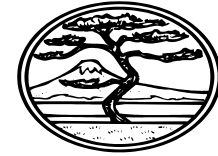


# *Happenings*



## *On The Hill*



**HILLCREST HOSPITAL**

SEPTEMBER—ISSUE 3

## ED'S NOTE

Life is tough. We spend a large portion of our lives working. We suffer from stress, we all have our own problems and further more there are institutional politics and our own petty feuds. We are all just so BUSY and sometimes we simply do not want to “get involved”.

It's a rainbow nation, we work with people of different cultures, religions and mannerisms. We have misfits and people who are so emotional and volatile that they could be from another planet!

But occasionally one comes across someone who is *very* different. So much so that it almost makes one uncomfortable to be with them.

In our productive society we have visions and missions and key performance areas and rewards for those who do more than their share.

What about the person who has spent 26 years working in one place? Someone who has overcome the odds, earned his own living, probably caused no more trouble than others. Certainly there are those who never ‘perform’ above average. How many bed-pans can one empty in 26 years? How many poor twisted bodies have been bathed and laid to their final rest?

I feel that there should be some reward for loyalty, persistence and compassion.

We are carers’ – do we care enough for each other?

*The greatest thing about the human heart is it's unlimited capacity to love*



A doctor said to his car mechanic, “your debit is several times more per hour than we get paid for medical care.”  
“Yeah, but you see Doc, you always have the same model, it hasn't changed since Adam; but we have to keep up to date with new models each year.”

### Remember when:

A computer was something on TV from a science fiction show, a window was something you hated to clean and ram was the cousin of a goat. A gig was when a band played, an application was for employment—a program was a TV show.

A cursor used profanity and a keyboard was a piano.

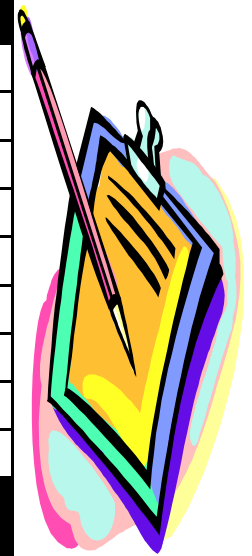
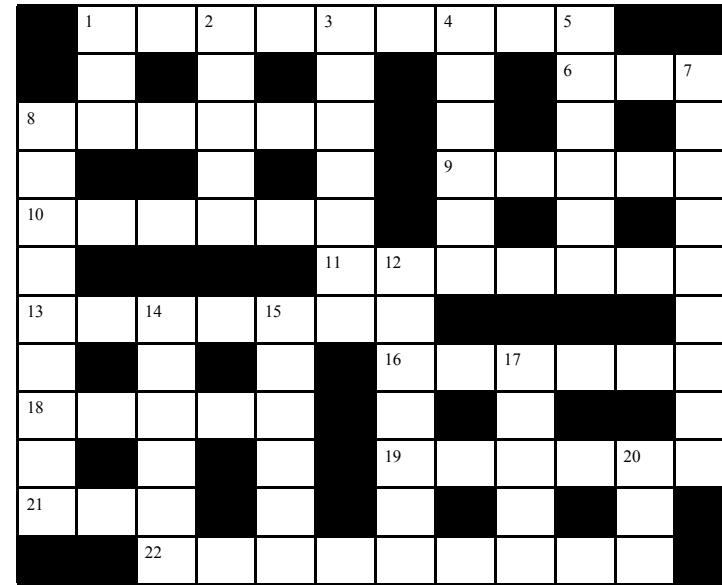
Memory was something you lost with age—a CD was a bank account and if you had a 3 and a third floppy, you hoped that nobody would find out.

Compress was something you do to garbage and if you unzipped anything in public you would go to jail.

Log on was wood on the fire, a hard drive was along trip, a mouse pad was where a mouse lived.

Cut, you did with a pocket knife—paste used glue. A web was a spider's home and a virus was the flu.

I hear nobody's been killed in a computer crash, but when it happens, they wish they were dead!



