



## Editors Note

Time flies, doesn't it? It almost seems like yesterday when we broke off for December holidays to spend valuable time with our families and loved ones and yet we are already well into the second month of the New Year. For sure, it was a well-deserved break no matter how short it seemed. Well, now its good to be back at work and it is business as usual. I hope we are all looking forward to another promising and challenging year, both individually and collectively. I was pleased to find out that our

first newsletter received overwhelming acceptance from our readers. It is encouraging indeed.

In the first editors note I mentioned the importance of having a newsletter in our institution. This newsletter should be used by everyone to express ideas, opinions and views on a number of issues irrespective of who you are. This is your platform for engaging in a dialogue with the rest of us.

I would like to congratulate all those staff members who responded when we called for the name of our magazine. Our winning name is **Bambino** as we are all aware that we are a mother and child hospital, the name was suggested by Elize Theron.

Lastly, we need everybody's support to make this publication a success, we will always welcome your contributions and fair comments.

I sikhathi siyahamba akunjalo?

Sengathi izolo lapho ekade sihluka khona siyochitha amaholidi kaKhisimuzi nabathandiweyo be-thu. "Kwangijabulisa ukubona indlela ibhuku lethu lokuqala elamukelwa ngayo. Oshicilelweni lwethu lokuqala sabalula ukubaluleka kwaleli bhuku kubobonke abasebenzi ukuze wonke umuntu akwazi ukubeka umbono, iziphakamiso ngokukhululeka. Sithanda ukubonga kulabo abasabelile ngenkathi sifuna igama laleli phephabhuku.

I gama lebhuku lethu lizokwaziwa nge **Bambino** njengoba sonke sazi ukuthi phela thina siyisibhedlela sabantwana. Sihalalisela uNkk Theron ngokusinikeza igama elimnandi laleliphephabhuku. Niya-celwa ukuba nilethe izinto zenu enifisa ukuba zikhishwe kuleli bhuku lethu.

*Nombuso*

## SOCIAL SERVICES BY GUGU MPANZA

Did you know that LUDWM Hospital is such a resourceful place where you will find a variety of professional services? Social services are one of those. It has two fulltime social workers namely Mrs Gugu Mpanza and Mrs B.N Ndlovu. "Our duties commence at 7:30 am up to 16:00 pm. We do counselling services for the fol-

lowing cases: Rape or sexual abuse, advanced TOP and HIV/AIDS. "We also facilitate placement of abandoned babies in Nursery ward. Other services include tracing of patient's relatives, organising of awareness campaigns relevant to social services and screening of patients who request Pauper Burial," says Mrs G Mpanza.



Mrs. Gugu Mpanza  
Social Worker

In case you find yourself in need of our services do not hesitate to come to us. Our contact numbers is 035- 902 8513/4.

## ADVICE DESK— Charles Makwakwa

October is a Mental Health and Substance abuse awareness month. While attending meetings, workshops and training sessions, questions such as “why include substance abuse when talking about mental health/illness,” were being raised by my colleagues, brothers and sisters.

For me it was quite saddening, if not heartbreaking, to realise how less informed my brothers and sisters are about the role of substance abuse in mental illness. These questions also challenge those involved in the management of mental health problems to look at ways of raising awareness among those less informed about the role played by sub-

stances causing mental illness. You may be surprised if your relative ‘looses it’ and becomes a mentally ill patient as a result of substance / alcohol abuse.



Mr Charles Makwakwa  
Clinical Psychologist

In such situations some of us may say “bamthakathile” (bewitched) while this may not be an issue. I imagine ‘uMavela’ a bright University student who suddenly without being noticed becomes over excited to such an extent that he becomes admitted to a psychiatric ward.

Full history taking reveals no stressors, no family history of mental illness but a protracted intake of alcohol and other drugs. Some of his friends when asked, say he just ‘lost it’. In his excitement Mavela keeps on saying ‘I am not mad’ and refuses to take his medication. Surely and truly Mavela is not mad but psychotic as a result of substance abuse. Psychiatric/ psychological assistance and rehab are beneficial in this instance. My brothers and sisters, lets not ignore those who take substances uncontrollably. Let us be of assistance to them to prevent further damage to their brain as well as those around them.

## STRENGTHENING OUR CULTURE OF NURSING— Sr Paliam

Nursing is a unique and noble profession that requires maintaining and upholding the highest values and beliefs, thus nurses have the responsibility to advance in the course of the nursing profession. Creating a culture of commitment to the customer involves being the mouthpiece for the helpless; therefore it remains a trusted profession. Nursing is about caring, with an outcome to save lives by combining competence, skills and values. The caring profession therefore needs to set the trend and lead the way.

As nurses, we should strive to promote quality-nursing care, through the channel of supportive nursing leaders who are committed to professional qualities in the clinical services.

Professionalism is further demonstrated through leadership, where young professionals extract accountability, respect and empathy. The principles of ethics, equity, compassion and responsibility should permeate through role modeling. Responsibility also lies upon the nurse practitioner to keep abreast of developments in the social and health fields of our country, so that we work towards condemning negligence, and harmful practices.

We need to revive the basics of nursing care, in the hope that nursing does not lose its trademark: care. Our caring profession entails bringing hope to those who have lost it and to deal with rapid changes and challenges.

Change is part of our lives, we

**Nursing is about caring, with an outcome to save lives by combining competence, skills and values.**

need to embrace it and move on.

