



The Greype-Vine Grey's Hospital

Pietermaritzburg

November 2008

www.kznhealth.gov.za/greyshospital.htm

The Management of Grey's would like to thank the hospital staff for their commitment and hard work during the year. May everyone have a joyous, safe and peaceful festive season.

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



I have been writing editorials for the Greype-Vine for some years now and still I battle to think of something to say. I am not good at writing speeches and even worse at this job, but hopefully at the end of the day the people who read this magazine enjoy it and are able to overlook my limitations.

I would like to say a short thank you to Mrs. M Fletcher-Campbell who keeps me up to date with happenings in the hospital that we are able to include in each edition, to the ladies I work with because when the next edition is due they excuse me from some of my routine work so I can put everything together and to the people who I routinely 'bug' and can rely on for articles at short notice.

So much has changed in the world over the last three months, and so much will continue to change. America and South Africa have a new president; we also have a new Minister of Health. Hopefully the war in Iraq will come to an end, the people in power in Zimbabwe will take the needs of their people into consideration and come to a satisfactory agreement and the health needs of the average South African will be considered and the necessary finances made available so they can be cared for. But in the mean time we must continue to work together and do the best we can with what is available to us so everyone who needs it will receive the best care possible.

Many of our students are currently awaiting exam results which will allow them to move on to the next level. We wish them well and hope they are pleased with the rewards they earn.

FAREWELL MESSAGE TO DR K NAIDU (HOSPITAL MANAGER)



Grey's Hospital Management and Staff would like to thank Dr K Naidu for the 5 years dedicated service and visionary leadership as a CEO of Grey's Hospital.

Since his appointment on the 1st August 2003 he has added value to the lives of the

people of half of the Western area of KwaZulu-Natal and a spark of hope and motivation to medical, paramedical and non-clinical staff of Grey's Hospital.

Indeed in the time we spent together in pursuit of better health for the people of KwaZulu-Natal, with his leadership Grey's Hospital has managed to achieve the following awards:

- The Premier's Service Excellence Award
Silver award 2004
Gold award 2005
- Cohsasa full accreditation 2007
- Baby Friendly Hospital Initiative award 2008

We have no doubt that all the years spent at Grey's Hospital have prepared him for greater heights.

We wish him all the best in his new appointment; Grey's Hospital and the staff will miss him.

Hamba Kahle!

ARBOR DAY CELEBRATION @ RADIOLOGY

At the August staff meeting Shereen Matthews asked staff to celebrate Arbor Day on the 28th August 2008. The task was for each sub-department to decorate their areas and a prize to be given to the best decorated area. Bright and Springy flyers were put up in all departments advertising the competition. The departments used the rest of the month to prepare for the day. Until the day before, the diagnostic department had no plan on what to do. A quick walk around in the afternoon by Deniel Naidoo, asking for support turned out to be a huge success.



On the morning of the competition each sub-department eagerly decorated. Radiology turned from ordinary to spectacular in an hour. There were many clever ideas and lots of team effort which transformed the department into splendor. A joke about a human tree brought about the idea of Kaveer and Sr Mahomed dressing up as Mr and Mrs Tree. There were three serious judges, Heidi from Physio, Deena from Nursing Management and Polly from Assets who walked around at 10'o clock to find the winner. After much consideration the prize was given to the

Diagnostic department (we think the welcoming trees impressed the judges most).

The staff was rewarded for their efforts with tea and cake sponsored by the kitty fund. This competition brought about a togetherness that was overwhelming. All staff participated and enjoyed the morning. Well done to a brilliant idea and wonderful team work!

Labour Relations

Every second month the Labour Relations Managers, together with their Practitioners from the Umgungundlovu District Institutions meet at an Institution which has been delegated to host the District Office Forum.

This is to share both our positive and negative challenges experienced in our ever changing environment and to ensure consistency in dealing with our functions.

On the 5th of September Grey's Hospital: Labour Relations hosted this Forum which also happened to be Casual Day.

Liz Robertson.



Julie Andrews Turns 69.

To commemorate her birthday, actress/vocalist, Julie Andrews made a special appearance at Manhattan 's Radio City Music Hall for the benefit of the AARP.

One of the musical numbers she performed was "My Favorite Things" from the legendary movie "Sound Of Music". Here are the lyrics she used:

(Sing It!) - Maalox and nose drops and needles for knitting,
Walkers and handrails and new dental fittings,
Bundles of magazines tied up in string,
These are a few of my favorite things.

Cadillacs and cataracts ,and hearing aids and glasses,
Polident and Fixodent and false teeth in glasses,

Pacemakers, golf carts and porches with swings,
These are a few of my favorite things.

When the pipes leak, When the bones creak,
When the knees go bad,
I simply remember my favorite things,
And then I don't feel so bad.

Hot tea and crumpets and corn pads for bunions,
No spicy hot food or food cooked with onions,
Bathrobes and heating pads and hot meals they bring,
These are a few of my favorite things.

Back pain, confused brains and no need for sinnin',
Thin bones and fractures and hair that is thinnin',
And we won't mention our short shrunken frames,
When we remember our favorite things.

When the joints ache, When the hips break,
When the eyes grow dim,
Then I remember the great life I've had,
And then I don't feel so bad.

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GREY'S HOSPITAL AWARDS AND AWARD WINNERS 2008

MERIT AWARD

For the Student Nurse of the Year 2007-2008
Norah Hayley ADAMS

MATRON'S PRIZE For Leadership

Nontobeko Abegail NGUBANE

SENIOR MEDICAL STAFF PRIZE

For the highest aggregate in Oral and Clinical Assessments throughout training
Nontobeko Abegail NGUBANE

Dr. WILLIAM J O'BRIEN PRIZE

For the highest aggregate in Theory Examinations throughout training
Hasheena SINGH

GROUP 1/86 TROPHY

For the best Student Nurse who has shown the best all round performance in Psychiatric Nursing
Hasheena SINGH

DAVID CANNING MEMORIAL TROPHY

Awarded to the 4th year student who receives the highest mark in Midwifery theory and clinical
Thandazile Ernestinah DLAMINI

