



THE HONOURABLE MEC FOR HEALTH APPOINTED THE EFFERVESCENT HOSPITAL BOARD FOR ST AIDANS HOSPITAL.



From left is Mrs MF Mncwango-Langenberg, The Chairman of the Board, Mr. F. Shozi, Deputy Chair Dr Manaka Mkhwanazi, behind her Ms P.B Mdabe, Mr. K.P Khanyile, Rev I.S .Cele, Ms Z. Ludidi, Mr. A.L Khanyase, Mr. D. Brijlal and Mrs. F. Peer.

Briefing by the Hospital Board Chair

This is my first piece in this newsletter, I might miss the real theme of the newsletter but it is important for me to highlight critical issues that relates to the operations of the Hospital board. It is great pleasure that Provincial MEC for Health has appointed a dynamic St Aidans hospital board. Members of the Board have been recruited from various specialities. The first meeting of the board took place on the 03rd of October 2008, chaired by the Chairperson of the Health Portfolio Committee, KZN Legislature Ms Zanele Ludidi.

I must indicate that the board was encouraged by management level of professionalism. Gauging from management level of professionalism, one could deduce that St Aidan's staff members project the same level of professionalism. Our engagement with the Senior Management Team empowered the board and enabled the board to understand challenges that the hospital is facing. Senior Management presentations surfaced issues that the hospital board should able to prioritise. "This was a smooth landing for the hospital board and they now comprehend the task ahead of them. It is clear that the global financial meltdown is affecting everyone, St Aidans is no exception. The high inflation rate, the depreciation of the rand, import and export issues, the demand and supply issues, inadequate treasury allocation affect the operations of the hospital. Although these are national challenges, we must be able to craft solutions that will deal these challenges, as the board.

As we are in process of developing the terms of reference for the Hospital Board, but board members will continue to interact with St Aidans community at various levels. Our approach is guided by Batho Pele principles more especially the consultation principle, that we must consult relevant stakeholders in discharging our responsibilities as the board. This will even include issues where we act as a conduit between the community and hospital and receiving feedback from the community.

In trying to achieve our objectives the hospital needs to work with various organisations like the civil society organisations, government departments, Faith based organisations, parastatals, Constitutional bodies, business and traditional structures.

As the board we are determined to ensure that St. Aidans delivers the best service to the Community. As board members, we expect to share our experiences with St Aidans hospital community. In turn we are expected to learn from vast and rich experiences that the hospital management, patients and staff bring to the fore. In short we need to share and learn from one another.

Written by Mr Mfanozelwe Shozi

THE C EO'S BRIEFING

I am pleased about the attitude and zeal of staff towards patient care despite our challenges. Positive attitude is the best ingredient for success recipe. Optimistic people are able to overcome challenges but pessimistic people always view challenges as problems that cannot be resolved. Pessimistic people always shift the blame for their failures, whine about petty things, criticize others with no positive input and have no purpose in life. Happiness comes from within and begins with a positive attitude.

We had our first hospital board meeting that was chaired by the honourable Chairperson of the Health Portfolio Committee, KZN Legislature, Ms Zanele Ludidi. Awumncinyane nawe St Aidans. We are very pleased to have such a high powered hospital board. It looks like it is going to be business unusual.

October is our eye care month,



**Mr. B.M SHEZI ST AIDAN'S HOSPITAL
C.E.O**

again it had to be business unusual as we have embarked on a project to improve access to our services thereby reducing our waiting list for cataract surgery. I thank the team for the outstanding performance.

August was also another exciting month as we know it as the Womens' month. Our

women staff dressed beautifully on their traditional attires. Traditional dance was very entertaining. Thanks to the organizers.

Our sports day was very entertaining indeed. Staff 's participation was commendable. Ms Sosibo was the lady of the day. Trevor Dlamini received 1st prize on the falling category. Guys keep up the positive attitude. Thumbs up rehab team that was the best team building exercise which could have costed the department a fortune. You were very innovative. It is with sadness that our Chief Physiotherapist , Ms C. Osefoh is leaving us at the end of October. We will sadly miss her and we wish her the best for the future.

I thank all staff for valuable contributions towards the improvement of patient care.

QOUTES TO SOURCE OUR LESSONS FROM!!!

"Successful man is one who can lay a firm foundation on with the bricks that others throw at him" - Sidney Greenberg

"Avoid having your ego so close to your position that when your position falls , your ego goes with it." - Colin Powell

"Injustice anywhere is a threat everywhere" – Martin Luther King

"Victories often occur after you see no way to succeed but refuse to give up anyway" -Dave Weinbaum

"Success will not lower to us. We must raise our standards to success" - Rev. Randall R. McBride, Jr.

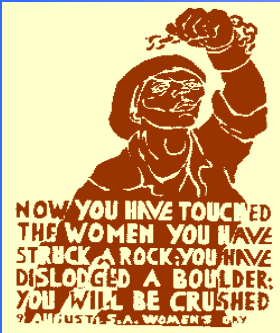
"The difference between the impossible and the possible lies in a person's determination"- Tommy Lasorda

St Aidan's Woman's Day Celebration:

Written By: Ms Jayshree Naidoo

National Women's Day is an annual public holiday in South Africa. This commemorates the historic march of women to petition against legislation that required people to carry the "pass", which curtailed ones freedom of movement during the apartheid era.

