CARING FOR YOURSELF
INTRODUCTION

“PAIN OR PASSION”

“LAUGHTER , THE BEST MEDICINE”
THE BATHO PELE SONG

IN KZN --, WE PRACTICE PRINCIPLES OF BATHO PELE (PATIENT’S FIRST) X 2

CHORUS: BATHO......OH....... BATHO PELE (PATIENT’S FIRST)
VERSE 2

CONSULTATION, YES SERVICE
STANDARDS AND COURTESY
(BATHO PELE)

INFORMATION, ACCESS, REDRESS,
TRANSPARENCY(BATHO PELE)

CHORUS: BATHO......OH....
          BATHO PELE (PATIENT’S
          FIRST)
VERSE 3

WE LIKE TO ENCOURAGE INNOVATION AND EXCELLENCE (BATHO PELE)

AND ULTIMATELY, CUSTOMER IMPACT IS OUR AIM (BATHO PELE)

CHORUS: BATHO.......OH.....

BATHO PELE (PATIENT’S FIRST)
END WITH

BATHO - (PELE),
BATHO -(PELE)
PATIENT’S FIRST

(X 3)
When the “AWACC TEAM” come out to play
Sung to the tune of “SWAY”
By Michael Buble
When the AWACC TEAM come out to play
On this FRIDAY, they happy and gay
But this year has been the SEVENTH one,
So we just have to, have some fun
SUNPATH dear busy, organizing

Like a bee, sometimes agonizing

When he walk, his knees don’t take the pace

Stay with me, just watch his face
Other SPEAKERS may talk all day long,
But DR MOOSA, they can see only you
Only you have the magic technique
When you speak, they go weak
I can hear the sound of RAJ GANDHI, in our land, oh what a man

Stick to research, you have done so well

Even when, the pay’s not swell
As medical staff we have come so far
You’ve fought the war, you are a star
Just begin to feel the ocean breeze
Just unfreeze, and “buzz like bees”
Just begin to feel the ocean breeze
Let your hair down please
And your piles will ease…………..
“IF YOU SHOULD EVER THINK OF GIVING UP” - D
IF YOU SHOULD EVER THINK OF GIVING UP,
PLEASE DON’T GO TOO FAR
FOR THE LIFE OF “PATIENTS”
DEPENDS SOLELY ON YOU
YOU CAN MAKE THEM OR BREAK THEM
BY YOUR ATTITUDE
STAY COMMITTED AS YOU ARE
I KNOW YOU YOU LOVE THEM, HONEST
YOU DO
IT TOOK AN AWFUL LOT OF LOVING TO WORK HERE

OH WHAT A CHALLENGE FOR YOU

BUT DARLINGS ITS NOT VERY EASY,
KEEPING A SMILE WHEN YOU BLUE……………..
BUT ALL OF YOU TOGETHER HAND IN HAND
YOU CAN MAKE A STAND
TO MAKE A DIFFERENCE
TO EVERY PATIENT YOU MEET
AND ALL THROUGH THEIR LIFE TIME
THEY’LL BE THINKING OF YOU
KNOWING THEIR LIVES, WERE TREATED, AND SAVED BY YOU.
WAS TREATED, AND SAVED BY YOU.
MISERABLE ("yesterday")- C
Miserable, since my mum forgot-
To take her pill,
Now my life is just like-
Climbing a hill,
Oh I am so, damn miserable
Suddenly, I’m not cheerful,
Like I used to be,
There’s a shadow,
Hanging over me,
Oh I believe,
I’m miserable
Why? She forgot the pill-
I don’t know,
She wouldn’t say
I, knew, somethings wrong,
From the time, that I was born---
Miserable, now my father’s left me,
Out of his will,
Now there is no money for the bill,
So I just have to climb the hill,
So help me please, I’m MISERABLE!
PESSIMISTS (country roads) d

Pessimists, that’s what they are
My wife mala, father-in-law Bala
“WORST” Virginia, my mother-in-law
She’s the best
an ULTRA-PESSIMIST!
I hear her voice
In the morning
when I wake up
Her high-pitched voice
Screeching through the air
Breaks a cup!
And then she starts complaining

About the weather and the food

Well, that’s enough

To change your mood!!
chorus

Pessimists, that’s what they are
My wife Mala, father-in-law Bala
“WORST” Virginia, my mother-in-law
She’s the best
an ULTRA-PESSIMIST!
chorus

Optimists, we ought to be
Being positive, for all to see
Worst case scenario
We may not survive
But thank God
We’re still alive
If you want to be happy for the rest of your life
Then, love your work as well as your wife
And in my personal point of view
It means hard work and commitment too.