MAVIS NASH TROPHY

For devotion to duty
Muriel RAYNOLDS

BLAIR-TURTON TROPHY

For the Student Nurse who obtained the highest aggregate in Clinical Assessments in the Second Year
Jane Sibongile DLADLA

GROUP 4/75 AWARD

For the Junior Nurse who obtained the highest aggregate in the Clinical Assessments
Thandazile Petronella GWAMANDA

GROUP 1/88 FELLOWSHIP AWARD

For the Bridging Course Student of the Year 2007-2008
Aziza MUTHALIB

ENROLLED NURSE AWARD

ROBERT WEBB MEMORIAL TROPHY
For the Enrolled Nurse of the Year 2007-2008
Sibusiso Conrad Lovers MADONDO

HENRIETTA STOCKDALE FLOATING TROPHY

For the Senior Student Nurse who presents the best professional image for the year 2007-2008
Lynice Lenelle SOLOMON

Dr. R.E. STEVENSON AWARD

For perseverance and achievement
Bonginkosi Innocent LATHA and Yvette HORNER



M Reynolds, JS Dladla, TP Gwamanda, Y Horner, TE Dlamini, NA Ngubane, NH Adams, BI Latha, SCL Madondo, LL Solomon, H Singh.

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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?"

Arbour Week./Re-greening of Grey's.

On 3rd September 2008, Grey's Hospital invited Miss Heather Findlay to be their special guest at a Tree Planting Ceremony, which was held in the hospital grounds in the vicinity of labour ward and the CSSD quadrangle. Interested staff from various wards and departments donated trees and shrubs that they planted, in an effort to enhance the hospital grounds and to help combat the global warming problem. The interest shown by the staff at our institution was very pleasing.



Senior Sister Leigh Scott standing beneath the Leopard Tree she planted at the first Greening of Grey's ceremony, held on Arbor Day in 1991.



Hospital CEO Dr Naidu helps Miss H Findlay to plant a tree.



CSSD staff planting their department's tree.



Mrs. M Fletcher-Campbell was the driving force behind a toy collection initiative asking the hospital staff to donate unwanted toys to The Occupational Therapy Department which they could then give

to the children who attend the Cerebral Palsy Clinic, at their annual Christmas Party. A big thank you to all who gave so willingly to help makes these children's Christmas a little happier.

Crèche Sports Day.

On Tuesday 30th September, the parent's committee and staff from the Hospital crèche held a sports day for the children, up by the tennis courts near the Nurses Home. The races included egg and spoon, sack race, 3 legged race and running races and all the children were encouraged to take part. (There was even a mother's and father's race.)



The children were entertained with a jumping castle and were given juice and lunch and a Grey's Crèche T-Shirt. A tea garden was available for parents and staff. A special thank you must go to the members of the crèche committee, HR and radiology staff, Polly Pillay, Deena Naidoo and Colin Frank for all their hard work and assistance.



Oncology Department receives a new TV.

At the Grey's Oncology Department, chemotherapy services have been in operation since 1983. Our new Oncology department was commissioned and built in May 2006. We provide services for patients who are receiving intravenous chemotherapy drugs, that have been prescribed by the oncologist. The department opens as early as 06h45 and closes at 16h00 and regularly sees about 30 patients per day. Patients arrive at 07h30, have their blood taken, wait for the results and only if the bloods results are satisfactory will the sisters then start putting up drips and placing the drugs orders with the pharmacy. The overall time that is spent by the patients in the department is about 8hours. During this period there is very little to keep the patients occupied. So they do not feel the long waiting time spent in this department we decided that related educational DVDs and a TV set might help the situation. Mrs LP Chonco, Assistant Manager of Oncology wrote a letter to Grey's Hospital Board requesting financial assistance to purchase a TV for the department. On the 30th of October 2008, the Hospital Board responded positively when a TV and DVD player were officially handed over to the Oncology department by Dr T.J. Rockey (Hospital Board Member) in the presence of Dr K. Naidu (Hospital CEO) and Oncology Staff members.

We would like to express ours and the patient's thanks for their generous gift.



A nursery school teacher was delivering a station wagon full of kids home one day when a fire truck zoomed past. Sitting in the front seat of the truck was a Dalmatian dog. The children started discussing the dog's duties. "They use him to keep crowds back," said one child. "No," said another, "he's just for good luck." A third child brought the argument to a close. "They use the dogs," she said firmly, "to find the fire hydrants."

When you lose, don't lose the lesson.



The Midmar Mile is in its 36th year and over the last few years has annually attracted about 19000 entries. For 2009, the race has an official application to set a new World Record for the Guinness Book of Records.

We are inviting all the past swimmers, especially those who have missed a few years, to become part of the history of the race once again. We are aiming at trying to achieve that magical mark of 20 000 swimmers!

The 2009 Midmar Mile will take part on the weekend of 7th and 8th February. Saturday's events involve people who want to take part in the Iron Man competition, Company team events or family team events. Sunday's races are for the individual and are divided into 4 different age groups.

All entries can be done online www.midmarmile.co.za or post entries to: P.O. Box 21936, Mayors Walk, 3208. Entry forms are available from the Pine Street swimming baths or from Game Stores.

From the Public Relations Interns Desk

Nosipho Dlamini; who has been working as a Public Relations Intern from July 2008, will be leaving at the end of November 2008. Being in the Public Relations Department is very challenging because you link external stakeholders with the Hospital. It is important that you are goal driven, self motivated and able to work effectively within the team. In this department you are exposed to a lot of things and it is important that you handle whatever is coming your way, in a positive manner, to

boost the hospital image. I enjoyed working here and it has given me a clear vision about Public Relations.

Ms Nosipho Dlamini, Ms Truwie Mbele.



Truwie Mbele: Since my arrival at Grey's Hospital for my Internship in September 2008, I have learnt that "No stone is left unturned". Some people out there might think hospitals are "Go slow Areas", but I have learnt that the staff is just as dedicated as management. The Batho Pele Principle guides the staff conduct and protects the Patients rights.

As a PRO Intern; I have dealt with many compliments and complaints that are being addressed to improve High Quality Care and to improve the Hospital's image.

Suggestions from patients or public are taken seriously and considered to make a receptive environment for all.

