



HEALTH
KwaZulu-Natal

DUNDEE WEB

DUNDEE PROVINCIAL HOSPITAL

HIV/ AIDS AND TB ROAD SHOW

Inside this issue:

HIV/ AIDS and TB Road Show	1
Road Show Pics	2
Oral Health Awareness Day	2
Eye Care Awareness Day	3
Occupational Therapy	4-5
Sports and Recreation	6

DUNDEE PROVINCIAL HOSPITAL IS A HEALTH PROMOTING HOSPITAL



MERRY CHRISTMAS AND A

PURPOSE OF THE ROAD SHOW

The promotion of health for people in Endumeni sub-district.

- To reduce new infections
- To increase utilization of VCT
- To increase awareness on benefit of and ART (antiretroviral therapy) and increase utilization of ART



ART has been started since August 2004, and up to date, there are more than 2000 patients on ART at CDC clinic in Dundee hospital: 65% are women and 35% are men. More than 140 patients are children. 140 patients on ART died mainly male patients during the three years of ARV services at the CDC clinic.

The management of HIV/AIDS has three parts, namely

- Primary prevention
- Secondary prevention
- Tertiary prevention.

The **primary** prevention aims to avert the occurrences of new HIV/AIDS and TB infections by giving health educations, ABC strategy. The **secondary** prevention in HIV/AIDS aims to stop or delay the progression of the disease, i.e. development of AIDS from HIV infection, by early diagnosing with VCT. The **tertiary** prevention involves treatment of HIV/AIDS, rehabilitation and management of orphans due to HIV/AIDS.

For those who feel healthy, the message may have little meaning, but it is reinforced by contact with others who become ill, particularly in the family. If you are HIV negative then you need to maintain your negative status forever by practicing safe sex such as using a condom, reducing the number of sexual partners and checking your HIV status regularly. If you are positive, you have to know your immune status that is your CD4 count. You have to check your CD4 count and if it is above 200 copies/ ml, you practice a healthy lifestyle and keep the high CD4 level as long as possible. If CD4 count is below 200 copies/ml, you need to seek help from the CDC clinic for ART's.

HIV/AIDS is preventable and treatable like other chronic diseases even though it is not curable. Using condoms is currently the only method available to prevent HIV infection.

HIV/AIDS AND TB ROAD SHOW PICS



Hospital Health Workers singing praises during the Road Show



Hospital Health Workers and the community marching to the taxi rank

ORAL HEALTH AWARENESS DAY



School Pupils demonstrating their brushing techniques



Dr SSJ Simelane demonstrating tooth brushing techniques

On the 11th of October 2007, Dundee Hospital's Dental Clinic held the annual Oral Health Awareness Day at Sibongile Hall.

Grade 1's from Thangeni Combined School, Elivangeli Primary, Dundee Junior and Endumeni Primary School were invited.

The purpose of the day was to educate school pupils about oral health and oral hygiene. The pupils were taught on brushing techniques, the correct eating patterns to keep your mouth healthy and the correct type of toothbrush to use. They were also taught on the different types of diseases, problems associated with poor oral hygiene and were also given toothbrushes and toothpastes as tokens for the day.

EYE CARE AWARENESS DAY

VISION 20/20 THE RIGHT TO SIGHT

On the 23rd October 2007, the Eye Clinic held an awareness day organized by the Ophthalmic Nurse, Sr TM Sokhela that was held at the Glencoe Hall in Glencoe.

The Theme for the day was, "The Right to Sight". The day started with a 1km walk to the Glencoe Hall where the function was taking place. The event was attended by Community Members, Hospital Management, Hospital Board, Umzinyathi District Health Office Managers and Ophthalmic Nurses from other districts.

The Guest speaker for the day was Mr. Sifiso Gwala, Senior Technical Advisor: Eye Care Services in the Umzinyathi Health District. Mr Gwala emphasized the importance of getting your eyes checked, the types of eye ailments, cataract operations done in Umzinyathi Health District and the targets that need to be met.

