



health

Department: Health
PROVINCE OF KWAZULU-NATAL

BAMBINO

NEWS

APRIL—JUNE 2020

QUEEN NANDI REGIONAL HOSPITAL

COVID 19 UPDATES

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The National Department of Health has recommended that **South Africans should wear CLOTH face masks** when in public to prevent the spread of COVID-19.



DESIGNED AND COMPILED

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MY HEALTH. YOUR HEALTH. OUR HEALTH: A HEALTHY KWAZULU-NATAL.

MESSAGE FROM THE ACTING CEO

Dear Colleagues and Friends

2020 has been a year like no other. We learnt about this new Coronavirus, SARS-CoV-2, in December 2019 that was creating a healthcare crisis in China, and by March 2020, CoVID-19 became a terrifying reality for us in South Africa.



Us healthcare workers became soldiers in a battle against an invisible enemy, with the battleground being our healthcare facilities. Several months into 2020, we can now reflect a little on what this pandemic has meant to us. Queen Nandi Regional Hospital has been exemplary in this fight against CoVID-19. We have been a benchmark facility in our preparedness and response management. We have learnt so much from our experience to date.

These have been challenging, frightening times for us all. But we have persevered. We have discovered hidden reserves of strength and determination to deal with this head on. There has been a sense of positivity, adaptability, hope and strength in our endeavours so far. We have seen innovative ideas and brilliant problem-solving abilities by many of our staff members as each day brought with it new changes. Indeed, as we often say, CoVID-19 teaches us something new each day.

We have embraced new ways of carrying out our duties, so as to ensure safe practices eg. paperless prescriptions in CoVID wards, limited attendance at meetings, excellent CoVID data management, innovative research into CoVID related matters, etc.

Our hospital has been extensively repurposed to accommodate CoVID wards, and this has been a dynamic, fluid process which has taken its lead from the state of the disease progression in the community. Our screening is rigorous, visitor access is still restricted, and we have been testing as per the updated national guidelines.

PPE is a critical non-negotiable during this pandemic. The hospital has endeavoured to always have adequate, appropriate, safe PPE for all our staff. We have also sourced, via donations, superior quality PPE to further enhance staff safety. Mental Health has been an ongoing concern, and the Hospital Wellness Committee has acted promptly on this. A CoVID Wellness Subcommittee was established, and there is a robust, accessible mental health program in place for all staff. The hospital has embraced a culture of positivity throughout the pandemic. We first made an inspirational video in May 2020, which involved all components, and which has since enjoyed thousands of views online. It brought about a sense of hope and faith that this too shall pass, with the theme of #Strongertogether. We have also embarked on a program of drills, training and retraining, and simulation exercises in the management of CoVID patients, to ensure that our staff are comfortable and confident when faced with these patients. It has been highly successful. We are pleased to report that the King Cetshwayo District Office has retained the Canefields Country Resort as a CoVID facility for isolation and quarantine of staff members who cannot safely self-isolate. The hospital has also provided shower facilities for those staff members who wish to shower and change before they leave the hospital after work.

We still have a long way to go in the CoVID era. But we have led with our best foot forward. The management would like to extend its deepest condolences to the family of our beloved staff member who passed away from CoVID-related illness. We also extend the same sympathies to our staff members who have lost loved ones from CoVID-19. As we continue to serve our patients and our community, we will do so in the safest, most effective manner. Thank you to all our staff members for your hard work, courage and determination .

This too shall pass.

Dr Menitha Samjowan (Acting CEO)



CoVID-19 CARE PACKAGE



1. Be calm, do not panic or be afraid. 85% of our country will probably be infected with CoVID-19. BUT...85% of infected people will be asymptomatic or have mild disease.
2. Your mental health is important to us. If you require the assistance of the EAP, please inform the Occupational Health Nurse or your supervisor. Help is just a phone call away.
3. You need to isolate yourself away from others. If you cannot isolate at home safely, King Cetshwayo District has facilities available for quarantine and isolation of healthcare workers and the general public as well. We have Canefields Country Resort and Ethembeni Care Centre. Please inform your supervisor if you or anyone

Useful tips while isolating:

- Wear a surgical mask if you have to be in the company of others, and always maintain a safe social distance
- Eat healthy foods and drink lots of water
- Fresh air and sunlight is a must
- Exercise lightly if you are able
- Always remember to take your chronic medications
- Have plenty of rest and sleep
- Remain positive and calm
- Learn how to do breathing exercises
- Try not to sleep only on your back only.
- Try sleeping in different positions (on your belly, on each side for a few hours at a time)-this helps to get air into all

Other measures:

- steam inhalation has not been proven scientifically to treat CoVID-19, but once daily inhalation of steam may help in reducing symptoms
- gargling your mouth with a Betadine mouthwash may also help to improve symptoms
- wash your hands often
- clean all surfaces regularly with a simple detergent mixture
- be careful with your laundry – do not shake your clothes

Medication you can take:

- It is believed that vitamins play a role in reducing the severity of the disease. However, one should not overdose on them as it may lead to further harmful effects.

The optimal doses for a CoVID-positive patient are:

Vitamin C 1000mg daily

Zinc 100mg twice daily

Vitamin B with 25mg of Nicotinamide

Vit D 1000iu daily

Azithromycin (if needed)

When to seek medical help:

- When your symptoms start to get worse
- When you find yourself short of breath or having difficulty breathing
- When your temperature is persistently high (>38)
- When you experience sudden chest pain



HEALTHCARE WORKER SAFETY: HOW TO PROTECT YOUR HOME

Going to work

1. Avoid wearing jewellery
2. Pack your lunch in a paper bag
3. Take an extra set of clothes to work in a plastic bag, including a towel/soap to shower at work if you wish
4. Take an extra pair of shoes if you can
5. Always practice hand hygiene, social distancing and wear your PPE at work



Leaving work

1. Leave your ID tag, pen, etc at work
2. Disinfect your cellphone, watch, ID tag, etc before you leave work
3. Change into the set of clothes that you brought in
4. Shower at work if you so wish
5. Put your dirty clothes into the plastic bag, and tie it tightly
6. Change your shoes if you are able
7. As soon as you reach home, remove your shoes outside the home
8. Remove your mask safely by touching only the side loops and not the front
9. Empty your bag of clothes into the washing machine or into a dish of hot water
10. Do not make contact with anyone
11. Go straight to bath/shower first
12. Do not forget to wash your spectacles as well
13. Now you can give your children or your partner a much needed hug

Courage

(Dr M Samjowan)



SCREENING OF COVID 19

Staff and patient's safety is one of the 6 key priorities for the department of health. In an effort of reducing the spread of Covid 19, everyone is screened prior to entering the facility also ensure that face cloth mask is worn by patients and staff.



All patients coming to the are screened for Covid 19 at the flu clinic next to the pedestrian gate before entering the hospital

Patients are provided with health education on the importance of wearing masks properly, maintain-

ing a social distance of at least 1.5m, as well as hand hygiene and cough etiquette. We are all responsible to protect each other from this disease (Coronavirus). Screening is done at the Flu Clinic which is the tent situated at the entrance next to the pedestrian gate screening is done before entering the hospital. If one presents with signs and symptoms, then that person is attended to as per the guidelines of screening and testing.



Temperature is checked at the entrance of the flue clinic as part of the screening

STAFF SAFETY IS A PRIORITY



Waste Management Officer (Mrs. Buthelezi) doing in-service in the ward on waste management during Covid 19

Health care workers are the frontline staff during Covid 19 pandemic and it is therefore the priority of management to make to ensure that there is enough protective clothing for designated staff. In addition, all staff members were provided with face shield and face cloth mask and healthcare workers that are working in clinical areas are also provided with surgical masks and aprons.

Ongoing in-service education on Staff Safety, Waste Management and Infection Prevention

and control are conducted frequently by our highly trained professionals. Supply Chain Management is working tirelessly to ensure that there is adequate PPE for the staff.



WE ARE ALL RESPONSIBLE FOR PREVENTION OF THE SPREAD OF COVID 19



“Prevention is better than cure” Now that everybody in the society is informed and aware of the Coronavirus pandemic, it is the responsibility of everybody to protect him/herself together with everybody around him/her. As advised, everybody should wear face cloth mask in public, ensure social distance is maintained when in public also to wash hands with clean water and soap or by using hand sanitizer. Messages from government are sent out in various channels including media to keep the public informed. “Please stay at home unless it is important for you to go”!

