

Umthombo Wolwazi

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MEC GIVES A WARM WELCOME TO ALL THE CHRISTMAS ANGELS!!



On the 25 of December 2010, Dr Sibongiseni Dlomo, spent his first few hours of the day at our maternity department-spreading christmas cheer to all the little angels which were born on this joyous day. Dr Dlomo, who came bearing gifts took his time wishing all the new moms well for having successful births. Mahatma Gandhi Memorial Hospital successfully delivered 20 babies on Christmas Day— 6 of which were delivered through caesarian section.

MINISTER'S VISIT

On the 21st of December Dr Dlomo also visited MGMH on a complimentary visit. This after the positive report he received from the National Minister Dr Arom Motsoaledi-who couldn't stop talking about the cleanliness in the hospital.

Dr Motsoaledi was in MGMH on the 1st of November and did a tour of the hospital. He complimented the institution on the high levels of infection control and cleanliness. He also complimented our Pharmacy department on its QIP which has seen the reduction of waiting time at the pharmacy by more than halve of what it used to be. The new dispensing system was lately benchmarked by several hospitals including Helen Joseph from Johannesburg.

Dr Motsoaledi hosted a team of local and international officials-who were particularly interested in how PHC services are run in state hospital-and what needs to be improved

CHRISTMAS MESSAGE-NURSING SERVICES MANAGER



MS PG NKOSI

I would like to take this opportunity to thank you all for your hardwork, dedication, enthusiasm and commitment towards excellent service delivery.

However we must remember that there is always a room for improvement.

Now that we are heading towards 2011 we must all aim on taking our standard of service delivery to the **highest** level of "**Quality Improvement**" through revived team approach. As MGMH team, we have to strive for service excellence for all our customers. The above can be accomplished if we treat each other with **respect** and **professionalism**, ensuring the sense of "**belonging**" to the MGMH family more over team at workplace.

One wiseman once said "In order to produce a happy customer/ service consumer, you have to take care of internal customizing first"

Be reminded that life is made up of two

directions, positive and negative. Positive direction gives back positive outputs /outcomes/ end results. So **think, act and behave** positively. On that note "I wish you merry Christmas and prosperous New Year !!!!



PUBLIC RELATIONS



Firstly I would like to thank each and every staff member and department in the institution for always being there to assist the PR Department whenever there are enquiries. I wish that we continue working as a team.

Year 2010 has seen more positives than negatives –and we have you to thank for that. Please continue applying the Batho Pele principles in everything you do at work-they have been proven to be a good recipe for successful communication.

The PR Department has a lot of surprises in store for 2011-which are all aimed at

improving communication and to market the institution positively.

This will be one of our QIP (Quality Improvement Project) and other departments are urged to start brainstorming their own departmental QIP's as the are plans of having a Quality Day in November 2011.

The PR Department would like to wish everyone a Merry Christmas-and all the best for the New Year!!

Mpume Mokoena &
Sharan Thomas



150 YEARS CELEBRATION OF THE INDENTURED LOBOURERS IN SOUTH AFRICA 1860 INDIAN SETTLERS



OUR ENTERTAINERS FROM THE SHSTRI
DANCE ACADEMY



EVERYONE
LOOKED
STUNNING IN
WESTERN
WEAR!!!



RESIGNATIONS

The year 2010 was eventful-to the fact that we built a lot of new relationships and we also said GOODBYE to a lot of TEAM MEMBERS. Here are some of those team members that will be dearly missed. Their contribution towards the struggle for optimal and quality health care –remains in our hearts

- Pillay M -Professional Nurse
- Govender S -Professional Nurse
- Gumede OD-Staff Nurse
- Magwaza ML-Professional Nurse
- SitholePF-Finance Service Officer
- Tayob S I Medical Specialist
- Ramcharan S– MPSA
- Shoepershad V-Medical Officer
- Cele PNS-Professional Nurse
- Kadwa K-Medical Officer
- Govender S-Professional Nurse
- Ngubane TD-Professional Nurse

- Pillay M –Medical Specialist
- Sisoka NL-Assistant Nursing Manager
- Bagirath RG-Medical Officer
- Ally T-Medical Officer
- Munsamy CJ-Staff Nurse
- Rampersadh J-Professional Nurse
- Miya TD-Professional Nurse
- Sigamoney CAM– ENA
- Pacree N-Professional Nurse (CSO)
- Baucus IA-Medical Specialist
- Patel NN-Medical Officer
- Bhola KK-Medical Officer
- Jozela T-Professional Nurse

RETIREMENTS

- Govender M-General Ordely
- Anthony K-Boiler Operator
- Moodley Y-Assistant Manager(HRD)
- Mathenjwa GH-Staff Nurse
- Makhasi NRR-Nursing Assistant

CONTINUE...PG 8

ON A LIGHTER NOTE.....