Various speakers also emphasized the importance of getting help from the different hospitals if you suspect you have an eye problem, including Mrs NI Buthelezi, who is a Theatre Sister in Dundee Hospital, she emphasized the importance of patient cooperation during cataract operations, the do's and don'ts in theatre.



Community Members and Health Workers during the 1km walk to the hall



Sr TM Sokhela giving out walking sticks to the elderly who were in attendance



Guests were blindfolded to experience what it feels like not being able to see

OCCUPATIONAL THERAPY

The role of OT

Improving physical and mental wellbeing of persons with disability or at risk of acquiring a disability by facilitating active participation in daily life activities work, leisure time and self-care activities.

The focus of OT in the public health sector

- Health Promotion
- Prevention of disability
- Early detection and intervention
- Empowerment of the client

1. Health Promotion

a. Child stimulation

- Playgrounds and playrooms
- In-service training to nurses & education of mothers
- Involved in malnutrition protocols & KMC



b. Health promotion in the adult population

- Health awareness events e.g. CP week
- Support groups



c. Community involvement

- CRF participation
- Clinics

2. Prevention of disability

- Primary prevention
- Secondary prevention
- Tertiary prevention

A. Primary Prevention

- Early identification of people at risk
- Arranging awareness campaigns
- Education e.g. of pregnant woman



B. Secondary Prevention

- Raising awareness in the communities
- Enhancing physical accessibility, working together with the government and NGO's in challenging the legislation.
- Preventing contractures, pressure sores, etc.



C. Tertiary Prevention

- Teaching new techniques of self-care activities to improve independence.
- Providing assistive devices, e.g. buggies or wheelchairs, adapted utensils.
- Assisting with placement in special schools.
- Support groups
- Counselling family members



3. Early Identification and intervention

1. In and Out patients

- Decreasing the length of hospital stay

2. Primary Health Care

- In-service training to CHW to ensure timely and suitable referrals and intervention

3. Child Development

- Encouraging parents and the community to share responsibility



4. Empowerment of the consumer

- **Education**, training and intervention
- **Accessibility**
- Giving **patients a voice** and connecting people
- Assessing appropriateness of **disability grants** and empowering patients to **return to work**
- Providing **assistive devices**
- **Rehab**—Helping patient gain **independence**

For more information, please contact, **Mbali** and **Marilize** @ the Rehab Department, X 286

SPORTS AND RECREATION

Sport Recreation and Events Committee SREC

2 netball kits and 2 soccer kits were purchased to enable our players to be identified during tournaments. All gym equipment ordered by the SREC has arrived, the equipment includes treadmill, multigym, aerobics mats and dumb bells.

Currently the Maintenance Department is in the process of getting the Social Club room burglar proofed. Once completed the equipment would be installed and the gym officially opened.

The SREC sincerely thanks management for their commitment to the staff wellness programme by purchasing of sport kits and gym equipment.



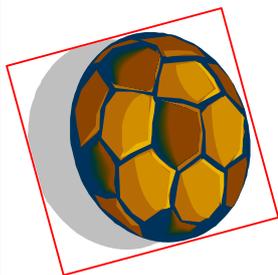
New Netball Kit



Netball Team



Soccer Team



The Umzinyathi District Sports Tournament is a special event held once a year. On the 07th of September 2007 Dundee hospital participated in the tournament.

The results for the soccer finals, Dundee Hospital 1—CJM Hospital 2, unfortunately our netball ladies did not make it to the qualifying rounds. From entry level to management we worked as a team showing the true spirit of sportsmanship.

On the 31st October 2007 the management presented our players with certificates. Dundee hospital is proud of Mr. NF Ngobese, Mr. A Mbatha, Mr. B Magasela, Mr. L Khumalo and Mr. JS Thabede [assistant coach] who were selected to represent the district in the provincial tournament that was held on the 5th of October 2007 in Richards Bay Sports Grounds.