



UP TO DATE NEWS

NATURES WAY OF CLEARING DEAD WOOD

This huge 35-year-old tree was brought down by gusting July winds, appropriately falls at the staff sick bay entrance. FIGURE IT OUT?????



Inside this issue:

Doula reaches Labour Ward	2
Women	3
Women's Day Fun Run	3
Deaf Awareness Week	4
Cartoon	5
Keeping your outlook positive	6
Healthy Mother Healthy Baby	6

OUR VERY OWN WILLIAM WORDSWORTH

THE LIGHT

I stretch out a shaky hand
 But no one grasps it, no one seems to understand
 I try to speak my mind
 Alas, words fail me and my thoughts are astray
 But people would turn a deaf ear anyway.
 Oh GOD if it is my last,
 help me get through this day.

Turned down and rejected by both family and friend
 I place my trust in the eyes on the beckoning angel
 Who seem to say although a stranger am I, I am here
 For you and the bitter end will stay?

I smile as I see THE LIGHT reflecting in her hair
 As I close my eyes my last question to one whom cares

"Is this how a person with Aids is left to die?"

Nirmala Maharaj
Prof. Nurse (ANC)

THE DOULA REACHES R K KHAN LABOUR WARD

The labour ward at R K Khan Hospital has joined its counterparts internationally by introducing the DOULA SYSTEM. Briefly the DOULA is a non-medical companion to the patient in labour. The functions of the doula are to comfort the patient during labour by talking to her, massaging her back, holding her hand and providing a sympathetic ear during the throngs of contractions. The presence of the doula as been shown to decrease analgesia requirements, shortens labour process and decrease in operative interventions.

Due to the constraints of the

labour ward environment, this facility will be limited to teenage primigravidas (young women under the age of 18 and having their first child). The Doula should be preferably a member of the family or friend who herself as already experienced a labor process. Only female Doulas will be accepted (again due to labour ward environment presently). Patients are educated antenatally and those willing to access the facility need to identify a willing Doula. The prospective Doula is then counselled and interviewed by the

Obstetric staff to ascertain their suitability. Once this process has been completed the prospective Doula signs the relevant indemnity documents and the Antenatal staff further reinforces their roles. Doulas are encouraged to attend the Antenatal clinic with their partners (i.e. the pregnant patient). Whilst in the labour ward the Doulas will be attired in protective clothing and clearly identified. This system is in effect as of 1July 2002. Depending on our experience this system may be extended to other patients in labor.



DR HARRY RAMNARAIN
DEPT. OF OBSTET & GYNAE

COMMUNITY HEALTH AWARENESS

The People's Bank of the Chatsworth Business Complex, hosted a Health Awareness Day on 15 July 2002. Mr.Sanjay Ramlucken our

CPR Co –Ordinator represented the hospital and demonstrated to customers basic CPR and First Aid. Various other health centers also participated.

WOMEN

They smile when they want to scream.
They sing when they want to cry.
They cry when they are happy and laugh when they are nervous.
They fight for what they believe in.
They stand up for injustice.
They don't take "no" for an answer when they believe there is a better solution.
They go without new shoes so their children can have them.
They go to the doctor with a frightened friend.
They love unconditionally.
They cry when their children excel and cheer when their friends get awards.

They are happy when they hear about a birth or a new marriage.
Their heart breaks when a friend dies.
They have sorrow at the loss of a family member, yet they are strong when they think there is no strength left.
They know that a hug and a kiss can heal a broken heart.
Women come in all SIZES, in all colours and shapes.
They'll drive, fly, walk, run or e-mail you how much they care about you.
The heart of the woman is what makes the world spin!
Women do more than just give

birth.
They bring joy and hope.
They give compassion and ideals.
They give moral support to their family and friends.
Women have a lot to say and a lot to give.
This has been sent from someone who respects you as a women.

AUTHOR UNKNOWN

SUBMISSION BY LESLIE MARIMUTHOO — LABORATORY



The surgeon asked his patient,
About to be anaesthetized:
"Why are you so nervous?"
the patient shivered. "Doc,
this is my first operation," he
whispered.
"So what?" said the doctor.
"It's my very first too, and I'm
not at all nervous.