Judge your success by what you had to give up in order to get it.

Human Resource News

Human Resources Practices has incorporated leave once again. Below, is the new distribution list. Please remember to have PERSAL numbers on hand when querying matters telephonically.

EXT	NAME	DISTRIBUTION
3294	THABANG	ABOO—CONG
3308	NONHLANHLA	CONR—FRANCIS
3295	NOLENE	FRANK—HOLBY
3727	MERLE	HOOSEN—LIEBENBERG
3308	KRITHIKA	LINDE—METHEBULA
3305	MARK	MATHEN—MIYA
3332	T.Q	MJOLI—MPUNGOSE
3332	NOKUTHULA	MSANE—NDIMA
3294	VACANT	NDLELA—NGUBANE SR
3305	JOY	NGUBANE SD—PILLAY G
3332	SPHELELE	PILLAY K—SHOBA PN
3312	MPUME	SHOBA SN—VAN DER MERWE JN
3312	LUCKY	VAN DER MERWE K—ZWANE NM

BENEFICIARY FORMS

Please be advised that every staff member should complete beneficiary forms and submit them to HR with the relevant certified copies of identity documents/birth certificates attached.

Human Resources would like to welcome 3 new contract Human Resource Officers: Mr NM Mathonsi, Ms PI Magwenyana and Ms LB Ndumo. They will primarily be dealing with the interns and registrars. Currently they can be found on the 1st Floor, Admin Block. We wish them success and everything of the best.

HUMAN RESOURCES WISHES ALL STAFF A JOYOUS AND BLESSED FESTIVE SEASON!

Infection Prevention and Control Workshop



On the 16th October 2008, Grey's Hospital hosted an Infection Prevention and Control Workshop. The workshop was an overwhelming success, thanks largely to the efforts of our infection control committee members. The turnout exceeded our expectations, with 180 delegates attending and representing various departments (nursing, medical, infection control, EMRS, NHLS). The programme included

presentations on several topical issues. Mr. Bruce Margot provided an excellent overview of viral haemorrhagic fevers and the management thereof. This talk was very relevant and helpful as it was presented around the very time that South Africa was experiencing the arena virus outbreak in Johannesburg. Furthermore, there were two very informative talks on issues relating to Tuberculosis viz. Management of Paediatric TB, presented excellently by Dr. Dhada (Head of Department of Paediatrics at Grey's) and TB infection control



in healthcare facilities presented by Dr. Appalata (Dept. of Infection Prevention and Control, UKZN). Finally, Prof. Moodley (Dept. of Infection Prevention and Control, UKZN) presented an invaluable talk on the management of outbreaks and cited examples of outbreaks experienced and managed recently in KZN. We were very fortunate to have such eminent speakers at our workshop and are very thankful to them for accepting our invitation. In addition to the presentations, a DVD on hand washing was screened at the workshop, followed by very valuable remarks and corrections by Sr. Liebenberg (Senior Technical Advisor, Dept. of Infection Prevention and Control, KZN). More so, several companies exhibited their products at the workshop and delegates were seen to show great interest in them. On conclusion of the programme, delegates were requested to fill in evaluation forms and to make suggestions for improvement for the next workshop. Some excellent suggestions were made and will certainly be noted. The committee hopes to maintain this as an annual event and promises to offer you an exciting and relevant programme next year.

Healthy Staff Day



Promoting health awareness and celebrating our talented staff formed the focus of a health promotion initiative by the Event's Committee at Grey's Hospital. The programme was hosted in the Recreation Hall on 31 October 2008. It was a dynamic combination of health stalls on display, featuring information from a

multi-disciplinary team on health techniques and the opportunity to have health treatments from alternate healers. Sr. Hutchinson of Occupational Health and Safety and Ms Chesterton of Employee Assistance Programme outlined the core functions and availability of services of their departments and two musical/dance items were professionally performed by Cathy Kissoon.

Staff were given the opportunity to interact with nursing staff, human resource staff, allied health professionals, reflexologists, aromatherapists, relaxation/meditation therapist, representatives from medical companies relating to diabetes and obstetrics and gynaecology and receive financial and body fitness advice at information tables. The event featured a healthy partnership between public health care and private company funders.

Attendees were treated to several practical investigations, including being given the opportunity to have their blood pressure and blood/glucose levels checked by nurses, their body/mass index was calculated by dieticians and a number of exciting assessments were completed by occupational therapy and other departments. There were lucky prize draws and each of the following candidates are congratulated for winning R100 Woolworths Shopping Vouchers:

Luvo Gazi (campus); Sizwe Nadane (Occupational Therapy); N.J.Z Mtambo (Ward M4); L.D Memela (Ward B2) and M. Meeran (Audiology).

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. Given the overwhelmingly positive response received from staff and sponsors, the Events Committee has decided to host the event again next year.

Shantal Singh
Senior Clinical Psychologist



Our background and circumstances may have influenced who we are, but, we are responsible for who we become.

ROTARY CLUB OF PIETERMARITZBURG AZALEA

Rotary is the largest international community service organisation comprising of 32 thousand clubs and 1.2 million members worldwide.

At Grey's, Azalea has donated a wheelchair via Occupational Therapy and care bags for children who have been sexually abused. The care bags contain underwear, toothbrush, toothpaste, a face cloth, a bar of soap and a fluffy toy. The project has been expanded to other hospitals in the region.

Over the past 5 years the club of Azalea has, but to name a few, built a classroom, has had baths re-enamelled{in old age home}, constructed toilets, had seedlings and shade cloth donated for a veggie garden. The veggie garden now helps feed approximately 145 local children every week day (for some of these children it's the only meal they eat!)

Mark Todd (HR)

Obesity in children becoming a worrying fact

By: Ayesha Seedat



Obesity is now recognised as a major public health problem in many countries like Australia, America, UK, Mexico, Brazil as well as South Africa. Worldwide statistics show that 22 million children under the age of five are overweight.

Did you know that about 70% of obese adolescents grow up to be obese adults! According to the SA Medical Research

Council, 17% of SA children between the ages of 1-9 years are overweight.

