



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

EZASEKHANGELA, March 2011

Breast Milk Is The Best

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The KZN department of health was proud to announce KEH as the baby friendly hospital at the ceremony held in this hospital on the 18 March 2011. There were over 300 guest ranging from representatives from National, Provincial and Districts; CEO's, 12 health institutions and over 60 mothers from our neighboring community, attended the event.

The purpose of this event was to recognize and

award hospitals that have done well in this initiative. Although KEH was being assessed for the first time, they got 100%. Other institutions were awarded certificate after being re-assessed and found to be maintaining the status of Baby Friendly.

The emphasis of the day was all about breast feeding. Breast feeding is regarded as the best medicine for the baby's health. All the mothers were encouraged to

breast feed even if they are HIV positive.

All mothers were given gift hampers containing baby carrier.

KEH would like to thank Nutrition and Dietetics Unit both at Provincial and District level. A big thank you to the hospital team, Dietetics Department, our former CEO and O&G Department, a special thank you to Sr Ndlovu and Sr Chamane for driving the whole process.



L-R: Mrs M. Ngcobo, Mrs T. Radebe, Mrs T. Chamane and Mrs S.E. Ndlovu

Healthy Mothers, Healthy Babies

February is Wellness month. During this month we have many activities including Pregnancy Awareness week, Condom and STI week and Health lifestyle Day. Pregnancy Awareness is celebrated on the second week of February. Our focus during this week is mostly going to high schools and radio stations to talk about teenage pregnancy. This is due to the high number of

teenage mothers that we see in our institution. Among topics of discussions are:

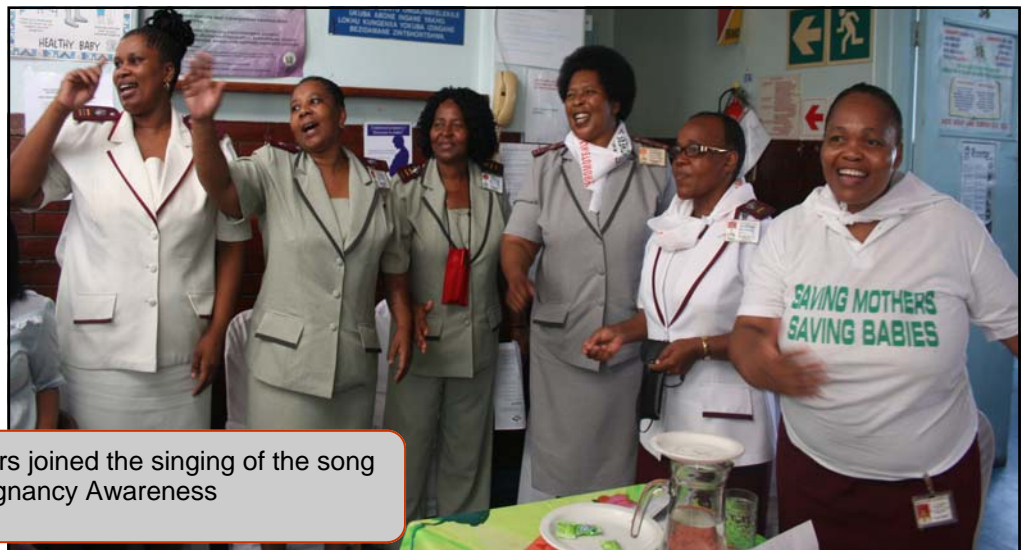
- HIV & Pregnant women
- Family planning
- Personal/environmental hygiene
- Patients rights and responsibilities.

A team of midwives visited Wiggins Secondary, Buhlebemfundo High and Chesterville High School. We also visited Izwi

Lomzansi Radio station as well as Highway Radio. Awarenesses within the hospital were conducted.

We would like to extend words of appreciation to everyone involved in this campaign.

A special thank you to Nursing College, Antenatal Clinic and all O&G Department.



