



health

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Health
PROVINCE OF KWAZULU-NATAL

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Ezakwa Dinuzulu

NEWS

October 2016

Heritage Day 2016

On heritage day we celebrate our different cultures as a rainbow nation.

Heritage Day was declared after the republic became a democracy in 1994. The day was first observed in 1996.

Prior to that, 24 September was commemorated in KwaZulu-Natal as Shaka Day, in honor of the legendary Zulu leader, King Shaka Zulu.

In the spirit of reconciliation, a compromise was made to create a day on which everyone in the country could celebrate diversity in cultural heritage

In marking Heritage Day in 1996, Nelson Mandela stated:

"When our first democratically elected government decided to make Heritage Day one of our national days, we did so because we knew that our rich and varied cultural heritage has a profound power to help build our new nation.

"We did so knowing that the struggles against the injustice and inequities of the past are part of our national identity; they are part of our culture. "

People's heritage can be described as the practices and traditions that are passed on from parents to children. Heritage is also about what has been passed on from the family, community and place where people have been raised

Cultural heritage is formed by those things or expressions that show the creativity of people. These can be special monuments, like a building, painting, or anything important because of its history.

WHAT IS CULTURE

Culture includes codes of manners, dress, language, religion, rituals, and norms of behavior.

South Africa has been called the rainbow nation because it is made up of so many diverse cultures. Cultural practices are how we talk and behave, the ways in which we pray as well as the special things we do when we have festivals, births and deaths.

In this institution; we have different cultures of which we learn from one another; of which each and every one of us have to tolerate. In those words; I wish you a happy #Heritage day

THANK YOU



Lecturer ,HOD—Mrs. Thokozani
MKHIZE



Isithembu

Heritage Day Celebration 2016



HEPATITIS B INFECTION



HEPATITIS Campaigns



Teljoy donated Smart TV & MICRO waves



The King Dinuzulu hospital complex is very thankful to Teljoy for donating televisions and microwaves. Our patients will watch TV while they are waiting in the queues. Our hospital has a large number of patients and less Doctors so they take long to be seen by the Doctors. TV's are already loaded with the programs that educates our patients about how our hospital works and show them our staff members and it's also shows them the history of this hospital.

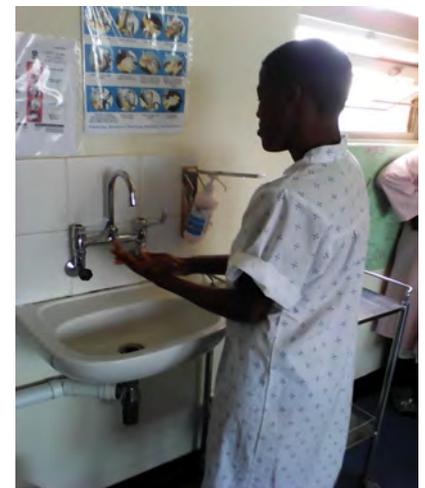
This hospital was previously called King George before and changed to be King Dinuzulu. Patients will now be able to warm their food in microwaves then eat



Hand wash



Hand washed training MS3



Pharmacy week

KDHC PHARMACY STAFF SPREADING KNOWLEDGE OF PHARMACY AT A LOCAL SCHOOL



Pharmacy staff handing over a slide to encourage healthy living

Our very own Pharmacy bunny (staff member) dispensing lots of laughs and goodies

PHARMACY STAFF SPREADING GOODWILL, CHEER AND FUN IN THE PAEDIATRIC WARDS AT KDHC AND OUTPATIENT DEPARTMENT



LAUGHTER IS THE BEST MEDICINE



On the 7th September 2016, the pharmaceutical staff of KDHC emphasized on this year's topic of "The safe use of medicine" by presenting talks, posters and pamper packs to approximately 50 residents at TAFTA.

The medication carrier card that were given to the elderly detailed the patient's medication schedule, their allergies, and provided contact details in case of an emergency. All were provided in the gift pack.

