

# ST AND NEWS

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## Christmas message from the Hospital manager



Mrs T.L. Ntleko the hospital manager

We have reached the festive season again. It is by grace that we Managed to see this time of the year while others were called to be with the Lord. We therefore thank God, and we give him all the glory and honour for his loving kindness. To those who have lost their loved ones along the course of the journey, we pray that God would comfort their mourning souls and give them the assurance of his presence.

To those who are not well we wish them a speedy recovery. To those who will be on leave we say relax and spend time with your family and friends and give your time to God, to be alone with him.

This year has been very challenging for us. We started the year vigorously with our operational plans, setting targets, indicators and time frames to achieve what was planned, but because of the budget constraints we are even afraid to review our plans because a lot could not be implemented, but as health care workers we will take no for an answer because our clients are relying on us for their survival.

My advice to you ...Do not loose track of your plans, managers know that if you could not achieve what you planned now, you review your plan, reprioritize, re plan, implement , monitor, and evaluate.

Let me take this opportunity to salute all those who worked very hard others under trying circumstances due to shortage of staff. I would also like to salute all the managers, unit managers and supervisors for their hard work trying to make ends meet some with skeleton staff, inadequate resources and facilities. Thank you managers for your willingness to be orientated practically on management

To our hospital board we are saying without you, we would not be able to be where we are today, your donation of the eye care equipment was so generous and you really saved us.

This year we also enjoyed working closer with the Umuziwabantu municipality and other government departments like department of agriculture, non governmental organizations, service providers etc. We hope that the projects we have started with them are going to be completed for the benefit of the communities we are serving.

Once again as St Andrews Hospital Management we wish you all a Merry Christmas and a Happy New Year!

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St Andrews hospital management wishes you all a merry Christmas and a happy, blessed & prosperous new year



## Family Health Day



Mr J.V. Cele from Radio Sunny South was the Programme Director for the day



Staff members doing a short play on domestic violence



Sr Nogwina talking about Women's Health



Sr J. Lushaba teaching about domestic violence

On the 26th of November 2008, the wellness team held the Family health day event, whereby staff members were educated about diverse health issues which include cervical cancer, breastfeeding, domestic violence

The day started with a short sermon that was conducted by the hospital Chaplain Rev. J. Khowa and also included different entertainment items.

The first speaker of the day was Sr Nogwina she spoke about women's health but was concentrating more on Cervical cancer and breastfeeding.

Sr Lushaba was one of the speakers as well, she educated the staff about domestic violence and she was followed by Sr Dondashe who was our main speaker. She motivated our hospital staff and gave them food for thought.

### Risk factors about for cervical cancer....

If you do not have regular Pap smears. You engage in sex at an early stage e.g. before 15 years. You started using oral contraceptives before age of 18. You or your partner have many sexual partners. If you follow an unhealthy diet, like not eating too much fruits and vegetables

To prevent cervical cancer you must have regular pap smears, Have only one sexual partner, Use a barrier method of contraception e.g. condom.

A pap smear is a painless, simple, quick and harmless test that can be done by a doctor or a nurse, to check abnormal cells in the cervix. these abnormal cells are not cancer but if left untreated they may develop into cancer.

### Domestic Violence

Domestic violence is a hurtful humiliation of a person caused by someone else.

There are different types of abuse like: physical, sexual, emotional, neglect and child labour.

It is very important to report abuse so that you get help, if someone is abused services such as SAPS, Social welfare and Health department (crisis centre) will be involved.

## Advice on Christmas diet by our Dietician



Mrs C. S. Potgieter, Principal Dietician

Its Christmas time again and we all want to have fun. Inviting friends over, having dinner and gossiping over a cup of tea. Going out on picnics and *braais*. Catching up with old friends from all over the world. Here are the tips to make Christmas healthy and fun!

