



## Editors Note

It was in August last year when I wrote in this publication for the first time. It only seems like yesterday when I penned these words. I wrote them at the time when I had no doubt that there was a tough assignment ahead of me. And to say my tenure as Bambino News Editor is chal-

lenging and vibrant, is an understatement. It all began when LUDWM staff felt that there was a need to have a Newsletter. I felt a quiver in my breast as if it had been pierced by a spear. Whatever qualms I may have had were quickly dispelled after a few editions, as my ever outspoken LUDWM colleagues continuously give feedback. The second quarter was a good and a sad time because well known staff members left the institution. These were Dr Hoque, Mr du Plessis, Dr Raymond and Dr Madide. Although they have left us, their memories will remain always. I will always call for input and fair comments for this newsletter to be a success.

Kungo Agasti wangonyaka odlule lapho esaqala khona ukuba nebhuku okokuqala. Ukuqala lelibhuku kwaba

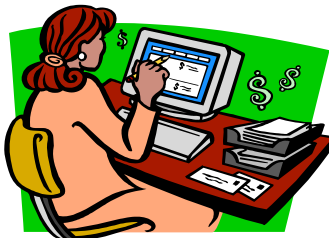
nenselelo enkulu kimi ngoba wawumkhulu umsebenzi owawungihlalele. Ezinyangeni ezedlule sihanjelwe ngabanye abasebenzi abebeyizingqalabutho ebesezimnkantshubomvu emikhakheni eyahlukene. Lapha sibala Dkt Hoque, Mnu du Plessis, Dkt Raymond kanye no Dkt Madide . Yize behambile siyohlale sibakhumbula. Basebenzi niyakhuthazwa ukuba nibeke imibono noma izikhalazo zenu kuleli bhuku.

*Nombuso*

## COMPUTER COURSES

A lot of people have been complaining about attending computer courses and they were asking who is expected to attend and what criteria is used to select those who must attend. Bambino News spoke with Mrs C Fourie who is a Super User in the Institution. "In order to attend these computer courses, it is important that your line function includes computer tasks and you have a computer to accomplish these daily tasks," Fourie said. She pointed out that at the present moment people who are given first preference are cost centre managers. Fourie also said that she is not responsible for selecting people but that she sends applications to Informatics and they select the candidates. Fourie said Informatics select a few people per institution, less than 5 a month. "I have a prob-

lem with people if they are booked to attend a course and they don't attend, and they don't report back to me that they will not attend so that I can place others" Fourie said. She pointed out that the minimum pass rate for the computer course is 70%. Therefore, you need to pass the first module before you continue with the next one.



Iningi labasebenzi lihlale likhala ngokuthi alihanjiswa ukuyoyeqeshelwa ulwazi lwamakhompyutha. Liphinde likhalaze ngokuthi alazi ukuthi ukuze uyoyifundela ku-

suke kukhethwe kanjani. UBambino News uxoxisane noNkz Fourie okunguyena ophethe ezamakhompyutha kulesi khungo ophawule kanje "Ukuze uyoyifundela ikhompyutha kumele ube umuntu oyisebenzisayo nsuku zonke uma usemsebenzini". Uqhube wathi okwamanje kusabhekelelwa abangabaphathi bamacost centres kuqala. "Akimina engikhethayo ukuthi obani abazoyoyifundela ikhompyutha kodwa bakhethwa ekomkhulu lezempilo ( Head Office Informatics)" kubeka u Fourie. Uphinde wacacisa ngokuthi umuntu ukuze aqhubeke nokufunda ikhompyutha kumele ayiqale ekuqaleni ebese eqhubeka nayo. UFourie uphinde wagcizelela ngokuthi yize kukhethwa ekomkhulu nakhona abakhethi ngaphezu kwabahlanu isikhungo ngasinye abantu okusuke kumele beyofunda. " Abanye abasebenzi bayakhethwa ukuthi bayofunda kodwa bangayi benjalo abangazisi kusenesikhathi ukuze siyise abanye", kuphetha uFourie.

# Human Resource Development

Staff development is ongoing in institution that includes internal and external trainings. Internal trainings involves in-service trainings whereas external includes courses, workshops and seminars. At LUDWM Hospital the policy is in place for personal developments and notices are displayed in departments. Our budget for 2005/2006 is R80 146.56. It should be utilised as follows R64 117.25 (80%) of budget (NQF 1 TO 4) for staff with a qualification of matric and lower. R16 029.39 (20%) of budget (NQF 5 AND ABOVE) for staff with qualification higher than matric.

Courses outlined for 2005/2006 subject to change/ availability of budget)

We had many complaints regarding Supervisory/ Management skills. Therefore it was decided that Supervisors and Managers go for training. If there is surplus funds other staff will go. Last year staff were sent for training that includes courses for Maintenance, Health and Safety, Creche and

Computers.

