milk is rich in tryptophan, an amino acid that promotes sleep.

3. Drink plenty of liquids

Drinking plenty of liquids, especially pure water, is an excellent way of helping your body flush out breakdown products through the skin, kidneys and bowels. Remember you are doing double cleansing duty while you are pregnant.

Drink six glasses of water every day and also make a point of having fruit juices (freshly squeezed ones are the best), rooibos tea and milk to supplement your liquid intake.

Go easy on beverages that contain caffeine such as coffee, Ceylon tea and cola drinks. Research has shown that mothers who drink strong coffee have smaller babies than those who don't. There are plenty of nutritious drinks for expectant moms to use without them having to overload their unborn baby with excessive caffeine.



Fire detection systems are being installed throughout the hospital.

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Nurses Graduation Ceremony:

The annual nurses Graduation ceremony is to be held at The Exhibition Centre in Durban on 11th and 12th September 2008. Grey's Hospital Graduands from Groups 1/04 and 7/04, 4/06, 9/05 and 2/06 will be walking across the stage to receive their certificates. We would like to congratulate them all on this auspicious occasion.



On Thursday 21st August the parents of the children in the hospital crèche held a cake sale to raise funds for a mini sports day they plan to hold on Tuesday 30th September, for the children. A good size crowd was seen buying goodies from the table.

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Infection Control Management one day workshop.

Grey's Hospital will be hosting this workshop in the Nurses Home Recreation Hall on Thursday 16th October 2008. Subjects covered will include Management of Viral Haemorrhagic Fever, Management of TB in paediatrics, Outbreaks of Klebsiella and MDR/XDR TB

For more information please contact Mrs. Magubane on 033 8973016 or Khanyisile.magubane@kznhealth.gov.za

1 – 7 SEPTEMBER



THE GOALS OF DEAF AWARENESS WEEK:

- ☞ To be able to differentiate between misconception and fact about deafness and deaf culture.
- ☞ To learn about types, degrees, and causes of hearing loss.
- ☞ To become familiar with terminology related to deafness.
- ☞ To become familiar with various forms of sign language and other means of communication.
- ☞ To understand the functions of assistive devices used by people who are deaf or hard of hearing.
- ☞ To better understand an interpreter's role.
- ☞ To learn about the types of educational programs and support services that is available to deaf people.
- ☞ To gain an understanding of the psychosocial aspects of deafness.
- ☞ To become familiar with the services and resources that are available to the deaf community.
- ☞ To learn relevant tips for communicating with deaf and hard of hearing people.
- ☞ To have a better understanding of deaf culture.
- ☞ To recognize that "Deaf People Can Do Anything EXCEPT Hear!" (I. King Jordan).

RADIOLOGY STAFF AT CAPITAL CLIMB

At our monthly staff meeting, Winnie (Cath Lab) challenged the staff to join her in doing the Capital Climb on 16 August 2008. As the weeks went by, interest grew and although there was not much time for training, some staff members started walking after work, in preparation for the big event (as if we don't do enough walking during the course of our normal working day!)

T-shirts were hastily bought the day before to encourage team spirit – pink was the chosen colour and breast cancer awareness ribbons were also worn.

Winnie (Cath Lab), Yolanda and Favourite (Mammo), Shireen and Garcia (MRI Scanner), Hanneke (CT Scanner), Di (manager) and Kubashnie (secretary) all completed the 5km course for the first time and Sandile (x-ray) completed the 15km run for the second time. The first radiographer came in, in 55 minutes.

The cool weather certainly helped, especially up the Taunton Road hill (Tortuous Taunton the Torturer!) That section was particularly exhausting and I think most of us would have loved to have given up if it wasn't for the fact that we had something to prove to the rest of the department.




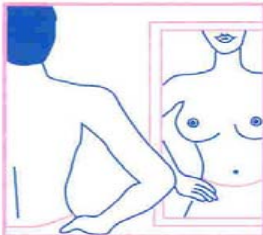
L-R
Di, Hanneke,
Garcia,
Favourite,
Shireen,
Yolanda

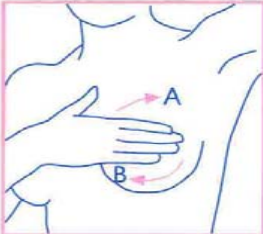
All participants received medals, lots of fun was had and many new friends made. The staff are now eager to continue their healthy lifestyles and some have already entered for the Spar Ladies Run / Walk on 7 September 2008 – hope to see lots of Greys staff there!

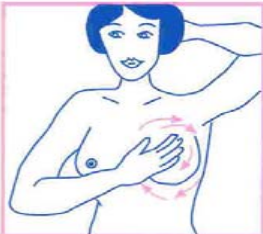
Special mention and congratulations to Sr Tracey Scannell (Cath Lab) for completing the 15 km walk. We were all in awe of such determination to succeed in the goal you set yourself!


OCTOBER IS BREAST AWARENESS MONTH. EXAMINE YOUR BREAST EVERY MONTH

 **How do I do a breast self-examination**

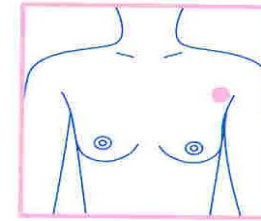
 Stand in front of a mirror, and look carefully for any changes to your breasts.

 This picture shows you how to check each breast. Begin at point A and in a circular motion, follow the arrows to point B and then back to point A, feeling for a lump or thickening, using your fingertips.

