

ST AND NEWS

Apr-Jun 2010
Issue 22

HCT PROGRAMME LAUNCH AND MEN'S MONTH CELEBRATION



Mrs T. M. M. Ntuli from Harding PHC was the main speaker for the day

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Community and staff members came in numbers when ST Andrews hospital hosted a Men's month celebration and HIV/AIDS Counselling and testing (HCT) launch on the 30th June 2010 at hospital's recreational hall.

This follows a call made by President Jacob Zuma to encourage all South African citizens to get tested for HIV so that they will know their status and be able to plan their lifestyle accordingly.

Counselling and testing was done to more than 100 people on this including both staff members and the community and the hospital staff were the highest number of people who tested on this day, setting a good example to community members. The staff and the community also had chance to test for other illnesses such as diabetes and hypertension and also to have their Body Mass Index (BMI) checked.

Different speakers were also lined up for the day. Mrs T. Ntuli, Harding PHC Supervisor, was the main speaker for the day and she gave a sublime speech on HIV Counselling and Testing campaign on which she stressed out the importance of practicing safe sex that could prevent the spread of HIV in this country.

The day was wrapped up nicely with a nice plate of *pap n vleis* for individuals who attended the event.

OCCUPATIONAL THERAPY AWARENESS MONTH



Community Service Occupational Therapist
Ms C.M. Fenner

This awareness campaign took place during the entire month of April. This month is important to our profession as Occupational Therapists as it provides us with the opportunity to market our newly developing occupation. But most importantly it provides us with the opportunity to eliminate any possible barrier that could prohibit growth between our staff and colleagues.

Special programmes were planned for the month of April which were stress Therapy including stress management Techniques and Hand therapy.

A questionnaire was drawn up to analyse how many people knew what occupational therapy was about, but as a result of poor response it could not be validated. The Occupational Therapy department was also utilized as a viewing room of which assistive devices was on display; both patient and staff were invited to come and see what occupational therapy month was about and what we had to offer.

The awareness was a success. As it not only involved the two therapists Mrs. C. Ngcobo and Miss C. Fenner who only facilitated the event.

But through the utilization of group activities and patients cooperation with the making of the souvenirs such as caps, post cards, pamphlets etc. this again highlighted the core being of our occupation which emphasizes enablement, enhancement and empowerment through the use of both meaningful and purposeful activity.

Souvenirs were handed out to everyone who came to the department.

The aim of the month was to get staff to understand the role of occupational therapy within the hospital. Thus in-service training was conducted by Miss C.M Fenner in D and E Wards. The training included what Occupational Therapy is about, what Occupational Therapists do, our role within the ward, how occupational therapy is different to physiotherapy and types of referral. This proved to be very helpful as the amount of referrals from these wards have improved.

During the stress therapy session the department was change into a relaxation therapy room surrounded with candles, soothing music and harmonious atmosphere. Of which the stress therapy techniques was implemented and top off with a hand therapy massage. That both the staff and patient who participated in the event left the department stress free ready to tackle whatever lied ahead.

Compiled by C.M. Fenner (Community Service Occupational Therapist)



MINI WORLD CUP TOURNAMENT: St Andrews Hospital football and netball team attended Umuziwabantu mini world cup 2010 tournament on the 29th May 2010. This event was aimed at promoting, mobilizing and motivating communities and local government to support the 2010 fifa world cup. The netball team managed to win all the games when it played against all the government departments in the area!!!

CHILD PROTECTION WEEK

The department of health has set a mandate that every year community members should be made aware of the importance of protecting our children; this is marked as Child Protection Week. Every year during this time the department of Health personnel together with other departments like the Social Development, the South African Police Services set out to the community to give talks and education on how we can best protect our children.

This year was no different the hospital's Crisis Centre, Social Services Department together with the Harding SAPS conducted these awareness campaigns to the community of Umuziwabantu. Talks were given to community members at OPD and Gateway Clinic during the week of 24 May 2010 to the 30th May 2010.

The social service department informed the community on the different kinds of abuse i.e. Sexual Abuse, Physical Abuse and Emotional Abuse. They also gave information on children's rights and the cases that are being attended by the social service department which are rape cases, abandoned children and child neglect.

Crisis Centre spoke on the services rendered to victims of abuse, which are trauma counselling, referral to a doctor, the South African Police Services and social workers.

The South African Police Services gave more insight on how can best protect our children in our communities as to prevent any sort of danger or abuse from child molesters and kidnappers.

Compiled by: Miss K.B. Mdiniso (Social Worker—HAST)

FOOD FOR THOUGHT

Attitude, as it has been said, is much more important than aptitude. Aptitude says that we can do things, but attitude will determine how well we do them. Aptitude will determine how well we can think, but attitude will determine how well we feel about what we think. Aptitude will help us see things that perhaps others don't see, but attitude will help how we interpret what we see. A person with a healthy, positive attitude can achieve much more with his average aptitude than a person with a highly skilled aptitude but who has a negative and self-defeating attitude.

