

## VISIT BY MEC

On his second day into office the new MEC, Dr Dhlomo decided to visit MGMH, to offer support and also get first hand information and feel of the situation there. The surprise visit came at the right time as the hospital management took the opportunity to brief the new MEC about their challenges which are sometimes a contributory factor in some of the negative incidents which have been reported about the hospital in the media.

The MEC commended the Management of the hospital and was sympathetic towards some of the challenges they have been experiencing with regards to work load, large patient number, staff



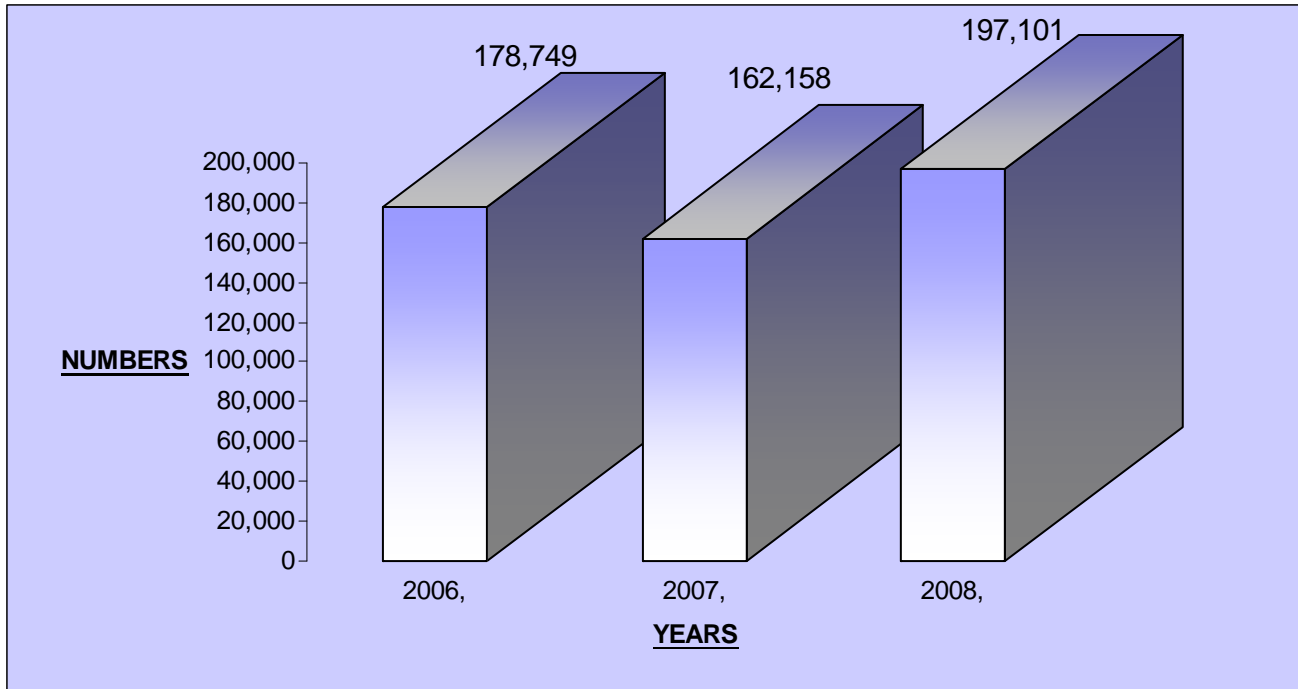
shortages , budgetary constraints etc. After the close session with the hospital management Dr Dhlomo toured the hospital to meet and greet staff and patients. He was impressed by our new labour ward which has individual cubicles that even allow fathers to be present during delivery. He was also impressed with the fact that The District Management and the hospital were already engaging in series of meetings in a quest to resolve some of the problems that exist within the hospital.



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# STATS



The above graph shows that **Outpatients** numbers have been growing over the years. MGMH sees up to **6531** patients at the casualty department, OPD **10192** a month. We boast ourselves with our new state of the art labour ward which delivers **±600** babies a month.

## KHANYA AFRICA

Khanya Africa was launched 2 years ago in Zululand. Health professionals including doctors and nurses took a stand and decided to offer their services for free during a crisis. The project was so successful they decided to continue to make a difference in the lives of the poor. That is when Khanya Africa was born. There was a need for a more formal structure.

As a health care worker in KZN, you can join KA by filling in a membership form. Automatically you become a member and thereafter get entered onto their database.

When ever there is an event /crisis KA will gather all its members and prepare them for the mission ahead.

KA needs all the skills there is.

Currently they wish to open a website, hence they will need IT specialists, data capturers admin staff. Everyone is welcomed to join KA nurses, doctors ,pharmacists ,managers, social workers, physiotherapists, optometrists etc...

