

APRIL 2011

## NURSING SUMMIT

The National Nursing Summit was held in Sandton Convention Centre between the 5th and 7th of April 2011 and one of our staff members P/N PE Kwitshana ( Midwifery Clinical Facilitator) who attended the conference shares some of the highlights below:

The theme for this year was **Reconstructing and Revitalising the nursing profession for a long and healthy life for all South Africans**. President, Jacob Zuma recommended that nurses should follow in the footsteps of great exemplifiers such as the first black nurse, Cecilia Makhiwane, Florence Nightingale and Hendrieta Stockdale.

He emphasized that the health of the nation is in the hands of nurses. The president also warned that nurses and all other public servants should break away from the habit of thinking that they are doing patients and the community a favor by serving them. President Zuma also expressed concern about the high number of maternal deaths which he said are due to HIV & AIDS, untreated high blood pressure on pregnant mothers, bleeding before and after delivery, infection after delivery and poor nutrition.

President Zuma recommended that communities should be educated about early Ante-Natal Care. He also acknowledged the hard work and dedication put in by nurses adding that he is aware at times they become emotionally drained due to shortages. He also promised the following:

- Re-opening of well equipped nursing colleges
- Increase the number of doctors.
- Ensure the appointment of right personnel to senior post.

The Minister of Health, Dr Motsoaledi also lashed at the current maternal deaths which he described as unacceptably high, especially in the eThekweni District.

Dr Motsoaledi also noted with disappointment the systems that are in place to address unplanned teenage pregnancy. He emphasized the strengthening family planning at health institutions –as a lot of women are using abortion as contraception.

Dr Motsoaledi did not leave out the challenge of moonlighting calling it unacceptable as it is detrimental to patients as nurses become tired and fail to render a quality service.

Bringing back Basic Nursing Care was also emphasized. A group of nurses from Grey's Hospital were also invited to the summit to showcase their white uniform saying he was intrigued to see that some institutions still use it. Nurses later came to an unanimous decision that they want to go back to the white uniform as of 2012.

Dr Anyangwe from the World Health Organization warned nursing professionals against the excessive use of antibiotics saying the rate of resistance has gone up in most patients .

### **“NO ACTION TODAY-NO CURE TOMORROW”**

According to Sr Kwitshana, the summit was very informative and thank the institution for sending her. “I came back revitalized and made sure that I share all the information with my colleagues so that we can start to make sure that we pull up our socks to be in line with government priorities and the MDG goals 1, 4, 5 and 6.

## MOTHER'S DAY - 2011

The origin of Mother's Day goes back to the era of ancient Greek and Romans. But the roots of Mother's Day history can also be traced in UK where a Mothering Sunday was celebrated much before the festival saw the light of the day in US. However, the celebration of the festival as it is seen today is a recent phenomenon and not even a hundred years old. Thanks to the hard work of the pioneering women of their times, Julia Ward Howe and Anna Jarvis that the day came into existence. Today the festival of Mothers day is celebrated across 46 countries (though on different dates) and is a hugely popular affair. Millions of people across the globe take the day as an opportunity to honor their mothers, thank them for their efforts in giving them life, raising them and being their constant support and well wisher.



It is unfortunate to note that Ms Anna Jarvis, who devoted her life for the declaration of Mothers Day holiday, was deeply hurt to note the huge commercialization of the day.

**With this brief history I wish all mothers within the DOH and MGMH a splendid Mothers Day, you are the World's Greatest Gift!**

### Super Mom

Mom, you're a wonderful mother,  
So gentle, yet so strong.  
The many ways you show you care  
Always make me feel I belong.  
You're patient when I'm foolish;  
You give guidance when I ask;  
It seems you can do most anything;  
You're the master of every task.  
You're a dependable source of comfort;  
You're my cushion when I fall.  
You help in times of trouble;  
You support me whenever I call.  
I love you more than you know;  
You have my total respect.  
If I had my choice of mothers,  
You'd be the one I'd select!