### Across

- 1 Fierce animal (9)
- 6 Talent / skill (3)
- 8 Changes to suit (6)
- 9 Pallid (5)
- 10 Glue does this (6)
- 11 See a show at the... (7)
- 13 Pacify (7)
- 16 Confuses (6)
- 18 Incisor eg (5)
- 19 Argue over the price (6)
- 21 Groove (3)
- 22 Watchful / heedful (9)

### Down

- 1 Gave food (3)
- 2 Indian money (5)
- 3 Pampers (7)
- 4 Elaborate (6)
- 5 Small packet (6)
- 7 American state (7)
- 8 A horse can run.... (2,1,6)
- 12 Grows in England (7)
- 14 Quick / now ( Pronto)
- 15 Detests (6)
- 17 Doctrine (5)
- 20 Illuminated (3)

Warning—Consumption of alcohol may create the illusion that you are tougher, handsomer and smarter than some really, really big guy named psycho Bob!

### Medical Quiz—Answers

1. Endocrine 2. Dr. A. Cormack (1979), Dr. M. Theiler (1951) 3. Typhoid 4. She founded the first school of nursing in S.A. at Kimberley Hospital in 1878 5. Islets of Langerhans in the pancreas 6. *Sarcoptes scabiei* 7. Shingles 8. 25th July 1826 by Dr. James Barry 9. No—the organism is a *Rickettsia* 10. Drs Banting and Best in Canada

# 75 YEARS!

Our Hospital will be 75 years old in 2004.  
How will we celebrate this momentous occasion?  
All suggestions may be handed to the editorial team.

Oliver Wendell Holmes once attended a meeting in which he was the shortest man present.  
“Dr. Holmes,” quipped a friend, “I should think you’d feel rather small among us big fellows.”  
“I do,” retorted Holmes, “I feel like a dime among the pennies.”



**Hale and**  
N. Cele  
S. Mbutho  
N. Khabela  
N. Blose  
S. Dlamini  
D. Tsotetsi

**Farewell**  
Morris  
N. Chiliza  
R. Burrows

☉ We welcome Miss M.B. Makhanya as H.R. Manager. ☉

Sympathy to Maggie Wight and family.  
Sympathy to the family of Mr. N. Chiliza  
We wish Mr. Jack Burrows a happy retirement

## Netball

Theresa Khumbuza, Caroline Hadebe, Goodness Dlamuka, Nokulunga Blose, Denise Soboyiso and Ernestina Mdunge are all members of the Hillcrest Hospital netball team.  
Cynthia Buthelezi is the team captain, she outlined a few problems that the team are experiencing.  
They practice for 1 hour, during lunch break, however this is insufficient time, as most players work shifts and it is difficult to co-ordinate practice times.  
The team needs more players, come on ladies, join the netball team!  
The team has no kit for the players, any ideas or donations would be most welcome.  
If anyone would like to join the team, please contact Cynthia.

## Medical trivia—By: Dr. V. Hickman

1. Is diabetes an endocrine or exocrine glandular disorder?
2. Name the 2 S.A. doctors who have won the Nobel Prize for medicine.
3. What is enteric fever now known as?
4. Who was Henrietta Stockdale?
5. Where is endogenous insulin made?
6. What is the name of the mite that causes scabies?
7. What is the common name for Herpes Zoster?
8. When was the first (and fourth in world) Caesarian section done in S.A?
9. Is tick bite fever a viral infection?
10. Who discovered insulin

Answers on Page 11



## Chocolate Chuckles

Submitted by Sr. Nachenius

Chocolate must be good for you, because it’s a vegetable. Chocolate is derived from cocoa beans and beans are a vegetable, right?  
Sugar is derived from sugar cane or sugar beets, both of which are plants. So chocolate must be a vegetable. Chocolate bars also contain milk, which is a dairy product. So they must be health food! Equal amounts of white and dark chocolate are a balanced diet.  
A nice box of chocolates can provide your daily intake of calories in one place, now isn’t that handy?