Each institution needs to have a team of KA members and that team can include you!!!!

You are urged to contact your KA champion in your respective institution to fill a membership form. If you are at MGHM your champion would be yours truly Ms N P Mokoena (PRO). **NGINILINDELE....**

**The best way to find yourself, is to lose yourself in the service of others. - Gandhi**

*Doctor: What seems to be your trouble?*

*Patient: When I get up I feel dizzy for one hour.*

*Doctor: Try getting up one hour later.*

*Doctor: Mr. Kishan, you look exhausted.*

*Kishan: I am. When your nurse phoned me yesterday and told me that I have to come today for a blood test, I spent the whole night studying for it.*

*Doctor: Liquor is a slow poison for you.*

*Patient: It's all-right. I'm not in a hurry.*

## MEET OUR NEW HR MANAGER



**Mr N C Ntuli**

IN 5 WORDS HOW WOULD YOU DESCRIBE YOURSELF?

Respectful, Integrity, Dignified, Courageous; and assertive

FOR SOMEONE WHO DOES NOT KNOW YOU, TELL US HOW GOT TO WHERE YOU ARE TODAY?

I joined the Public Service in April 1996 as an H. R. Intern for the Department of Local Government and Housing: Head Office (Natalia) after completing a National Diploma in Public Management and Administration at Mangosuthu Technikon. In March 1997, I was appointed by the same Department as a Human Resource Officer: Labour Relations. In 1999 I was appointed by the Department of Health as an H. R. Practitioner: Labour Relations (Head Office). In December 2003 I was appointed at Church of Scotland Hospital (uMsinga) as a Human Resource Manager: In April 2007 I was appointed as a Human Resource Manager: St Mary's Kwa-Magwaza Hospital (Melmoth).

In short I have upgraded myself through studying and additional work experience in order to make my way up the bureaucratic ladder.

WHAT IS YOUR MOTTO IN LIFE?

Attitude determines your altitude.

WHAT IS THE GREATEST ADVICE YOU'VE EVER RECEIVED?

Fear God and respect everyone.

YOU WOULD NEVER LEAVE HOME WITHOUT YOUR?

Cellphone.

WHAT IS YOUR ADVICE TO PEOPLE WHO ARE NEGATIVE?

It's important that we have faith in our future so that we are not trapped in our past. That calls for us to always portray a positive frame of mind in order to view life positively. Generally in life, one's attitude determines one's altitude.

WHAT ARE YOU PASSIONATE ABOUT?

I'm passionate about my work and family.

WHERE DO YOU SEE YOURSELF IN 5 YEARS?

In five (05) year's time I see myself a Chief Executive Officer of a CHC or Hospital.

WHAT DO YOU THINK ABOUT MGMH SINCE YOU'VE BEEN APPOINTED? WHAT ARE YOUR FUTURE PLANS FOR MGMH (the HR Dept)?

I'm thrilled to be part of Mahatma Gandhi Memorial Hospital's dynamic team and am looking forward to being part of the long-term solutions of the hospital in view of the prevailing challenges. The Hospital is rich in diversity and should therefore draw from its human resources, including Organised Labour to deal with its current challenges. It is therefore imperative that collective bargaining with organized be strengthened, boost staff morale, and provide H. R. M. strategic direction. I'm looking forward to doing my work in an environment that is supportive, transparent, consultative and customer oriented.

## Home Remedy for Cough

By Mpume Dlodla (PR Intern)

For the adventurous and independent sort, here's a homemade cough syrup recipe that really works. The ingredients are a combination of spices and nutrients with no unpleasant medicinal side effects -- no drowsiness, no dry mucous membranes, no cautions about using machinery or driving.

It soothes an irritated throat and relieves chest congestion and phlegm. The bad news: it tastes terrible -- it really does -- but if you have a persistent cough, it's worth a try.

1/4 teaspoon cayenne pepper

1/4 teaspoon ground ginger

1 Tablespoon honey

1 Tablespoon apple cider vinegar

2 Tablespoons water

Mix and take by the teaspoon.

The recipe doesn't indicate how much to take. I took 3 teaspoons the first time because I had a bad dry cough for over three weeks, and I was desperate for some relief. It worked and I got a good night's sleep. I have been recommending it to others ever since, and many have confirmed my positive results. **Consider the beneficial effects of the individual ingredients:**

**Ginger (zingiber officinale) has long been used and recommended for arthritis and bursitis, because it is a natural anti-inflammatory.**

Cayenne (capsaicin) reduces pain,

according to Herbs for Health and Healing

**Vinegar has so many healthful uses.**

Honey, will draw pus and poisons out of wounds and it is useful for relief from colds.

**Water is probably added to make it less strong tasting but it is still strong!**

The mixture should be kept in the refrigerator.