*By Joanna Fuchs*

### A Mother...

When you're a child she walks before you, To set an example.  
When you're a teenager she walks behind you. To be there should you need her.  
When you're an adult she walks beside you, So that as two friends you can enjoy life together. **Author Unknown**



# MOPD REVAMP PROJECT



**BEFORE**



**AFTER**



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The Public Relations Department together with Management embarked on a project to assist MOPD doctors. The aim was to restructure the consulting rooms so that patients could be treated in a more private manner. It was decided that the patients were uncomfortable being treated in such close proximity of each other.

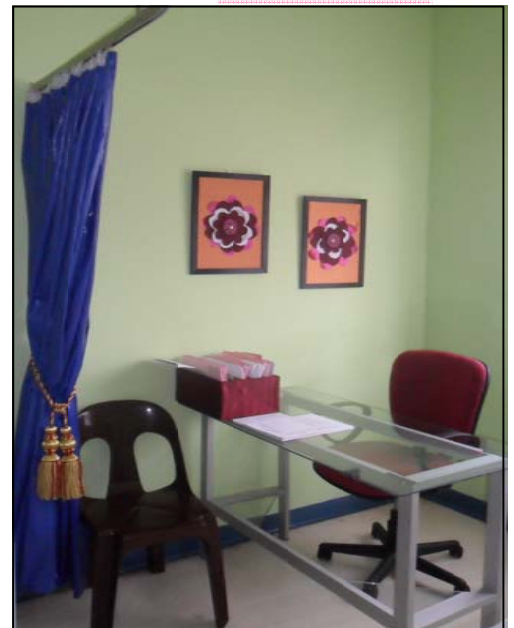
The PR Department contacted Trafalgar Property to assist with the revamp and assist with making the rooms look attractive. After numerous meeting and much deliberation Trafalgar decided to refurbish the department by adding a new color scheme purchasing tables and chairs for the doctors. They also added a friendly touch to the consulting rooms with curtains and frames.

The project kicked off on the 5<sup>th</sup> March 2011 with the staff of Trafalgar commencing the project.

The MOPD doctors consulting rooms now look more attractive with two patients being consulted in different parts of the room making each consult private.

On behalf of the management and staff we thank Trafalgar for assisting with the project.

**AFTER**



## COMPLIMENTARY VISIT BY DR S DHLOMO

On the 18th of April Health MEC, Dr S Dhlomo visited Mahatma Gandhi Memorial Hospital to commend the staff and management for service delivery improvements especially around cleanliness and infection control..

The MEC's visit came as a result of community leaders and the Minister of Health, Dr Aaron Motsoaledi, having commended the hospital for service delivery improvements. At the meeting were community leaders from Phoenix, Inanda, Ntuzuma and KwaMashu townships.

During his address, hospital acting CEO, Dr P Dayaram informed leaders that most of the overcrowding in wards stems from the fact that the hospital serves around 1, 1 million people whilst it was built to cater as a level 1 District Hospital.

During his addresss, Dr S Dhlomo had this to say;

"When I was appointed as the MEC in this province there were certain hospitals, which I believe are the face of public health in this province, which kept me worried. This hospital was one of them," said MEC Dhlomo whilst addressing the management and community leaders. "This hospital, I always say, was built as a 'taxi' but works as a 'bus'."

The hospital has improved on waiting times where patients used to wait the whole day for medicines but now the time has been reduced to only 25 minutes. The cleanliness has also been commended by the Minister of health who said he would give the hospital a 98% mark for its cleanliness.

Hospitals around Durban are now referring their infection control nurses to Mahatma Gandhi hospital to benchmark. "

These improvements are commendable given the size of the hospital and the population they serve. I am glad to announce that we are now moving very fast to building Dr Pixley kaSeme hospital which we believe will relieve some of the patient load from this hospital."

The MEC did not fail to challenge community leaders to work with government in encouraging people to use their nearby clinics. "However; as government we need to ensure that our people have the same confidence in attending clinics as they have in hospitals."

The hospital is one of hospitals delivering a large number of babies in the eThekweni District with between 600 and 800 deliveries a month. The hospital caters for most of the complicated deliveries in the north of eThekweni and would like to improve its maternal death record. To the hospital's maternal death record the MEC said he would like to see a record of all maternal deaths because he believes they are mostly preventable. He further said bringing down the number of women who die during pregnancy, child birth or immediately thereafter would **not be achieved** without the support of community.