One night 4 Tshwane University students were boozing till late night and didn't study for the test which was scheduled for the next day.

In the morning they thought of a plan. They made themselves look a dirty and weird as they could with grease and dirt.

They then went up to the Dean and said that they had gone out to a wedding last night and on their return the tyre of their car burst and they had to push the car all the way back and that they were in no condition to appear for the test.

The Dean was a just person so he said that you can have the re-test after 3 days. They said they will be ready by that time. On the third day they appeared before the dean. The dean said that this was a special condition that all four were required to sit in separate classrooms for the test.

They all agreed as they had prepared well in the last three days. The test consisted of 5 questions with total of 100 marks:

MID SEMESTER COURSEWORK EXAMINATION

INSTRUCTIONS:

All questions are compulsory.

Any inconsistencies on any of the questions among the four students will result in all the candidates getting a zero mark.

**Q.1. Write down your name
(2 MARKS)**

Q.2. Write the name of the bride and bridegroom at the wedding you attended (30 Marks)

Q.3. What type of a car burst a tyre. (20 Marks)

Q.4. Which tyre BURST? (28 marks)

Q.5. Who was driving ? (20 marks)

END OF PAPER AND GOOD LUCK!!!!!!!!!!!!

O&G DEPARTMENT BIDS A SAD FAREWELL



In December the Obstetrics and Gynae department said goodbye to four members of their team-a move which is likely to leave a gap both emotionally and strategically. Their Principal Obstetrician, Dr Niel Moran who has been with them for 10 years will not be returning in January 2011

-as he moves up his career ladder. Dr Moran arrived in July 2001 and was instrumental in transforming the O&G services from a District level to Regional level. He was also the chairperson of the BFHI program in the institution. He will be dearly missed for his professionalism, charm and humble nature. He was a true team player and leader-and made a lot of sacrifices for the well-being of both staff and patients.

He will be joined by Dr Kesene and Dr Prithipal who will be leaving as well to further their careers. Dr Kesene has been with the MGMH family for 5yrs and will be remembered for his hard work and humble nature.

Staff nurse **GUGU MATHENJWA** did not want to left behind as she also thought it was time to retire at home. We love her and thank her for the years of service and contribution in the Department of Health.

FAREWELL TO THE O&G TEAM-your hard work will never go unnoticed. You will forever remain in the history of MGMH.

HOW TO STAY YOUNG

1. **Throw out nonessential numbers.** This includes age, weight, and height. Let the doctors worry about them. That is why you pay 'them'
2. **Keep only cheerful friends.** The grouches pull you down.
3. **Keep learning.** Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. 'An idle mind is the devil's workshop.'
4. **Enjoy the simple things.**
5. **Laugh often, long and loud.** Laugh until you gasp for breath.
6. **The tears happen.** Endure, grieve, and move on. The only person, who is with us our entire life, is ourselves. Be **ALIVE** while you are alive.
7. **Surround yourself with what you love,** whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.

8. **Cherish your health:** If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.

9. **Don't take guilt trips..** Take a trip to the mall, even to the next county; to a foreign country but **NOT** to where the guilt is.

10. **Tell the people you love that you love them, at every opportunity. AND ALWAYS REMEMBER :** Life is not measured by the number of breaths we take, but by the moments that take our breath away.

And if you don't send this to at least 8 people - who cares?

But do share this with someone.

We all need to live life to its fullest each day!!

Worry about nothing, pray about everything!!!

ATM FRAUD - BE EXTREMELY CAREFUL OVER THE FESTIVE PERIOD

WHEN USING AN ATM

- Don't let anyone distract you.
- Stand close to the ATM.
- If someone moves close to you when you have inserted your card, press "Cancel" and your card will be returned. Do not key in your PIN.
- Check your card before you leave the ATM to make sure it is yours.
- If you need help, ask a member of our staff. Don't accept help from strangers under any circumstances.
- Never give anyone, including bank employees, your PIN.
- If you feel uncomfortable at an ATM, cancel your transaction.
- Do not draw money in deserted places.

When paying for goods and services

- Never let your card out of your sight.
- Do not leave your card lying around.
- If you cannot find your card, report it immediately.
- To ensure that your card is always accepted, pay your account on or before the due date every month.
- Remember to sign the voucher produced by merchants for all purchases

Lost or stolen cards

If your card is lost or stolen, please call the toll free number placed on the ATM immediately. Have your card number or identity number handy so you can have your card replaced as quickly as possible. Please note the reference number provided to you by the call centre.

Information-courtesy of Standard Bank

YEAR-END PRAYER



On the 17 of December, the employees of MGMH ended the year on a blessed note. The year-end prayer was initiated by the MGMH prayer-team and Pastor MF Sibiya from ward 10. Our guest speaker was Evangelist Ntobela who gave a very inspiring service –and also reminded staff members to keep serving the lord.