The combination of eating too much food or the wrong types of food and lack of physical activity are the leading causes of childhood obesity. It is a multi-factorial disorder, which is often associated with many other significant lifestyle diseases, such as diabetes, hypertension, cardiovascular diseases, osteoarthritis, sleep apnea and certain cancers.

Parents and care-givers play a pivotal role in a child's life and therefore influence what children eat daily. As children are still growing, we need to slow down the rate of weight gain but not growth. Healthy lunchboxes packed from home can positively influence a child's nutritional intake. A child also spends most of his/her day at school, and so their environment should be changed to a healthy one. The sweets, chips and cool drinks sold at the school tuck shop or canteen should not be a quick way to feed children when there is no time to make lunch at home.

Making physical activity a priority and encouraging good habits in children from an early age is important and can help them to develop the skills they need to continue being active throughout their lives. Children should be encouraged to get involved in sports and be generally more active during break times, weekends and school holidays. Children who are physically inactive are at an increased risk of becoming overweight or obese. They are also more prone to developing conditions like asthma, flat feet and joint pains due to their excess weight.

Ideas to support healthy lifestyles for children:

- The School tuck shop/canteen should be encouraged to provide healthy food choices.
- Establish a vegetable garden and get children involved in the planting and nurturing of fruit and vegetables. This will encourage learning about different fruit and vegetables.
- The school can look into developing a “school orientation package” which will provide and educate parents or caregivers around healthy eating and physical activities for kids..
- Kids should be encouraged to keep water bottles at their desk- enabling them to increase their water intake during the day.

- Eat breakfast daily! Studies reveal that children who skip breakfast are less attentive and lack concentration during classroom time and also tend to choose unhealthy food choices during meal times.
- A healthy lunchbox should consist of a whole wheat/ whole grain starch with a lean protein filling and a fruit or veg. Drinks should consist of water, a fruit juice or a low fat drinking yoghurt.
- Choose healthier snacks. Examples include: reduced fat cheese slices on whole wheat crackers, low fat custard and fruit, baked beans on toast, rice cakes, low fat home-made popcorn, bran or fruit muffins, fresh or dried fruit and low fat yoghurt.
- Try creative ideas to help increase consumption of fruit and veg by preparing it differently and varying the texture. Instead of always steaming, rather bake, grill, mash, microwave or even blend into soups or a pasta sauce.
- Limit TV time to less than two hours per day and get more active! Children should aim for at least 60 minutes of physical activity daily. It does not have to be done all at once, but throughout the day.
- Parents or caregivers should be active role models and should have a positive attitude to being active. If children see you enjoying physical activity, they will be more likely to participate as well.

Remember, balance an active lifestyle for your child with a healthy diet - by limiting foods that are high in saturated fat, sugar and salt. Teach children healthy eating habits that will last their entire lifetime!



Does pushing the elevator button more than once make it arrive faster?

REPORT SOCCER TOURNAMENT.

The Sports and Recreation Events Committee arranged a soccer tournament on Sunday 9th November 2008 at Carter High School grounds

The tournament was a great success with a high standard of soccer being played. Nine teams participated in the tournament. The teams were put into two groups and the round robin system was used to determine the top two teams in each group.

The group 'A' winners were Black Stars (kitchen) and second was Play Don't Talk (stores). The group 'B' winners were Gentlemen's Club (laboratory) and second was Rising Stars (nursing).

The first semi-final between Gentlemen's Club and Play Don't Talk was won by Play Don't Talk (1-0). The second semi-final between Black Stars and Rising Stars was won by Black Stars (1-0)

The final between Black Stars and Play Don't Talk was a keenly contested game with the score being 3-3 during normal time, the score remained the same after extra time and penalties were taken to determine the winners.

The winners were Black Stars (kitchen) who scored three penalties and Play Don't talk (stores) missing all three penalties (any orthopaedic surgeons willing to offer their service).

The Sports and Recreation Events Committee were privileged to have the C.E.O. Dr. Naidu, the Medical Manager Dr Bilenge and Ms. Bowie Pillay from Head Office at the tournament to do the presentation to the teams.

The Sports and Recreation Events Committee are grateful for the support received from Management, the staff from the various departments for your assistance and participation during the course of the year for all the sporting events and look forward to your continued support in the future.

MR. P. PILLAY



Soccer tournament winners: **Black Stars**-kitchen



Soccer tournament runners up: **Play don't talk** - stores

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Competition.

The Greye-Vine committee members decided that instead of the usual Best Decorated Ward competition, this month we will award the Chocolate Cake to the staff member in the hospital that they think does the most for the community. We are encouraging staff to write a story, (long or short,) about someone in the hospital that they think has done good deeds for society, explaining why they think that person deserves to be recognised. If you want to you can even write about yourself. Judging will take part on 15th December so entries need to be sent to

Sr A Guise-Brown, in the Nursing Campus, or e-mailed to CTD.Greys@kznhealth.gov.za .



The First Christmas.

Christmas is a time of giving
A time of sharing too
Nothing better God could give
Than his son for me and you
While shepherds watched their flocks
that night
Angels singing came
down to them

And brought them news that Christ was born
In a manger in Bethlehem.

The silver lights and shining stars
Light up the Christmas tree
Angels singing, joy bells ringing
Brings joy to the world you see.

A precious gift to every soul
Christ Jesus came to earth
He paid the price he did not owe
And gave us all new birth.

He came as a babe born in a manger
Through a virgin birth
The life he lived brought glory to God
As he walked the face of earth.

To sum it up in a nut shell
God loves every soul
Regardless of nation, colour or creed
Jesus Christ makes us whole.

Cathy Kissoon.

Dear Santa,

I've been a good mum all year. I've fed, cleaned and cuddled my children on demand, visited the doctor's office more than my doctor, sold sixty-two cases of choc bars to raise money to plant a shade tree on the school playground. I was hoping you could spread my list out over several Christmases, since I had to write this letter with my son's red crayon, on the back of a receipt in the laundry room between cycles, and who knows when I'll find anymore free time in the next 18 years.

Here are my Christmas wishes:

I'd like a pair of legs that don't ache (in any colour, except purple, which I already have) and arms that don't hurt or flap in the breeze; but are strong enough to pull my screaming child out of the lolly aisle in the grocery store.

