

AUGUST / SEPTEMBER 2009

WORLD ICON HONORED



The community of Phoenix, local business and political leaders, church groups celebrated Mandela Day by planting trees, starting a vegetable garden and later rejoicing in honour of Madiba. The theme behind the dedication of 67 minutes was in honour of the years Mandela dedicated to South African politics.

Garden starter packs of seeds, fertilizers and equipment were

given to the unemployed in an effort to assist them start their own garden at home. That in line with the 'One Garden, one home' poverty alleviation strategy. There were also free Eye Screenings, VCT, glucose and pressure testing. MGMH wishes to thank MPL Mr Omie Singh for initiating and leading the project. We also want to thank the entire Phoenix community.



SHARING MOMENTS..... WOMEN'S DAY 2009



PREVENTION IS BETTER THAN CURE—SWINE FLU

WHAT CAN I DO TO PROTECT MYSELF FROM CATCHING INFLUENZA A (H1N1)?

The main route of transmission of the new influenza A (H1N1) virus seems to be similar to seasonal influenza, via droplets that are expelled by speaking, sneezing or coughing. You can prevent getting infected by avoiding close contact with people who show influenza-like symptoms (trying to maintain a distance of about 1 meter if possible) and taking the following measures: avoid touching your mouth and nose; clean hands thoroughly with soap and water, or cleanse them with an alcohol-based hand rub on a regular basis (especially if touching the mouth and nose, or surfaces that are potentially contaminated); avoid close contact with people who might be ill; reduce the time spent in crowded settings if possible; improve airflow in your living space by opening windows; Practice good health habits including adequate sleep, eating nutritious food, and keeping physically active.

HOW DO I KNOW IF I HAVE INFLUENZA A (H1N1)?

You will not be able to tell the difference between seasonal flu and influenza A (H1N1) without medical help. Typical symptoms to watch for are similar to seasonal viruses and include fever, cough, headache, body aches, sore throat and runny nose. Only your doctor (or nurse) and local health facility can confirm a case of influenza A (H1N1).

WHAT SHOULD I DO IF I THINK I HAVE THE ILLNESS?

If you feel unwell, have high fever, cough or sore throat: stay at home and keep away from work, school or crowds; rest and take plenty of fluids; cover your nose and mouth when coughing and sneezing and, if using tissues, make sure you dispose of them carefully. Clean your hands immediately after with soap and water or cleanse them with an alcohol-based hand rub; if you do not have a tissue close by when you cough or sneeze, cover your mouth as much as possible with the crook of your elbow; use a mask to help you contain the spread of droplets when you are around others, but be sure to do so correctly; inform family and friends about your illness and try to avoid contact with other people; If possible, contact a health professional before travelling to a health facility to discuss whether a medical examination is necessary.

SHOULD I TAKE AN ANTIVIRAL NOW JUST IN CASE I CATCH THE NEW VIRUS?

No. You should only take an antiviral, such as oseltamivir or zanamivir, if your health care provider advises you to do so. Individuals should not buy medicines to prevent or fight this new influenza without a prescription, and they should exercise caution in buying antiviral over the Internet.

WHAT ABOUT BREASTFEEDING? SHOULD I STOP IF I AM ILL?

No, not unless your health care provider advises it. Studies on other influenza infections show that breastfeeding is most likely protective for babies - it passes on helpful maternal immunities and lowers the risk of respiratory disease. Breastfeeding provides the best overall nutrition for babies and increases their defense factors to fight illness.

WHEN SHOULD SOMEONE SEEK MEDICAL CARE?

A person should seek medical care if they experience shortness of breath or difficulty breathing, or if a fever continues more than three days. For parents with a young child who is ill, seek medical care if a child has fast or labored breathing, continuing fever or convulsions (seizures). Supportive care at home - resting, drinking plenty of fluids and using a pain reliever for aches - is adequate for recovery in most cases. (A non-aspirin pain reliever should be used by children and young adults because of the risk of Reye's syndrome.)

