



THE VOICE OF ST AIDANS MISSION REGIONAL HOSPITAL



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CELEBRATING INTERNATIONAL NURSES DAY – 12 MAY 09

On the 12th of May 2009, nurses around the world celebrated International Nurses Day, a day set aside to honour nurses for their strong commitment to patient care.

The theme this year is **“Delivery quality, serving communities, nurse leading care innovation”**

When it comes to clinical excellence, compassion in caring for patients, care innovations, and courage in meeting the challenges of the modern day nursing profession, the nurses of St Aidans Mission Regional Hospital, score straight A's.

With all the challenges facing the health care system, financial constraint, shortage of skilled staff, but to name a few, we at St Aidans Hospital act and address these challenges with courage and innovative practices to continually deliver quality care in serving our patients and the community.

On International Nurses Day, the world celebrates one of its greatest assets. We at St Aidans Hospital honour all our nursing professionals for their invaluable dedication every day of the year.

I am truly proud and honoured to be associated with the

nurses of St Aidans Hospital who through the many challenges and constant changes they encounter still maintain St Aidans Hospital Nursing Objectives and the Service Commitment Charter.

We salute and thank each one of you for the key role you play in ensuring that every patient receives the highest standard of quality care, in keeping with this year's International Nurses Day theme.

Mrs SD Pillay
Nursing Manager

THE CEO'S MESSAGE

Greetings once again. The year is fast moving on and we sometimes hardly have time to take stock and be thankful for our small graces. The world is in economic recession and our country has followed suit. If you are able to read this, it means that you are still in employ, and should be thankful.

We have in place a new administration with whom we would like to interact more on crucial issues. Our main concern is the formula used in the allocation of the equitable share of the health 'pie' for our province. This impacts on institutional management's ability to juggle with allocations and marry them with operational plans. Scientifically, it should be the other way around. To compound matters, various moratoria

still exist and even critical non clinical posts cannot be filled if we project to overspend overall. Hence, we become non compliant in certain areas.

In terms of service delivery, work is going on in earnest. Improvements include creating more workspace for our Urologists. This would allow wheelchair patients and patients on stretchers to be easily accommodated. Space, as you may know, is at a premium at St Aidan's.

In terms of governance, both corporate and clinical, new policies and procedures are being formulated and older ones being reviewed. All other governance structures are fully operational. A robust Hospital Board meeting took

place on 29 May 2009.

Our Public-Private Partnership is flourishing. On Saturday, 23 May 2009, an additional 21 people were given sight, thanks to the contribution made by the private partner. Two further outreach programmes are planned for the rest of the year. I must place on record my sincere appreciation to all St Aidan's staff who availed themselves for this project.

A successful general staff meeting was held where every category of staff is able to interact with Senior Management.

Well done to all and keep up the good work!

CATARACT OUTREACH PROGRAMME

A number of our cataract patients got a chance to “see” again through a very strong partnership formed between St Aidan’s Hospital and the Sathya Sai Sudha Foundation.

On 23 May 2009 the first session of our cataract outreach programme took place. The programme helped to minimize the back log caused by the failure of our air conditioners in theatres during the month of February 2009. The success of the day can be attributed to the assistance of Sathya Sai Sudha Foundation 21



Acting C.E.O Dr. P. Dayaram (in a light shirt) and the team was there

vate partners, the Sathya Sai Sudha Foundation. We thank our staff for availing themselves for the benefit of our patients and our institution. On the day we showed great commitment, compassion and dedication towards improving our patients lives.



A surgical operation in progress

patients benefited from this pro-

gramme for the days’ success. St Aidans staff volunteered their services to ensure the success of this programme. This year we bettered our last years number of cataract extractions. We performed 22 cataract extractions as compared to 19 at the last session.

tients lives.

We are anticipating the same level of commitment when our second initiative unfolds in July this year.



Our dedicated staff preparing a patient for surgical operation.

gramme thus gaining their sight. Sathya Sai Sudha Foundation sponsored surgical consumables

The management team of St Aidans Hospital would like to extend their sincere gratitude to private doctors Dr Ballim and Dr Khan from Umhlanga Hospital who volunteered their service on the day.

We would also like to extend our appreciation to the Sathya Sai Sudha Foundation for their commitment towards this project.

