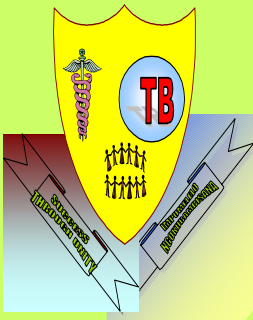


KING GEORGE V HOSPITAL



# EZASEDORMER

Volume 1, Issue 1  
King George V Hospital

September 2004

IMPUMELELO  
NGOKUBAMBI SANA

## From the Hospital Manager's Office

May I take this opportunity to welcome all new members of staff and congratulate all employees who were promoted.



Dr A.Y. Badat  
Hospital Manager

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As we are all aware our hospital is getting a major facelift, with assistance from the European Union funded programme, that has been co-ordinated through the National Department of Health.

On behalf of the management, I would like to thank all those who have contributed in making the first few phases of redevelopment a success. We sincerely regret the inconvenience caused during the construction period and request the staff's patience. The end result will definitely be worth it.

This newsletter is aimed at informing and educating all the readers, but most importantly it should promote a two-way communication from King George V Hospital internal and external stakeholders.

### The newsletter title

The newsletter has been named after Dr B.A. Dormer who officially opened King George V Hospital in January 1939.

EzaseDormer, simply means news from King George V hospital.

## DID YOU KNOW?

King George V Hospital have an Employee Assistance Programme, that is designed to serve all employees at different levels and can also be extended to their families.

This programme is a broad approach that acknowledges employees as valuable assets, and that if assisted in their crisis, their quality of life and job performances can be improved.

The EAP assist in identifying and provid-

ing resolutions to employees with problems such as alcohol, drugs, social, financial, depression and work related stress etc...

Employees can access the programme by self, peer, or mandatory referrals to the EAP practitioners.

**THE USE OF THE EAP IS FREE & CONFIDENTIALITY IS GUARANTEED.**

## National Occupational Therapy Week

The 17th to the 21st May 2004 was the National Occupational Therapy Week. The O.T. department had organised various events on 19 May 2004 for the patients and staff of the hospital.

On that day articles made in the department were sold at the flea market. Assistive devices, splints and information booklets were also arranged for the patients, who were so overjoyed when they realised that juice and popcorn were served.



Items that were sold at the Flea market

### So what is Occupational Therapy?

It is a practical, client centered profession which involves the assessment, treatment and rehabilitation of physically and or mentally ill adults, or children with development problems. Occupational Therapy enables individuals of all age groups to cope independently with their daily roles and tasks at home, at work, and at play as well as in the community.

## WHAT OUR SOCIAL WORKERS BEEN UP TO

Our institution have three social workers, Ms X.U. Bhengu, Ms Q.S. Buthelezi and Ms N.P. Khumalo. These ladies have initiated and coordinated the following various activities at KGV this year:

- The department celebrated child protection week on May 25—31, 2004 by educating patients on:
  - Child abuse I.e. physical, sexual & emotional abuse
  - Patients rights and responsibility
  - Child neglect, children's rights & responsibilities
  - Children's social grants I.e. child support, foster care & care dependency grants.
- They organised an in-service lecture for the staff members on 02 June 2004. It was facilitated by Ms Smangele Ngcobo from Children's Rights

Centre, and the topics were Children's rights & responsibilities.

- Our social workers also participated in a Stroke Awareness Programme held at Prince Mshiyeni Memorial Hospital on the 23 June 2004 as part of rehabilitating sub-committee for Health Social Workers.
- They formulated a supervisors training manual for the Employee Assistance Programme.

It is now evident that Social workers job is not only about counseling people, but it is also about educating and sharing information with others.

**LOOK OUT FOR  
HEALTH  
TIPS!!!!!!!!!!!!**

## National Campaign for Immunisation

Our paediatrics were never denied their right to be immunised. They took part in the Expanded Programme in Immunisation for eradication of Measles and Polio.



Nurses from MSB immunising a patient

## HUMAN RESOURCES

### King George V Hospital welcomes the following new employees :

Mrs T. Gurayah—Chief Occupational Therapist  
 Miss V Naidoo—Senior Radiographer  
 Miss Z. Mntambo—Public Relations Officer  
 Miss U. Kirsten—Secretary to the Hospital Manager  
 Miss P. Ramballi—Admin Clerk Medical School  
 Mr M.F. Madinane—Artisan Superintendent  
 Mrs N.F. Ngubane—Nursing Manager  
 Mr M.S. Pillay—Telecom Operator  
 Miss I.N. Tshabalala—Auxiliary Service Officer  
 Mr M.G. Skhosana—Auxiliary Service Officer

