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Editor: Dr. L. Naidoo



KZN HEALTH MEC VISITS CBH

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"Thoughts to bear in mind":

- "Never trust the advice of a man in difficulties(Crop)
- "The danger lies not in setting our mark too high and not achieving it, but in setting our mark too low and achieving it!" (Michelangelo)

It was a chilly morning when our guests from MANCO and the district arrived at Catherine Booth Hospital to be received by a warm welcome from our Staff. We had less than two weeks to prepare but I must confess the work done towards the preparation was speedy and top class. It just goes to show you that with the proper leadership and team spirit lots can be achieved in a short space of time. It was great to see everyone working together towards a common goal.

The MEC Mrs Peggy Nkonyeni and MANCO were truly surprised by what we have achieved. The before and after pictures posted on the intranet is a testament to the work done by everyone concerned.

The MEC and her team first made a visit to the wards and the OPD clinics and gave encouraging words to all .The Team

then sat for their meeting. Unfortunately the tent that was prepared was not used because of the cold weather outside. The meeting was then held at the dining hall but being cramped in the dining hall did not help keep everyone warm either.

The MEC and INKOSI then said a few words to everyone. It was encouraging to see the ties being created at the Hospital. It must be said that though we have achieved a lot in the past few years there is still more to be given to the community we serve and this point although not brought out by either the MEC or INKOSI is point that I feel that can be achieved

The Meeting then went on with Mr Vundla giving his presentation. The facts and figures represented proved that the hospital is moving from strength to strength. With the current rhythm we will be able to achieve

even more by the end of the year.

MANCO then continued with their meeting and there after a scrumptious finger lunch was served.

Just to highlight the achievements for the year. We are the first level one hospital in the district to have a fully functional TOP clinic run by doctor and nurse trained specialist

We are the one of the first district hospitals to have a functional TB/MDR ward

Our dental clinic has moved from strength to



strength

Our CEO Mr Vundla at the Helm

Once again great work everyone keep it up

Forwarded by Dr Thandrayen

TB BLITZ HELD BY CBH

After a follow-up TB meeting held on 26 February 2007, it was decided that CBH would conduct a TB Blitz in the rural settlement in Gingindlovu. Due to the visit by the MEC, it was decided that the Blitz would be postponed to May 2007.

The successful outreach activity was held over three days by a team consisting of 16 people, and co-ordinated by Sr. Shange, Dr. L. Naidoo and Dr. Thandrayen.

On Wednesday, 30 May 2007, the 16 members ventured out into the Gingindlovu informal settlement (about 150 households) at about 09h45. One kombi was used to transport most of the staff, and the Mobile Clinic van was used to carry some equipment and staff. An Isuzu double cab was used to transport collected sputum specimens from the site to CBH laboratory at 12h30, 15h15 and 17h45.

The residences were visited by 4 teams (2 consisting of 2

people and 2 consisting of 3 people). Each team consisted of one/two Professional Nurse/s and one/two Staff Nurse/s. They visited the residents and counselled them on TB, educated them on the symptoms of TB, recommended VCT, and collected the first specimens from TB suspects. Sputum containers were left with the suspects for a second specimen, which was collected from the site the next morning (Thursday).

While this was going on, two HIV/VCT lay counsellors and two clerks remained at a central point with the vehicles to do VCT, fill in the TB suspect registers, and collect the incoming specimens, which were transported to CBH laboratory.

The team managed to cover a huge population in the settlement, and many people were counselled and tested for HIV. Ill suspects and children were also referred to Gingindlovu Clinic and to hospital.

Team members were served

with lunch packs, and TB suspects who turned out to be cases would collect food parcels from Gingindlovu Clinic on Friday, 01 June 2007.

Laboratory staff at CBH worked extra during the blitz to ensure the AFB microscopy results were ready by 01 June 2007. A team was despatched then to locate the sputum-positive patients and bring them to CBH for counselling and TB treatment.

The endeavour turned out to be a huge success, and contributed tremendously to CBH's recognition for excellent outreach services.

CBH staff plan to conduct further blitz activities and outreach programmes for HIV/AIDS, Sexually Transmitted Infections and Diseases, and other Primary Health Care programmes, including rehabilitation and support services.