The majority of employees at our institution are female, so we decided to make a fuss of the men. **Who is the best dressed male?**

The nominations were:

Mr. Khumalo  
Mr. Rakesh Gayanchand  
Mr. Clive Naidoo  
Mr. Genie Nqubeni  
Mr. Brian Ngongoma  
Mr. Joel Chiliza  
Mr. Zephred Phakathi  
Mr. David Mgbhozi  
Mr. Gwala (in his Madiba Shirt)  
AND the WINNER is:  
MR. DAVID MGOBHOZI

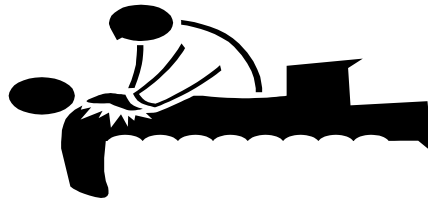


**Effects of Massage Manipulation By: Miss R. Kisten**

1. Mechanical: - On the circulation, on superficial veins and lymphatics in direction of venous and lymphatic return. Indirectly on the arterial system by improving area circulation changing a passive congestion into an active hyperdermia.
2. Reflex effect: On arterioles by stimulating vascular tone.
3. Chemical effect: Locally, by the release of histamine like substances and their action on capillaries—eg. Friction.
4. Mechanical: on other structures. Percussions may assist the evacuation of excessive secretions from air passages eg: the mechanical effect of massage manipulation such as friction on ligaments.
5. Reflex effect: On cutaneous nerve endings—producing a sedative effect, relief of pain and spasm.
6. The mechanical effect: Combined with evoking of reflex activity should be noted in percussion manipulations in evoking the stretch reflex.

Uses of massage in physiotherapy:

- To hasten the treatment of ulcers.
- To relieve certain kinds of oedema.
- To maintain the mobility of soft tissues
- To improve circulation and relieve pain in chronic articular and non-articular rheumatism.
- To loosen and aid drainage of excessive lung secretions.
- To hasten repair of tissue.



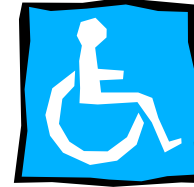
**Staff inter-view**

Mr. Patrick Ngubane has been employed at this hospital for 14 years. Patrick is married and has 4 children. He is a singer who is involved with ‘The Botha’s Hill Travellers’ Patrick would like to see changes in the form of opportunities to improve his career. He also hopes that the staff shortages in the grounds will be addressed. Patrick has completed a computer course privately, in order to broaden his knowledge.

We must be the change we wish to see in the world—Ghandi

**Obstacles are those frightful things you see  
When you take your eyes off your goal.  
Henry Ford**

**Thank you Wheelchairs KZN!  
By: Dusti Booysen**



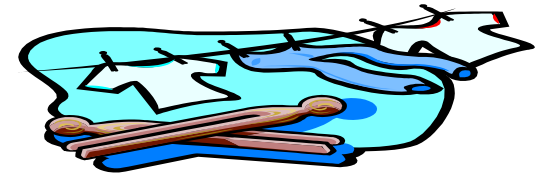
Editorial Team:  
Kathy Strapp  
Dusti Booysen  
Clive Naidoo  
Michelle Oldfield  
Maggie Wight  
Joel Chiliza  
Thobile Hlongwa

As explained by Mike Strong (Chairman of the community care centres); wheelchairs KZN is an organisation funded by the money raised by the KZN lotto. Most of this money was put towards building much needed schools in rural areas. The remaining funds were invested and the interest is now being used to fund various projects. To date this organization has given 3500 wheelchairs to people who cannot afford one. 22 of our patients were the happy recipients of wheelchairs. Thank you to all those involved in making the hand over ceremony such a success. Please contact the physio or O.T. departments if there is someone who would benefit from the generosity of wheelchairs KZN.

**NEXT  
ISSUE**

*Our December newsletter will be a bumper issue. Please tell us what you would like to see in your newsletter. Recipes, quotes, christmas ideas, please hand all contributions to any of the editorial team.*

To be 70 years young is more cheerful than to be 40 years old.