For further information regarding the attendance of both internal and external training please contact your Unit Manager / Supervisor.

Kulonyaka kubonakale ukuthi kungcono kuhanjiswa izimwenja kanye nezinhloko zeminyango ngoba kunezikhhalazo zokuthi zinenkinga ebuholini. Kuyobe sekubonakal emva kwalokho-ke ukuthi imali iyasala yini ukuze kuhanjiswa abanye oqeqeshweni oluthile. Uma ufuna ulwazi oluthe thuthu xhumana nomphathi wakho.

## Pre-Natal Blues and Post Natal Depression – Charles Makwakwa

**An Article challenging and inviting health workers to help pregnant women and new mothers adjust to their newly found experience.**

Pregnancy and childbirth should be enjoyable experiences, especially when the pregnancy was planned. However, in poverty stricken countries such as South Africa this does not seem to apply, since many pregnancies are unplanned. What about planned pregnancies?

Have you ever wondered 'why some women, even if they have planned their pregnancy, are in sound financial standing and enjoy all the benefits of being pregnant (including emotional, social, financial and physical support), have noticeable mood swings during pregnancy and feel sad most of the time after delivery'? Most of you who work in labour wards as well as post-natal wards may agree with me that you have observed mothers who refuse to feed their babies, sleep facing the opposite direction of their babies (giving them their back to suck) and show extreme sadness. Most people, including you as the reader, the pregnant woman and the new mothers themselves, have difficulty understanding the cause of these depressive episodes since they assume that these should be joyous moments.

**If you have, then I also wonder 'what did you do for these people to make a difference in their lives'.** Although the answers to these challenging questions may vary, depending on the individual's circumstances, clinical observations over the years have shown that pregnancy and post-delivery cause hormonal changes in the human body (more information on this may be obtained from physicians).



Mr Charles Makwakwa  
Clinical Psychologist

I would like to give you a simple case study of a woman (Miss M.) I saw in the hospital. She was brought to hospital two weeks before delivery, claiming that she was nearly shot by one woman who claimed to have had an affair with her boyfriend. Collateral information revealed that some weeks prior to her admission she showed lack of interest in usual activities, withdrew from other people and started to eat less. On delivery she refused to see and feed the infant and started talking nonsense. That is when Miss M. was referred for psychological evaluation. My assessment and findings revealed a depressive episode of a psychotic nature.

Should the staff in the ward have not referred Miss M. for psychological evaluation 'do you imagine what would have happened? Probably she could have killed her newborn baby.

I therefore say early recognition of pre-natal blues and post-natal depressive episode is important! The signs and symptoms of pre-natal and post-natal depressive episodes are clear when you read this article attentively

## Photos tell the story ...



After 13 years and many memories Doep has left us sadly



From Left: Diane Templeton, Mrs NN Gumede and Mr du Plessis



Dr Raymond and his wife



After 13 years... dozens of deliveries, thousands of operations and many memories.



Oxtails at Dr Madide's farewell most Doctors were present

## EAP LAUNCH 2005

**WHAT IS EAP?** *A recognition that personal problems can and do interfere with workers job performance. Management has a responsibility to provide help necessary for employees.*

*Disciplinary procedures will continue as usual. The following problems are addressed under EAP: Drugs and Alcohol, Marital, Family emotional, financial or legal difficulties. Sometimes you will be referred to appropriate services. The problem will fall under EAP only if it affects productivity.*

*Confidentiality will play a major role even you supervisor or management will not know what you have discussed with practitioner.*

*All employees are encouraged to seek help. EAP is not meant to interfere with employees private life—self referral.*

*Supervisors will also refer employees based on job performance e.g. frequent absenteeism. The supervisor will make an appointment for employee.*

*No one with a personal problem will have either*

*Job security or promotional opportunities jeopardized by request for help. All records will be strictly preserved.*



LUDWM EAP TEAM

### Benefits to employees

*Improved performance, social functioning and self esteem  
EAP service is free unless you are referred*

*Increase level of commitment, morale and job efficiency*

*The EAP will enhance quality of life for all employees as well as ensure healthy, safe, supportive and conducive working environment.*

## SPORTS

Bambino News would like to congratulate Mike Peachy for winning Bronze Medal at Comrades Marathon from Pietermaritzburg to Durban.



Mr Mike Peachey

Abadlali bethu bebhola kulo nyaka bavakashihele isibhedlela sase Clairwood eThekwini lapho bedlale khona kanje Mantombazane ashaywa ngo 15 ku 12 Abafana nabo bashaywa ngo 3-1 Baphinde bawina ngo 2-1



Iqembu le bhola lase LUDWM

Ngomhla - ka 25 ku Juni baphinde badlala imidlalo yamathonamente lapho bekuhlukaniswe khona ngezindawo ngebadi ayiphumelelanga kodwa kweminye sadlala ngokulinganayo. Niyacelwa