The co-ordinators of the Blitz would like to thank the following people for their efforts

and contributions that made the activity a marvelous success.:

Team 1: Sr. Pelago (PN), Dudu Mthembu (EN) and Njabulo (volunteer);

Team 2: Mrs. Mbonambi (Nursing Manager), Sr. Mwandla (PN and TB sister) and Sfiso Fakude (EN);

Team 3: Sr. Shange (PN and PHC sister) and Nurse Madondo (EN);

Team 4: Sr. Mabuso (PN) and Ketha Maphumulo (EN);

Clerks: Dudu Cele and volunteer from Gingindlovu clinic;

Lay counselors: Dudu Gumede and Nokwe Ngobese;

Drivers: Mrs. Ngobese and Mr. Mthethwa

YOUR HELP IS GREATLY APPRECIATED!

Story by: Dr. L. Naidoo

The employee of the month

This award will be given out from the following month to the employee who goes above the call of duty to help either a patient or fellow colleague or does more than his or her share of work to improve the standard of service in the hospital.

The decision of this award will be based on feedback that the hospital gets from the fellow employee as well the patients. There will be many in the running for this award. So all supervisors and colleagues please forward the names to my office of those that you think deserve the award

If your name is forwarded more than once the better your chances are that you will be selected.

At the end of the year the **employee of the year** will be selected and a grand prize will be given. Remember all your good work is not gone unseen.

Forwarded by Dr Thandrayen

PLEASE TAKE NOTE...

THERE WILL BE A CAMPAIGN HELD AT CBH TO COLLECT OLD AND/OR UNUSED CLOTHING, SHOES, STATIONERY, SCHOOL BAGS, AND OTHER USEFUL GARMENTS OR ITEMS FOR THE UNDERPRIVILEGED. THESE ITEMS WILL BE DISTRIBUTED TO THE NEEDY PATIENTS.

PLEASE CONTACT DR. GOVENDER IN OPD FOR FURTHER INFORMATION. YOUR DONATIONS WILL BE GREATLY APPRECIATED.

Tribute to all mothers...

When you came into the world, she held you in her arms...you thanked her by wailing like a banshee. When you were one year old, she fed you and bathed you...you thanked her by crying all night long.

When you were 2 years old, she taught you how to walk...you thanked her by running away when she called.

When you were 3 years old, she made all your meals with love...you thanked her by tossing your plate on the floor.

When you were 4 years old, she gave you some crayons...you thanked her by coloring the dining room table.

When you were 5 years old, she dressed you up for the holidays...you thanked her by jumping into the nearest pile of mud.

When you were 6 years old, she walked you to school...you thanked her by screaming "I'M NOT GOING!"

When you were 7 years old, she bought you a soccer ball...you thanked her by kicking it over the fence.

When you were 8 years old, she handed you ice cream...you thanked her by throwing it on the floor.

When you were 9 years old, she paid for your piano lessons...you thanked her by never going for practice.

When you were 10 years old, she drove you to your friends house for a birthday party...you thanked her by jumping off the car and never looking back.

When you were 11 years old, she took you and your friends out to the movies...you thanked her by asking her to sit in a different row.

When you were 12 years old, she warned you not to watch certain TV shows...you thanked her by wishing she left the house. Those teenage years...

When you were 13, she suggested you have a haircut...you thanked her by telling her she had no taste.

When you were 14, she paid for a month away at summer camp...you thanked her by forgetting to write a single letter.

When you were 15, she came home from

work and asked you for a hug...you thanked her by going to your room and locking your door.

When you were 16, she taught you how to drive...you thanked her by taking your friends out every chance you had.

When you were 17, she was expecting an important call...you thanked her by being on the phone all night.

When you were 18, she cried at your high school graduation...you thanked her by staying out partying until dawn.

When you were 19, she paid for your college tuition, drove you to campus & carried your bags...you thanked her by saying good-bye outside so you wouldn't be embarrassed in front of your friends.

Growing old and grey...

When you were 20, she asked if you were seeing somebody...you thanked her by screaming, "It's none of your business!"

When you were 21, she suggested certain careers for your future...you thanked her by saying, "I don't want to be like you."

When you were 22, she hugged you at your college graduation...you thanked her by asking her to pay for your trip to Europe.

When you were 23, she bought you furniture for your first apartment...you thanked her by telling your friends it was ugly.

When you were 24, she met your fiancé and asked about your plans for the future...you thanked her by glaring and growling, "Muuuhhh-ther, please!"

When your were 25, she helped you pay for your wedding and cried and told you how much she loved you...you thanked her by moving halfway across the country.