I'd also like a waist, since I lost mine somewhere in the seventh month of my last pregnancy.

If you're hauling big ticket items this year I'd like fingerprint resistant windows, a radio that only plays adult music; a television that doesn't broadcast any programs containing talking animals; and a refrigerator with a secret compartment behind the crisper where I can hide to talk on the phone.

On the practical side, I could use a talking doll that says, "Yes, Mummy" to boost my parental confidence, along with two kids who don't fight and three pairs of jeans that will zip all the way up without the use of power tools.

I could also use a recording of Tibetan monks chanting "Don't eat in the living room" and "Take your hands off your brother," because my voice seems to be just out of my children's hearing range and can only be heard by the dog.

If it's too late to find any of these products, I'd settle for enough time to brush my teeth and comb my hair in the same morning, or the luxury

of eating food warmer than room temperature without it being served in a Styrofoam container.

If you don't mind, I could also use a few Christmas miracles to brighten the holiday season. Would it be too much trouble to declare tomato sauce a vegetable? It will clear my conscience immensely. It would be helpful if you could coerce my children to help around the house without demanding payment as if they were the bosses of an organized crime family.

Well, Santa, the buzzer on the dryer is ringing and my son saw my feet under the laundry room door. I think he wants his crayon back. Have a safe trip and remember to leave your wet boots by the door and come in and dry off so you don't catch cold.

Help yourself to cookies on the table but don't eat too many or leave crumbs on the carpet.

Yours Always, MOM...!

P.S. One more thing...you can cancel all my requests if you can keep my children happy, healthy and always believing.



Open your arms to change, but don't give up your values.



CEREBRAL PALSY CHRISTMAS PARTY

The Cerebral Palsy clinic was once again blessed to host a Christmas party for its children and caregivers, thanks to the generous donations received and hard work of the Rehab staff.

The event was on Wednesday the 26th November 2008. This year Sr Martin Lewis and Divine Life donated food and desert for all 100 mums and children attending. Sr Fletcher Campbell and friends went on a toy drive to collect as many gifts as they could. Havana (OT) and her patients from Fort Napier sewed some functional dolls and got us donations of toys as well. Oticon provided us with goody bags and some of the contents. Our kitchens kindly agreed to roast chickens for us and bake us some muffins. Cash donations from friends of Grey's and our fund

drives allowed us to buy all outstanding items required for the event.

Each child was blessed with a toy doll/ car, teddy, ball, face towel, toothbrush, goody bag and a nourishing meal thanks to the hard work and generous donations of our clinic supporters.

A grateful thank you to all who put in effort to make sure we celebrated the lives of our disabled children at the close of the clinic this year.

Angela Chetty

OCCUPATIONAL THERAPY NEWS



The Occupational Therapy Department at Grey's Hospital is a hub of activity! Besides treating inpatients and outpatients and servicing various clinics, we have also been involved in several interesting events this year.

Child Protection Week ran from the 26th – 30th of May. The Occupational Therapy Department presented a talk on the 27th May, which focused on promoting awareness about childhood development in order to encourage early detection of developmental delays so that early intervention can be sought.

The Health and Safety Workshop which was presented in the Occupational Therapy Department on 30th May was attended by the approximately 50 caregivers of the children treated at our weekly Children's Developmental Clinic. EMRS College carried a comprehensive presentation about first aid and safety in the home environment. First Aid kits were distributed to caregivers. Mrs. Magubane from Infection Control taught mothers how to manage basic hygiene and Thokazani from the Nutrition directorate gave a

very lively and interactive presentation on food gardens in the home. Caregivers were provided with fertilizer and vegetable seeds to assist them in initiating their very own food gardens.

The Health and Wellness Day on the 31st October was a very interactive day enjoyed by all. Our stand, "Need a Hand?" which focused on hand health and work-related injuries, was very well received. We hope that this initiative will continue in years to come.



We had 2 Jumble Sales this year on 19th June and 23rd October, which were very successful in raising funds to provide gifts, toiletries and catering for the annual Cerebral Palsy Christmas Party. We would like to thank all the staff who supported our jumble sales; your generosity will brighten many little faces at the annual cerebral palsy Christmas party this year! We look forward to your ongoing interest in this event.



"Against All Odds" (International Day of the Disabled) is being held on 10th of December at Grey's Hospital. Once again, the Occupational Therapy

Department will be involved. We are preparing a role play and a presentation to highlight the prevalence of abuse of the disabled as well as recognizing the 16 days of activism against woman and child abuse.

It has been a very busy and challenging year particularly since we are so understaffed. But we really value and enjoy our involvement in these important events.

We wish you all a happy and peaceful festive season!

Anja and Kaylee (OT)

We are responsible for what we do, No matter how we feel.

CULTURAL DIVERSITY IN THE SOCIAL WORK DEPT:

Social Work has an In-Service training Programme that covered Cultural Diversity over two sessions in October 2008. Different cultures were explored in order to understand Patients' cultural backgrounds.

1. AFRICAN CULTURE

Was presented by Phindile Mshengu & Mathuli Mbhamali. This section will be covered by Phindile Mshengu at a later stage.

2. INDIAN CULTURE

Was presented by Diane Mariah-Singh & Lekha Chirkoot.

Indian Culture



IN KEEPING WITH THE THEME OF INDIAN CULTURE:

- Posters were made on the Indian culture and Heritage.
- Traditional delicacies were made, such as Burfee, Goolab jamuns, Poli, Chicken Breyani etc.
- Staff members dressed in traditional outfits such as Punjabis
- Staff members were given an introduction to Bhangra dance!

Some of the following issues were discussed:

- History of Indians in South Africa
- Significant events
 - Diwali
 - Eid
- Significant Cultural issues:
 - Family and marriage
 - Births, Deaths, Illness

1. HISTORY OF INDIANS IN SOUTH AFRICA

In Kwazulu Natal, the arrival of the Indentured Indian in 1860 marked the beginnings of an organised scheme whereby approximately 152,184 Indians arrived to seek gainful employment in a fledgling

sugar industry. While many worked on the sugar fields, others worked on the wattle and tea plantations and in the coal-mines . Some came as domestic servants, waiters and were able to command a respectable salary of 20 shillings per month. Later traders and other skilled groups arrived. The Indian Community has since made great strides and contributions in the fields of education, commerce, health and social upliftment, among other areas.