On the 9th September 2016,

the pharmaceutical staff of KDHC visited the Baitul Hifazat home for the elderly, as part of the "Pharmacy Week Commemoration" in order to enlighten the community on the conditions which many suffer from, namely diabetes and hypertension.

The elderly were able to gain insight and see the importance of adhering to their medication schedule. The pharmacy staff demonstrated useful exercise techniques for the elderly.

The elderly citizens were treated with morning tea, accompanied by delicious treats and snacks.

The enthusiastic pharmacy staff of KDHC were delighted at being given the great opportunity to make a difference in the lives of the patients. They highlighted the importance of the safe use of medication as well as prevalent chronic condition in the province such as diabetes and hypertension.

Spine Symposium

Theme : "The essence of nursing a patient with spinal pathology."

Attendance approximately 50 present

Target group : nursing staff within the hospital and the multi disciplinary team

Continuous professional development points were applied for and accredited by University of Kwazulu Natal via Dr.J.Mabusha, head of spinal orthopedics.

The symposium highlighted disease spread and transmission, pulmonary tuberculosis versus extra pulmonary tuberculosis, the pathophysiology, management, challenges faced when nursing the spinal affected patient and the role of the multi-disciplinary team. The social worker, the dietician, the nurse, the doctor, the occupational therapist, the psychologist, the physiotherapist and the wound care nurse. Together we have been educated on how to nurse the spinal patient holistically.

Thank-you to the hospital management, the spinal orthopedic team, Dr.I.Q.Master and all the sponsors.

The spinal team 2016!



The spinal team 2016



World Mental Health Day

The Department Of Psychiatry at King Dinuzulu Hospital Complex commemorated World Mental Health Day by hosting a meeting for Mental Health Care Users and their families. The event was held at the MOTH Hall from 10h00-12h00 on the 10th Of October 2016.

The theme of the meeting was based on the WHO theme of Dignity in mental health: Psychological and Mental First Aid for All. The theme was very pertinent in our resource challenged setting where improving mental health awareness and empowering the public and health care professionals with basic mental health skills may help decrease psychological distress and stigma for mental

health care users.

Dr Karim presented an informative talk on psychological first aid with a focus on simple techniques that families and staff could use to assist mental health care users.

There were two items by inpatients. A song was performed by the Mental Health Care User's from Male Ward P2 and a dance item by the Female Ward P1 and P3 Mental Health Care User's that was enjoyed by patients and staff.

A mental health care user shared his mental journey and explained that his greatest challenge was accepting the illness and overcoming the stigma.

This was followed by a forum discussion where mental health care users and careers were able to engage



Dr. Karim

with the Multi-disciplinary team on concerns about mental health care. It was interesting to note that Mental Health Care User's showed an interest in their health and directed many questions to the Multi-disciplinary Team.

Mr M.F.R Khan thanked all staff for assisting and thanked Mental Health Care User's for their participation.

Trauma Day

17 October, According to the World Health Organization (WHO), trauma is a major cause of death and disability across the world.

WHO research has shown that at least 50 percent of road deaths occurring in developing countries could have been prevented with effective interference after trauma has occurred, that is:

- immediate pre-hospital care
- adequate knowledge of handling emergency situations (involves training of personnel);
- adequate supply of pre-hospital care equipment

and facilities (enough ambulances and other medical supplies).