So next time you have a cough that just won't quit, you might want to give this homemade cough recipe a try.

Courtesy of :Bonnie K. McMillen

## WORLD TB DAY

On the 4th of March, the TB Clinic at MGMH hosted an educational program in commemoration of World TB Day.

This was conducted at our outpatient departments. The theme for this year was **'together we can beat TB'**

One of our young and charismatic TB Champion **Zakhona**, addressed the crowds on TB, its symptoms, treatment etc. She warned that almost everyone is at risk eg. Children under the age of 5, patient with chronic conditions like AIDS and diabetes, people who take excessive alcohol and drug addicts, people with poor nutrition and lack food, people who suffer with stress and people who live in poorly ventilated and overcrowded rooms.

The crowd really warmed up to her as they asked her several questions some of them with regards to TB and AIDS.

To top it up-we had the honour of having the dietetic students who gave a presentation including graphics of

what TB does in the body and how the road to recovery can be supplemented with a good diet.

The firstly gave a run down of all the various food groups followed by what role they play in the development of a good immune system. They also educated our patients on healthy alterna-

tives using whatever food one may have in their cupboard. Later on patients won themselves a few prizes during the question and answer session. I'd like to thank MOPD, TB Clinic, Dietetics Department and all who made this day memorable.



**Dietetics interns presenting valuable alternatives for ensuring a balance diet using whatever food that's in your grocery cupboard**

## 'WE CARE'

As a token of appreciation and recognition of our dedicated staff members, Ms Zwane our EAP practitioner and the PR department arranged for a health wellness day on the 20th of May 2009. Staff members were pampered with massages, manicures and an exercise class courtesy of Virgin Active in partnership with the department of Chiropractic and Cosmetology at the Durban Uni.

iversity of Technology. As MGMH we wanted to emphasise the importance of our employees engaging in such activities in order to distress and keep fit for their daily hectic work. Health education was also done with the main focus being 'zinakekele ukuze ukwazi ukunakekela.

### HEALTH TIP

Improve your health with a good belly laugh...benefits include:

- Reduces stress
- Lowers blood pressure
- Elevates mood
- Boosts immune system
- Improves brain functioning
- Protects the heart
- Connects you to others
- Fosters instant relaxation
- Makes you feel good



## ‘CUSTOMER CARE’

**MGMH** has embarked on a drive to train all their employees on customer care. The training is done in-house courtesy of Mrs Thoko Mdletshe our social work Manager with the assistance of HRD and the Public Relations department. The training is a response to complaints made by our clients regarding their experience of care.

The goal is to train all employees and transform them to better public service agents. Training is ongoing, every Friday at the Boardroom. Managers are urged to send all their staff members.



## NICU DEPARTMENT does it again.....

Through all the negative incidents that have been reported about MGMH, it has surfaced that there are actually departments and individuals that are excelling at their jobs.

One of those departments is **NICU**, which has seen a miraculous survival of 2 babies that were born weighing 700 grams.

There was no hope from both staff and parents for these premature underweight babies.

One of the mothers Hlengiwe Ndlovu recalls going into premature labour during the 5<sup>th</sup> month of her pregnancy.

The 22year old mum said she had no hope that her baby (which was almost a size of her hand) would survive.

Ndlovu who has named her child ‘Hope’ says her baby resembles the hope she received from both the pediatricians and nursing staff from NICU.

Through all the trials Ms Ndlovu says she thanks all the staff of MGMH who made her realize that, 700grams infant is still a human being who has a chance at life through love and care.

Miss Ndlovu admits having misconceptions about the institution but applauds the NICU department for the compassion, dedication and support.

Baby Hope is now almost 1kg and has been transferred from high care to low care.

### **BABY HANNAH**

Ferranah says she will never forget the 24<sup>th</sup> of March 2009.

Ferranah was in KZN to pay her last respects to her father, but ended up delivering prematurely, a 700gram infant at MGMH. The baby who is now 2kg has been under the care of NICU staff and is said to be progressing well.

The mother recalls seeing the baby for the first time and wanting to run, because of the baby’s size. She describes little Hannah as resembling a little mice.

She commends staff of MGMH for their support and transparency.

Mrs Ali is expected to be discharged soon where she will re-unite with her husband in Johannesburg where they currently reside.

# EAP COMPETITION

The Employees Assistant Programme (EAP) conducted a 'poster competition' whereby all staff members had to create a poster that was relevant to the EAP program.

Advertisements were put-up on all departmental notice boards that had the guide lines on the expected appearance of the poster.

There were great prizes to be won , including a DVD player

To my disappointment, turnover wasn't as expected even after the extension of the closing date which made to give a chance to those who do not pay attention to notice boards.

