



ST AIDANS HOSPITAL: THE VOICE NEWSLETTER

Welcoming the NEW C.E.O

In order to get to know the new C.E.O an interview was conducted by the P.R.O.

Good morning Dr Badal

Good morning Trevor

Tell us about yourself where you were born and raised?

I was born in St Aidans Hospital raised in Ethekewini and had to do my tertiary studies in Ireland where I became the President of the South African Students in Ireland which held campaigns against apartheid and a magazine called Indaba where I was the editor.

Being in the department for so many years what has been your highlights of the department?

The highlights of my career thus far being Captain of the Medical Battalion in Vooslorus -Thokoza of the M.K Troop. I was part of the very first group in the country to participate in the integration of all the armed forces. I then became LT colonel of Health in Kwazulu Natal where I had the privilege of being President Mandela physician on duty and also Deputy President Thabo Mbeki at Kings House. In our department it has been to witness the opening of health services to the most disadvantaged it has also been seeing the many clinics which give ac-



Dr R. Badal St Aidans Mission Hospital new C.E.O

cess to health nearest to peoples homes.

My active engagement with the district health system and the South African Health Workers Organization enabled me to meet many people from whom many experiences were shared including the present President of Cosatu and government ministers.

Tell us what really inspires you in life?

The inspiration in my life comes from the adage of every religion to serve the poor is to serve god. This has been the reason that I became an activist. The influence of my father in pointing out racial injustice is also the reason why all 3 of his children were involved in the liberation movement. My

brother was detained every 6 months for 3 years when he was the treasurer of the SRC in the then UDW to validate the point.

As a new C.E.O what new changes you would like to implement?

In the short period of time spent here there are no major changes to be implemented as the core business of the hospital works very well. I would like however for all parties to follow our role model Madiba who spent 27 years in jail but could still love his jailer and shake hands with the wife of our former apartheid president. Our suffering can be nothing like his so if his humanity can find forgiveness to make South Africa a better country so can we not forgive and make sacrifices to improve service delivery especially since many people have lost their lives to make South Africa a better place for all. Can we not put aside our ingrained prejudice resentment and start afresh to enable service to patients to be our priority, can we not be role models on following Madiba's footsteps for transparency fairness honesty in dealing with our fellow health workers towards achieving the best for our patients in the most harmonist manner.



CATARACT OUTREACH PROGRAMME

On the 20th February 2010, St Aidans Hospital staff members embarked on a cataract outreach programme. The programme was sponsored by The Islamic Medical Association who has partnered with the institution in order to run these programmes on a regular basis.



Dr M. Niemand, Dr A. Dubryn and Prof Nurse T. Mdluli

The Islamic Medical Association proposed to perform 20 cataract operations from the St Aidans waiting list which helped in minimizing the waiting time for patients. The programme started at 07H30 and was finished at 15H30. Fifteen operations were done on the day. The Islamic Medical Association provided all consumables for the programme. The donation was declared to the Hospital Board on 12 February

2010 and was accepted by the hospital board.

The staff members were very encouraged by the support they received from management, as managers came on the day to give their support to the initiative. Patients were happy to

be part of the programme as it was going to help them gain their sight back. We would like to give a special thanks to Dr C.D.J. Moola from a Umhlanga private hospital who provided his services free of charge in helping our patients. We also like to thank St Aidans doctors and nurses who showed their commitment to service delivery and to our patients who really need our support. Talking to one of



Patients waiting at theatre before undergoing a surgical procedure

the patients who had undergone a surgery on the day he said " I am very happy to be part of this programme because it will help me gain my sight back and I will be able to live independently which was difficult without my vision." The nursing staff would like to thank the C.E.O for the bouquet of flowers which she sent in appreciation of their dedication.



From left to right; ENA D.T Mkhize, P/N M Nzama, EN N. Ngidi, ENA N.P Mkhize

be part of the programme as it was going to help them gain their sight back. We would like to give a special thanks to Dr C.D.J. Moola

VISIT FROM SPUR TO OUR PEDIATRIC WARD

Our pediatric ward was very fortunate to be visited by Spur Restaurant employees, who came to give children toys, sweets, milkshakes, and balloons for their outreach programme. This initiative is intended to help kids to heal and have toys to play with

mitment and love for children as they played with the children also showing the how to play with the different toys which they brought for the kids.



Kids enjoying milkshakes

this initiative

as it brought immense joy to the children.



Spur employee painting faces of children at the ward

Pictures were taken of the mothers and the children. The mothers appreciated and

thanked Spur for

while in hospital. Kids were very happy to be part of an exciting programme, as they had a lots of toys to play with. Spur showed their com-

all the gifts and the support given to their children . The management and staff are proud to be part of



Quotes of Inspiration !!!

“You are only as young as last time you change your mind”.

Timothy Leary

“What you do when you don't have to, determines what you will do when you can no longer help it.”

Rudyard Kipling

Make the most of the best and the least of the worst.”

Robert Louis Stevenson

“Years may wrinkle the skin, but to give up enthusiasm wrinkles the soul”.

Samual Ullman

“We will be judged by what we finish, not by what we start”.

Ruth Adam

Just don't give up to really want to do. Where there is love and inspiration, I don't think you can go wrong”. Ella Fitzgerald

American Medical Students Visited St. Aidan's Plastic Surgery Department

On 15 to 17th February 2010, five American medical students from the Mayo Clinic in Rochester, Minnesota in the United States came to visit the Plastic Surgery Department at St. Aidan's Regional Hospital. Mark, Ankaj, Vanessa, Saba and Nihal are the second year medical students who took a 'selective' time from their busy schedule to come and see how medicine works in the public sector in Durban, South Africa.

The program was organized through

Dr. P. Dayaram (Medical Manager), Dr. Raymond Mossie (H.O.D. Plastic Surgery) and Dr. Nirusha

Lachman, (Anatomy Professor at the Mayo Clinic in U.S.A.).

Dr Nirusha Lachman's brother Dr Sam Lachman advised her to send her students to St. Aidan's Hospital.

Dr Sam Lachman is currently a rotating surgeon in the Plastic Surgery Department of this institution.

The students were eager to learn how things are done at St Aidans Hospital. They visited all the specialty clinics and viewed a variety of surgeries as well during their short stay at St. Aidan's. After their time at

our hospital, they went to visit a hospital in Cape Town for 3 days and from there went back to the United States.

When the students returned to America they sent a message back to Dr. Mossie via Dr S. Lachmans to say how much they enjoyed their visit to South Africa and to extend their gratitude for the kindness and hospitality that they experienced from the faculty and staff of the St. Aidan's Hospital.

We hope that there will be more visits like this for information sharing.

LAUGHTER IS THE BEST MEDICINE !!!

1. One morning, a woman and her baby were taking a bus. As she entered the bus the driver says "Wow that is one ugly baby."

The woman was deeply hurt. She continued to get on to the bus and found a seat next to an elderly man. The man asked her, "What's wrong? You look sad." She replied, "I am. That bus driver just insulted me."

"You shouldn't take that from him," the man replied.

"He's a public worker and should give you respect. If I was you I would take his badge number and report him."

"You're right sir; I think I will report him."
The elderly man says, "You go on up there and get his badge number. I'll hold your monkey for you."

2. Chinese woman went for an interview

Interviewer: Give me a sentence using the following words..... Green, Pink, Yellow, Blue, White, Black and Purple.

Chinese woman: The phone Green, I Pink it up, and I say Yellow, Blue's that?

White? Sorry wrong number, don't call us Black coz you're disturbing the Purple working here...

The interviewer fainted.