La, la, la, la, la, la, la, la, la (x2)
Verse 2

If you want to be happy for the rest of your life,
Don’t live with anger, resentment and strife,
Just forgive those, who’ve caused you pain,
Don’t carry baggage, you’ll go insane.
VERSE 3

IF YOU WANT TO ........
DON'T MIX WITH FRIENDS THAT PLAY WITH A KNIFE,
ENJOY YOUR LIFE AND HAVE A BALL,
YOU DON'T NEED TO "DOP" OR SKYF A ZOL.

LA, LA, LA ............
Verse 4

If you want to be happy for the rest of your life,
Remember that “aids” is present and rife,
Don’t sleep around with everyone you see,
Cause you’re bound to get ....HIV!!!
NO, NO, NO, NO, NO, NO, NO
NO “JOLLING” FOR ME,

NO, NO, NO, NO, NO, NO, NO
BE CAREFUL, YOU SEE!!!
A. MANAGEMENT OF SELF

1. SELF ESTEEM
2. EMOTIONS
3. INTEGRITY
4. SELF-MOTIVATION
5. INITIATIVE
B. MANAGEMENT OF PEOPLE

1. COMMUNICATION
2. INFLUENCING SKILLS
3. ASSERTIVENESS
4. ADAPTABILITY
5. TEAM-WORK
6. CONFLICT RESOLUTION
SELF-ESTEEM/ CONFIDENCE

Believe in oneself
Stop putting-down syndrome
Get rid of BAGGAGE
LOVE yourself – “God don’t make junk”
Know yourself – strengths/weaknesses

How will you describe yourself?
Happy/contented or miserable
Close your eyes and imagine,
You’re God’s own creation,
Don’t let, anyone, put you down,
And when, you feeling low,
I just want you to know,
That God makes no mistakes, and you no fake.

I am special, I will not go down,
I am special, Lord help me not to frown.
EMOTIONS

ANGER MANAGEMENT
JEALOUSY/SHARING JOY-SORROW
ACCEPTING COMPLIMENTS
THE ANGER SONG
“hey jude” - C

Anger

Don’t keep it in,

It is bound to, make you bitter,

And bitterness, can get right into your heart,

And it will start,

To tear you, apart.
INTEGRITY

The extent to which you can be trusted
Keeping your word
“in confidence”
Punctuality
competition/ “showing off”

AM I A PERSON WHO CAN BE TRUSTED???????????????????????
SELF-MOTIVATION AND INITIATIVE

- Right attitude
- Love what you do
- Commitment
- Innovative

What is my motivation level and do I possess initiative?
Motivation song
("Jamaica farewell")

In the night, when I’m all alone
And I look inside, my cranial bone
I take a trip down memory lane
And I realise, I’m in a lot of pain
And I’m sad to say
I’m not OK,
Maybe depression, I cannot say
My heart is down, my head is spinning around
And I’m walking in town with a constant frown
In the week, I met a friend
Who’s unemployed and
lost his wife
He’s desperate, going
round the bend
Lost and alone, without a
life
So I’m glad today, I have a job
A lovely wife, although a snob
My heart is pumping, I’m still not dead
And I have a little roof,- above my head (X3)
MANAGEMENT OF SELF

SUMMARY

1. SELF-ESTEEM
2. EMOTIONS
3. INTEGRITY
4. SELF-MOTIVATION
5. INITIATIVE
“I CAN SEE CLEARLY NOW”

I can see clearly now the PAIN is gone,
I can see all “MY BAGGAGE” has disappeared,
Gone are the BAD FEELINGS that had me bound,
I’m gonna be a bright, right, sight,
Without any “BITE”
MANAGEMENT OF PEOPLE

1. COMMUNICATION
2. INFLUENCING SKILLS
3. ASSERTIVENESS
4. ADAPTABILITY
5. TEAMWORK
6. CONFLICT RESOLUTION AND DISCIPLINE
COMMUNICATION

Definition
Verbal and non-verbal
Body language
Facial expression
Listening skills (empathy)
Sensitivity
Criticism (constructive or destructive)
Do I communicate effectively?
SONG ON COMMUNICATION

(WORDS) - E

Smile, an everlasting smile,
A smile can bring you near to me,
Don’t ever let me find you gone,
’cause that would bring a tear to me.

