



# The Voice Of St Aidan's Mission Regional Hospital

VOLUME 1, ISSUE 1

MARCH 2008

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## FROM THE C.E.O'S DESK

St Aidan's Mission Regional has come a long way since the take-over by the Department Of Health in October 2003. Many lessons have been learnt and challenges overcome and many more still to overcome.

As we are all aware that change is a constant and the sooner we understand and accept this the easier it will for us to embrace change. It is also a challenge to all of us that we are in one way or another involved in the provision of quality health care.

Therefore we need to see ourselves as change agents which includes going the extra mile in fulfillment of our individual responsibilities to the institution.



**Mr. P. Ramowtar (Acting C.E.O)**

## Message from the Nursing Manager



**Mrs. S.D. Pillay Nursing Manager**

work as subordinates, but rather worked as members of a team.

I urge and challenge all nursing staff to come forth and be active in all activities as you are the future leaders of this institution and the "oomph" to take this institution to another level as well. The image of

The past year has been challenging and we have, to a great extent, emerged as a force to be reckoned with. This has been made possible by those nurses who refused to

nursing as a profession needs to be protected at all times. It is the therefore the duty of every nurse to be personally and professionally/ethically/legally accountable for the provision of quality nursing care in the unit. This accountability is towards the patient, the employer and the professional council (SANC) We at St Aidan's Hospital make every effort to overcome problems through acquired skills in order to improve the general quality of nursing care.

I wish to reiterate my appreciation to those who have demonstrated true patriotism and commitment to the Nurse Pledge and the mission of the Hospital.

# World Sight Day At St Aidan's

To commemorate World Sight Day and in keeping with the theme "Children's Vision" St Aidan's Regional Mission Hospital vision screening program at St Augustine Primary School on 11 October 2007. All those who require corrective lenses were supplied with spectacles at no charge. 86 learners were tested.

In addition a total of 110 patients cataract extraction was done over a period of three days.

The management of St Aidan's would like to place on record its heartfelt gratitude to all role players who assisted during this campaign. It is hoped that the Lord gives you the good health and fortitude to continue with your altruistic endeavors. Planning two months in advance kept us in readiness for mammoth task. We planned to do 98 cataract operations, to beat our last year's 72 and we succeeded in beating our own record.

## HOT TIPS ON HOW TO TAKE CARE OF YOUR EYES

1. *Wear Sunglasses to protect your eyes against the sun.*

2. *If reading a book do not read too close to the print.*

3. *If using a computer it is advisable that you use monitor screen protector to protect your eyes from the light projected to your eyes by the computer.*

4. *Keep away from dusty areas and if dust has entered your eyes please ensure to use eye drops to clean it.*

5. *Regular check up with your optometrist can help to identify if there is any problem with your eyes.*

### A FARE WELL PARTY FOR Mrs. M. N. PHEWA St AIDAN'S INFECTION AND PREVENTION PRACTITIONER.

On the 27 February 2008 St Aidan's Hospital said Fare well to one of their loyal employee. Mrs. M.N. Phewa has worked for the St Aidan's Hospital since September 1974 at the ICU then at the College as a clinical instructor. Through her hard work she was promoted to be a Senior Sister in 1978 in charge of male surgical ward. In 1990 she was promoted to be a Zonal Matron in charge of surgical wards, but Infection Control was always been her passion. She opened the Department of Infection Prevention and Control in 2005 and also did a certificate course in 2005/2006 in IPC. Mrs. M.N. Phewa played a very important role in initiating an Infection And Prevention Event in 2007 which was a first of its kind and a great success. **We wish her all the best!!!!**





## St. Aidan's Regional Hospital Commemorated World AIDS DAY

The St. Aidan's Mission Regional Hospital in recognition of the importance of **World AIDS Day**; and, in acknowledging its commitment in providing a conducive working environment that support and maintains the wellness of its employees with specific references to the HIV/AIDS pandemic, it was decided to host a World Aids Day Commemoration Programme on 28 November 2007. The main and purpose and objective of this event was to promote employee awareness and understand with regards to HIV/AIDS, to empower staff with increased knowledge, to encourage staff and their families to go for VCT, to utilize supportive service within the Hospital environment and community resources, to strengthen then relationships between Management and staff, to eradicate certain myths surrounding HIV/AIDS and to prevent attrition of trained and valuable staff by maintaining employees in a state of good health within the hospital for as long as possible.