The prayer was aimed at thanking the Lord for his blessings and guidance towards the MGMH family-and also to pray for a safe and blessed festive season.



Before you drive...

HAVE A CLEAR HEAD Make sure you always have a clear head before deciding to operate a motor vehicle. Alcohol and certain drugs, both illegal and legal, can severely impair your driving skills. Many prescription and over-the-counter medications can cause dangerous drowsiness. Get a good night's rest and don't drive for long stretches without a break.

LIMIT DRIVING ALONE WHEN TIRED

Driving with someone else in your vehicle can increase your overall alertness. It is well recognized that when driving alone, especially when sleep deprived and at night, your chances of a crash are dramatically increased.

READ THE LABELS

If you are taking any medications, be sure to read and obey the warning labels. If the label says the medication causes drowsiness or not to drive--heed the warning and don't drive.

PLAN AHEAD

Allow yourself plenty of extra time to reach your destination and allow for emergencies or traffic jams. In today's busy world most of us are in a hurry to get where we are going.

RESEARCH SAFETY FEATURES

Safety should always be a top priority when shopping for a vehicle. Research the safety performance of any vehicle you are considering buying including how the vehicle performs in crash tests. Both driver and passenger side air bags are now mandatory in all new cars.

While in the driver's seat :

RELAX

Avoid aggressive driving by relaxing and having patience. By not being in such a rush to reach your destination you will be a calmer person and won't need to speed and run red lights.

BE ALERT TO SIGNS OF FATIGUE

If you start to feel tired when driving pull over in a safe area and let someone else drive. If you are alone, pull into a safe location such as a well lit rest stop and take a short nap or get out of the car and walk around for a few minutes.

PRACTICE COMMON SENSE SAFETY RULES

Always wear your safety belt and make sure all your passengers are buckled properly, even on short trips. If traveling with children, educate yourself on the many kinds of child safety seats and restraints.

KEEP YOUR EYES ON THE ROAD

Avoid taking your eyes off the road by eliminating any possible distractions ahead of time. Before setting out on a drive, be sure that important items are within easy reach, i.e. directions and maps, sunglasses, etc. Reduce to a minimum possibly dangerous diversions of your attention from the tasks of safe driving such as changing tapes or compact discs and always pull over to a safe place to use your cellular telephone.

TRANSFERS

- Gumede NH– Finance Services Offices
- Govender M– Medical Officer
- Govender M-Professional Nurse
- Hirjee A– Medical Officer
- Govender P– Medical Officer
- Naidoo T– Medical Officer
- Pillay G-Radiographer
- Shabalala FT– Staff Nurse
- Hlongwane SD– Linen Ordely
- Isreepersadh N –Human Resource Officer
- Mdluli NH– Professional Nurse

- Kesene DA- Medical Officer
- Dawood Z- Medical Officer
- Aliphon LL- Medical Officer

DECEASED

- Jails SP –Pharmacist Assistant

MAY HER SOUL REST IN PEACE!!!

MEDICAL SURVEILLANCE

Medical surveillance is “a planned program or periodic examination (which may include clinical examinations, biological monitoring or medical tests) of employee by an occupational health practitioner, or in prescribed cases, by an occupational medicine practitioner.” Occupational Health and Safety Act 85 of 1993.

TYPES OF MEDICAL SURVEILLANCE

Pre -employment tests and information should be done according to job relation. Screening usually provides information that allows the employer to make a good “hire” while discharging its duty of care to current and future employee and the public.

Periodical tests and information is done to measure and detect health changes during employment.

Exit/transfers tests and information are to ensure that upon exit from the institution the employees are given a “clean bill of health”.

PURPOSE OF PRE-EMPLOYMENT SCREENING:

Identify any risks to employee.

Identify and support needed by the employee to so his/her job.

Disability cases are allowed reasonable adjustments

Identify attendance problems.

Base-line profile for future reference.

WHY IT IS NECESSARY FOR EMPLOYEES TO UNDERGO A MEDICAL EXAM?

To detect any health changes during the course of employment.

A medical surveillance examination evaluates the employee’s health and provides treatment.

To ensure health conditions are restored or maintained.

WHAT ARE THE BENEFITS OF MEDICAL SURVEILLANCE?

BENEFITS FOR EMPLOYEE:

Placed under care to promote healthy living.

High level of health maintained.

Improved social life expectancy.

Reduced health care expenditure in times of severe illness, hospital expenses, etc. Excellent medical history for promotions; transfers; prospective companies seeking employment, etc.

MEDICAL SURVEILLANCE IS FREE OF CHARGE –SO MAKE AN APPOINTMENT WITH YOUR OCCUPATIONAL HEALTH CLINIC NOW!!!