Operational Managers joined the singing of the song on Pregnancy Awareness



Mr Linda Ramabina addressing scholars at Chesterville High School

Welcome to KESH OT Department

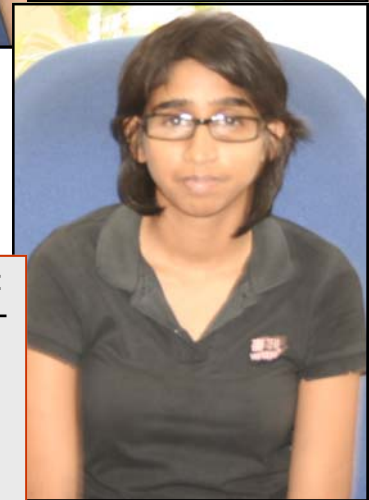
We all arrived at the KEH Occupational Therapy Department as new therapists. We are hoping to establish PERMANENT Occupational Therapy services within the hospital. Previously the department was run by a Community Service therapist, who was only available to the hospital 3 days a week due to clinic duties. Her services were terminated at the end of the year.

We are eager to use this experience to learn from the diversity of conditions and patients, as well as looking forward to the knowledge we will gain from other practitioners who are experts in their fields.

We aim to work together with other healthcare professionals

in order to provide a service which will optimally benefit our patients.

We are located in New Block, extension 3292. Please feel free to contact us if you require further information.



Daniela Straueli-Paul:
Community Service Occupational Therapist
Siyabonga Mkhize
Junior Occupational Therapy
Karessa Govender
Junior Occupational Therapist

New Faces In Dietetics Department

Robyn Davis, Junior Dietician went to school at Our Lady of Fatima Convent School and then moved to overseas in Dubai and Bahrain to finish her school years. She came back to study Dietetics at UKZN and did Community Service in Appelsbosch Hospital which she viewed as great experience. Now that she is working at King Edward VIII Hospital, which is a much bigger hospital, she is really looking forward to learning more from her colleagues and being exposed to a wider variety of patients that need nutritional help.

Sara King, Community Service Dietician did her degree at UKZN. Completed her post graduate training in various hospitals around Durban. Sara feels that King Edward VIII is the ideal hospital for her community service as there is a wide range of patients with different conditions.



L-R: Robyn Davis: Junior Dietician
Sarah King: Comm Serve Dietician

Radiology Department Welcomes You



Shelley Cadle:
Comm Serv Radiographer

Shelley Cadle has been working in the private sector and has heard terrible stories about government hospitals. Therefore these stories made her nervous to work in KE8H. However her first day at work was overwhelming and a big eye opener. Everything is different from private such as the infrastructure, equipment and the environment itself. "All though all these aspects will take time to get used to, staff members are very friendly and always willing to help. I feel that I will learn a great deal and gain a lot of experience during my time at this hospital." Shelley concluded.



Sithobile Mthembu
Comm Serv Radiographer

Sithobile Mthembu, Comm Serve Radiographer. Chose KE8H because she did her in service training here. Staff are very friendly even though Sithobile believe the hospital needs an upgrade.

New Blood at Nursing Campus

The Nursing College hasn't had a Librarian for two years since the previous one got promoted. This post was filled by Mr Lindokuhle Gumedede at the beginning of this year.

Mr Lindokuhle Njabulo Gumedede was born and raised by the community of Clermont Township. He holds a three year diploma in Library and Information studies which he obtained through Durban University of Technology. What you might not know about Lindokuhle is that he loves gospel music, with

the classic oldies music and his favourite sport is cricket.

The work experience and practicality of the librarianship started at DUT department of Library and information studies 2004 - 2006 as Resource Centre Assistant. Mr Gumedede then moved to Charles Johnson Memorial Hospital (Nqutu) under the Nursing Campus, as a Librarian in 2007-2010. Joined King Edward VIII Hospital under the King Edward Nursing Campus at the beginning of 2011.

Lindokuhle's field of expert is to make the customer or the patron attain the information quest in the smooth, conducive environment and in a therapeutic way.

The library is situated at the Nursing

Campus, the patrons who are eligible to be users are the Campus students, personnel which are employed at King Edward Hospital and the researchers at the King Edward Hospital.

Library Opening Times 7h30-16h00 Monday-Thursday. 7h30-13h00 Friday. Closed on weekends and holidays.