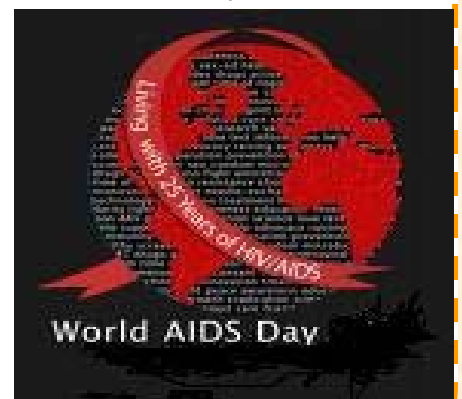
the programme content was comprehensive and encompassed a variety of important issue and aspects pertaining to HIV/AIDS. The event commenced with a dy-

namic introduction by the PRO Mr Dlamini and a warm welcome by Ms Swart, the principal of the Nursing College. This was followed by a moving prayer and Candle -lighting by Reverend Cele, the Hospital Chaplain and his colleague, Rev Pillay. The Medical Manager, Dr Dayaram presented an overview of the AIDS pandemic and revealed some shocking statistics. The importance of adequate and correct nutrition was highlighted by Ms Ngcobo from LIFELINE. An informative talk on the impact of AIDS on the Health Care staff was delivered by the Nursing Manager Ms S.D Pillay. Thereafter; Mrs. Mzimela stressed the importance of knowing ones HIV status followed by Mrs. Gordon, the EAP Practitioner who defined the role of the EAP/Wellness component in terms of counseling with regards to Disclosure. An enlightening talk on the stigma of HIV/AIDS was given by Ms Makanya from the Treatment Action Campaign. A refreshing perspective regarding the response of HIV/AIDS from Christianity's viewpoint was addressed by Rev Arrikum, The St Aidans priest. This was concluded by a vote of thanks

by Sister Phewa the Infection Control Practitioner. Throughout the programme, the church choir inspired the audience by singing devoted hymns. At the end of the Programme, all parties held lit candles, sang and proceeded to all the hospital Wards, to enhance the awareness among patients' and staff who could not attend the programme . VCT serviced was done by outside counselors were also available for all staff. It was encouraging to note that a large number of staff accessed these services. The event proved to be a great success with good staff attendance and excellent positive feedback from all those attended.

*Report compiled by :EAP Practitioner*

*Mrs. H. GORDHAN*





**Ms. N. NGCOBO FROM LIFELINE GAVE A SPEECH ON THE IMPORTANCE OF A HEALTHY DIET**



**ST AIDANS HOSPITAL CHOIR KEPT OUR ATTENDEES ENTERTAINED BY SINGING**



**STAFF MEMBERS WHO CAME IN THEIR REMARKABLE NUMBER TO ATTEND THE HIV/AIDS AWARENESS PROGRAMME**



**STAFF MEMBERS LIGHTING CANDLES IN COMMEMORATION OF THOSE AFFECTED AND INFECTED BY HIV/AIDS**



**STAFF MEMBERS PROCEEDING TO THE WARDS TO PRAY WITH PATIENTS.**



**Mrs. Phewa (Infection Control Practitioner), Mrs. S.D. Pillay (Nursing Manager) and Staff members praying for patients in the ward.**

# A SPECIAL VISIT FROM EAST COAST RADIO

St Adina's Hospital was very fortunate to be amongst special few hospital which were visited by East Coast Radio personnel's during the festive season. It all took place on 12th December 2007 as they came to give away toys to little children in our pediatric ward. It was a day full of fun to children as they all received different presents from East Coast Radio presenters. Children got to play with their new toys and a lot of pictures were taken of them playing.

This initiative happens yearly during festive season East Coast Radio visit hospital around our district to show their support and care to the sick and needy people. St Aidan's Hospital staff and patients is very grateful to be part of this great initiative, as there is not enough toys in the ward to keep these children stimulated with different toy. It is very important for children to play with a different toys and that keeps them companied and it's very therapeutic for their minds.



Mr. Alan Bell playing with one our of patients.



Mr. Naz Khan from East Coast Radio giving children toys.

## AWARDS DAY FOR OUR STAFF

The St Aidan's Mission Regional Hospital held its first Award Day Ceremony as of giving appreciation for the good work produced by its staff. This was part of rewarding excellence as per Batho Pele Principles. The event was successfully held on 05 DESEMBER 2007 All staff members were fascinated by the event as it proves that their hard work is always noticed by hospital management. For those who received awards, it was a great honor for their hard work in improving service delivery within the institution.

Departments also received different awards in different categories such as the Infection Control Awards which was awarded to the Children's ward. Three employees from our outsourced cleaning company, Prestige, also received awards for their dedication towards the cleanliness of the hospital. Other winners are as follows: Best ward clerk—Mr. Mfundo Zungu, Best Enrolled Nurse—Ms Majola, Best Professional Nurse—Mrs. M. Govender.

To those who did not receive awards we would like to say your remarkable work is not gone unnoticed.



Ms N.C. Sosibo handling an award to Ms Charmaine Pillay.