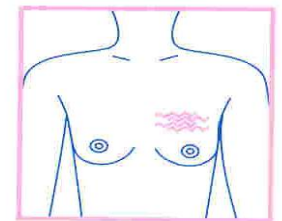
 Stand with one hand behind your head. With the other hand, gently examine your breast in a circular motion (as shown above), feeling for any lumps, thickening or changes (don't forget to check your armpit). Repeat with the other hand. Remember to feel all the parts of each breast with your fingers.

 Lie down and put one arm behind your head. With your other hand, check the opposite breast. Repeat on the opposite side.

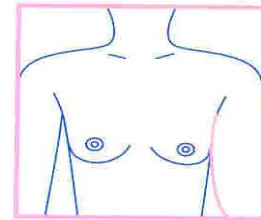
 **Early warning signs**



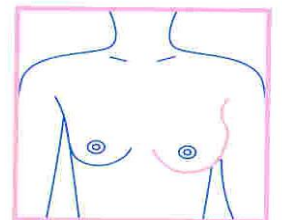
A lump or swelling in your breast or armpit.



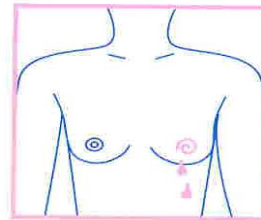
A change in the skin of the breast.



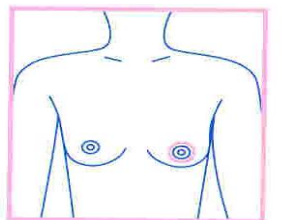
An unusual swelling in the armpit or arm.



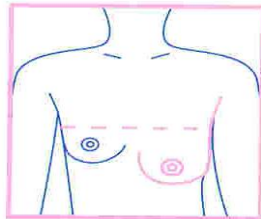
A hot, tender breast.



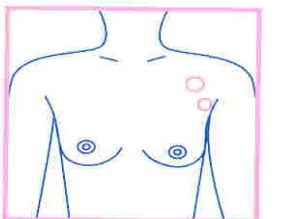
Pushed in nipple or discharge that occurs spontaneously.



A change in the skin or itching around the nipple.



Change in the shape of the breast.



Specific area of pain or tenderness.

HR NEWS

Friday, 22 August 2008 saw all BAS and PERSAL users on a bus off to Trizon Towers for a Biometric Awareness Session, for the soon to be implemented Biometric Access Control System. This involves logging on to a system using characteristics of the human body, in this case, a finger. The service providers have come up with a system that aims to reduce fraud and protect users, amongst other things. Implementation of the system will begin in October.



Re-greening of Grey's Hospital.

In order to combat the green house effect, Grey's Hospital would like to improve the environmental status of the institution. The re-greening committee would like to appeal to all departments to sponsor a plant or donate money towards purchasing plants for the hospital grounds.

The planting of these trees will be done during Arbor week from 1st-5th September 2008.

Please contact Mr. D Naidoo, Matron's Office regarding your donations.



Merle Hughes sent us this photo of herself and her grandson after they had completed the East Coast Radio Big Walk in Durban, to raise funds for Breast Cancer.



SPORTS AND RECREATION EVENTS

GREY'S HOSPITAL

BUFFET DINNER & DANCE

DATE : 6TH SEPTEMBER 2008
TIME : 18h30
VENUE: RECREATION HALL (GREY'S HOSPITAL)
COST : R100.00 PER PERSON
DRESS: FORMAL

TICKETS ON SALE FROM COMMITTEE MEMBERS - DEADLINE 29 AUGUST 2008

- CRECHE FACILITIES AVAILABLE (MAKE ENQUIRIES)
- CASH BAR AVAILABLE
- LUCKY TICKET DRAWS

JOIN US FOR A FUN FILLED EVENING

ENQUIRIES: DEENA NAIDOO 3326
 COLLIN FRANK 3769

📖 Variation Law

If you change lanes (or traffic lanes), the one you were in will always move faster than the one you are in now (works every time).



HEALTH PROMOTING EVENTS

FORTHCOMING EVENT: HEALTHY STAFF DAY

The Event's Committee at Grey's Hospital is proud to announce that one of the forthcoming events proposed for this year is a focus on staff health. Work stressors and escalating costs of daily living can place considerable burdens on the individual and have a residual negative impact on families. We would therefore like to offer staff the opportunity to explore healthy ways of coping while celebrating our strengths as a team of dedicated health care workers.

The details of the programme are as follows:

The venue is the Recreation Hall. The designated date is 31 October 2008 and the programme will occur from 9am to 12 noon. Staff can attend rotationally during the course of that period with a formal programme of 2 presentations, lucky prize draws and entertainment being provided from 11h30 to 12h00. Information tables containing pamphlets and posters will be on display. Staff will be given the opportunity to have basic medical screenings done (e.g. blood/glucose level; blood pressure; body-mass index readings, etc) and to engage in creative ways of coping with stress.

Shop through our Health Stalls and Challenge your Grey Days! We hope to see you there!

📖 Law of Biomechanics

The severity of the itch is inversely proportional to the reach.



Chatters

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ready for you to collect.

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Saturday and Sunday
08h00-16h00

*Look out for our popular
lunch-time specials.*

 **Brown's Law of Physical Appearance**
If the shoe fits, it's ugly.



Staff in the x-ray department celebrating Arbor Day.



Healthy Staff Day



When: 31 October 2008

Where: Recreational Hall

CALLING ON ALL STAFF
TO SUBMIT NAMES FOR
TALENT SEGMENT
BEFORE 09 SEPTEMBER
2008

(EG dancing, singing, acting, playing
musical instrument, etc)

(SUBJECT TO FINAL DECISION BY COMMITTEE
MEMBERS)