### 1. Always follow these Dietary guidelines

- *Enjoy a variety of foods*
- *Make starchy foods the basis of each meal*
- *Chicken, fish, milk or eggs could be eaten daily*
- *Eat plenty of vegetables and fruits every day*
- *Eat dry beans, split peas, lentils and Soya regularly*
- *Use sugar, salt and fat sparingly*
- *Be active*
- *Drink plenty of water*

2. Remove the fat from the meat before you braai, and remove chicken skin before you roast it.

3. Stick to your fruit juices rather than your sodas.

4. Remember eating your fruit salad will increase your fruit intake which is MOJA !!!!!

5. Don't drink and drive, if you can don't drink at all.

6. Most of all enjoy yourself, Christmas only comes once a year.

*Compiled by: CS Potgieter*

*Principal Dietician*

# Chronic conditions awareness

On the 4th of December 2008 the general wards held its Chronic Conditions awareness.

Different health talks were given about hypertension, Diabetes, T.B.

The awareness was a success and the community members participated a lot during the talks by asking questions and making comments about hypertension, T.B. and diabetes

## Facts about Hypertension

### What causes it?

Obesity, smoking, stress, lack of exercise, alcohol, pregnancy, hereditary, and other conditions like diabetes.

### Signs and Symptoms

Dizziness, sweating, vomiting, severe headache, general body sickness and blurred vision are the signs and symptoms of hypertension

### What to avoid

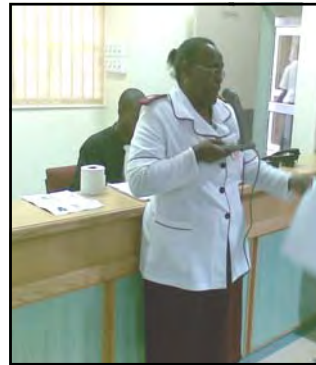
Try to avoid eating food with too much salt.

When you eat too much salt you can get illnesses such as high blood pressure (Hypertension), heart disease, stroke, fluid retention( when your body keeps water ), kidney failure.

People need also avoid eating food with too much cholesterol in order to prevent themselves from getting heart disease



Sr Sogoni from D WARD



Sr Ndadane doing a talk on T.B.



Staff nurse Ndlovu teaching clients about Diabetes

## T.B....

This is the infectious diseases caused by bacteria called Mycobacterium Tuberculosis. It usually attacks the lungs, and can attacks other body parts like spine, brain, kidneys, skin and skeleton

### Signs and Symptoms

Cough for more than two weeks, have chest pain, tiredness, weakness of the body, weight loss, night sweats even when its not hot. and coughing blood

**It is very important** to take your medication according to the clinic instructions and finish it. .TB can be treated within six months

**To prevent T.B.** you must always cover your mouth when you cough, do not spit anywhere.

Always keep windows opened. Eat balanced food like, meat, fish, eggs, milk, maas, brown bread, vegetables and fruits.

## Diabetes....

This is the condition which develops when the amount of glucose (sugar) in blood is not properly controlled

Avoid eating large amount of starches in one meal e.g. potato curry and rice. Sweet foods can increase your blood glucose and make it be at risk. Many Alcoholic drinks are high in sugar e.g. sweet sherry, sweet wine, liquors and homemade beer

Take care of your self by eating healthy food like, plenty of fruits, vegetables, lean meat, fresh fish, eggs, brown bread etc.

## “Christmas Party at Pediatric ward”

Christmas time is a time for joy, giving, loving and appreciating each other. All of these things were experienced by the children at the Paediatric Ward when staff members threw a Christmas party for them on the 11th of December 2008.

Toys and snacks were handed out to the children.

The hospital would like to thank Mr Dahl from Harding Spar for donating the party snacks.



Ms M. van der Vyver the Physiotherapist with the kids at pediatric ward



Ms N. Skwekwe and Ms C. McLellan posing with the kids



Children during the party



Mrs C. Ngcobo, Chief Occupational Therapist handing out some snacks to children

## Christmas Party for Onompilo



Ntombifikile Mkhondwana, Community Health Worker welcoming guests



Sr Phoswa delivering a speech during the party



Mr S. Gasa, Community Health Facilitator doing a vote of thanks

The 15th of December was the day to remember for Onompilo (Community Health Workers) when they held their Christmas Party and also celebrated their hard work for the year.