WOMENS DAY FUN RUN—9 AUGUST 2002





DEAF AWARENESS WEEK 1-7 SEPTEMBER 2002



If you're frequently having to ask this question, maybe you need to have your hearing checked. Some early warning signs exist which may alert you to your difficulty in hearing. These warning signs are listed below in the form of a checklist. So, listen carefully, grab a pen and take the test!!!

QUESTIONS **YES** **NO**

When watching T.V. together with other, do you need to set the volume higher than they what is being said?

Do you often feel that other people are 'mumbling' or speaking unclearly?

Do you often have trouble understanding a conversation when there is background noise or other people are talking at the same time?

Have family members/colleagues/friends asked you whether you have a hearing problem?

Do you avoid parties & social events because there is too much noise or you can't hear what people are saying?

During conversations in a car, restaurant or other noisy place do you often misunderstand what is being said?

Do you feel stressed or tired when you have had to talk or listen for long periods?

Do you have to sit close to the speakers at meetings, religious services, or at the Dinner table in order to hear what is being said?

Do you often experience problems hearing and understanding what other people Are saying to you when you do not have eye contact?

If you answer was YES 4-6 times, it suggests that you do have difficulties hearing in a number of situations indicating a likely hearing loss.

For further advice please contact Rashida Moosa or Razia Motala at the Speech Therapy/Audiology

Ext. 2336/2255



*By Daniel Pillay
Admitting*

PRICE WATERHOUSE COOPERS PREMIERS GOOD GOVERNANCE AWARD

We are proud to announce that we have been shortlisted for the above award. Our every first entry has brought us into the top 12. The site inspection will be on Friday 6 September 2002.

Q.I.P. COORDINATOR
R. SAMY

**R.K. KHAN
KRONIC(Le)**

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We're on the Intranet



KEEPING YOUR OUTLOOK POSITIVE

Think, speak & feel positive about yourself. Believe in your worth. Happiness is your decision.

Visualize you self and your life the way you want it.

Set goals.

Throw away labels you hang on your self. Don't place limits on yourself.

Slow down, you will have fewer accidents.

Discipline your mind and your intellect, you are in control.

See problems as opportunities to learn.

Tackle disasters one at a time.

Treat your self well, make time for yourself.

Surround yourself with good people, who will support you in your efforts.

Have an attitude of gratitude.

Realize how valuable the present moment is. Make the most of every moment.

**EXTRACTED FROM THE LECTURE ON STRESS
MANAGEMENT BY MR CHARLES MOODLEY
FROM THE BRAHMA KUMARI INSTITUTE
18/7/2002**

**HEALTHY MOTHER, HEALTHY
BABY**

The focus was on the female breasts, just joking – it was Breast Feeding Week (1 to 9 August 2002)

A special programme was arranged for the day. Role-play by students of the group I/1/2000, B. A. Cur students from the University of Natal and also V.C.T Counselors.

An educational talk was given by Jane Maasdorp from La Leche League. (Breast Feeding Liaison Group)

Other highlights were song and dance pertaining to the theme, performed by the staff of the Antenatal Department, who by the way are experts as this is their 14th successive year on the programme.

Little packs of baby products were given to the mothers for answering questions correctly. A baby hamper comprising an outfit, blanket and face towel was raffled to raise funds for refreshments. Patients were served healthy sandwiches, tea and coffee and fruit. The preparation involved a lot of effort and hard work from all staff, sacrificing lunchtime and coming on as early as 06.00. Thank you to the following people in assisting to make this a success: -

Mrs. Lindiwe Cain – Johnson & Johnson for baby products
Pastor Indran Naicker – revival Ministries for 20 loaves of bread
Joey – Workshop – cash R30.00
Dion Juggernath – filming of days programme
Staff of the Antenatal Clinic

Patients who patiently sat through the whole programme

BABS MOODLEY (ANC)

