



ADDINGTONIC

ADDINGTON HOSPITAL QUALITY DAY CELEBRATIONS 2008

On 09 October 2008 Quality Day took place at Addington Hospital. At Addington Hospital we reach for quality care and aim to enhance customer satisfaction and to maintain a high standard of service.

Quality Day is a yearly event that gives staff the opportunity to display Quality Improvement Programmes (QIP's) that have been implemented in the different departments.

There are three categories: Power Point oral presentations, Posters and Models.

Independent judges award prizes to the top three in each category. All the entries were of extremely high quality therefore the judging was a daunting task.

Every year a different theme is chosen for the day.

The theme this year was "United we stand" and the symbol was a wheel.

The rim of the wheel stands for the institution and the spokes represent all the people employed. **Everybody** plays a role at making the institution work. Without one of the spokes the wheel is not complete and therefore cannot function properly.

The opening was very festive as representatives from all departments took part. Some carried spokes from the wheel and others flags whilst dancing to the tune of Malalakai.

This was greeted with great enthusiasm from the audience. After the opening by Dr J Hurst, Hospital Manager and a motivational talk by Reverend E Gabriel it was time for 10 oral presentations. The Event was well blessed by the presence of District Manager Mrs. R.S.G Shezi who also assisted on the presentation some Awards to the staff members.

The seriousness of the presentations was lightened by entertainment. Different aspects of the community were involved. There was singing, dancing and playing music by schools e.g. Northwood Boys High School, Natal Society for the Blind, Natal Society for the Blind and Deaf, old age communities e.g. TAFTA etc. Dr Hurst presented the winners with a certificate and a trophy. All participants received a Certificate of Participation.

Quality Day 2008 proved to be a great success, mainly due to the enthusiastic participation of everybody involved. This confirmed the appropriateness of the theme. Because at Addington Hospital:

We stand United.

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Team Physiotherapy Department who came 1st for both Model and Oral Presentations



Mrs. SRG Shezi presenting Oral Presentation Award to Physiotherapy Department



Maternity Ward - 3rd Place for Poster Presentation

Quality Day Pictures Cont...



Ward 14A Stall showing the QIP cycle



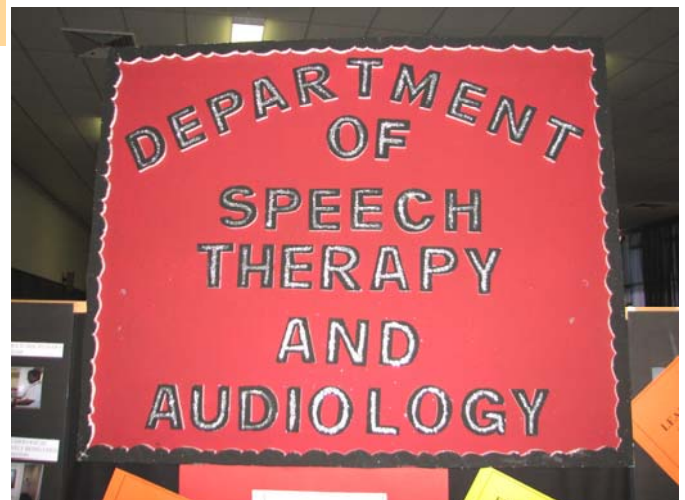
Physiotherapy Department achieved 1st position for their model



Staff members were full of joy as reflected in the dancing



Information on T.B. was also made available



Department of Speech Therapy stand represented their Department well.

Dietetics Department Celebrated Nutrition Week 13-17th October 2008

17% of children in South Africa are obese. If food is intended to sustain life, where did we go wrong and what message are we conveying to our children?

The focus of this year's Nutrition Week was childhood obesity. All dietitians in KwaZulu-Natal made this their focus as a provincial project to create awareness of childhood obesity amongst parents and their children.