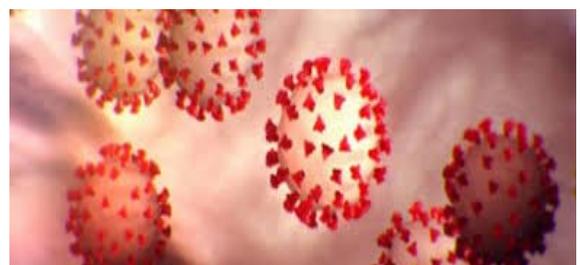
WHAT IF ONE SUSPECTS TO BE INFECTED?

- Self - isolation, meaning that you should stay at home if you are feeling sick. Avoid gathering with family and community members .
- If you think you have been in contact with someone is who positive with Covid 19, it is most likely you are infected.
- If you have flu, fever,cough, sore throat and difficulties breathing , you should consult your doctor immediately.
- When you are coughing or sneezing, cover your mouth and nose with your bent elbow or use a tissue . Dispose of the tissue at a toilet or dustbin.
- Always use a face mask . If you are having challenges with isolation, protect others by always wearing a facemask.



WHO IS AT RISK OF BEING INFECTED WITH COVID 19 ?

- The elderly
- People with chronic health conditions e.g. High Blood pressure , Asthma ,Diabetes , HIV and AIDS. Those whose immune systems are immune compromised
- **Limit visiting / travelling. Some areas are hot spots meaning they are high risk.**



HOSPITAL SUPPORT VISIT BY THE DISTRICT ENVIRONMENTAL TEAM



Team from the hospital including Quality Assurance Manager, Infection Prevention and Control coordinator, Waste Management Officer, Safety Officer and 2 officials from the municipality doing assessment in the ward

King Cetshwayo District Municipality to assess the readiness of the hospital in terms of the preparedness of the Covid 19 pandemic.

The visit was on the 20th of May 2020 in the wards visited included those that were identified as PUI zones within the hospital. Assessment included of infection, prevention and control, infrastructure, staff and patient's safety and waste management in the event of a suspect or the positive case.

In response and preparedness of the readiness for the pandemic Covid 19, QNRH was visited by the team from

BIGGEST LOSER COMPETITION

ATTENTION: ALL KINGS & QUEENS OF QUEEN NANDI REGIONAL HOSPITAL

In celebration of National Nutrition and Obesity Week (9 – 19th October), QNRH Dietetics team hosts an annual Biggest Loser competition to promote healthful living amongst the staff. This competition is open to ALL shapes & sizes. The aim of the competition is for staff to adopt healthy lifestyle changes and improve their fitness with the assistance of Dietitians and Physiotherapists. This will enable them to lose the greatest percentage of weight in 3 months starting from the 1st of June 2020.

What we're offering:

- Weekly Whatsapp check-ins.
- A collection of healthy recipes
- 3-day Workout Plan (Physiotherapist)
- Monthly follow-ups
- Fitness assessment
- 1 weekly 30-min Fitness Class (Hosted by the)

2. Attend the Orientation (+/- 20 minute talk about the competition and receive your recipe book & workout plan).

3. Initial Assessment with Dietitian & Physiotherapist.

Great Prizes To Be Won!!

4. Go to your monthly follow-ups & attend exercise classes.
5. Celebrate your achievement by attending the Prize Giving during National Nutrition & Obesity Week.



MENTAL HEALTH SUPPORT FOR HEALTH PROFESSIONALS DURING THE COVID 19



“Take the initiative to be informed through reliable information sources”

Many people may experience reactions such as constant anxiety, panic attacks, fear and nightmares. Hospital Employee Assistance Practitioner (Ms. Sindi Mchunu) and the Psychologists at the hospital are available to support the staff members in terms of stress management and mental health support during Covid 19. This support is aimed at normalizing psychological reactions to unusual circumstances, reduce anxiety and consequent extreme reactions and keep the workplace stable and effective.

If a staff member from QNRH feels overwhelmed or unable to cope at work, the EAP office is available to assist at any time.