Arrival of Indentured Indians

2. A Great Indian Leader: Mohandas Karamchand Gandhi



Mohandas Karamchand Gandhi, pictured in 1931

(2 October 1869 – 30 January 1948)

Mahatma Gandhi was a major political and spiritual leader of India and the Indian independence movement. He was the pioneer of Satyagraha—resistance to tyranny through mass civil disobedience, firmly founded upon ahimsa or total non-violence—which led India to independence and inspired movements for civil rights and freedom across the world. He is commonly known around the world as Mahatma Gandhi ("Great Soul") and in India as *Bapu* ("Father").

Gandhi first employed non-violent civil disobedience as an expatriate lawyer in South Africa, in the resident Indian community's struggle for civil rights. In South Africa, Gandhi faced discrimination directed at Indians. Initially, he was thrown off a train at Pietermaritzburg, after refusing to move from the first class to a third class coach while holding a valid first class ticket. Traveling further on by stagecoach, he was beaten by a driver for refusing to travel on the foot board to make room for a European passenger. He suffered other hardships on the journey as well, including being barred from many hotels. In another of many similar events, the magistrate of a Durban court ordered him to remove his turban, which Gandhi refused. These incidents have been acknowledged as a turning point in his life, serving as an awakening to contemporary social injustice and helping to explain his subsequent social activism. It was through witnessing firsthand the racism, prejudice and injustice against Indians in South Africa that Gandhi started to question his people's status within the British Empire, and his own place in society. Gandhi led nationwide campaigns for easing poverty, for expanding women's rights, for building religious and ethnic amity, for increasing economic self-reliance, but above all for achieving the independence of India from foreign domination.

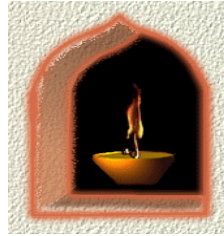
On 30 January 1948, Gandhi was shot and killed while having his nightly public walk on the grounds of the Birla Bhavan (Birla House) in New Delhi. The assassin, Nathuram Godse, and his co-conspirator Narayan Apte were later tried and convicted; they were executed on 15 November 1949.

3. Indian Festivals:

3.1. Diwali



Diwali



This is perhaps the most well-known of the Indian festivals: it is celebrated throughout India, as well as in Indian communities throughout the diaspora. It usually takes place eighteen days after Dusshera. This year it was celebrated on 27 -28 October 2008. It is colloquially known as the "festival of lights", for the common practice is to light small oil lamps (called *diyas*) and place them around the home, in courtyards, verandahs, and gardens, as well as on roof-tops and outer walls. The celebrations take place on the darkest night of the lunar month.

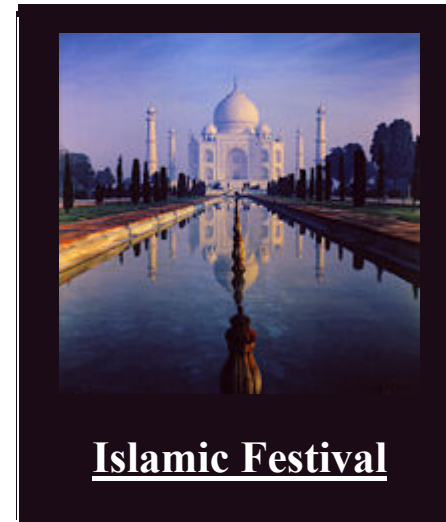
The celebration of the festival is invariably accompanied by the exchange of sweets and the explosion of fireworks. As with other Indian festivals, Diwali signifies many different things to people across the country. The main significance in south and north India, Diwali celebrates Lord Rama's return to his home, Ayodhya after 14 years of exile, after the defeat of Ravana and his coronation as king. In Gujarat, the festival honors Lakshmi, the goddess of wealth; and in Bengal, it is associated with the goddess Kali. Everywhere, it signifies the renewal of life, and accordingly it is common to wear new clothes on the day of the festival.

In South Africa, Diwali is also celebrated with great energy, colour, and splendour. Indians in South Africa maintain the cultural and religious practices surrounding Diwali/Deepavali. Diwali involves prayer, sharing special moments with families and friends, preparing

sweet and savoury dishes and spreading light and goodwill to all. Cultural events involving prayer, songs and dances are held to honour this auspicious festival.



3.2. Eid ul-Fitr



Islamic Festival

رطفلا دي ع

Eid ul-Fitr)

Eid-ul-Fitr, one of holiest days in the Muslim calendar, marks the end of the month-long fast of Ramadaan. During the Ramadaan fast, able-

bodied Muslims do not eat or drink anything from dawn to dusk. The discipline required by the fast promotes patience, sacrifice and humility. Muslims also ask Allah (God) for forgiveness for sins and to pray for guidance. Donations are made to the poor and needy as part of Zakat.

Eid-ul-Fitr is celebrated on the first day of Shaw' waal (10th month of the Islamic calendar), at the completion of Ramadaan. It was celebrated on 1 October 2008. It is a day of thanksgiving to Allah for health, strength and opportunities in life. Prayer, delicious traditional dishes, new clothes and quality family time form a significant part of the day.

By Lekha Chirkoot
Assistant Social Work Manager
Social Work Dept.