### Congratulations to the following employees who have been promoted to new posts:

Miss N.C. Sosibo—Assistant Nursing Manager  
 Mrs N. Mfeka—Assistant Nursing Manager  
 Miss L.E. Nyembe—Assistant Nursing Manager  
 Mrs B. Buthelezi—Assistant Nursing Manager  
 Miss V. Maharaj—Assistant Nursing Manager

Mr S. Maharaj—Assistant Nursing Manager  
 Mrs B.P. Buthelezi—Assistant Nursing Manager  
 Mrs S.H. Kunene—Professional Nurse  
 Miss S.G. Masikane—Professional Nurse  
 Mrs B.A. Buthelezi—Professional Nurse  
 Miss S. O. Buthelezi—Professional Nurse  
 Miss M. Naidoo—Professional Nurse  
 Mr B.P. Dlamini—CHC Manager Inanda  
 Mrs B.M. Du Plessis - Facilities Information Officer  
 Mrs U.N. Madikizela—CHC Nursing Manager  
 Mrs S.E. Mthlane—Ward Clerk  
 Mr L.W. Biyela—Ward Clerk  
 Miss T. Dladla—Ward Clerk  
 Mrs S.M. Zulu—Ward Clerk  
 Miss T.L Nduli—Ward Clerk  
 Mrs P.P. Mkenze—Ward Clerk  
 Mr Q.C. Phuthini—Ward Clerk  
 Miss M.H. Dlomo—Ward Clerk  
 Miss N. Somakhwabe—Ward Clerk  
 Miss C.P.S. Mthembu—Ward Clerk

## HEALTH TIPS.....

- Be sure to keep very well hydrated. Being thirsty can make you feel hungry and tired. If it is less than four hours before your next meal and you feel hungry think about how much water you have had before eating.
- In moderate amounts, alcohol can help boost the production of good hormones. Studies show several other benefits, including heart health, associated with drinking alcohol, especially red wine. So how much is moderate? About one glass of wine a day.
- Chewing gum on an empty stomach is one of the main causes of bloating. It sets off the digestive enzymes in anticipation of a meal. The digestive enzymes, which are vital for proper digestion of food go wasted, often causing depletion of these valuable enzymes. Only chew gum after a meal if you must.
- A fat cell is a fat cell and there's nothing we can

do about the number of fat cells we inherit, but there is something we can do about the size. The only time fat cell proliferation can be influenced is during the last trimester of pregnancy, the first year of life, during puberty and in certain cases of obesity. Important for mums to be cautious of fat and sugar intake during the last few months of pregnancy. Once your fat cells have been laid down, that's it. Which dispels the myth that women so often complain about "whenever I lose weight it always seems to go off my face and chest first, and never off my butt. Not so. Each and every fat cell on your body decreases and increases at the same rate. Where our fat cells are laid down is largely genetic.

**HIV / AIDS  
 KNOW YOUR  
 RIGHTS!!!!!!!**

- Before you can change the world, you have to change yourself. Your diet is a good starting

## IMPUMELELO NGOKUBAMBI SANA

If you have any input or a story to be published in the next issue, please submit your articles to:

Ms Zandile Mntambo  
Administration Block  
Room 25

Or Alternatively contact her on :  
Ext 260

We're on the Web:  
[www.kznhealth.gov.za/  
kinggeorgevhospital.htm](http://www.kznhealth.gov.za/kinggeorgevhospital.htm)



### HIV /AIDS— KNOW YOUR RIGHTS!!!!

- You have the right to equality, human dignity, privacy, freedom of association and access to health.
- You cannot be asked to take an HIV test when you apply for the job, unless your employer has been granted permission by the labour court.
- You cannot be unfairly discriminated against because of your HIV status at work or when you apply a job.
- You are entitled to basic working conditions as all other employees are, including sick leave.
- You cannot be dismissed just because you have HIV. If you have AIDS & are very sick, your company must follow fair dismissal procedures.
- You cannot be refused membership to a medical aid scheme because you have HIV. You are entitled to treatment for opportunistic infections.
- You have a right to make a decision about whether or not to have children.
- As a pregnant women you have the right to medicine that reduces the risk of HIV transmission to your baby.

## EDITORS COMMENTS

I would like to thank everyone who provided information for the newsletter, this publication wouldn't have been a success without your contributions.

This newsletter is going to be a reflection of all our hard work and commitment in making KGV the best institution ever. EzaseDormer is aimed at informing and educating all of us, so your inputs are welcomed.

On the personal note, I feel honored to be given the opportunity to present



Ms Z. Mntambo—P.R.O

this publication to all of you. But also bearing in mind that I can not survive in isolation, hence my request for all the employees of King George V Hospital to work together as a team in meeting our set objectives.

I thank you  
Zandile Mntambo  
Public Relation Officer

### *Thought for the day....*

Don't wallow in remorse over past mistakes. Set your heart and mind to change your future. You should not count on others to make you happy. Happiness is a choice— yours!