



# The Voice of St Aidan's Mission Regional Hospital

## Up Date From St Aidan's Hospital Sub Campus

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**Ms M. Swart** St Aidan's Hospital College  
Principal

Nursing is a national asset. This Sub-Campus strives to be a repository of intellectual capital, to be used for systemic in-

tervention by contributing to the challenge of meeting national priorities. Our core business is Teaching and Learning broadly referred to as knowledge production.

We managed to achieve our accomplishments for the year 2008, by drawing on the resources available within the clinical areas we utilized.

At the nurse's Graduation held in September 2008 the following number and categories of nurses graduated from this Sub-Campus:

<b>BRIDGING COURSE STUDENTS (R683)</b>	
X	60
<b>ENROLLED NURSES (R2175)</b>	
X	12

Currently the number of learners on training are as follows:

<b>1<sup>ST</sup> YEAR BRIDGING COURSE (R683)</b>	
X	60
<b>2<sup>ND</sup> YEAR BRIDGING COURSE (R683)</b>	
X	107
<b>1<sup>ST</sup> YEAR ENROLLED PUPIL NURSES (R2175)</b>	
X	33
<b>2<sup>ND</sup> YEAR ENROLLED PUPIL NURSES (R2175)</b>	
X	73

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Greetings and welcome back from the holidays. I hope that all of you had the chance to rest adequately. We have to live up to our vision and mission of delivering excellent healthcare to all who meet the criteria to enter St Aidan's Hospital.

This year is upbeat in the sense that the petrol price has come down (and up again?) and there is talk of the interest rate coming down by 50 basis points. This will certainly help our shrinking economy.

It is hoped that key issues like underfunding of KZN Health are tackled adequately by the National Treasury. To the staff, I say that you have always been team players and part of the extended St Aidan's family. No less will be expected of you.

Remember that **service excellence** requires for you to **surpass** the patient's expectations. The only way this can happen is for you to embrace positive attitudes and live and breathe the Batho Pele principles. Wishing you all the best with your endeavours for 2009!

## St AIDAN'S PHARMACY DEPARTMENT

### The Safety and Stability of Medicines

St Aidan's pharmacy has to comply with the requirements of Good Pharmacy Practice as outlined by The South African Pharmacy Council. To ensure the stability of stock in all the storage areas (including wards), the temperature has to be below 25 C. Durban's hot and humid climate definitely requires all pharmaceuticals to be in an air-conditioned environment or a cool storage area, to ensure its stability and safety for our patients. Patients should also be advised on discharge, to keep their medication in a cool place.

### What are Thermolabile Medicines?

Thermolabile medicines (ie. Those medicines that need to be stored in a cool, dark place if patients do not have access to a fridge. All vaccines and reconstituted Amoxil/ Clavulanic Acid suspension (eg. Augmentin) cannot be stored out of the fridge as it decomposes at room temperature. In this case out patients must have access to a fridge.



St Aidan's Pharmacy Staff

It is also dangerous to administer vaccines that have not been stored appropriately. The cold chain (2-8 C temperature control) has to be maintained either in a cooler box when being transported, or a fridge. During electrical power cuts or if fridges are faulty back-up power supply or alternative fridge storage is important. If not stock will then have to be disposed of. This will impact on expenditure.

### Eye Preparations that require Fridge Storage:

All eye drop minims used at eye clinic need to be stored in the fridge. For our eye patients, Eye

drops containing Chloramphenicol (including Spersadex Co) require fridge storage. Some medicines also have to be stored in an upright position for its stability. At St Aidan's this applies mainly to Provisc (Sodium Hyaluronate) and Viscoat (Sodium Hyaluronate/ Sodium Chondroitin). There is an arrow on the box indicating which way it must be stored for stability. This is used in the eye by our Ophthalmology surgeons in theatre.

**Expiry Dates and batch numbers:** are stated on the medicine containers. If unsure, pharmacy needs to be consulted.

### Conclusion:

It is important for health care workers to check and maintain the storage requirements and expiry dates on the medicine containers. If not, patients can be severely compromised with the issue of unsafe medication. We owe it to our patients to take the necessary precautions.

### Submitted By:

The Pharmacy Department

## East Coast Radio Visit to Paeds Ward

On the 19th December 2008, East Coast Radio personalities visited St Aidan's Hospital Children's Ward to give presents to children's. This initiative happens yearly during the festive season, as East Coast Radio personalities go on an outreach programme to give presents to children in different hospitals. We are very grateful to be part of this programme which proves to be growing yearly and give priority to the sick and needy children

of our country. We hope our relationship grows stronger.



Excitement on the faces of children



Two joyful patients after receiving their presents from East Radio personnel's

## *16 Days of Activism against Violence against Women and Children Campaign*

It has been 15 years since South Africa was declared a democratic country. In these fifteen years our country is still besieged by a litany of reports of cases of abuse and violent attacks especially vulnerable groups namely women and children. 16 Days of Activism Against Women and Children Campaign is a vital response on such issues which affect the country and the South African nation. St Aidan's Hospital social work department organized a workshop on Family and Do-

mestic Violence. The workshop was for our staff members and clients to highlight important issues and educate our staff and clients on issues such as Domestic violence, Economic, Political and Social Inequalities. Criminal Violence, Rape, Different Forms of Rape, Indecent Assault. It is our responsibility as an institution to safe guard our staff and patients against any form of abuse. During this period of 16 Days of activism Minister of Justice, Mr. Enver Surty said "One of the my Department's strategic imperatives is to provide equal access to justice for all with a focus on the poor and the

vulnerable." This statement shows enforced commitment from high levels of authority in our country. We can now breathe easier as our Minister has strategic programmes in place to help fight victimization of Woman and Children. There are several programmes which are in place that are concerned with the rights of the abused and victimized. These programmes are on going which seeks to help the victims of abuse which are mainly woman and children. We must support these programmes which promote gender equality for all citizens.