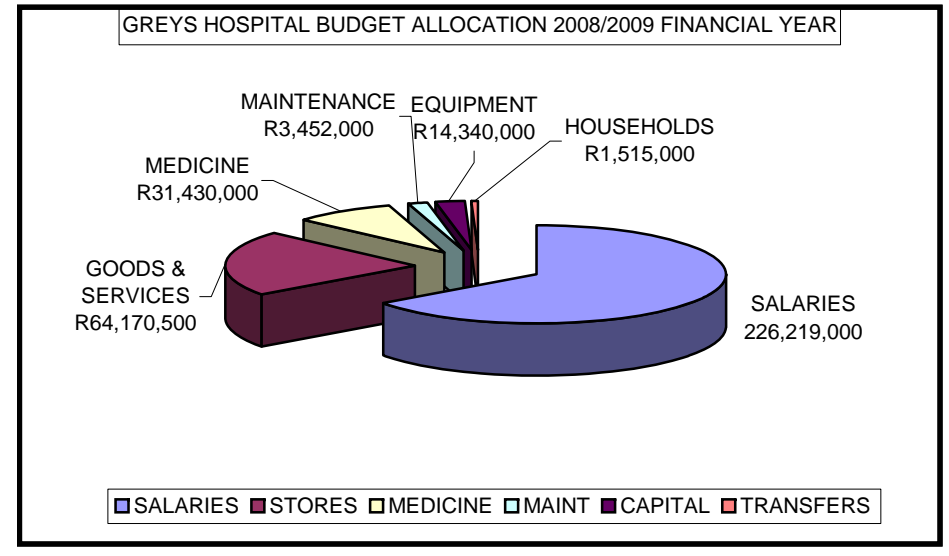
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FINANCIAL YEAR: 2008/2009

BUDGET ALLOCATION 2008/2009 FINANCIAL YEAR

<u>STANDARD ITEM</u>	<u>AMOUNT</u>
<u>SALARIES</u>	<u>R226,219,000</u>
<u>GOODS & SERVICES</u>	<u>R64,170,500</u>
<u>MEDICINE</u>	<u>R31,430,000</u>
<u>MAINTENANCE</u>	<u>R3,542,000</u>
<u>TRANSFERS</u>	<u>R1,515,500</u>
<u>CAPITAL</u>	<u>R14,340,000</u>
<u>TOTAL</u>	<u>R341,217,000</u>

THE GRAPH BELOW INDICATES THE BUDGET ALLOCATION UNDER STANDARD ITEMS FOR FINANCIAL YEAR 2008/2009



We are only left with 4 months before the end of the financial year. The past few months has been very challenging. I am certain that we are all aware that this financial year is different from the past years.

Our budget allocation for 2008/2009 at the beginning of the year was exactly the same as the previous year. Last year the allocation was R307 Million and we overspent by R56 million.

When budget submissions were made beginning of the year it was estimated that we will require R398 million for this financial year. The above figure would have allowed us to run the service effectively and efficiently.

Unfortunately, due to financial constraints that did not happen. Our Budget allocation is currently sitting at R341 Million. We are projecting an overspending of R71million by the end of the financial year.

THE TABLE BELOW INDICATES THE BUDGET VERSUS EXPENDITURE FOR THE FINANCIAL YEAR 2008/2009

BUDGET	BUDGET 12 MONTHS 2008/2009	BUDGET MONTHS April to Nov	EXPEND 2 DATE	PROJ EXPEND END F/YEAR	% OVER UNDER
SALARIES	R 226,219,000	R 150,812,667	R 169,080,854	R 272,400,000	-R 46,181,000
GOODS & SERVICES	R 64,170,500	R 42,780,333	R 62,457,915	R 92,065,970	-R 27,895,470
MEDICINE	R 31,430,000	R 20,953,333	20,520,943	28,637,078	R 2,792,922
MAINTENANCE	R 3,542,000	R 2,361,333	R 3,808,687	R 3,808,687	-R 266,687
EQUIP-MENT	R 14,340,000	R 9,560,000	R 1,757,545	R 14,340,000	R 0
HOUSE-HOLDS	R 1,515,500	R 1,010,333	242,532	1,515,500	R 0
GRAND TOTAL	R341,271,000	R227,447,000	R257,868,476	R412,767,235	-R71,550,235

Nevertheless I would like to thank the entire Management of Greys, Doctors, Nurses and all the staff who despite all these difficulties have continued to work hard and made sure that we give the best that we can to the people of Umgungundlovu.

Lastly a big thank you to my very devoted Finance Team, Thank you for your support and dedication.

I would also like to bid farewell to Mr Collin Frank who has been promoted to Deputy Director: Finance & Supply Chain Management at Groote Schuur Hospital. Congratulations.