SHOULD I GO TO WORK IF I HAVE THE FLU BUT AM FEELING OK?

No. Whether you have influenza A (H1N1) or a seasonal influenza, you should stay home and away from work through the duration of your symptoms. This is a precaution that can protect your work colleagues and others.

CAN I TRAVEL?

If you are feeling unwell or have symptoms of influenza, you should not travel. If you have any doubts about your health, you should check with your health care provider. Protect yourself! Clean your hands regularly. Wash your hands with soap and water, and dry them thoroughly. Use alcohol-based hand-rub if you don't have immediate access to soap and water.

Wet hands , Apply soap to hands

Wash all surfaces of hands , Rinse hands

Dry well with paper towel

BACKWEEK 2009

The Physiotherapy Department at Mahatma Gandhi Memorial hospital recently conducted a programme to commemorate Back Awareness Week during the period 07/09/2009 – 11/09/2009. The staff conducted programmes at Siphosethu Primary School and Sastri Park Secondary School. In addition, information was displayed and handed out in the waiting area and foyer of the hospital. Physio's Samantha Bhal and Roszalina Kisten demonstrated correct carrying of bag on shoulder and correct sitting posture at the desk.



FRIENDS OF MGMH

Over the years MGMH has been marred with negative publicity ever since its existence, the biggest being the klebsiella outbreak in 2005. Even though the hospital has been implementing a lot of Quality improvement programs it is evident that the stigma still remains among community members.



In response to the above Management of MGMH initiated a forum, which was aimed at assisting the hospital work towards providing a better service to the community.

The process was initiated in June 2009, when the hospital held an Open Day for all its external stakeholders consisting of political leaders, bussines leaders, NGO's, CBO's , FBO's non profit organizations, local schools, health workers

from Inanda, Kwamashu and Ntuzuma (**INK**), etc.

The days proceeding were led by chairman of the Hospital Board Mr S Maharaj, who emphasized that the hospital wishes to have a consultative forum (that will be known as FRIENDS OF MAHATMA GANDHI) with community leaders and structure in order to improve service delivery.

Presentations on the functioning of the hospital were done by various departments (MPOD, CASUALTY, ADMITTING AND MATERNITY). After the presentations an open discussion session was opened so that everyone who had an input, suggestion and questions were given a chance. All the delegates took a hospital tour that was led by Ms Ngcobo (C.E.O).



ARK PARKHOME

Mahatma Gandhi Memorial Hospital (MGMH) has been fortunate to receive a huge donation from an NGO ARK (absolute return for kids)-a park home which will impact positively in the lives of our patients.

The institution has an ARV centre called Philakahle Clinic which was donated 2 years ago by Ithala Bank. The ARV center provides service to both adults and pediatrics. As patient numbers increased –the centre faced challenges with regards to limited space.

In March 2009 ARK (absolute return for kids), an NGO, was approached by the KZN Provincial HAST unit (Hope Ngobese) to look at the possibility of supporting MGMH's pediatric HIV/AIDS program.

After series on negotiations ARK donated a park home two months ago-which was to be used as an extension of Philakahle Clinic and would concentrate on the pediatrics ARV program.

The park home was presented to MGMH fitted with air conditioning units, blinds, wash hand basins with units and internal electrical and plumbing connections.

Further to the donation, ARK has undertaken to employ a professional nurse as well as a data capturer for the pediatrics program. ARK also made available their MIS to support both the adult and pediatrics program. Their MIS manager will manage this process in consultation with the hospital FIO.

Recently, we have received various sponsors who were responding to the Mandela concept of 'giving'. They have subsequently connected the electricity,

plumbing connections to the park home and we await further donations for furniture and fittings to the unit in order for the park home to start functioning.

WELL DONE PMTCT!!!!



Staff members of PMTCT Department being honoured and recognized by the Infection Control and Prevention Team for maintaining and clean, tidy and infection-free Department.



Awarding of trophy done by Infection Control and Prevention Department to the most clean and tidy dept.