When you were 30, she called with some advice about the baby...you thanked her by telling her, "Things are different now."

When you were 40, she called to remind you of a relative's birthday...you thanked her by saying you were too busy.

When you were 50, she fell ill and needed you to take care of her...you thanked her by reading about the burden parents become to their children.

And then one day, she quietly died...and everything you never did came crashing down like thunder.

"The hand that rocks the cradle...may rock the world".

Let us take a moment of time just to pay tribute and show appreciation to the person called MOM though some may not say it openly to their mother. There is no substitute for her. Cherish every moment. Though at times she may not be the best of friends, may not even agree to our thoughts, she is still your mother!

She will be there for you, listen to your worries, your complaints, your frustrations, etc.

Ask yourself, "Have I put aside enough time for her, to listen to her "blues" of working in the kitchen, her tiredness?"

Be tactful, loving and still show her due respect though you may have a different view from hers.

Once gone, only fond memories of the past and also regrets will be left...

DON'T TAKE FOR GRANTED THE THINGS CLOSEST TO YOUR HEART. CLING TO THEM AS YOU WOULD YOUR LIFE FOR WITHOUT THEM, LIFE IS MEANINGLESS!

By: Avisha Baijnath



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www.kznhealth.gov.za/catherineboothhospital.htm

DON'T FORGET YOUR TAX RETURNS! Please collect your IRP5 forms from H.R. Dept.




Department of Health

All news published herein is free of discrimination and bias, and is fair and factual. If anyone has any constructive criticisms, comments, suggestions or interesting news that they feel should be published, please feel free to contact me.

Please submit your letters with concerns and/or grievances, and any other important information that you would like to be published.

Those who are interested in joining the editorial committee, please submit your names to me.

We hope to keep you informed!

Dr. L. Naidoo (Editor)



PLEASE SUBMIT ARTICLES, NEWS BITS, JOKES, EVENTS, ETC. TO THE EDITOR BY THE 25th OF EACH MONTH IN ORDER TO BE CONSIDERED FOR PUBLICATION

Laughter, the best medicine...

Waiter: Excuse me, Sir. Why are you putting those two spoons into you pocket?

Customer: Doctor's orders.

Waiter: What do you mean by that?

Customer: See what he has written on this medicine bottle: "Take two teaspoons after each meal"

By: Sifiso Fakude

There are 3 types of women...

1. HOUSEWIVES:

Advantages:

- She stays at home and takes care of the kids and household chores
- She is never tired in bed
- Will always cook a good meal (not take out)

Disadvantages:

- You will never know what she does when you are at work
- She behaves like your mother when you come home late.
- She whines when you watch TV too long
- You can't play your music aloud.

2. PROFESSIONAL / MILLENIUM / WORKING LADIES:

Advantages:

- She doesn't need your money
- She can lend you her car; you can boast that you have a "connected cherrie"; Pst! You can even date other women with her car!
- She has a credit and petrol card for you when you are down and out.

Disadvantages:

- She is generally bad in bed! It's either she is too tired or doesn't feel like it (...and you wonder why we keep more than one of those at a time!)

Quotable Quotes

"Humility need not cause feelings of worthlessness. Although a zero may be nothing when it stands by itself, adding zeroes to another digit can result in a number of a astronomical magnitude."

"Before marriage, a man will lie awake thinking about something you said; after marriage, he'll fall asleep before you finish it."

Submitted by: Sifiso Fakude

- You'll have take-out for dinner 6 times a week!

- She thinks she owns you more than your mother does sometimes

- She hates your friends; you can't even go to the stadium at least once a month

- She always tells you to get a better job/car/house ('cos she most likely earns more than you)

- You won't have a life with this one; they have no respect; they will insult you / your mother in English and French

.3. GOLD-DIGGERS (e.g. PTA Tech students, high school learners, etc.) - a.k.a. Weekend Accessories:

Advantages:

- Very, very good in bed!
- She is sexy, isn't she? Damn!

Disadvantages:

- She makes sure she leaves you penniless (airtime, lay-byes, dry clean, cosmetics)...and then spends the money on her REAL boyfriend
- She tells you she is on a pill, but she is pregnant in three months
- Whenever there's a misunderstanding, she's quick to say you're using her (but it's quite the opposite)
- She sues you for maintenance, especially if you're a celebrity

By: Blessing Mthethwa