Library Service

- ✦ Internet Searches
- ✦ Current awareness
- ✦ Inter Lending Library
- ✦ Photocopying and Study Area



Mr Lindokuhle Gumedede: King Edward Campus Librarian



Safety Is Our Responsibility

On the 7th of December 2010, 51 elected fire fighters were trained at the Jubilee Hall. The training was provided by Mr. Philani Mbanjwa a Fire Safety Officer from the Etheke-wini Municipality. The purpose of the training was to equip employees with knowledge on the theory of combustion, classes of fire e.g. B=Flammable liquids or gases (petrol, oils, paraffin etc), types of extinguishers to be used class B = dry powder, Carbon dioxide and how to use fire equipment.

Secondly the training afforded the elected firefighters an opportunity to practically use and test the fire equipment such as fire extinguishers and hoses.

At the end of the theoretical training everybody came outside to test whether they could extinguish a fire in cases of a fire break out. Although people were apprehensive at first they eventually got the hang of it. The training was a success and the health and safety unit is planning to provide more training on this subject in the near future.

The training was to ensure that we have trained people that can be included in the departmental

emergency plans which can test the effectiveness thereof through fire drills.

A **fire drill** is a method of practicing the evacuation of a building for a fire or other emergency. Generally, the emergency system (usually an alarm) is activated and the building is evacuated as though a real fire had occurred. Usually, the time it takes to evacuate is measured to ensure that it occurs within a reasonable length of time.

*Sent by: Miss T.C Mabaso
Safety Officer*

WHAT IS SAFETY CULTURE? Safety culture is *the way we do things round here.* It's the collective practices shared by everyone in the workplace, as a reflection of what's important.



WHY IS IT IMPORTANT? The evidence shows that a positive safety culture means reduced lost time injuries and increased safety behaviours. It also shows there are other business benefits - improved productivity, increased job satisfaction and enhanced business reputation.

Hand Washing Campaign

Infection Prevention and Control Department conducted an Awareness week between 11th and 15th October 2010. Conducted ward Visits on 11th October to monitor implementation of hand hygiene practices.

Hand washing campaign was conducted on 12th October, where hand washing technique demonstrations were performed by the campaign team:

- Tokens: soap bars, hand wipes and hand gels were offered to staff who could repeat the technique as shown.
- Presentation on needle sticks injuries and the protocol to be followed.
- Discussed management of TB amongst health-care workers.
- Staff encouraged to utilize the Clinic resources as they are available to

- all.
- Hand-outs of different medical conditions and the Needlestick protocol were issued to staff.
- IPC Awareness Day conducted on 14th October in Jubilee Hall, in collaboration with

Community Outreach:

- Celebrated *Global Hand Washing Day 15th October 2010* Ukhozi FM, Ms. "Mroza" Buthelezi and crew broadcasted live in our Trauma Unit.
- Had a talk-show broadcasted live on 21 October 2010 @ 04h00 a.m – 05h00 a.m with Ms Vicky Masuku on Ukhozi FM.

Mr. Andries B. Nsibande (nicknamed as Gqobha), a General Orderly who cleans

toilets in New and repeat card offices, was awarded exclusively; for his good work performance – punctuality, reliability, good attitude and going an extra mile in maintaining a clean environment for clients and visitors.

A big thank you to the facilitators:

1. Infection Prevention & Control Officers
2. TB Coordinators
3. IPC Representatives
4. Quality Assurance Manager
5. Intern—PRO
6. District Quality Manager



Left –Right: Mrs Nkosi, Infection Control Manager (with a white cap) with Mroza Buthelezi and team; on the right is Dr Zulu in Nursery demonstrating hand washing

Plan Your Family

Family Planning Clinic was re-opened on the 11th of October 2010. Working hours: 07H00 – 16H00 weekdays. The clinic is situated next to Labour Ward's admitting office.

It was opened by two registered nurses namely – Miss Z.C. Mkhize and Mrs. J.P. Mpanza who did their best preparing the venue, collecting all the necessary material to make the clinic function. They were later joined by a specially trained family planning nursing assistant Mrs. N.R.D. Khanyile who is stationed at the clinic doing the repeat clinics

and issuing prescribed methods by doctors from various clinics in the hospital.