## E.A.P AWARENESS ON ALCOHOL AND SUBSTANCE ABUSE

Alcohol and substance abuse related problems have become a serious concern for employers. Of significance is that the cost of these problems has a strong impact on productivity, absenteeism, sick leave abuse, accidents, staff replacements, etc. It is an organization's social responsibility to be fully supportive of employees who are co-operative in trying to beat substance abuse. As part of the Wellness Programme, a workshop on Alcohol and Substance Abuse was organized for all staff members by the EAP Practitioner.



**Mrs H. Gordhan St Aidan's Hospital EAP Practitioner**

The reasons for conducting this workshop arose a need from staff members including supervisors who indicated that the abuse of Alcohol and Substance Abuse impacts significantly in the workplace and this aspects needs to be addressed. The workshop was scheduled over 2 days i.e 11th and 13th September 2007. The time allocated was 2 hours per day i.e from 10h00—12h00 on both days. The programme content was also the same on both days. The programme included a dynamic speaker from SANCA whose thought-provoking presentation focused on Alcohol and Substance Abuse, the New Awareness, early warning signs and the impact of alcohol and Substance Abuse in the workplace. The next 2 speakers were from the fellowship of alcoholics Anonymous. One speaker gave a brief overview of AA and its functioning and the last speaker gave a moving testimony of the impact of alcohol abuse on his life and highlighted the significant role that AA played in his life especially in terms of support and maintaining sobriety. Feedback

from staff members was very impressive and they indicated that the workshop was a good initiative and beneficial, and they gained excellent knowledge and were encourage to assist those individuals that needed help in this regard. The different perspectives presented regarding alcohol and substance abuse allowed an individual to choose which type of treatment they could opt for. In hosting the workshop the main objective of providing a conducive working environment in assisting troubled employees and encouraging staff to effectively combat and prevent substance abuse was achieved.

### **OTHER TYPES OF PROBLEMS YOU CAN CONSULT THE EAP PRACTITIONER.**

- **Depression**
- **Emotional Problems**
- **Interpersonal Relationships**
- **Family / children difficulties**
- **Marital difficulties**
- **Finances / Budgeting**
- **Illness and health Issues**
- **Legal Problems**
- **HIV/AIDS**



# FROM THE PUBLIC RELATIONS OFFICERS DESK



Ngithatha lelithuba ngibingelela kuwo wonke umuntu ozinike ithuba lokufunda le-newsletter. Unyaka ka 2007 ufike wadlula futhi kwenzeke okuningi okuhle nokungabanga kuhle, ezimpilweni zethu, endenini nasemsebenzini. Nginethemba ukuthi konke okungahambanga kahle kuyodlula besesiqubeka nempilo. Ngithemba ukuthi lokhu ebesizibekele kona ukuthi sizokwenza kulonyaka sizokwenza kwenzeke. Abaningi bathi lonyaka ka2008 unyaka wezinhlalaha uzoba nokuningi okuhle “2000 and great” sinethemba ukuthi wonke umuntu kukhona okuhle azokuhlomula kulonyaka.

Ngithanda ukubonga kubaphathi nengisebenza nabo ngokungamukela ngendlela enhle eSt Aidans Mission Re-

gional Hospital. Kuyintokozo kimi ukuba yilungu labasebenzi abazimisele futhi abathandayo ukunika usizo kuwo wonke umuntu oludingayo. Kubaluleki ukuzinikela emsebenzini wethu ukuze sisize umphakathi asiwusebenzelayo, futhi sibe nentshisekelo nothando lokuphumelela. Lokho kusiza thina nemindeyethu nomphakathi wonke. Kubaluleke kakhulu ukubeka umphakathi phambili futhi siwukhombise ububele nobuntu uma siwusebenzela.

Kulonyaka kuningi esifisa ukukwenzela umphakathi, ukuze izimpilo zawo zibengcono. Konke lokhu kungenzeka uma sisebenzina ngendlela eyiyona nomphakathi. Ukusebenzisana ikona okuyosenza siphumelele kukho konke asikufisayo nesikudingayo.

*YOU ARE ALWAYS WELCOMED TO GIVE YOU INPUT ON OUR NEWSLETTER:*

**WAMUKELEKILE UKUFAKA UVO LWAKHO KWI NEWSLETTER YETHU:**

**FROM: Mr. M. T. Dlamini (P.R.O)**

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## GOOD JOKE !!! AND BEST QUOTE

A man had six children and was very proud of his achievement. He was so proud of himself, that he started calling his wife, "Mother Of Six" in spite of her objections. One night they went to a party. The man decides that it's time to go home and wants to find out if his wife is ready to leave as well. He shouts at the top of his voice, "Shall we go home 'Mother Of Six ?' His wife, irritated by her husband's lack of discretion, shouts right back , "Anytime you're ready, Father of Four."

### BEST QUOTE

In the final analysis there is no solution to man's progress but the days honest work, the honest decision, the days generous utterances and the day's good deed.

CLARE BOOTH LUCE, PLAYWRIGHT ACTIVIST (1903-1987)