### CINNAMON AND ORANGE HOT CROSS BUNS

(MAKES 9)

#### BATTER

7g dried yeast  
5ml light brown sugar  
100g white bread flour  
200ml tepid milk

#### DOUGH

300g white bread flour  
5ml salt  
10ml of cinnamon  
3ml nutmeg  
Grated rind of 1 orange  
50g of soft butter

50g light brown sugar  
175g mixed dried fruit  
1 egg lightly beaten

#### CROSSES

20g plain flour

**FOR THE BATTER:** in a large bowl, mix together the yeast, sugar and flour. Stir in the milk and mix to form a smooth batter. Cover with a clean kitchen towel and set aside in a warm place for 25 minutes until the surface is covered with large bubbles.

**FOR THE DOUGH:** sift together the flour, cinnamon, salt and nutmeg. Stir in the orange rind, add the butter and rub into the flour. Stir in the dried fruit

and sugar.

**Add the dry dough mix and the beaten egg to the batter,** and mix to soft dough using a large fork. (Turn the dough into a lightly floured surface and knead for 5 minutes until smooth and not sticky.)

**Grease two baking sheets** with a little extra butter

**Divide the dough into nine equal pieces** and shape each into a ball. Place on the greased baking sheets. Cover with a clean kitchen towel and leave to rise for 60 - 90 minutes until the buns have doubled in size and spring back when prodded.

CONTINUATION ON PG. 5

# Be a Super Man!!

BRING OUT THE SUPERHERO IN YOU BY SIMPLY ADDING A FEW MORE ITEMS TO YOUR GROCERY LIST.

## 1. Almonds and other nuts

**Superpowers:** building muscle, fighting food cravings

**Secret weapons:** protein, monosaturated fats, Vitamin E, folate, fibre, magnesium phosphorus

**Fights against:** obesity, heart diseases, muscle loss, cancer

**Sidekicks:** pumpkin seeds, sunflower seeds, avocados

**Imposters:** salted or smoked nuts

## 2. Beans and other legumes

**Superpowers:** builds muscle, help burn fat, regulates digestion

**Secret weapon:** fibre, protein, iron, folate diseases, high blood pressure

**Fights against:** obesity, colon cancer, heart disease, high blood pressure

**Sidekicks:** lentils, peas, bean dips, hummus

**Imposters:** refried and baked beans

## 3. Spinach and other green vegetables

**Superpowers:** neutralizes free radicals

**Secret weapons:** Vitamins including A, C, and K; folate; beta-carotene; calcium and magnesium, fibre

**Fights against:** cancer, heart diseases, stroke, obesity, osteoporosis

**Sidekicks:** Brussels sprouts, green, yellow, red and orange vegetables such as asparagus, peppers and yellow beans

**Imposters:** none, as long as you don't fry or smother than in fatty cheese sauces

## 4. Instant oatmeal

Unsweetened and unflavored

**Superpowers:** boosting energy and sex drive, reducing cholesterol, maintaining blood – sugar levels

**Secret weapons:** complex carbohydrates and fibre

**Fights against:** heart disease, diabetes, colon cancer, obesity

**Sidekicks:** high-fibre cereals

**Imposter:** sugary cereals

## 5. Peanut butter

All natural sugar free

**Superpowers:** boosts testosterone, builds muscle and burns fat

**Secret weapon:** protein, monosaturated fat, Vitamin E, niacin, magnesium

**Fights against:** cardiovascular disease, obesity, muscle loss and wrinkles

**Sidekicks:** cashew and almond butters

**Imposters:** mass-produced sugary peanut butter

Source: [WWW.MENSHEALTH.COM](http://WWW.MENSHEALTH.COM)/[WWW.BEAUTYNET.CO.ZA](http://WWW.BEAUTYNET.CO.ZA)

### CONTINUATION FROM PAGE 4...

Preheat the oven to 220°C

**TO MAKE THE CROSSES:** blend the flour with 20ml cold water to make a paste. Place the paste into a small plastic bag and snip off one corner. Pipe a cross on the top of which bun.