LAB IMPROVEMENTS

WHAT'S IN IT FOR OUR CLIENTS?

Lab services will be re-organising the existing lab to make provisions for viral load testing and immunoassays like vitamin B12, Folate, Ferritin, Troponin I (more sensitive and much more cheaper than Troponin T), PSA, hormones, etc which is presently sent to Inkosi Albert Luthuli Hospital.

The turnaround times for these tests will be vastly improved. Provisions are also being made to create more space for our long awaited Laboratory information system which we are hoping to roll out in the first quarter of 2010.

This will provide easy access of results, alleviate the problem of lost results, alleviate laboratory errors and improve turnaround times.

WHAT ELSE IS IN THE PIPELINE?

The laboratory presently trains student Medical Technicians. They have applied for training status for Medical Technologists but HPCSA which requires for the facility to have proper training facilities to achieve this.

The new park home makes provision for a training room which will be used as a boardroom for the laboratory as well.

We are striving to improve our service to our hospital and clinics.

The lab services at MGMH have recently acquired a park home. The new park home will create more space thus creating a free and enabling environment.

BACKGROUND- When the laboratory was commissioned it had 10 staff but today there is a complement of 43 staff. The existing tearoom is too small –hence the park home will make provision for a larger and more comfortable tearoom and more ablution facilities.

Due to the growth of the laboratory there is not enough storage space for consumables, some of which are currently stored in passageways (which is against accreditation requirements.) The park home has provisions for more storage space.

BREASTFEEDING

As part of the Baby Friendly initiative, breastfeeding education is one of the education programs that are prioritized at MGMH. This year's celebration was not different from the others except that there was a variety of speakers from other departments like social work, Cuddlers and dietetics. Different messages were communicated to the expecting mothers ranging from the positioning of baby when breastfeeding, importance of the milk that comes from the mother etc,

Mrs. Reddy and S Sister Mdlalose both from Antenatal Clinic gave the main address. The most interesting thing was that almost all the information that was given by different speakers was relevant and of im-

portance to the pregnant woman. Dietetics was represented by Ms S.Naidoo who shared very important information on food and portions that are suitable for pregnant women. Pamphlets showing the different food groups proved that the food was not different from the food that we keep in our cupboards at home. She emphasized that mothers just need to eat the right portions and variety from all groups.

Lungile from Cuddlers took the stage and educated the pregnant ladies on the proper ways of changing babies nappy. Her main focus was on personal hygiene as she had gift packs that included cosmetics for the ladies. She went as far as teaching the mothers on how to bath the newborn without exposing

them to colds. Our last speaker was Kholeka a student social worker who was sharing some information about the documents that should be carried by a woman who came to give birth in order to ensure that the registration of the baby is successful. She also spoke about the processes of applying for social grant. After each and every talk that was given there were questions asked to ensure that the ladies were listening and each and every expecting woman that formed part of the program went home with a gift courtesy of Cuddlers Nappies and the Public Relations Department. Until next year

“HAPPY BREASTFEEDING”

WOMENS DAY FEEDBACK

On the 13th of August MGMH celebrated women's day employees in line with Women's month. The theme for this year was "Women and Sexuality"

An estimated 150 –200 women attended the event which was both inspirational and educational. Presentations included a presentation from one of the boutiques in Umhlanga "The Bedroom" which specializes on the art of pleasure for women. Women were spoiled with lunch, gifts, magazines and some entertainment from professional belly dancers who taught the women a few moves.

They were equipped with problem solving skills as well as information on how to be the best they can be as **WOMEN**. The topic, however sensitive it was, was well received by women from all cultures, race, age etc.

ORANGE TREES



Women's' day at MGMH 2009, was an innovative, unique experience that expanded our knowledge as it focused on femininity. I found it to be very educating and broadening my horizon in sexual knowledge. I loved the new ideas, creativeness and excitement as well as dances and most of all models. Ntokozo and Iris really spiced up the show.