We would however like to thank those who participated in this competition and would also like to urge all employees to take note of all services that were invented for them. EAP can make a difference in balancing your work and personal life. It is noted that our institution is one of the most de-

manding and hectic one, but when we work together and get involved in activities that take place it might lead to you having to experiment another world of a work place besides the usual.

Most employees are not well informed about the EAP therefore not making use of the services that are provided.

Below are the details of your EAP practitioner.

## WHAT'S THE NAME OF THE EAP PRACTITIONER?

Tobso Zwane

## WHERE IS MY EAP PRACTITIONER LOCATED?

Next to Boiler house

## THE EXTENSION NUMBER TO MAKE A BOOKING FOR A CONSULTATION

2198



# PREGNANCY AWARENESS 2009

By: Mpume D (PR Intern)

One of the most common and special things that happen almost everyday is the arrival of new babies.

In order for this to happen a pregnant woman must be well informed and educated on the procedures that they must undergo in order to prevent either abnormalities and other things that could harm the unborn child. The awareness include subjects like nutrition, prevention of diseases from mother to child by taking prescribed medication etc.

As part of Pregnancy Awareness Week, our Antenatal Clinic

put together an exciting and informative program with the help



of Shanny Reddy. Our expecting mothers were empowered on various subjects starting from

family planning, pregnancy and ARV's, c-section and VBAC, breast feeding etc. They were also reminded about the important of monitoring baby movements daily so as to early detect any abnormalities.

Different options of delivering including their advantages and disadvantages were also discussed by Dr Cairncross.

.The dietetics department also gave input on healthy eating including various foods that are vital for baby's growth.

Lastly they were treated to an exercise class-courtesy of our physio department. We wish to thank all the roleplayers.

# Great Tips For Saving Money

Written by [Trent](#)

Obviously, not all of these tips will apply to everyone. Just go through the list and find out those that apply to you and use them in your life - you'll quickly find yourself saving some serious scratch.

1. Write a list before you go shopping - and stick to it. One should *never* go into a store without a strong idea of what one will be buying while in there. Make a careful plan of what you'll buy before you go, then stick strictly to that list when you go to the store. Don't put anything in the cart that's not on the list, no matter how tempting, and you'll come out of the store saving a bundle.

2. Give up expensive habits, like cigarettes, alcohol, and drugs. Those habits cause money to flow away from you with nothing in return. Call up your fortitude and work hard to kick the habits and you'll find that money staying in your pocket instead of burning up and floating away.

3. Be diligent about turning off lights before you leave. If you spend one minute turning off lights before a two hour trip, that's the equivalent of earning \$50 an hour. That's some impressive savings, particularly if you do it before longer trips. The key is to *use less energy*, particularly when you're not using the device.

4. Plan your meals around your grocery store's flyer. Instead of just planning your meals based on a cookbook or whatever you can dream up, plan all your meals around what's on sale in your grocery store's flyer. Look at the biggest sales, then plan meals based on those ingredients and what you have on hand, and you'll find yourself with a much smaller food bill than you're used to.

5. Cancel unused club memberships. Are you paying dues at a club that you never use? Like, for instance, a gym membership or a country club membership? Cancel these club memberships, even if you think you *might* use them again someday - you can always renew the membership at a later date if it turns out that you actually do miss it.

6. Join up with a volunteer program. It's a great way to meet new people, get some exercise, and involve yourself in a positive project that can lift your spirit. It also comes without a cost to you and can provide a lot of entertainment and a fulfilling day when you're in the right mindset. I've come to spend more and more of my time volunteering, serving on various committees and groups in the community - and it's the best thing I've ever done.

7. Rent out unused space in your home. Do you have an extra bedroom that's not being used? Rent it

out. In our home, we could, if times were tough, rent out our entire basement - it has a "living room," a bedroom, and a bathroom and has a stairwell right by the kitchen. If we found the right person, this would bring in a *lot* of extra money.

8. Start a garden. Gardening is an inexpensive hobby if you have a yard. Just rent a tiller, till up a patch, plant some plants, keep it weeded, and you'll have a very inexpensive hobby that produces a huge amount of vegetables for you to eat at the end of the season. I like planting a bunch of tomato plants, keeping them cared for, then enjoying a huge flood of tomatoes at the end of the summer. We like to eat them fresh, can them, and make tomato juice, sauce, paste, ketchup, pasta sauce, and pizza sauce. Delicious (and very inexpensive)!

9. Eat less meat. For the nutritional value, meat is very expensive, especially as compared to vegetables and fruits. Simply change around your regular meal proportions to include more fruits and vegetables and less meats - eat a smaller steak and a bigger helping of green beans, for example. Not only is this a healthier way to eat (saving on health costs), it's also less expensive.



**STUDENT  
MIDWIVES  
2008 and  
2009**