**Thank you and well done! By: Joel Chiliza**

The main linen room is productively and efficiently functioning due to the dedication and team spirit of : Doris Mchunu, Audrina Dlamini, Harriet Nene, Stanley Mngadi and Phineas Sokhulu. Because of love of their customers (patients) - the dauntless team has washed bed sheets and draw sheets which are usually washed by Durban regional laundry. This added responsibility has been strenuous and time consuming, as facilities are inadequate. Budget permitting—they have plans to buy hysters in order to alleviate the pushing of trolleys. The linen room staff are hoping for compensation, based on their outstanding daily performance and because they have assisted in economizing in terms of doing the laundry here as opposed to sending the items to a private laundry. The mini laundry and linen room is manned by Phillip Mchunu and Edwin Mnyandu. Their key functions are sluicing and washing the patients’ laundry. The workload is high over week ends, as they do all the washing alone. Their winning formula: They always work in concert, they leave personal problems at home and put their work first, above everything.

**By George!**  
**By: Dusti Booyen**

“I’ll do what I can, I’ll make a plan.”  
These are George’s famous words, and somehow he does just that.

George is a service orientated and gifted carpenter, who has earned an outstanding reputation, together with his trusted partner, Martin.

George is married and he has 3 children and a granddaughter.

He did his apprenticeship in Pinetown with a company that gave him experience in many fields of construction. His hobbies are motor mechanics, swimming and watching soccer and wrestling.

Dusti asked him how he manages to achieve his goals.

“I love my work and I always strive for excellence in all I do. I do not rush, I take the time to do the job properly, I want no come-backs. I have learnt to prioritize my time.”

George also believes that one must never give up. “Try, and try again, and you will succeed”

George’s message to Hillcrest Hospital:

“I love the staff and patients at the hospital and I hope to retire here.”

Keeping active is his key to staying young.



**The veteran worker By; Joel Chiliza**

Our longest serving employee is Ellen Nlovu. Ellen Ndlovu has been employed at Hillcrest Hospital since October 1962. She is a widow and her place of origin is Emaoti, just on the outskirts of Indwedwe district.

Ellen is a cleaner in the wards. When she was employed 41 years ago, her key responsibilities were to collect firewood and to put coal on the fire in order to provide warmth for the patients, since there were no heaters. She also sorted soiled linen and washed bed pans.

One of her duties was to give tea to the sisters and nurses. The nurses were given tea with sugar already in, and the sisters were allowed to add their own sugar.

The rooms were polished by Ellen at different times, due to the shifts that nurses worked.

Words of encouragement:

She always encourages the cleaners to show dedication, total commitment and perseverance towards their work.

Retirement:

At the moment retirement is not in her vocabulary as she feels that her body can still carry her for a few more years.

**AIDS By Sr. M. Oldfield**

At Hillcrest Hospital we have 7 AIDS counsellors. Our prime purpose is to offer support and guidance to anyone who has decided to be tested for HIV /AIDS. Undergoing this test has a different meaning for everyone, but it must be seen as a life defining moment and therefore when we take the decision to be tested, the guidance of a well informed and trustworthy counsellor is invaluable.

We are there to offer accurate information, to support the person through a time of life when important decisions must be made.

The counsellors at the hospital meet regularly in order to ensure a high standard of pre and post test counselling. Their passion and commitment is to ensure confidentiality.

Knowing our HIV status gives us power. If the result is negative, it enables us to put our lives into perspective and if we are involved in high risk behavior, it provides a chance to take steps to ensure that we remain HIV negative.

On the other hand, if it a positive result we are armed with the knowledge to protect ourselves from opportunistic infections and to take better care of ourselves, through diet and medication.

We can plan for the future and prepare ourselves and our families. Most importantly, we can prevent the spread of infection by practicing safe sex.

Anyone who wishes to be tested can contact any of the counsellors, or speak to Kathy or Joel.

All calls and queries are dealt with in the strictest confidence.

Remember that AIDS is a non discriminatory virus that can happen to anyone of us at any time!

Be wise and follow safe sex practices at all times.