The symbol of the lamp to the nursing profession means that you are prepared to be the eyes of the blind who is sick, the nourishes of those who cannot eat and the mind of those who are unconscious. So nurses of LUDWM Hospital, let us continue to ensure that our lamps burn brightly!

## A CUSTOMER IS

The most important person to come into this organisation  
Whether in person, on the phone or by mail

The person who ultimately pays my salary  
I really work for him

Not someone with whom I should argue  
Dale Carnegie said;  
"The only way to get the better of an argument is to avoid it"  
- especially as far as customers are concerned.

Someone with whom I must learn to be patient  
Even if he is not always patient with me

Someone who can make or ruin my day  
Depending on how I react to his comments  
I can easily control my life by controlling how I respond to situations

Someone who has biases and prejudices just like I do  
He may not like my hair, I may not like his clothes  
Yet he is a special human being and my customer

Someone I take care not to offend  
Even when he is wrong, I point out the mistake indirectly and politely

Someone who is sometimes a challenge.  
I face the challenge and glad when I can turn a frown into a smile

Someone who is very special  
He is my customer for a few minutes  
And I focus on serving his needs 100% when I am helping him

Someone with whom I will go the "extra mile"  
He may not realise it, but I realise that the difference between Mediocrity and excellence is just 10%

REBECCA L MORGAN.

## How do you know the health problem is caused by your workplace?

You may develop sickness after starting a new kind of work. The sickness get worse the longer you are at work and gets better when you are away from work and other workers in your department experience the same problem.

### WHAT TO DO?

- o Your employer must remove you from the situation
- o You must get medical treatment. Some occupational diseases cannot be cured
- o You must submit a

claim for compensation



Sr TG Zungu  
Occupational Health Nurse

- o Your employer or doctor must notify Department of Labour about your occupational disease  
Your employer must eliminate, control or minimize other workers exposure to dangerous situations.

## Medical Laboratory Technologist - Mrs S Mathenjwa

We always ask ourselves what these people from laboratories are doing and what does it take to be a Medical Laboratory Technologist ?

Medical Laboratory Technologists help doctors diagnose, treat and prevent diseases by performing tests and conducting research in the laboratory. They carry out chemical analyses of body fluids and tissue samples to find evidence of disease. They also examine blood cells microscopically and perform blood grouping, type and compatibility tests to ensure that patients who need transfusions are given correct type of blood.

Medical Technologists work in Hospitals, Public Health Organisations and Medical Research Facilities as well as in Laboratories of Private Physicians.

Although most of their work is done "**BEHIND THE SCENES**", Medical Laboratory Technologists have a vital role in patient care, because Physicians often use their findings to make decisions about patients treatment.

## WHAT IS HEPATITIS? Sr TG Zungu

Hepatitis is an inflammation of the liver caused by one of three viruses A, B or C. It can also be caused by taking certain drugs like antibiotics or antidepressants as well as non-prescription medication. According to Professor Kirsch, in South Africa most people will have contracted the A virus by the time they reach their twenties. It is easily spread among individuals living in close quarters like crèches or boarding schools. It is spread by poor personal hygiene (not washing hands after using the toilet) or via contaminated water or food. Hepatitis B is highly infectious and is common in South Africa. Prof. Kirsch explains that up to 70% of the adult population will have contracted the disease in their lifetime. It is mostly acquired in the first four years of life. Most of these people have cleared the virus and are now immune. Hepatitis B is transmitted through contaminated needles e.g. in needle stick injuries. The virus may be present in other body fluids like saliva, vaginal secretions etc.

### SYMPTOMS

The person will experience flu like symptoms, aches and pains, loss of appetite. The urine will become dark and stools (faeces) will be light in colour. The person will develop jaundice and itchy skin. Person will feel tired for about three months. Hep B and C can become chronic and can lead to cirrhosis.

Short course in Human Relations

Six most important words  
"I admit I made a mistake"

5 most important words  
"You did a good job"

4 most important words  
"What is your opinion?"

3 most important words  
"If you please"

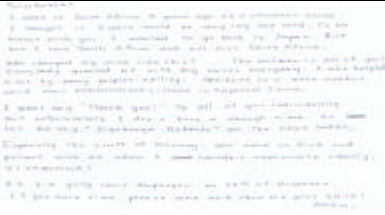
2 most important words  
"Thank you"

1 most important word  
"We"

Least important word  
"I"

Courtesy by: Sr TG Zungu

## FAREWELL AKEMI



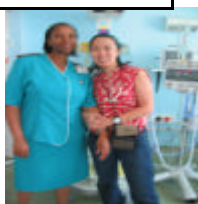
Left: Letter that was written by Akemi before she left the country

### Photos tells the story

Sanibona

I came to South Africa 2 years ago as a volunteer nurse. I thought 2 years would be very long and hard. To be honest with you. I wanted to go back to Japan but now I love S. A. and will miss S.A. Who changed my mind like this? The answer is all of you. Everybody greeted me with a big smiles everyday. I was helped by peoples smiles. Sanibona is a more useful word than Kon-nichiwa (Hallow in Japanese language)

I want to say thank you to all of you. Unfortunately I don't have enough time, let me say "SIYABONGA KAKHULU" Especially to Nursery Staff.



Akemi left the country on the 25/11/2004. To have Akemi at LUDWM Hospital was a blessing. We miss you Akemi!!!