This world has lost its glory, lets start
a brand new story now my love,
right now, there’ll be no other time
when I can show you how my love.
Talk, in everlasting words and dedicate them all to me,

And I will give you all my love, I’ll be there if you call to me,

You think that I don’t even mean a single word I say,

It’s only words, and words are all I have to take your heart away (X2)
INFLUENCING SKILLS

The ability to motivate the behaviour of other people
Positive or negative
Mentorship

What type of role-model am I?
ASSERTIVENESS

The ability to stand up for your rights
Can lead to conflict
Not the same as being rude or aggressive
Beware of pride

Am I able to assert myself when necessary?
ADAPTABILITY

- Willing to accommodate people from different backgrounds
- Cultural diversity
- Flexibility

Am I a flexible person?
Am I working as a team player?
Looking for job in the city,
Looking everywhere every night and day,
Never thought I’d be, in this side of the city,
Till I got a job in KZN,
Like a big deal, I strolled in the first day,
And realised I can’t have my own way.
It is, team-work (team work) team-work (team work), team work in KZN
Worked at RK Khans in CHATSWORTH,
Worked at FOSA hospital in NEW ORLEANS (I mean NEWLANDS WEST),
Never thought I’d be AT AWACC, you see,
Till I got a call from KAREN MOODLEY,
EVERYONE came in smiling,
And the staff continued with their filing,
It is team-work, team-work, team-work, AT AWACC
SUMMARY

SELF-ESTEEM
EMOTIONS
INTEGRITY
SELF MOTIVATION
INITIATIVE

COMMUNICATION
INFLUENCING SKILLS
ASSERTIVENESS
ADAPTABILITY
TEAM-WORK
DISCIPLINE AND CONFLICT RESOLUTION
CONCLUSION

TO CHANGE OR NOT TO CHANGE?

THAT IS THE QUESTION?
"O LADI O LADA"

INTERPERSONAL SKILLS

SONG
VERSE 1

MANY PEOPLE LIVE – WITH LOW SELF-ESTEEM

WHILE OTHERS ARE SHINING LIKE A BEAM

SOME CANNOT HANDLE THEIR EMOTIONS THEY EITHER BOTTLE IT! OR BLOW-UP! ALL THE TIME
CHORUS:

O LADI O LADA
LIFE’S TOO SHORT YEAH
YOUR ATTITUDE MAY NEED A CHANGE
VERSE 2

IT’S AMAZING HOW FEW – POSSESS INTEGRITY
THEY TELL A LIE AND EASILY CAN CRY
FEW ARE MOTIVATED WITH INITIATIVE
WHILE OTHERS JUST SIT BACK, AND HAVE A LEKKER RIDE
CHORUS:

O LADI O LADA
LIFE’S SO SHORT YEAH
YOUR ATTITUDE MAY NEED A CHANGE
WE NEED TO LEARN TO COMMUNICATE
(RICH AND POOR, HIGH AND LOW, GOOD AND BAD, FRIEND AND FOE)
INFLUENCING OTHERS IN A POSITIVE WAY,
ASSERTING YOURSELF!
ADAPTING TO CHANGE
VERSE 3:

HAPPY EVER AFTER AS A FAMILY
FUNCTIONING TOGETHER AS A TEAM
WALKING AND TALKING WITH A HAPPY FACE
CONFLICT RESOLUTION HAS BECOME A DREAM
CHORUS:

O LADI O LADA
LIFE’S SO SHORT YEAH
YOUR ATTITUDE MAY NEED A CHANGE'
YOUR ATTITUDE MAY NEED A CHANGE