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Report on National Nutrition Week at Edendale Hospital



*FROM LEFT TO RIGHT
INGA RAUTENBACH (ARV DIETICIAN),
CLAIR CRAIG (PAEDIATRIC DIETICIAN)
AND ANEESA BHOOLA (ADULT DIETICIAN)*

National Nutrition Week was held between the 15th and 19th of October. The Dietetics Department decided to celebrate this week by doing various activities, to patients and staff, to create awareness of the importance of nutrition. The dietetics department selected various target groups around the hospital namely; mothers of children in ward 7F, diabetic clinic patients, Gateway patients, HIV counselors and CDC patients. The District office supplied us with prizes which included rakes, hoe's, watering cans and overalls.

On the 15th of October Inga Rautenbach created posters demonstrating some important nutrition messages. The posters highlighted the dangerous interaction between some herbal medications and ARV's.

On the 16th of October Inga Rautenbach tested the nutritional knowledge of the HIV counselors by setting up a quiz. Throughout the year Inga has been educating the counselors on various topics relating to nutrition. Well done to all the counselors who excelled in the quiz. The top 10 counselors received a prize.



Rashmi Rambiritch (Dietetic intern) with prize winners at Gateway Clinic

On Wednesday the 17th of October our dietetic intern Rashmi Rambiritch presented a talk to patients at Gateway clinic. The talk focused on healthy eating. Patients were quizzed after the talk and won prizes they could use in their garden.

On Wednesday the 17th of October Aneesa Bhoola presented a talk to the patients at diabetic clinic. The talk focused on diabetic dietary guidelines and healthy lifestyle choices. The patients were quizzed after the talk and won prizes they can use in their garden.

On Wednesday the 17th of October Clair Craig presented a talk to the mothers who have children admitted in 7F. The talk focused on the interpretation of the Road to Health Card and healthy eating guidelines for children. The mothers were quizzed after the talk and won prizes they can use in their gardens



Patient at the Diabetic Clinic with her prize