The Addington Hospital Dietetics Department held a display in the Hospital Foyer for the week, along with Rhema Community Health worker - Molly who brought along a miracle box. The miracle box can be used to cook food in homes to save electricity and to help poor communities in saving money. It retains heat in the food and keeps nutrients in. Posters displaying different aspects of childhood obesity were on display for all to see the influence of lack of exercise, excessive fast food consumption, good fats and bad fats on obesity in your children as well as the benefits of healthy eating and healthy lunch box ideas for children.

Relation of fast food to obesity:

Fast foods compromise the quality of diet by replacing more healthy foods. Fast foods are known for having high content of saturated and trans-fat, low content of fiber and massive portion sizes, which aid in leading to obesity.

Managing Fast food Obesity: The onus lies on parents to educate their children about the ill effects of eating from fast food chains. Obesity can be prevented in children by allowing fast food in moderation only. Also, both, the big and small fast food players should educate people about the contents of their products.



Some of the stalls that were displayed during the Hospital Nutritional Week



Dietetics Department staff having fun after the event—which was a great success.



SERVICE EXCELLENCE AWARD 20 OCTOBER 2008



Dr Munnik – receiving the Clinical Award Shield and Certificate



Dr Maharaj - receiving the Clinical Award Shield and Certificate

Addington Hospital presented the Service Excellence Awards on the 20th of October 2008. These Awards are presented to the staff members who have worked beyond their call of duty in rendering Health Service Delivery to patients.

This Award Ceremony is in line with the KZN Department of Health's effort aimed at encouraging health workers to go the extra mile.

The Ceremony was attended by Hospital Management and staff members who had been nominated by our clients for rendering quality services. The Award Ceremony was divided into three categories: namely **Ethical, Clinical and Non-Clinical Award**.

Non Clinical Award winner Ms Heather Sterkenburg received a certificate and a shield;

Dr Shabalala, Dr Munnik and Dr Maharaj were **Clinical Award** winners all received shields for their commitment in saving the life of our patients and the **Ethical Award** winner was

Dr Bayat.

Waiting Time Survey Outcome

Addington Hospital conducted a Patient Waiting Time Survey on the 4th November 2008 which is one of the Hospital's Strategic Objectives to reduce Waiting Time in and thereby improving service delivery.

This is done bearing in mind that long waiting times remain unacceptable to our patients.

We also like to thank the following learners for their contribution by working tirelessly to ensure that this initiative became a success :

Onesimo Sotiya, Mbambo Thabsile, Mahase Precious and Nonhlanhla Mngoma. The main aim of this Waiting Time Survey was to provide information so as to enable managers to improve the service rendered to our clients



Some of the Volunteers who conducted hospital waiting time. Precious, Deneo and Onesimo

Addington Hospital EAP Fun Walk.

The Employee Assistance Programme (EAP) is part of a Wellness Programme. Exercise is the most effective, natural way of dealing with stress and maintaining good health. EAP is mainly aimed at assisting employees to cope with stresses of personal life and work challenges whilst ensuring employees' productivity.

The Employee Assistance Programme engaged in an EAP Drive in the form of an Addington 5km Fun Walk held on the 1st of November 2008. The objective of the walk was to promote and market the EAP in Addington Hospital and also to try and deal with the negative perceptions that some employees have of the EAP. The Addington Hospital EAP Practitioners ensure the employees that they abide by a code of conduct, confidentiality being one of the principles adhered to.

All Participants received medals, T-shirts, caps and goodie bags. The lucky draw prize winners were Bongi Majola, Kellian Anthony, Reena Jaglal, Goodness Dlamini, Tray Frost, Celina Moodley, Mthobisi Thabethe, Blaire Masters,



The staff members preparing themselves for the start of the Fun Walk

Pauline Buckley and Konke Gumbi. They won prizes ranging from irons, toasters, keyboard, gold wrist watch, CD holders, earphones, and hair cut sets. The walk was a great success, a day filled with fun activities, exercises, competitions, lucky draws, coca cola truck with music entertainment.