## *One on One interview with our EAP Practitioner*

**Tell us about yourself where were you born, raised and how was your life as a little girl growing up?**

I was born in Port Elizabeth, but relocated to Durban shortly after that and have continued to live in Durban ever since. Recollections of my childhood were both memorable and enjoyable. The eldest of 4 siblings, I automatically assumed the responsible role. I remember living within an extended family whereby the strong family bonds and affection, enriched by the cultural and spiritual ties, in addition to the historical knowledge imparted by my grandparents, uncles and aunts made my life so meaningful and significant. My family's motto of "Delay immediate gratification for



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

future reward" and "put others needs before your own" formed a strong part of my upbringing and with retrospect am eternally appreciative for.

**Where did you study? What tertiary studies have you completed? Have you plans to study further?**

My primary and secondary education was completed at the Surat Hindu School and Durban Girls High Schools respectively. I

completed my Social Work degree at the University of Durban Westville and completed my Masters Degree in 2006. I have also completed various courses in HIV/AIDS, etc. I am contemplating to either pursue my Doctorate or the Human Resource Management course this year.

**What are your hobbies? How do you spend your time when you are not at work?**

I love entertaining and preparing exotic dishes, and going to the gym when I do have the time. Otherwise I am busy with supervision of UNISA students and conducting workshops and tutorials over week-ends and the evenings. Relaxing and spending time with my two teenage also keeps me on my

### What prompted you to choose this career path?

Good question. In my darker moments, I have often asked myself this question.

I initially enrolled to do a Comm. degree, however after attending a few lectures in Social work by chance, prompted me to change direction as deep down I had realized that this field would equip me with the generic and specialised skills needed to assist individuals in a positive and meaningful way and I guess this was my true calling. I realize that this is all I have ever wanted to do and I can't bear the thought of doing anything else. I have no regrets and have not looked back since. The prospects of EAP/Wellness a spin off from Social Work/Psychology proved to be attractive and felt that it was a professional field in which I could effectively utilize all my previous skills, expertise, knowledge and experience. Working with employees adds more depth to the work as ultimately the aim is to boost morale and enhance productivity resulting in reduced costs and increasing profits. So you see the basic Comm. principle also applies.

### What do you like most about your career?

It encompasses a holistic arena in that one needs to have a thorough knowledge of various psycho-social aspects, especially when dealing with humans which are generally complex beings, in order to make accurate assessments and render the appropriate intervention/services. Being a developing field also poses its challenges as emergent trends forces one to be progressive

and to keep abreast of advanced knowledge thus adding to the innovative and dynamic aspect of this field. This is also stimulating and enhances growth on a personal level.

For me the most rewarding aspect is the joy of bringing about a positive change in an individual, no matter how large or diminutive the change, and realizing that you play such a significant role in the most meaningful way, which enables him/her to take cognizance of his/her life, to retrospect into his life and bring about a change that will ultimately have a positive impact on his life, his colleagues, his family and his community. Of course, at the other end of the continuum, it does not always work out this way.

### How would you describe yourself?

A strong believer in Astrology, I am a true Libran whereby I am constantly trying to maintain the scales of justice by trying to restore equilibrium and balance within myself and those around me.

I am also a perfectionist and a workaholic which can be problematic at times. However, being passionate in almost everything I do enables me to glide through most situations with ease.

I have been told, I am very perceptive of people and tend to interact and associate with individuals who generate positive energy, are optimistic, who exude a passion for life, who are genuine, compassionate,

committed, helpful and care about others. I tend to avoid people who are self-centered, superficial, shallow and egotistical.

### What inspires you in life?

I find individuals who have made extraordinary successes in any aspect of life, on their individual strength, be it spiritual, personal growth, occupation, academic or financial, and who have been especially faced with adversities and challenges, fascinating and inspiring. It is said that a successful woman or man is one who can lay a firm foundation with the bricks that others throw at her/him. Their message is that if they can do it, so can anyone! Of course with commitment, dedication, perseverance, prayer and hard work.

### What is it that gets to your nerves?

I am appalled by individuals who are lazy, complacent and who overtly lack a commitment to their work. What irks me are individuals who bask in the glory of other people's hard work and achievements.

Also, individuals who constantly criticize and pass judgments without offering any positive input.

**THANK YOU FOR YOUR TIME!!!**



## **ST AIDAN'S MISSION REGIONAL HOSPITAL**

### **VISION**

Excellent health care for all persons within the disciplines, specific to St Aidan's Mission Regional Hospital.

### **MISSION**

To provide sustainable holistic service to all referred patients through dedicated, motivated, inspire and involved staff in keeping with Batho Pele Principles

### **CORE VALUES**

Accountability, Integrity, Compassion/Caring, Motivation, Honesty, Commitment to Perfection, Learning, Courage to change, Perseverance

### **OBJECTIVES**

1. To ensure that all clients are attended to in keeping with the referral patterns.
2. To ensure that staff are continually developed and supported in order to provide optimal care
3. To provide a safe environment that is conducive to all stakeholder
4. To ensure a multidisciplinary team approach to patient care