Merry Christmas and Happy New Year to All.

~~~~~  
**Once a year, go some place you've never been before**

**OVERCOMING VIOLENCE AGAINST WOMEN**

**What Is Domestic Violence?**

Abuse refers to the use of force to control one person's behaviour within an intimate relationship. An intimate relationship includes the following types of relationships: Dating; married; Cohabiting; Divorced/separated couples; Perceived relationship; Homosexual relationships; Heterosexual relationships.

Children, women, men and the elderly can be abused.

**Types of Abuse**

- Physical abuse:** includes being slapped, punched, kicked, thrown down the stairs, hit with an object, shot, damage to property, entry into the victim's home without consent etc.
- Verbal abuse:** may criticize the victim or humiliate her in public, say things to her to degrade her, intimidation or harassment.
- Economic/financial abuse:** the abuser controls all the finances and spends all the money, expects the victim to account for every cent, accuses her of stealing, does not allow the victim to work or takes all of the salary. The abuser uses money to undermine the victim.
- Sexual abuse:** the victim is raped or indecently assaulted. The abuser makes the victim perform a sexual act which he/she may not be comfortable with, hurt the victim during a sexual act, threaten the sexual parts of her body etc. This usually occurs after a physical beating.
- Emotional abuse:** the abuser makes the victim feel useless. The abuser may be jealous and possessive, may not allow the victim to have friends or isolate the victim from family, may have affairs, stalk her or ignore her emotional needs.

At the core of all types of abuse is the abuser's need to control and have power over the victim. All forms of abuse are hurtful and cause emotional scars.

## Myths of Abuse

- ❖ **Abuse happens to black, uneducated or working class women.**

*False.* No one group of women is more prone to being abused. Women from all religious, educational, ethnic groups are abused.

- ❖ **Alcohol, stress and unemployment cause domestic violence.**

*False.* Some abusers are successful people. Others are non-alcoholics. Others still are unemployed, under a great deal of stress; a person may do things that they do not normally do. But whatever the circumstances, no person has the right to abuse another. The abuser says these things because he does not want to take responsibility for this behaviour and so makes excuses and blames his behaviour on other factors.

- ❖ **Nagging provokes domestic violence.**

*False.* This is another common excuse of abusers. Some women do nag their husbands but other women do not. Nagging is not a legitimate reason for abusing someone.

- ❖ **His father beat his mother so he beats his wife.**

*False.* Domestic violence is seen as a learned behaviour. This means that the abuser has learned to use violence as a problem solving method. However not all men who abuse their partners grew up in violent homes. Some children who grow up witnessing the violence between their parents do not grow up to be abusive. Abusive behaviour is not hereditary. Whatever has happened in our past, as adults we can take control of our lives and change.

- ❖ **Women should remain in abusive relationships because of the children.**

*False.* There is no doubt that the ideal family includes a mother, father and the children. However, children who grow up in an abusive home do not like the abuse and want it to stop. Given the opportunity many of these children would chose not to live with the abusive parent.

## Effects of Abuse

Women who are abused feel scared, anxious, angry, depressed, useless and disempowered (no control over their lives). They doubt themselves and find it hard to make decisions. The abuser often blames them for the abuse. Women believe this and feel guilty for causing the abuse. She also takes responsibility for the abuser's feelings and behaviour. She may try to pacify him and do whatever she can to please him but it is never good enough. This decreases her self esteem. Abused women often suffer from psychosomatic illnesses (real illnesses which have no medical cause such as frequent headaches, stomach pains and back aches).

## Effects of Domestic Violence on Children who Witness it

Children who grow up in this kind of home may get hurt when they try to protect their mothers, they live in fear and anxiety of the next abusive episode, they fear being abandoned and may have stress related disorders, school performance may be poor and they may learn violence as an acceptable way of solving problems.

## What to Do If You Are Being Abused

1. Take action. The abuse will not stop on its own.
2. Tell yourself you are not to blame. No one deserves to be abused.
3. Seek counselling
4. Apply for maintenance

5. Apply for a protection order
6. Divorce
7. Go to a shelter

### **What to do if Someone You Know is being abused**

1. Believe her. Tell her she is brave for talking about the abuse.
2. Help her find options. Do not tell her what to do.
3. Look after her children while she goes for counselling/medical treatment etc.
4. Go with her for help. She may need your emotional support.

### **Resources**

- o Esther House  
033 345 5843
- o FAMSA (Pmb)  
033 342 4945
- o Grey's Hospital EAP Co-ordinator  
033 897 3472
- o Justice and Women  
033 394 9949
- o Lifeline, Rape Crisis and AIDS Wellness Centre  
033 394 4444
- o Family violence, Child Abuse & Sexual Offences Unit  
033 387 9500

### **16 Days of Activism against Violence against Women and Children**

This is an international campaign that is held every year from 25 November – 10 December. The aim is to raise awareness about violence against women and children.

In commemoration of the 16 Days of Activism and International Day of the Disabled, the Social Work and

Occupational Therapy Depts. will be hosting an awareness programme "**Against the Odds**" on **10 December 2008** from **9h30 – 11h30** at **OPD**. We encourage staff and patients to attend the programme and empower themselves. You can rise above your circumstances – whatever the challenges may be.

**WRITTEN BY: Diane Mariah-Singh**  
**Principal Social Worker**

*Sometimes when you are angry you have the right to be angry, but that doesn't give you the right to be cruel.*

### **REHAB COMMUNITY SERVICE 2008**

This year the rehab department has had four community service officers – one speech therapist, an audiologist, one occupational therapist and a physiotherapist. This year the community service officers have brought a wealth of knowledge to their departments.

They have initiated new tertiary level services and enhanced existing special clinics that previously have not been available at Grey's Hospital. These include: Videofluoroscopy, Paediatric aural Rehabilitation, Laryngectomy, Hand Clinic, Orthopedics, as well as Inter-disciplinary Spinal Cord forum and rehabilitation services.



We would like to welcome those who will be remaining with us as permanent staff next year, and wish those who will be leaving us well in their future careers.



From left: M. Meeran (Audiologist), K. Small (Occupational therapist), T. Moss (Physiotherapist), E. Dodd (Speech therapist)

## Quality day 2008

Quality day / Open day and award ceremony was held on 07 November 2008. The event was a huge success. The day was attended by people from throughout KZN. Staff from hospitals from as far as Dundee and Port Shepstone attended the event. The programme started at 09h00, with the hospital choir entertaining the crowd in their new uniforms. The presenters Dr. Velasquez and Mrs. Mariah Singh

showed off their confidence by presenting two excellent Quality Improvement programmes. Mrs. Lorraine Hebblethwaite was our guest speaker and she spoke on the legal and ethical issues in delivering Quality Health Care. The photo presentation by Mr. Polly Pillay, presentation of QI certificates, the male revelation choir and the belly dances complimented the day. All in all, it was a day to remember. A special thank you should be extended to the Quality Trainers committee, Campus and all those who were involved in making the day a success.

**MR D NAIDOO**  
**QUALITY ASSURANCE MANAGER**



*Remember that great love and great achievements involve great risk.*



### My New Parrot

I received a parrot as an early gift for Christmas. However, the parrot had a bad attitude and an even worse vocabulary. Every word out of the bird's mouth was rude, obnoxious and laced with profanity.

I tried and tried to change the bird's attitude by consistently saying only polite words, playing soft music and anything else I could think of to "clean up" the bird's vocabulary. Finally, I was fed up and I yelled at the parrot. The parrot yelled back.

I shook the parrot and the parrot got angrier and even ruder. So, in desperation, I threw up my hands, grabbed the bird and put him in the freezer. For a few minutes the parrot squawked and kicked and screamed.

Suddenly there was total silence. Not a peep was heard for over a minute.

Fearing that I'd killed it, I quickly opened the door to the freezer. The parrot calmly stepped out onto my outstretched arm and said:

"I believe I may have offended you with my rude language and actions. I'm sincerely remorseful for my inappropriate transgressions and I fully intend to do everything I can to correct my rude and unforgivable behaviour."

I was stunned at the change in the bird's attitude. As I was about to ask the parrot what had made such a dramatic change in his behaviour, the bird continued,

"May I ask what the turkey did?"



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