**Bake the buns for 15 – 20 minutes** until risen and golden brown

**TO MAKE THE GLAZE :** place the castor sugar and 30ml of the orange juice in a small pan and bring to the boil, stirring until the sugar has dissolved.

**Transfer all the hot cross buns to a cooling rack,** brush immediately with the glaze, then leave to cool.

Source from Foschini Retail Group Club Magazine

## **PROFILE- MR K GOVENDER**

### **5 WORDS TO DESCRIBE YOURSELF**

Dedicated, hard working public servant,

#### **CAREER HISTORY:**

- 28 Years of loyal service.
- Appointed in 1983 and worked for 3 years as a Pharmacy assistant at King Edward VIII Hospital
- Thereafter translated to Admin Clerk working 5 years as a shift worker in Admissions. Then later to HR department at King Edward VIII Hospital after completing my ND in Public Administration in 1989
- Furthermore I escalated to Mahatma Gandhi Memorial Hospital in 1997 as Senior HR Officer and commissioned the HR Department with two other HR officers.
- Then I was promoted to a HR Managers post at Osindisweni Hospital in 2004. Due to unresolved work challenges requested for a transfer to Mahatma Gandhi Memorial Hospital as Assistant manager for Staff Relations.

#### **MAJOR ACHIEVEMENTS**

I have successfully commissioned the HR Department at Mahatma Gandhi Memorial Hospital without any audit queries. Entered the department which just had desks, chairs and a box of 40 personal files.

- Promotion to HR Managers post at Osindisweni Hospital
- Managed a successful ABET program which produced 3 matriculants who were acknowledged provincially
- Successfully implemented Nursing OSD in November 2007 without any overpayments.
- Hosted 3 successful annual Awards day celebration at Osindisweni hospital with the HR team, recognizing long service and short courses.

#### **PROJECTS IN PLACE FOR YOUR DEPARTMENT**

- I have already reduced the backlog by 90% in two months.
- To promote and maintain sound staff relations through improved communication and information sharing.
- To conduct regular in service workshops on Grievance, disciplinary and abscondment procedures, sexual harassment policy and incapacity code for all staff including managers and supervisors.

#### **YOUR MOTTO IN LIFE**

Strike a balance with work and family life and have faith in GOD.

#### **THE BEST ADVICE EVER RECEIVED**

Don't trust anybody

**MY ADVICE** : Hard work never kills but you will eventually reap the benefits. When you are faced with chal-

## **CUSTOMER CARE TRAINING**

Customer care training is being conducted on an ongoing basis to empower staff on how they should treat our clients.

Heads of Departments are encouraged to send their staff to the training sessions in order to equip them.

It has been noted that there are still departments who are **not** sending staff for training. All wards and departments were issued with the 2011 schedule.

Should you not have a 2011 training schedule please feel free to contact the PR department.

#### **BELOW IS A LIST OF**

**DEPT WHO HAVE SENT STAFF TO ATTENDED TRAINING FROM JANUARY 2011- APRIL 2011**

DEPT	NO OF STAFF TRAINED
X RAY	9
LAUNDRY	1
NURSING	22
REGISTRY	2
PHARMACY	2
SWITCHBOARD	1
DEPT OF MEDICINE	22
DIETICIAN	3
PHYSIO	6
SECURITY	18
MORTUARY	2

# WELCOME



I wish to congratulate the members of staff (above) who have recently bridged from Enrolled Nurses to Professional Nurses. The staff members were sent to upgrade their knowledge through our HRD's Skills and Development Program. (from L-R) LN Goniwe, K Naicker, CP Mthembu, MGM Mlambo and ET Makhathini



I wish to welcome our new additions to the MGMH family. The new members of staff joined us from the 1st of April 2011

**(Front Row L-R) NP Gkanye, G Mthembu , WJ Jele, GS Zulu , XP Dube,  
(Back ROW L-R) MM Hlongwane, LN Xulu, TG Ngcobo, MZ Ntobela,**