



health

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

King Edward VIII Hospital

# EzaseKhangela

SEPTEMBER 2016

## PHARMACY WEEK



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# SAFE USE OF MEDICATION

**P**harmacy week (the first week of September) is a highly anticipated event in the calendar for the Pharmacy Department.

This year Pharmacist Interns planned talks in the hospital centered around this year's theme which was "the safe use of medication". Patients at the MOPD, NOPD and ARV pharmacies were spoken to regarding the safe use of medication. Other talks included the correct use of antibiotics as well as rational use of analgesics (medication used in pain).

Visits to Ithembaletu children's home and St Thomas home for children were also included. It was a day of fun and giving of toys, healthy hampers were donated from fundraising that was organized and executed by the interns throughout the course of the year.

Under the Pharmacy Week Theme an in service training was held, and it was attended by nurses and other members of staff. The week also saw an initiation of a program by interns, ensuring safe use of insulin at hospitals for inpatients.

Moms at POPD were given a talk centered around crushing and dissolving tablets and how to accurately measure small appropriate quantities for their babies. A tablet with a preloaded video to aid in communication with patients in this regard was donated to POPD Pharmacy by interns.

**A**nother talk was given at the dermatology clinic focusing on the correct use of skin products and the importance of avoiding skin bleaching (an on-going campaign of the dermatology department at King Edward).

The week ended with the interns presenting the week's topics to the pharmacy staff. A "Pharmacy version" of 30 seconds was played and prizes were awarded to the winning teams.



# MY CULTURE MY HERITAGE



The 23rd of September 2016 was a day filled with excitement and togetherness among staff members of King Edward VIII Hospital. Jubilee Hall was packed to its capacity when the College of Nursing and the hospital jointly celebrated heritage day.



**T**he day was filled with different activities and eclectic of cultures amongst many activities. There were stage plays with the focus of reconciliation and celebration of the rainbow nation. The college of nursing tutors performed a beautiful item through singing and dance. The hospital choir and isicathamiya rendered musical items echoed and relayed important messages. They raised awareness on the importance of taking care of ones life by eating healthy, awareness against Ben 10's, sugar daddies and blessers.



We would like to extend words of appreciation to the Nursing College for being brains behind this successful event.



# GRAND OPENING—OCCUPATIONAL THERAPY DEPARTMENT



In August 2016, the Occupational Therapy Department celebrated the Grand Opening of the department's new building located opposite the administration block. There were about 20 health professionals from other departments of King Edward Hospital VIII present as well as company suppliers of the department. Particularly evident was the efforts of King Edward VIII Hospital management in attendance with the presence of both the CEO and acting Medical Manager.

The atmosphere was one of anticipation and there was a sense of excitement amongst the Occupational Therapy staff as they welcomed their guests to the joyous occasion. The venue which is shared with the Social Work Department was beautifully decorated with vases of fresh flowers placed on either sides of the red carpet leading to the boardroom.



It had been a long journey for the Occupational Therapy Department who have had to wait for almost 5 years for its renovation and relocation to this venue. The Occupational Therapy Department has been occupying its new building prior to opening for a year. Despite lacking furniture and certain equipment required for rehabilitation, they still managed to convert the space into one that provides basic Occupational Therapy services.



The opening commenced with a ribbon cutting ceremony by Dr. M. Mazizi (CEO), Dr. S.A Moodley (Acting Medical Manager), Sameera Hoosen (Acting Supervisor of Occupational Therapy) and Dr. OSB. Baloyi, the Guest of Honour. Dr. S.A Moodley gave a speech on

behalf of management where he outlined the background and origins of the Occupational Therapy/ Social Work building and commented on the valuable input and investment of the Occupational Therapy staff in the revite programme. Sameera Hoosen provided a heartfelt speech about her department; their successes, concerns and goals for the future of Occupational Therapy at King Edward VIII Hospital. The honourable Dr. OSB Baloyi, the previous medical manager and acting CEO of King Edward VIII Hospital for almost a decade, delivered an outstanding speech, highlighting the importance of good leadership and hard work. He commended Sameera Hoosen and her department for their valuable contribution to health services provided by King Edward VIII Hospital. Finally, Dr. M. Mazizi concluded the event by applauding the Occupational Therapy Department in taking the initiative to organise and host the Grand Opening of the new building on their personal budget and esteem. Attendees were provided with a tour of the new department and enjoyed light snacks.

The Occupational Therapy Department continues to strive in rendering improved Occupational Therapy services.



# STORM WATER PROJECT



**Mr. Sibusiso Mbatha**  
**Project Coordinator**

The Hospital is built on an area that easily collects water during rainy season. The old storm water pipes were narrow and easily getting choked resulting in the hospital being flooded when it rained. The flooding was damaging a lot of the hospital equipment as water was getting into the offices and the wards.