On 9th August 1956, 20 000 women staged a march on the Union Buildings in Pretoria to protest against the proposed amendments to the Urban Areas Act. They left bundles of petitions containing more than 100 000 signatures at Prime Minister J.G. Strijdom's office door.



They then stood silently for 30 minutes, many with their children on their backs. The women sang a protest song that was composed in honour of the occasion: *Wathint' Abafazi Wathint' imbokodo!* (Now you have touched the women, you have struck a rock.). In the 50 years since, the phrase "**you strike a woman, you strike a rock**" has come to represent women's courage and strength in South Africa.

The Health Promotion Team at St Aidans Hospital felt that this day was an important one and needed to be celebrated. All staff were encouraged to dress up in traditional garb on Wednesday the 13th August 2008 and attend a program held at the St Aidans Church Hall. Reverend Beryl led us in prayer, Mrs. Bhimal Barath welcomed the people and our guest speaker, Mrs. Shaamileah Francis- who has devoted the past 20 years of her life to Women Empowerment. She inspired us all. After a short address by the CEO the fun began. There was a general dance and a 'best dressed' competition. Mrs. Carmel Osefoh thanked all the special people who made this day possible.

South Africa's 1996 constitution is one of the most progressive in the world and one of the first to ban discrimination based on sexual orientation. In commemorating Women's Day, we attempt to assert gender equality in every sphere of human life so that we defend the dignity and rights of women to develop to their full potential and contribute to the growth of our nation. The legacy and contribution of South African women to democracy is there for everyone to see and celebrate.

Kwakukhuhle
kanje ngosuku
loMama...



St Aidan's Commemorating Pharmacy Week

The theme this year was "Your pharmacist Cares For You" As a pharmacy, this is what we aimed to achieve during pharmacy week for both our patients and through the outreach programme

Pharmacy interns on their outreach programme

guidance and supervision of Mrs. S. Naidoo. The talks were not only restricted to these topics but also included promoting Pharmacy as a Career and informing the learners and staff on the safe Disposal of Medicines. This was the main theme and St . Aidan's Hospital Pharmacy and continues to promote the safe disposal of medicines. As a Pharmacy, we pride ourselves in good Team work everyone was involved in preparing for pharmacy week and making it work.



Ms S Naidoo, Ms. N. Dindar and Ms Dube with beautiful pupils from Durban Girls

The outreach programme involved giving talks to the schools in proximity to the Hospital. SASTRI College and Durban Girls were given talks on abuse of the Morning After Pill and promoting the ABCD Lifestyle. This Topic was selected following an article in our Pharmacy Council Journal this year, where concerns were raised by many pharmacists on the abuse of the morning after pill by girls young as 12 years old. Other school were given a talk on implementing and maintaining a healthy Lifestyle. These were Orient Islamle School and St. Anaustines School. The talks were prepared and given by the two Pharmacist interns under the



Ms N Dindar and Ms S Dube St Aidan's Hospital Pharmacy interns

SPORTS DAY

The Physiotherapy Department, in conjunction with the Health Promotions Committee hosted a mini sports day in commemoration of Breast Cancer Awareness Month. The theme for the day was "Walk your way to health". The event was held on 8th October 2008 at St. Anthony's Church grounds between 12H00 - 14H00.

There were 6 teams, each comprising of 8 members, who entered at an entry fee of R50.00 per team. The entry fee together with monies raised from a raffle & cake sale, were donated to the CANSA Association. Ms Rose Mchunu, from the CANSA Association, addressed the crowd with regards to early detection of breast cancer as well as the role of CANSA Association, in our society. She was presented with a donation of R500.00 which was raised by the Health Promotions Team.

The team obtained the following sponsorships:

Trident Jute Products: 30 T-shirts with logo's

Nedbank: T-shirts, canvas bags, clocks, water bottles, peeks

Mrs. Bharat: oranges

Mrs. Gordhan: chocolate bars

The sponsorships received, were utilized as prizes for the event.

The teams comprised of staff from the wards, clinics, Human Resource Department, Rehab Department, Administration Department and the Senior Management Team. The staff enthusiastically participated in novelty races such as sack race, egg & spoon race etc. This created an atmosphere of comradie, fun and competitiveness which encompassed the concept of team building. It was a healthy outlet for our stress and demanding jobs. The participation & support of the Senior Management Team leveled the playing fields and created an atmosphere of equality among all staff.

The success of this event was largely due to the commitment, dedication & tireless effort of the Physio Department & Health Promotions Team.

The team has received positive feedback from senior management and staff on hosting such a well co-ordinated, entertaining and colourful event.

