



Appelsbosch Hospital newsletter



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Nursing Manager's Response

The year 2010 has come and gone. It has been years full of excitement due to a successfully hosted world cup. The staff as well as clients were positively affected by this event. We thank God for that.

By the mercy of God, we have had some achievements. The team of doctors and nurses has managed to circumcise many clients. We would like to thank the team from District Office and other facilities that supported us during MMC campagne- 276 young men were circumcised in one day and we are trying our best to increase the number on daily basis.

We also have made much progress in HCT champagne. Besides giving service to clients visiting our facility, Our HAST Team has visited the nearby Taxi rank and church youth during their conference.



I cannot dwell much on the challenges we have encountered because all of us know the reason, being financial constraints leading to failure to procure some prohibited items.

The other challenges are morbidity, mortality of staff as well as staff turn over. This challenge has a very negative impact on service delivery because of the time consumed when motivating for unfreezing of vacated posts.

All in all, I thank the hospital management and staff for the positive attitude and participation in all activities of the institution.

Let us keep good spirit and always remember that united we stand and divided we fall!!!

Wishing you the best festive season and good luck for next year.



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INTRODUCING THE BFHI COMMITTEE OF 2010



From left: Front row (seated): Sr B.G Zondi (Operational Manager-Peadiatric ward), Matron T.J Dlamini (Assistant Nursing Manager), Sr T.F Masango (Infection Control Practitioner) and Sr Gwamanda (Maternity). Back row: Robyn Davis (Dietician), Zeruah Pillay (Senior Dietician), Sr D.B.F Makhaye (Quality Assurance Manager)

Absent: Sr. Xulu (Operational Manager- ANC/PMTCT)

What is BFHI?

BFHI stands for "Baby Friendly Hospital Initiative". During the 1990's breastfeeding had competition from formula feeding. Mums were drawn to the convenience of formula feeds. This resulted in a decline in the rates of breastfeeding in hospitals and increased rates of formula feeding, which in turn, resulted in increased mortality and morbidity rates due to infection and malnutrition. WHO and UNICEF then developed the "BFHI" which aims to protect, promote and support breastfeeding. This initiative was created to restore breastfeeding as the natural and standard practice for fostering babies.

HISTORY OF BFHI AT APPELSBOSCH HOSPITAL

Appelsbosch Hospital was assessed for BFHI in 2005. We were successful and passed the assessment. The board that you see at the front of the hospital stating " This facility is baby-friendly as it promotes sustained breastfeeding" was erected at this time. We were then re-assessed in 2007, and once again, were able to achieve BFHI status. This year during August-September, we will be re-assessed once again.

THE BFHI COMMITTEE**THE MISSION**

To promote, protect and support breastfeeding

To ensure the implementation of the 10 Steps to Successful Breastfeeding

To ensure that Appelsbosch Hospital abides by the Code of Marketing of Breast milk substitutes

VISION

To increase the rate of breastfeeding thereby decreasing morbidity and mortality for under 5 children thereby helping to achieve one of the Millennium Development Goals (Reduce child mortality by two thirds of children under 5 years and eradicate extreme hunger and poverty).

TRAINING CONDUCTED

Training has been conducted during July by the BFHI committee and will continue for the rest of the month. Staff members attending training include doctors, nurses, nursing assistants and student nurses.

WORLD BREASTFEEDING WEEK

This will take place during the first week of August and the BFHI committee is planning many talks and activities which will be presented to mums and pregnant women, so watch this space!!!

Zeruih Pillay

Dietitian



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Appelsbosch Hospital Triage Training



Matron Dlamini and Miss. Z. Ndebele demonstrating what the triage is all about

How Does the Triage Work

Triage is done by a specialised Triage Nurse as soon as possible after a patient arrives in the Emergency Department.

Patients are triaged on the basis of the speed with which they need medical attention. The Triage Nurse allocates a triage category to a patient based on the statement:

Hospitals use triage scale for patients presenting to their Emergency Departments. Hospitals aim to achieve certain levels of performance (or benchmarks) with respect to the amount of time patients wait to be seen in Emergency Departments.

Can I contact anyone?

Ask the triage nurse if you should contact family, relatives or friends to let them know you are in Emergency.

Can I eat or drink anything?

Sometimes you should not eat or drink anything while you are waiting to see a doctor because you may need to have a test or an operation which requires your stomach to be empty.

Can I get some pain relief?

Tell the triage nurse if you are in pain while waiting or if you feel your condition is getting worse.

Medications

Let the triage nurse know what medications you are on.

Interpreters

The staff can arrange an interpreter for you, if necessary.



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MEDICAL MALE CIRCUMCISION



1.

2.

1. Staff members getting ready to start the campaign
2. Mr T. Ngcamu giving talks before the circumcision

HOW THE PROCESS WORKS

BOOKING

- Patients requesting Male Circumcision must be seen in OPD by the Professional Nurse.
- The attached Male Circumcision Client Record Form must be filled by the Professional Nurse.
- Patients will be given an information Brochure about Circumcision (see attachment and will be referred for HIV Counseling and testing.
 - Bloods will then be taken for Haemoglobin if HIV negative.
 - If HIV positive, then refer to wellness clinic for registration and CD4 Count and WHO staging.
- Also screen for STI and ensure that patient understands the content of the information Brochure.
- Patient will be booked in OPD (contact details noted and patient will be advised telephonically of the date of the operation). Consent may be signed at this point.
- Remember to advise patients to report to OPD at or earlier than 08:00 on the date of the operation.

PROCEDURE

On the day of the operation, the patient is prepared for theatre in OPD and will be seen by the OPD doctor for admission to the Surgical Ward.

The patient will be sent to the ward and the theatre doctor must be informed on the case. Theatre staff will call for the patient when they are ready for the operation.