St Aidans Hospital is proud to be sharing a working relationship with our pri-



Ms G. Mathe with patients who are ready for their cataract extraction

On interviewing one of the patients she said, "I will cherish this day for the rest of my life because on this day I can see again and be independent again which was difficult without my eye sight".

HAEMOPHILIA AWARENESS CAMPAIGN !!!

St Aidans eye clinic staff created an awareness on **Haemophilia**.

Get more information about Haemophilia:

It is a group of hereditary genetic disorders that impair the body's ability to control blood clotting or coagulation, which is used to stop bleeding when a blood vessel is broken. In its most common form, Haemophilia A, clotting factor VIII is absent. In Haemophilia B, factor IX is deficient. Haemophilia A occurs in about 1 in 5,000–10,000 male births^[2], while Haemophilia B occurs at about 1 in about 20,000–34,000.

The effects of this sex-linked, X chromosome disorder are manifested almost entirely in males, although the gene for the disorder is inherited from the mother. Females

have two X chromosomes while males have only one, lacking a 'back up' copy for the defective gene. Females are therefore almost exclusively carriers of the disorder, and may have inherited it from either their mother or father.

These genetic deficiencies may lower blood plasma clotting factor levels of coagulation factors needed for a normal clotting process. When a blood vessel is injured, a temporary scab does form, but the missing coagulation factors prevent fibrin formation which is necessary to maintain the blood clot. Thus a haemophiliac does not bleed more intensely than a normal person, but for a much longer amount of time. In severe haemophiliacs even a minor injury

could result in blood loss lasting days, weeks, or not ever healing completely. The critical risk here is with normally small injuries which, due to missing factor VIII, take long times to heal. In areas such as the brain or inside joints this can be fatal or permanently debilitating.

The bleeding with external injury is normal, but incidence of late re-bleeding and internal bleeding is increased, especially into muscles, joints, or bleeding into closed spaces. Major complications include hemarthrosis, hemorrhage, gastrointestinal bleeding, and menorrhagia.

ST AIDANS GLAUCOMA SUPPORT GROUP IS GROWING !!!



Ms Colleen Miller and Mrs. Majola

The glaucoma support group is growing from strength to strength. It was evident in our last meeting held on 29/04/09, that more people have heard about the support group and new glaucoma patients joined the support. We were very fortunate at a meeting to be visited by Ms Colleen Miller aka (Thandeka) from MSD. MSD is a pharmaceutical company which

manufactures eye drops for patients.

She explained to patients the proper use of eye drops. Ms. Miller addressed the patients that there is no cure for glaucoma but it can be controlled if a patient adhere to the proper use of eye drops.

On her presentation she graphically illustrated how vision deterioration in patient are non complaint. Ms. Miller commended the staff at St Aidans eye clinic for their hard work and dedication in formulating the

support group which has benefited a number of our patients.

This institution acknowledge Ms Miller's contribution towards refreshments for the glaucoma support group.

She is a phenomenal lady whom we were honored to host at our institution.



A remarkable growth in number of glaucoma support group patients

WE BID FAREWELL TO MRS. K. M. ZULU and MRS. L. ANTHONY

On 13 May 2009 we bid farewell to Mrs. K. M Zulu who has retired. Mrs. Magdeline Zulu started her career in nursing in 1972 at Bethlehem Hospital where she worked for 4 years as a professional nurse. She relocated moved to Witzi-eshoek where she was employed as a District Nurse, for five years . In 1982 she relocated again to Bophuthatswana where she worked as a Community Health Nurse and then came to Durban in 1991 and worked as a Professional Nurse at St Aidans Mission Regional Hospital for 4 years. Mrs. Zulu was appointed as a Senior Professional Nurse in 1996 at Marrianhill's St Mary's Hospital where she spent 8 years of her career before she came back to St Aidans Hospital where she ended her career as a Tutor at our College. At her farewell she thanked the management and her fellow colleagues for the support. She commended her stu-



From left Ms Sabela and Ms K. M Zulu

dents for displaying exemplarily behavior. Mrs. L Anthony who is a secretary at the St Aidans Church was also at the function as a retiree. The management and staff of this hospital extends their sincere gratitude and well wishes to Mrs. K.M Zulu and Mrs. L. Anthony.



Mrs. K. P Zulu and Mrs. L. Anthony and the program director Ms I.I Pillay

Jokes !!!

Q. Why do men prefer intelligent women?

A. **Opposites attracts.**

Q . What did the elephant say to a naked man?

A. **How do you drink water with that.**