PICTURES FROM THE SPORTS DAY EVENT



Ms R. Mchunu from CANSA took a picture with the task team who worked tirelessly for the event's success



It was the battle of the fittest in the tag of war game



The C.E.O, Mr. Shezi and the PRO just fell trying to run for a Win



Above is the joyful Winning Team for the day . Below are the runners up



EYE CARE WEEK : ST AIDAN'S HOSPITAL GAVE CATARACT A BOOT!!!

The theme for World Sight Day this year was "Eyes on the Future - Vision Impairment in later life". In keeping with this theme, St Aidan's Hospital Ophthalmology Team embarked on a project which aimed at increasing access to cataract surgery during the eye care week of the 6th to 10 October 2008. The target was 120 cataract operations in that week. The two theatres were used for this special initiative which required additional resources. Due to our financial constraints this project could not be achieved but through Vodacom's sponsorship of surgical consumables this project was realized.

Management appreciates and commends Dr Linda Visser's leadership and active participation in the management of the hospital in particular ophthalmology unit. This sponsorship was received through the University of KwaZulu Natal Ophthalmology department. Management also wishes to express sincere gratitude to the wonderful ophthalmology team for active participation in the hospital's operational management.

The ophthalmology team also thanks the Urology and Plastic Team for agreeing to reschedule their slates to make theatres available for the Eye Care Project.

Due to the high number of ophthalmic emergencies, 102 patients were operated on. Happiness was written on our patients' faces and this was really gratifying to staff. Patients expressed their gratitude and appreciation for gaining their eye sight earlier than they anticipated due to the long waiting list.

St Aidan's Optometry Dept together with Society for the Blind, Tafta and ICEE, joined forces for World Sight Day. Our optometrist and our ophthalmic trained

nurse visited one of TAFTA's old age homes in Overport. Approximately 46 people had their eyes tested and 28 single vision readers and 2 magnifiers were dispensed free of charge. This was possible due to the generosity of Ms. Merle Brown, the manageress at The Society for the Blind. Six people were referred to an ophthalmologist for further investigation and 12 people required no change to their current spectacle prescription.

We were fortunate to have the assistance from the private sector as well, which contributed the success of the program. A very big thank you to the following optometrists who assisted with the program: Mr. Avinal Bhimma, Mr. Manoj Kasiram, Mr. Dilip Hansraj and Mr. Nelesh Bhagandas.

"Thumbs up St Aidans Team!, together we will make St Aidans a centre of excellence" said Mr. Shezi, our CEO.

[Next page are pictures from the Eye Care Week:](#)



One of the excited patients after the eye operation



The dedicated staff members from the eyes ward.



Sr Bhengu and the KZN provincial manager of Vodacom.

EAP/WELLNESS COMPONENT



The amount of stress in the workplace is generally backdrop of the global economic crisis and more the Department of Health, which has a strong im-

As a follow up to the extensive Stress Management Programme for employees, the EAP Practitioner facilitated a follow-up presentation for Managers and supervisors which was conducted by a Stress Management Expert. A strong and important focus comprised of Relaxation techniques which is extremely beneficial in alleviating life stressors/stressful encounters.

The body's natural relaxation response is a powerful antidote to stress. Relaxation techniques such as deep breathing, visualization, progressive muscle relaxation, meditation, and yoga can help you activate this relaxation response. When practiced regularly, these activities lead to a reduction in your everyday stress levels. What's more, they also serve a protective quality by teaching you how to stay calm and collected in the face of life's curveballs. In addition to its calming physical effects, research has shown that the relaxation response also increases energy and focus, combats illness, relieves aches and pains, heightens problem-solving abilities, and boosts motivation and productivity.



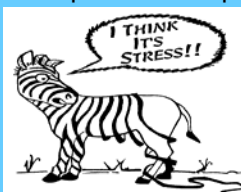
Deep breathing as a relaxation technique

If you'd like to explore relaxation techniques, deep breathing is a good place to start, Deep breathing involves not only the lungs but also the abdomen, or diaphragm.

Most of us don't breathe from the diaphragm. Instead, we take shallow breaths from our upper chests. When we're stressed, our breath becomes even shallower. The problem is that shallow breathing limits the amount of oxygen we take in—which makes us feel even more tense, short of breath, and anxious. Deep breathing, on the other hand, encourages full oxygen exchange throughout the chest and lungs. The next time you feel uptight, try taking a minute to slow down and breathe deeply:

- Sit comfortably with your back straight. Put one hand on your chest and the other on your stomach.
- Breathe in through your nose. The hand on your stomach should rise. The hand on your chest should move very little.
- Exhale through your mouth, pushing out as much air as you can while contracting your abdominal muscles. The hand on your stomach should move in as you exhale, but your other hand should move very little.
- Continue to breathe in through your nose and out through your mouth. Try to inhale enough so that your lower abdomen rises and falls. Count slowly as you exhale.

If you have hard time breathing from your abdomen sitting up, lie on the floor, put a small book on your stomach, and try to breathe so that the book rises as you inhale and falls as you exhale. Breathing techniques can be practiced almost anywhere and can be combined with other relaxation exercises, such as aromatherapy and music. All you really need is a few minutes and a place to stretch out.



ARTICLE INSERTED BY: EAP PRACTITIONER – Husheila Gordhan