The celebrations, which were held at the Recreational Hall at St Andrews Hospital started off with the a short prayer by Brother Sam and followed by different speeches from different speakers who were motivating Onompilo and thanking them for their job well done during the year.

The party was wrapped with a nice lunch cooked by Onompilo!!



Mr S. Gasa handing over a gift to Brother Sam.



Mr S. Gasa handing over a gift to Sr Mngomeni who was a motivational speaker for the day



Ms M. Basson, Occupational therapist doing her farewell speech to Onompilo

## A financial literacy workshop for staff members.....



Mr Z. Khan (Education Officer)  
from Your Debt Helpline

A financial literacy workshop was organized by the EAP Office in November in order to assist employees who are currently going through financial challenges.

These challenges are contributed by various factors, including the struggling global economy and the weak currency.

The workshop was conducted by Mr. Zain Khan, the Education Officer from your Debt Helpline. Staff members came in numbers to attend the workshop which was separated into two sessions the morning session and the afternoon session.

The workshop was an eye opener to staff, as they learned how they can extricate themselves from financial difficulties

He further mentioned how debt rescheduling can benefit those who are in serious debts. Following are some of the benefits:

- It can help reduce unnecessary costs on their monthly budgets
- It can assist them in meeting their future living expenses
- The number of garnishee orders will be reduce.

### *The debt counselors can assist with:*

- Negotiations with your creditors to reduce monthly payments
- To improve your monthly cash flow
- Advice on how to manage your own budget

### Oral Hygienist visits to Mjika Primary School



Ms V. Shinga  
who is the  
Oral Hygien-  
ist with Mjika  
learners

On the 11th of October our Oral Hygienist visited Mjika Primary School, one of the schools at Umuziwabantu where she educated parents and learners about oral hygiene.

Pamphlets and toothpastes were handed out to those who were attending the event.

## CONGRATULATIONS!!!

To Crisis Centre for achieving a 90% compliance on Batho Pele and Patients Rights inspections

## DEATHS

St Andrews Hospital is sad to announce that one of our employees was lost during the October – December period.

That employee is

Ms N.Khunjana

May her soul rest in peace

## JOKES!!!!!! JOKES!!!!!! JOKES!!!!!!

Nangu umfana etekisini kudlala ingoma ka Percy Sledge ethi (TakeTime to know her), useyewakala ke eculala phezulu saying....."CAPE TOWN TO NO WHERE"

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A guy gets into a taxi and seats at the back with a nice beautiful chick. Ordinarily, like most men, uya-sha !!!

He finally decides to start a conversation with the chick. "Hello nkosazana " says the guy obediently. "Hello nawe bhuti..." replies the beautiful lady. He asks: " uya kuphi manje?" "ngiya e skolweni, eWits University " she replies "hawuu, u funda khona... nami uyazi ngifunda khona" says the guy. The lady then asks "Mina ngiku faculty ye Management... wena?" The guy realises that he's being cornered now, and fervently says: "eiish, uyazi i lecturer yethu i fundisa slow, asika fiki thina kuma Faculty

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**Johnny buys a lotto ticket & wins the lottery jackpot. He goes to the post office to claim it & the man verifies his ticket number. Johnny says, "I want my R10 million." The man replied, "No, sir, it doesn't work that way. We give you a million today and then you'll get the rest spread out for the next 5 years." Johnny said, "Oh, no!! I want all my money right now!! I won it and I want it." Again, the man explains that he would only get a million that day and the rest during the next 5 years. Johnny, furious with the man, screams out, "LOOK I WANT MY MONEY! If you're not going to give me my R10 million right now, then I want my R2.50 back!"**

St Andrews Hospital

Drive safely this festive remember ....speed kills

Private Bag X 1010

HARDING

4680

Phone: 039—433 1955

Fax: 039—433 1529

Email:nkosi.zwane@kznhealth.gov.za

We're on the web ! [Website:www.kznhealth.gov.za/standreshospital.htm](http://www.kznhealth.gov.za/standreshospital.htm)