Mavis Christian



I really liked the event especially the décor and the fact that 2009's theme was different (taboo), I was a bit concerned about the speakers focusing more on married people when it comes to sexuality. Even thou I am married , I feel that issues that concerns sexuality should accommodate everyone because these are different times even young people are sexually active and that's a fact!

Otherwise at, the whole program was nice and touching. I was reminded that as a woman I need to use sexy sleepwear, which is something I have I have let go of. Big ups to the organizers!!!!!!

Tobsoy Zwane - EAP



To me the function was informative, I learnt a lot. I was very impressed by the presentations done which were very detailed. The activities like dancing and lucky draws were hilarious they made the whole function to be more entertaining. People won sexy lingerie

**Thuli M- PHYSIO
Physio Department**



This years concept was about women (whether single or married religious or not) about feeling beautiful and sexy, looking beautiful without losing the essence of what makes you uniquely attractive . We were empowered and taught that its not just clothes that constitute to a woman's beauty but rather real beauty in a women is reflected in her soul & integrity ,self respect, humbleness and obeying God's word. We were reminder that God created a man first & he said men will always be the head . As women we were created as supporters of men as "beside a successful man there is a strong woman"

We were educated about sex & relationships,. The Bedroom boutique for woman enlightened us about how important for us as woman to have sexual pleasure, the use of toys ,sexy lingerie to feel confident and sexy at the same time. To the organizing team guys well done event was a success

**Ntokozi Ngubane
F.I.O**



On behalf of Management and staff of MGMH, I wish to express gratitude to the department of Nature and Conservation , who donated 20 Orange Trees to our institution. Their donation came shortly after attending our Mandela Celebration in July 2009, where they witnessed our passion for plants and nature. We wish to thank the department for giving the hospital a priceless gift of life .

KWANDE.....

BY PRO



I joined MGMH in 1st April 1997. I worked in almost in all the nursing departments at MGMH. I started there as a Nursing Assistant thereafter bridged and became a Enrolled Nursing Assistant. Besides being a nurses I was elected as a union shop steward. The work I have done has been very rewarding as I am passionate about basic human rights.

I was also involved in Christian activities at the hospital and wherever I could assist I would avail myself.

I thank everyone for good working relationship and urge everyone to establish a positive attitude in their work –and also to strive to bring back the real image of MGMH.

Although I am bidding farewell to my nursing career at MGMH I will always remember my journey as it was a fruitful one. Thank you to all my colleagues , patients and friends who have made my stay a pleasant and blessed one.

Even though I am leaving, the show must continue, I will certainly assist the hospital in all its future activities. I wish to come back and support the hospital as a member of the Phoenix Community in an effort to showcase all the good thing that happen at MGMH.



Being granted a chance to serve my six months of work experience at Mahatma Gandhi Memorial Hospital has indeed planted a seed of growth in my final year of study.

From the very first day I started here, I have had such a good exposure towards the career that I'm pursuing which is Public Relations. Apart from the good welcome I received in this institution I gained a lot of knowledge.

I came to a point where I realized that having to deal with people/public everyday is a very challenging task, especially when dealing with difficult clients. Being part of the P.R Department was really fascinating especially since everyday was a new day, new exposure meaning I learnt something new almost everyday or whenever I was given a task and this added so much value in my life.

Forming part of this very busy department has enlightened and sharpened some of my skills. There was a whole new chapter that opened as I was not aware that a hospital has so many departments. In my frame of mind a hospital was a place that was suppose to only have doctors, nurses and patients but since the PR department

liaises with all other departments that perform different duties I had a chance to be in and out in most departments and this broadened my horizons. I now know that there are so many processes and preparation for a patient to be seen, treated and be issued medication.

I walk out proud of being a product of MGMH as I've had such a great stay and gained so much.

My last words would be " with team work everything is possible".

I don't like goodbyes so, see you later!!!!!!!!!!!!!!

MPUME DEE

VITAMIN A CAMPAIGN !!! SEPTEMBER 2009