**Learn Zulu**  
**By Mrs. Thobile Hlongwa**

Can I help you?  
Ngingakusiza

One cup of tea please  
Ngicela inkomishi eyodwa yetiye

What type of tea would you prefer?  
Nhloboni yetiye ongayithanda

Rooibos tea, please  
Ngicela itiye I-rooibos

With two tablespoons of sugar  
Kube nezinkezo ezembili zikashukela

No milk, thanks  
Ngiyalubonga ubisi

This tea is my favourite  
Lelitye yintandokazi yami!

It quenches my thirst  
Liyakuqeda ukoma kwami

Thank you  
Ngiyabonga



There is so much good in the worst of us,  
and so much bad in the best of us,  
That it hardly becomes any of us  
To talk about the rest of us.  
Edward Hoch

**9 August—WOMAN’S DAY**  
**WHAT IT MEANS TO BE A WOMAN**

By: Kathy and Dusti

- Sr. A. Mabaso—I am the administrator of my home.  
S/N Ottilia—To be a woman is the greatest gift and honour.  
Nurse T. Ndawo—I am a teacher, organiser, preacher, chef, provider.  
Nurse N. F. Blose—A woman is the mother of the land—be positive and believe in yourself.  
Vol. N. Mncwabe—Care for my family  
Miss T. Mngadi—Women care for their families and for the nation, they are very responsible.  
Miss shabalala—It is expensive to be a woman.  
Mrs. G. Mdluli—A woman is a very important person.  
Miss Makanya—It makes me proud to be a woman—as a mother and a wife, a woman takes the lead . A home without a mother is not a home, it is just a house.  
Miss Hilda Ngcobo—I want to be a good mother of children—to teach them how to behave well.  
Mrs. Mavis Zuma— Women are strong, wife, mother, worker.  
Mrs. Doris Mchunu—Women must be strong and be many things in life.  
Sr. Dixon—Mother, protector, taxi driver, a woman must embrace her family.  
Sr. W. D’unienville— Everybody relies on you.  
Sr. M. Nachenius—Women do wonders.  
Nurse A. Young—We are the stronger sex.



Things you don't want to hear during surgery:

- Oops!
- Has anyone seen my watch?
- Dear me, page 47 of the manual is missing
- Come back, bad dog.



**Catering course**

By: Kathy

Mr. Frans Biyase, Cecelia msomi and Vincent Majola attended a 2 week catering course.

They were taught about cooking, baking, nutrition, hygiene, equipment use, safety and how to keep your environment clean. Congratulations to Frans for achieving excellent marks with the exam—100% - well done!



**Back care By: Mrs. B. Mercer**

National back week is held annually in September.

Many back problems may be avoided by making small adjustments to one's daily lifestyle.

- Avoid standing for long periods. Try to alternate standing and sitting. If standing for long periods, try to place one foot on a slightly higher surface, eg. A brick.
- When sitting, avoid slumping. The knees should be level with the hips and the feet supported on the floor. Stand up periodically and move the neck and shoulders.
- Working surfaces should be 5-10cm below elbow level. Do not bend unnecessarily, adjust the working height or sit down. Kneeling is a useful position
- Sleep on a mattress that is firm enough to prevent the spine sagging, but soft enough to absorb the body's contours. If too soft, place a board under the mattress. Do not use more than 1 or 2 pillows. Side lying with the knees bent is a good sleeping position. If sleeping on the back, a pillow under the knees may avoid a hollow back. Avoid sleeping on the stomach.
- High heels should not be worn when standing for long periods. School bags should be carried on the back shoulders to distribute the weight.
- Exercises are a long term solution for keeping the back healthy. They must be done regularly. To mobilize the joints and strengthen muscles.
- It is important to lift correctly and to avoid unnecessary back strain. Always ask for help if the weight is too heavy.

A physiotherapist is trained to help provide the diagnosis, treatment and advice necessary to manage your back.

Should you suffer from localized back pain, pain in the legs, muscle spasm, stiffness or weakness, please contact a physiotherapist for help.