People with a positive attitude will see the glass half-full and be thankful, while those with a negative attitude will see the glass half-empty and complain about it. Both are correct of course but it's attitude that makes the difference in how they see things. In life we see things not the way they are but the way we are. And if we don't have an honest attitude, we will distort the most obvious facts to make them match our prejudiced attitude.

Then of course there are those who will argue that the glass is twice as big as it needs to be. You can't win with these people because no matter what you say, they will disagree with you because they have a disagreeable attitude.

It's attitude that makes the difference. Aptitude is a gift. Attitude is a choice.

ZIXOXWA NGEZITHOMBE

WORLD CUP FEVER AT ST ANDREWS HOSPITAL



St Andrews staff took a five minute break on Friday the 11th of June to celebrate the official kick-off of the world cup. The staff enjoyed doing its own version of the diskidance and blowing vuvuzelas!!!!

HCT LAUNCH & MEN'S DAY CELEBRATION—UMCIMBI WOKWETHULWA KOHLELO LO-KUHLOLELA IGCIWANE KANYE NOKUGUJWA KWENYANGA YAMADODA



UNkK Dlamini (ogqoke iJacket eNavy) elungisa itrolley yakhe ngaphambi kokuhlola



Umphakathi wawuze ngobuningi bawo belindele ukuhlola



Abasebenzi babelindile nabo befuna ukuhlola



Mnuz T. Zulu & Mnuz M. Zoko belungiselela ukubasa umlilo wokosa



UMnuz Shodo wayeziguqula kanje izoso ngalelilanga



Ithimba le-Wellness lenza umdlalo wokuqwashisa ngalelilanga lomcimbi



uNkz B. Bekwa ongu-Sonhlalakahle wayechaza kabanzi ngezidakamizwa



Ama Lay Councillors anandisa ngomculo

NEW APPOINTMENTS Apr-Jun. 2010

| <u>NAME</u> | <u>RANK</u> |
|----------------|--------------------------------------|
| Y. Chinasamy | Medical Officer |
| I. M. Ntombela | Pharmacist |
| S.R. Malunga | P.R.O. Intern. |
| N.D. Mbele | ENA Intern. |
| Z.Z. Bhengu | ENA Intern. |
| P.N. Silangwe | ENA Intern. |
| N.B. Jili | ENA Intern. |
| H.G. Cwele | ENA Intern. |
| A.N. Gansa | H.R.O. Intern |
| S. N. Shude | F.S.O. Intern. |
| N. Bhengu | Human Resource Officer |
| N.P. Bhengu | Human Resource Officer |
| F.S. Khanyile | Medical Officer |
| N.M. Sosibo | Pharmacist Assistant |
| K.T. Ngoyi | Clinical Manager |
| S. Moodley | Pharmacist Assistant |
| Z.B.S. Mjali | Community Service Medical Officer |
| G.L. Ramaota | Clinical Programme Co- ordinator |
| V. Manciya | Professional Nurse |
| Z.P. Nene | Data Capturer Intern. |
| O.H. Njongo | Data Capturer Intern. |

DEATHS

St Andrews Hospital has lost the following staff members during the 1st quarter:

**N.G. Ngubelanga—Nursing Assistant—
07/04/2010**

S.H. Gwacela—General Orderly—19/04/2010

May their souls rest in peace

JOKE

The following quotes were allegedly taken from actual medical records dictated by physicians.

"By the time he was admitted, his rapid heart had stopped, and he was feeling better."

"Patient has chest pain if she lies on her left side for over a year."

"On the second day the knee was better and on the third day it had completely disappeared."

"She has had no rigors or shaking chills, but her husband states she was very hot in bed last night."

"The patient has been depressed ever since she began seeing me in 1983."

"Patient was released to outpatient department without dressing."

"The patient is tearful and crying constantly. She also appears to be depressed."

"Discharge status: Alive but without permission."

"The patient will need disposition, and therefore we will get Dr. Blank to dispose of him."

"Healthy appearing 69 year-old male, mentally alert but forgetful."

"The patient refused an autopsy."

"The patient has no past history of suicides."

"The patient expired on the floor uneventfully."

"Patient has left his white blood cells at another hospital."

"The patient's past medical history has been remarkably insignificant with only a 40 pound weight gain in the past three days."

"She slipped on the ice and apparently her legs went in separate directions in early December."

"The patient had waffles for breakfast and anorexia for lunch."

"The patient was in his usual state of good health until his airplane ran out of gas and crashed."

"Since she can't get pregnant with her husband, I thought you would like to work her up."

"She is numb from her toes down."

"While in the ER, she was examined, X-rated and sent home."

"The skin was moist and dry."

"Occasional, constant, infrequent headaches."

"Coming from Detroit, this man has no children. Patient was alert and unresponsive."

"When she fainted, her eyes rolled around the room."

St Andrews Hospital

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