The objectives of the clinic are:

1. To provide counseling and assist women and men in planning and spacing their kids as they can afford
2. To help post delivered women recover completely from post delivery process
3. To reduce or control teenage pregnancy

The clinic caters for Post Natal wards, clinics in hospital, staff members, referrals from outside clinics and the community.

Registered Nurses visit the Post Natal Wards on daily basis, counseling and issuing methods to clients.

The clinic is progressing well and attendance is increasing monthly. We started with 160 clients in October and in January, we have 233 clients. We can be reached on ext. 3736.



L-R: Miss Z.C. Mkhize, Mrs N.R.D. Khanyile and Mrs J.P. Mpanza

Everyday Is Quality Day

November is the quality month; and yet again we had to reward the departments that have excelled in different categories of Quality improvements initiatives. Among the departments that were awarded on the 30th November 2010:

- CSSD: Most supportive department on QA initiatives
- Theatre (1st prize) and Medicine (2nd prize) for best adverse event reporting
- Best Infection Prevention

and Control Department: 1st prize S4A and N3B got 2nd prize

- Mrs Rejoice Khuzwayo-Sibiya was awarded for being the best facilitative support individual. Dr Kimesh Naidoo as the doctor in compliance with Batho Pele Principles while Dr Veronica Wilson was awarded for compliance in patient's rights.

There are many other departments and individuals who were recognized and awarded on this day. There were also projects

that were presented through power point presentation, i.e. Critical Care, IPC,

PD and Renal unit, that is to mention a few.

We would like to thank all the departments who participated and congratulate those that excelled. Our appreciation also goes to Quality representatives, individuals and organizations that sponsored the event.



Preview On Activities



- Browns Diamonds distributing Teddy Bears
- Ushaka Marine World, ECR and First Lady distributing toys
- Salvation Army issuing gifts to new born babies



Preview On Activities cont...



Photos on Quality Day, Hand Washing Campaign and Baby Friendly Hospital Initiative Award Ceremony



How to green up your diet

EAT YOUR LEFTOVERS

Food is one of the largest components of what we toss in the rubbish. What's so bad about that? When food scraps go to the landfill, they break down into methane which, remember, is even worse than carbon dioxide. Plus, chow down on leftovers once or twice a week and your wallet will reap the rewards.

GO ORGANIC WHEN YOU CAN

Not only do organically grown crops use 25% less energy than their conventionally grown counterparts, but they also contain higher levels of nutrients (like iron, magnesium and vitamin C) and lower levels of toxic nitrates.

EAT MORE WHOLE FOODS

As food expert (Michael Pollan) says: "if it came from a plant, eat it; if it was made in a plant, don't." Processed foods create more pol-

lution—from factory equipment, packaging, etc—than whole foods do, says Anna Lappe, Author of Diet for a Hot Planet. And eating a diet based on vegetables, fruit and fish is not exactly bad for you, either!

BUY IN BULK

Unfortunately, plastic packages are made from oil, and producing them creates tons of greenhouse gases each year. Instead of regularly buying foods such as yoghurt or snack bags, in single serving pack. Grab the larger size instead, and pour your servings into reusable containers.

HAVE TWO VEGETARIAN MEALS EACH WEEK

Raising livestock produces more greenhouse gases each year than every car, ship, plane and train combined, according to the Food and Agriculture Organization of the United Nations. On average, meat costs more per kilogram than grains or soy. Not eating meat twice a week could save you a considerable

amount each year.

CHOOSE CHICKEN OVER BEEF

Research has found that beef production creates 13 times as many greenhouse gases as chicken production does. Eating chicken instead of red meat once a week for a year translates to the same pollution savings as mixing a 500km road trip in a petrol-guzzling SUV.

EAT WHA'S IN SEASON

Most fruits and veggies can be found in the shops all year round, but some of the more seasonal ones may have been shipped from faraway places. Opt for local produce that's in season; changes are it hasn't had to travel too far.

Taken from Glamour Magazine, March 2011



Please Note:

King Edward VIII Hospital is situated at the Corner of Rick Turner (Previously known as Francois) and Sydney Road, next to Nelson Mandela School of Medicine. Our postal address: Private Bag X02, Congella 4013.

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Suggestions and concerns re the publication should be forwarded to this office.