The aim at this project is to layout and install a new better sanctioning storm water management and drainage system. In the project we also have the storm water storage that will allow the water to easily flow into Municipal storm water without flooding the hospital. That will be seen near Maternity & also the Tennis Court. We also have 3 soak ways & sub soil pipes along the perimeter wall built below Nurses Home & the Chapel that will also help us in terms of catching the floods.

**T**he hospital parking area was not in a good state as it was unpaved and unmarked which was also a challenge making it difficult to park during rainy season. Additional bays were created at Doctors Quarters to accommodate parking that are affected by the project.

The Storm Water Project also incorporated the construction of a new Medical Waste Storage area which will be in line and conform to relevant Health Care Waste Management Legislation.

The project is funded by Department of Health Infrastructure and is implemented by the Department of Public Works. The estimated completion date is February 2018



# WORLD BREASTFEEDING WEEK



“World Breastfeeding week is an annual celebration that is being held every year from 1st to 7th of August. It was first celebrated in 1992 by World Alliance for Breast-feeding Action (WABA) and is now celebrated by over 120 countries around the world, including South Africa.”

It was such a pleasant and informative event for mummies eager to breast-feed their babies and those who are thinking twice about it. World Breast-feeding event was held on the 2nd of August 2016 at King Edward VIII Hospital ,Anti-Natal Clinic .



Dr Green Thompson was the main speaker to present the theme of the event. He outlined the motive of the event and elaborated more on the importance of breastfeeding to new mummies and those who were expecting.



To highlight a few, Dr Thompson said that breastfeeding benefits both the mother and the child. “It prevents the child from contracting infectious diseases, safeguards infant health and nutrition, it helps the mother to bond with her child, and reduces the chances of getting breast cancer to the mother”, stated Dr Green-Thompson.

Dieticians showed mothers how to express breast milk and how to store the expressed breast milk. They had a training lesson on how to do it. They also did presentation advising mothers to give their children exclusive breast milk up to six months without any mixture of cereals nor formula. It is also advisable for mummies to breastfeed babies up to 2 years for children's health and well being.



Mommies were also opinionated , they raised reasons for not giving a child exclusive breast milk and for not being able to breastfeed up to 2 years. They stated that the reasons maybe because of not having enough milk, severe illness , because of mother and child separation due to work or school. Health Professionals addressed concerns raised by attendees.

All attendees were very much impressed and mothers were given new born booties as gifts organised by Dietetics Team.

# SUPPORT GROUP - STOMA THERAPY

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**Stoma is an opening or the surface of the abdomen which has been surgically created a divert the flow of faeces or urine. The surgery is done when a patient is diagnosed with Cancer, Ulcerative Colitis, Diverticular disease or Trauma.**

On the 16th of August, ostomates and some of health workers had their first meeting together at the stoma therapy. Health workers felt a need to open support group for Ostomates to add on the knowledge of stoma and share their daily experiences.

Khensani Ramoroesi, from Gauteng visited Stoma Therapy to share her experience as ostomate. She has been living with a stoma for 17 years now. She was a guest speaker for the day and seconded the idea of forming a support group. She even issued her article telling her story.

Statistics of South Africa states that half of the stomates are ashamed to accept and live with stoma and others do not go for check up routine. They feel isolated around society because people find stoma as anomalous.

Patients shared their experiences and challenges of having to live with a stoma. A particular patients said that he has had many challenges around the society and at home. He mentioned that he did not undergo post cancelling and had no idea on how to use colostomy bags.

Coloplast SA organisation, providing products for stoma care also joined Stoma Therapy. They were there to demonstrate on how to use their products. They also offer product for urology and continence care and wound care.

*By Asanda Mchunu*

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## MANDELA DAY

**The idea of Mandela day was inspired by Tata Madiba on his 90<sup>th</sup> birth day celebration.**

All inpatients children's hearts were full of joy when different organisations spent their 67 minutes of Mandela day. Many thanks to those organisations that devoted their 67 minutes giving back to the community.

Various organisations such as Imbokodo FM, Gcinamasiko Art and Heritage to mention the few visited King Edward VIII Hospital to spend their fun-filled 67 minutes. They donated touching gifts, toys, books and spent time entertaining kids.

Children were so happy, one could tell from the distance that they were having a great time and enjoying the visitors' company.

We give many thanks to those who co-operated and spent their 67 minutes assisting around the hospital. May you continue to make each day a Mandela Day.

*Article by Asanda Mchunu*



# ACKNOWLEDGEMENTS



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