Team leaders or managers in health facility

Keeping all staff protected from chronic stress and poor mental health during this response means that they will have a better capacity to fulfill their roles.

#Coronavirus #COVID19

World Health Organization



COMMEMORATION OF YOUTH DAY BY QNRH STAFF



Young Health Professionals of QNRH from different sections in Youth Month dressed in school uniforms on the 15th of June 2020 to celebrate Youth Day in recognition of the role of the youth in liberation of South Africa.

The celebration of this day, also strengthens the fight against the spread of Coronavirus. Messages encouraged citizens to stay at home, wear face masks, frequent hand washing and adhering social distances in public. Dance items were performed to ease the tension and anxiety of patients and staff. The hospital was lucky to have a choreographer within the staff from Rehab department to render on the amazing performance of the sarafina dance.

The atmosphere on the day was lively and youthful and indeed a fun filled event.



Young health professionals in youth month fighting against the spread of the coronavirus.



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MY HEALTH, YOUR HEALTH, OUR HEALTH: A HEALTHY KWAZULU-NATAL.

Why is hand hygiene important?

It prevents foodborne illness

Germs from unwashed hands can get into foods and drinks while people prepare or consume them. Germs can multiply under certain conditions, and make people sick.



70% of all foodborne illnesses originate during foodservice operations,

40% are the result of poor handwashing and cross-contamination in the U.S.

It prevents diarrhoea and respiratory diseases

About 2.2 million children under the age of 5 die each year from diarrheal diseases and pneumonia, the top two killers of young children around the world.

1 out of 3



Handwashing with soap could prevent about 1 out of every 3 young children from getting diarrhoea,

1 out of 6



And prevent 1 out of 6 children from getting respiratory infections like pneumonia.

Handwashing education in the community would reduce the number of people who get sick with diarrhea by 31%, diarrhoeal illness in people with weakened immune systems by 58%, and respiratory illnesses, like colds, in the general population by 21%.

References:

- <http://www.cdc.gov/features/globalhandwashing/>
- <http://www.dailymail.co.uk/health/article-2196365/Mobile-phones-germs-toilet-seat.html>
- <http://www.anapsid.org/handwash1.html>
- <http://www.theatlantic.com/health/archive/2013/06/study-95-of-people-dont-wash-their-hands-correctly/276720/>
- <http://www.cdc.gov/HAI/surveillance/>

People frequently touch their eyes, nose, and mouth without even realizing it. Germs can thus get into the body and make us sick.

Washing hands prevents cross contamination

Cross contamination occurs when bacteria and viruses are transferred from a contaminated surface to one that is not contaminated. The bacteria and viruses can come from people, work surfaces or equipment, and other foods.



Washing hands reduces the number of medical leaves.

Hygiene Facts

30% of people actually use soap when washing their hands. Using soap removes germs much more effectively than without.

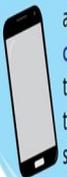
60% of women wash their hands after going to the washroom.

38% of men wash their hands after going to the toilet.

80%

of all infectious diseases are passed by human contact, either direct or indirect. That includes viruses like pneumonia, salmonella and the common cold which can be avoided with regular hand washing.

10 times more disease causing bacteria are on a cell phone than most toilet seats.



20 minutes

Some viruses and bacteria can live from 20 minutes to two hours or more on such surfaces as cafeteria tables, doorknobs and desks.

95%

of people don't wash their hands properly. Most people wash their hands for 6 seconds when they should be spending 3 times that amount.

It reduces nosocomial infection rate

1.7 million HAIs (healthcare-associated infection) occur in U.S. hospitals each year, resulting in 99,000 deaths.



1 in 25

patients in hospital get an infection that could be avoided with better hand washing.

Improved compliance in hand hygiene, with proper use of alcohol-based hand rubs, can reduce the nosocomial infection rate by as much as

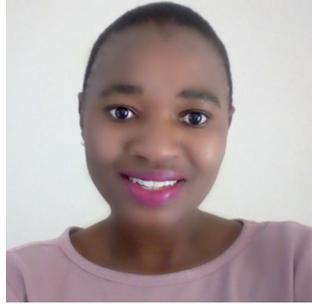
40%



ACKNOWLEDGEMENTS



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