



HEALTH
KwaZulu-Natal

DUNDEE WEB

DUNDEE PROVINCIAL HOSPITAL

DUNDEE HOSPITAL OPEN DAY 2007

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On the 23rd February 2007, Dundee Provincial Hospital hosted its first open day on the hospital grounds. It was a perfect summers day with different stalls on display to showcase the type of services the hospital offers. The community of Dundee and surrounding areas came out in numbers. The Hospital Chaplain Rev. T. Xaba inspired all in attendance with his motivational speech. The Lab Choir, ABET Choir, Zulu and Indian dancers entertained the audience. After a fun filled day the community, staff and VIP's were treated to heart warming meals.

Gauging from the compliments received from the Hospital Board, District office, neighbouring institutions and members of the public the open day was truly a success. Dundee Hospital indeed saved the best for last.

The credit belongs to the staff, for going the extra mile, the sleepless nights planning, organizing, coordinating, making sure everything was in place to the smallest detail and for braving the scorching sun.

DUNDEE PROVINCIAL HOSPITAL IS A HEALTH PROMOTING HOSPITAL



Hospital Board Members



Zulu Dancers



Laboratory Stall



Stalls on display



HEALTH PROMOTING HOSPITAL

HPH is a World Health Organization [WHO] initiative . The aim is for patients, staff and the community to take an active role in improving their health. For the first time in the world a project of this kind was piloted in KwaZulu-Natal. Dundee Hospital was privileged to be the only hospital in the Umzinyathi District to be selected. The project has 5 standards:

Standard 1. Management policy – Project leader Mr. S Khan, Hospital Manager

The objective is that management must commit itself to health promotion by:

- ✦ Formulating a master policy for health promotion.
- ✦ Involving the Hospital board in the HPH project.
- ✦ Including HPH project in the hospitals vision and mission and strategic plans.
- ✦ Ensuring resources, e.g. space, equipment, etc are made available to implement health promotion activities.

Standard 2. Patient assessments – Project leader Mrs. NT Mkhize, Nursing Manager

The objective is to assess treatment, condition and needs to improve patients health by:

- ✦ Identifying smoking status, alcohol consumption, nutritional status, psycho-social-economic status.
- ✦ Developing guidelines for identifying needs of patients with HIV/AIDS, diabetes, hypertension, etc.

Standard 3. Patient information and intervention – Project leader Mrs. PN Mbatha, Deputy Nursing Manager.

The objective is to provide information concerning diseases or health conditions by:

- ✦ Conducting health education
- ✦ Giving patients information about their conditions and the treatment available.
- ✦ Ensuring that patients, staff and visitors have access to general health information.

Standard 4. Promoting a healthy workplace - Project leader – Mr. TP Dlamini, Human Resources.

The objective is to have a healthy and safe work place and to promote health activities for staff by:

- ✦ Giving information on diet and physical exercise.
- ✦ Providing facilities for physical exercise.
- ✦ Conducting risk assessment to ensure the workplace is healthy and safe.

Standard 5. Continuity and co-operation - Project leader Mrs. NE Thompson – PHC

The objective is to ensure that all health promotion activities are on going by:

- ✦ Building partnerships with health and social care groups in the community.
- ✦ Providing follow up instructions to patients on discharge.

INFECTION PREVENTION AND CONTROL

ATTENTION!

There are two categories of micro-organisms present on the skin; the transient and resident flora. The hands are the most common vehicle by which micro-organisms are transmitted in the clinical settings. Hands are frequently implicated as the route of transmission in outbreaks of infection.

NB: FREQUENT AND THOROUGH HANDWASHING IS THE ONE AND ONLY WAY TO PREVENT SPREAD OF INFECTION. PERSONAL HYGIENE IS AFFECTED HUGELY BY THIS SIMPLE BUT VITAL TASK.

DO NOT UNDERESTIMATE IT !



Ms E N Mkhabela
Infection Control Manager

HEALTH AND SAFETY UNIT

- The safety unit ensures that there is total compliance with the Occupational Health and Safety Act 85 of 1993 and all the related regulations, through inspections conducted. to render the institution to be a safe environment for all patients, visitors and staff.
- It also ensures that all work related incidents are investigated and control measures are put in place to prevent future occurrences.
- The unit depends entirely on the Health and Safety Reps for its success. The Safety Reps identify risks in the workplace through inspections and discussions in the Health and Safety Committee Meetings, which should be held monthly.

Do you have a hearing loss?

- Is it difficult hearing someone in a noisy environment or from a distance?
- Are some voices or words hard to pick up?
- Do I need to listen to the TV or radio at a volume that is too loud for others?
- Do I sometimes not hear the telephone or doorbell when it rings?
- If you think you have a hearing loss arrange through a doctor to have your hearing tested by an Audiologist.

Source: L. Ismail, Audiologist Ext: 286

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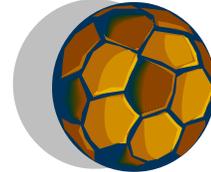
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Dundee Hospital Sport, Recreation and Events Committee

The recently established sports, recreation and events committee is planning :

- ✦ Promoting sporting activities e.g. aerobics, gym, soccer, netball, table tennis
- ✦ Having a Dundee Hospital annual sports day
- ✦ Weight loss programmes
- ✦ Health promotion events



As health care workers we are always busy focusing on patients' health and ironically we neglect our own health. We need to put away the pens, and break some sweat.

Food for the soul.....

THE HUT

The only survivor of a shipwreck was washed up on a small, uninhabited island. He prayed feverishly for God to rescue him, and every day he scanned the horizon for help, but none seemed forthcoming. Exhausted, he eventually managed to build a little hut out of driftwood to protect him from the elements, and to store his few possessions. One day, after scavenging for food, he arrived home to find his little Hut in flames, and soon there was nothing left. The worst had happened, and everything was lost. He was stunned with disbelief, grief, and anger.

"God, how could you do this to me?" he cried.

Early the next day he was awakened by the sound of a ship approaching the Island. It had come to rescue him. "How did you know I was here?" asked the weary man of his rescuers. "We saw your smoke signal," they replied.

It's easy to get discouraged when things are going bad, but we shouldn't lose heart, because God is at work in our lives, even in the midst of pain, and suffering. Remember this the next time your "hut" seems to be burning to the ground. It just may be a smoke signal that summons the grace of God.

CONGRATULATIONS

To Leonard Benjamin and Siyabonga Ngobese who both got **Bronze Medals** at the Comrades Marathon.

(photos in next edition)

National Health Awareness Days

July 2007

Mental Illness and Awareness Month

Men's Health – CANSA

Colorectal Cancer Awareness Month – CANSA

6: National Multiple Sclerosis Awareness Month

11: World Population Day

16: Hepatitis Day

31/7 – 5/8: Cancer Prevention
Week

Umzinyathi Health District Awards

- Dr J. Goossens—Best Doctor,
- Mr. A Ebrahim—Best Support Admin Officer,
- Ms N Radebe— Best Nurse
- Mr. Sfiso Sibiyi—Best Lay Councillor
- Mr. Brian Makhubu—Best Clinical Orderly
- Best Immunisation Coverage Hospital
- Best ARV Rollout Hospital