After the operation is complete the patient is sent back to the ward for overnight observations.

Continuity

The next morning in the ward the doctor assesses the wound and discharge the patient if there are no complications.

STATISTICS

Theatre will keep records of number of cases done and report the statistics to the Medical Manager and FIO.

When the patient is discharged from the ward, a copy must be made of the " Medical Male Circumcision Client record Form" and sent to the Medical manager's office.



The introduction by the expert to clinical staff and the consultation to the clients by the sisters.

THE OUTCOME OF THE CAMPAIGN

On the 6th of August Appelsbosch Hospital staff showed dedication and full participation during the above mentioned event, they worked tirelessly with the intention to help the young and old generation in ensuring that the campaign was a success.

The success of the day is shown by the number of clients that were circumcised which was a total of 277 in one day. The campaign is an ongoing process to ensure that we get large numbers as possible to be circumcised.



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AWARDING CEREMONY AND HERITAGE CELEBRATION



APP managers and Mr. B. Mngadi awarding the CEO long service award in dept



“VERY TRADITIONAL” Miss. Z. Nkwanyana and Sister Xulu



HERITAGE DAY CELEBRATION



WELLNESS DAY AT APPELSBOSCH HOSPITAL



EAP practitioner announcing the purpose of the day and Sister Masango getting her eyes tested on the day

In May 2009 GEMS introduced wellness screenings to raise awareness of health conditions within government departments. Government employees benefit from the convenient opportunity to be professionally screened for existing and potential health risks. The aim was to enable employees to detect health risks as early as possible, so that the progression of diseases is prevented or minimised.

Appelsbosch Hospital staged wellness day event on 27th October 2010, healthcare professionals set up a wellness testing venue at the department. All employees at the work site were invited to voluntarily attend the wellness screening during the course of the day. Healthcare professionals were made available to individually discuss health history and to perform certain medical screening tests. The results of the tests and history were discussed personally, and advice was given so

that people know what steps to take. Each person was given a "Wellness Passport" which shows the test results, and whether they score as low, medium or high risk in terms of certain health risks, e.g. blood pressure, cholesterol. They were able to take the Wellness Passport to their doctor if further medical tests need to be done, and they were able to keep it as a record for the next time that they attend a GEMS wellness screening event. It is important for each person to track their measurements so that they know whether they are improving or worsening.

Head and neck massages were also provided for all employees at the GEMS wellness screening day.

"A good luck will help you only when LUCK means Labor Under Correct Knowledge. Make sure you acquire all the knowledge and skills necessary for your performance."

The following tests were done:

- Blood pressure
- Blood sugar and cholesterol (one finger prick required for this)
- Weight and height, with body mass index
- Waist circumference

Most diseases which are caused by our poor lifestyle habits develop slowly, and the symptoms may not be present in the early and middle stages of the disease. Many of us therefore may be completely unaware of the onset and early progression of the disease, until we become ill. The wellness screening tests can alert us early on that a health risk, such as diabetes, or heart disease, is starting to develop. The major benefit of this is that you are able to prevent or minimise these health risks by knowing about the problem sooner.

All information and test results are confidential and are not provided to any Government Department. It is a personal and individual interaction with healthcare professionals.

If a GEMS member agrees in writing (by signing the relevant section on the wellness screening questionnaire) that their results may be provided to GEMS doctors and nurses (as a medical scheme), then GEMS can be able to contact them to assist with healthcare benefits and procedures for their health risks.

“Be hard on yourself and life will be kind to you. Rather deprive your body of sugar and enjoy the sweetness of life, than overload your body with sugar and suffer the bitterness of life”



Staff were advised and volunteered in getting tested too!



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H.C.T CAMPAIGN



This shows how our staff served the community during the campaign



Staff hard at work during the campaign



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CHRISTMAS PARTY AT PAEDS WARD



Staff also shared the spirit of Christmas



Dr. Mvelase showed his true dedication by entertaining the kids



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NEW APPOINTMENTS



K.L Adams
Psyiotherapist



N.O Khanyile
Professional Nurse



A.S Pieterse
Dietician



N.F Zondi
Professional Nurse



K.P Mbokazi
Professional Nurse



H.R Zondi
Enrolled Nurse Assistant



T.C Ngubane
Enrolled Nurse



N.P Sibisi
Enrolled Nursing Assistance



C.A Mpungose
Enrolled Nurse



K.N Mbatha
Enrolled Nursing Assistance



B.N Ximba
Professional Nurse



N.L Mngadi
Professional Nurse

FROM THE LEARNING CORNER



Lastly but not least how can I forget those people who are close to my heart like my Mother (Matron Sokhela) she treated me like her own child and my sister (Miss N. Ngubane, Professional Nurse) she treated me like her own sister/child and also my friends S'lindile Nxumalo (Finance Department Intern), Sihle Dlamini (Supply Officer Department In-service trainee), Nombulelo Dube (Finance Department In-service trainee) and Nkanyiso Mkhize (Human Resource Department In-service trainee). I will miss you guys, it was nice to be with you here at Appelsbosch Hospital. I hate to say goodbye that why I'm not going to say it so all I can say is until we will meet again.

Greeting all, it is sadness to announce that unfortunately this is my last publication here at Appelsbosch Hospital but it has been a pleasant experience working with each and everyone. I would like to thank my mentor Mr. T. Mngadi for everything you taught me and giving the platform to grow as a person. I would like to thank the management for giving me an opportunity to get experience in the communication department. As from now I see one day I'm going to be a good P.R.O. And I would like to thank the staff for welcoming me with warm hands.



“It is often the last key in the bundle that opens the door. Do not give up too quick on your dreams. Persevere until something happens.” Dr. J. Tibane



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