The day was graced by the presence of EAP Deputy Manager Kirschnee Naidoo, Addington Human Resource Manager Dan Govender, Assistant Nurse Manager Matron I. Dobia and Matron C. W. Kury to name a few. Edwin C. Perry-Saabir of Addington Fitness & Wellness Club presented a motivational speech on physical fitness, gymnastics and healthy eating habits.

Thank you to all EAP coordinators especially Lynn Moodley and members of the Health and Wellness Committee and all members of the fun walk Steering Committee who put lots of hard work and effort into this project.

Sincere thank you to all who participated—from the inception of the idea, the planning, fundraising and networking with different companies to make this event possible.

A big thank you to all participants for the support they have shown to EAP—after all - it was your participation in the event that ensured its success!. You did well!

Viva EAP Viva, Phambili nge EAP Phambili!

Zandile Mathe

EAP Practitioner.

Ext.2275

Addington Hospital



Staff members having fun—walking along the Beach during the 5km Fun Walk



The happy staff members who participated on a Fun Walk: Sam, Kevin, Sthabiso, Thabani, Lynn, Zandile, Mashobane, Charles, Celani, and Kirschnee Naidoo—EAP Deputy Manager.

More pictures on page 5

More Pictures of the Hospital Fun Walk



Zandile Mathe (EAP) , Sister DGLISH, Dr. Gohil, Sister Deljon, Sister Moodley ready to hand over the medals to the winners.



After the Fun Walk staff had a chance to do some training



Staff members doing some exercises during the Hospital Fun Walk



It was great to see Matron Dobie- who brought along her dogs to the Fun Walk. Note—the dogs are being carried!



Preparations started early in the morning prior to the commencement of the Fun Walk



Keshnie Naiker (EAP Practitioner from Head Office) and Sister DGLISH showing other staff members how to do the hula hoop!

School Outreach Programme Rippon Primary School

An invitation was received from Rippon Primary School in Sydenham to participate in their “Abstain for a HIV Free Generation” on the 22 October 2008. I accepted the invitation and shared the platform with ex-Addington Risk Manager—Mrs Daphne Pretorius.

The educators and learners were very passionate about the subject which was reflected in their poster displays and enactment of skits. Due to the inclement weather only the grade 6 & 7 learners made up the audience in the School Hall, while some of the other learners were part of the drama team and choir. The Hall was packed with about 300 learners and educators.

Using the medium of a Power Point Presentation, I presented a talk on “Abstain Until Marriage for a HIV Free Generation”; ably supported by Sr Cheryl Carter. The talk was well received with the learners—determined to make a pledge to that effect. The Pledge Ceremony was held a week later.

I commend the Principal, Educators and Learners of Rippon Primary School on their efforts in achieving a HIV Free Generation.

Sr Lynn Moodley



Rippon Primary School Learners committing themselves not to be engaged to sex but to abstain from unprotected sex in order to create a Aids-Free Generation.

If you've got any newsworthy information, please contact the following Editorial Team:

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Send us your stories!! Tell us what's happening!!

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KMT Fitness and Therapy



Edwin Perry PhD

Principal Trainer

KMT Fitness & Therapy

Summer has arrived and with it comes a desire to get healthy and be active again. The warmer weather makes you feel more alive and encourages you to lose those extra kilos that might have crept on (to help you withstand the winter cold!).

A balance of good nutrition, relaxation, meditation and exercise, promotes good health.

A daily exercise routine that involves multi-joint bodyweight workouts improves strength, endurance, flexibility and strengthens the muscles surrounding the joints. The integration of cardiovascular exercises will assist you with fat loss and weight management.

In addition to the above, exercises may reward you with, self-confidence and feelings of accomplishment. The key to a successful exercise programme is to

- 1) Get an initial assessment by a certified fitness professional
- 2) Establish realistic goals and
- 3) Be consistent with your routine.

Lastly, it is of opinion that if anyone is looking to live a healthier lifestyle or is striving for greater balance in their mental, emotional and physical well-being—making the time to prioritize a least 20 minutes of exercise daily—will make a significant difference.



Staff members doing some exercises during afternoon training