Commemoration of World Trauma Day emphasizes the importance of saving and protecting a life during the most critical moments and preparing and applying critical measures to deal with and avoid trauma fatalities



EMRS DEMOSTATING

Diabetic Day at MOPD

ON THE 14 November MOPD KDHC staff members commemorated diabetic day with patients by empowering them with information through in-service training by Zack from Bioteck Labs



MOPD Staff members giving patients in-service training

Staff awareness day

KDHC Healthy lifestyle/wellness day 18 October 2016

The MEC of health launched an integrated wellness and healthy lifestyle in the workplace project in Feb 2011,

The vision is all employees of the dept. to be motivated towards a healthy lifestyle and therefore need to be seen actively living a healthy lifestyle

The main purpose of healthy life style programme is to encourage and motivate staff to live a healthy lifestyle by taking care of their health through exercising , playing sport , healthy eating, regular health screenings and other physical activities which is believed that this will prolong the lives of people and keep them healthy and productive

Not only focusing on losing weight but a way to socialize , a stress releaser, teambuilding, keeping healthy and strong to prevent illnesses and live longer

King Dinuzulu healthy lifestyle institution commemorated healthy lifestyle/wellness on the 18 October 2016 event started with health screenings conducted by GEMS Nursing Team and the optometrist from eye wellness clinic Rihanna and her team conducted eye screenings

Nedbank ,Capitec , DCC and Sanlam were on site to offer financial advice and onsite credit records check to KDH Complex staff

To complete the day KDH Complex staff took part in fun walk and aerobics session conducted by in house instructors it was fun filled day all participants enjoyed themselves. After the fun walk all participants assembled at Kitchen Dining Hall and there were lucky draws whereby staff received hampers from different sponsors.

We thank KDH Complex management who allowed us to host the event , service providers for their support and all staff for participation which made the day a success



2016 Quality day



Quality improvement is achieving the best possible results within available resources.

Quality improvement includes any activities or processes that are designed to improve the acceptability, efficiency and effectiveness of service delivery and contribute to better health outcomes as an ongoing and continuous process.

Policy and legal frame work.

National Health Act

QA Policy

IPC Policy

Occupational Health Act

National Core Standards Document

Patient Rights Charter

Constitution of South Africa

Batho Pele Principles- Value for money

Professional Ethics -Duty to Care

To celebrate quality day at KDHC and Quality month.

To evaluate best practices at KDHC and to upgrade our performance. Best practices projects are presented on PowerPoint by the various departments today.

Sustainability of project plan.

Improvement must be sustained.

Recognize these improvements.

Monitor progress and build on the successes.

Must be part of the routine.

Sharing of projects with other departments or hospitals.

Show casing the quality of care we provide to our patients. We identified certain problems and we have developed QIP's around the identified shortfalls.

Have we achieved improvement?

Assess impact of interventions and implementation strategies.

Data-relook at what you measured initially in identifying the problem and compare.

“In God we trust-all others bring data”

2016 Quality day

Analysis and presentation of data

Drawing of conclusions-benefits, outcomes factors effecting success

Presentation to stakeholders

There is renewed emphasis in government on ensuring improved outcomes through a negotiated service delivery agreement-a performance management system with concrete roles for all stake holders and regular obligatory monitoring. This means all efforts must be directed towards improving the health status of communities, strengthening the effectiveness of the health system and improving the quality of care provided.

According to the Constitution of South Africa, all citizens have the right to healthcare that is caring, free from harm and as effective as possible. For more than 10 years, the principles of Batho Pele or "people first" have encapsulated the stated values of our public service. These principles are a simple and transparent mechanism which is intended to empower patients to hold the health services accountable for the quality of care they deliver. They are intended as a benchmark or standard for effective quality service delivery within the public sector as a whole. The Patient Rights Charter has made clear, the responsibilities of our health facilities in delivering care that meets the principles of Batho Pele. The Charter specifies that the most critical rights of patients should be respected and upheld, including the rights of access to basic care and to respectful, informed and dignified attention in an acceptable and hygienic environment. Patients should be empowered to make informed decisions about their health and to complain if they have not received decent care.

The National Core Standards have been developed over the past few years as a tool for management to guide their expected practice and assess whether they are in line with what is required (including the requirements of the Patients' Rights Charter). They will also serve to benchmark all establishments against the same expected standards and will form the basis for external inspections to certify whether or not they are compliant. Over time, the process of monitoring compliance will result in significant improvements in the effectiveness and quality of the health system as a whole.

WHAT PATIENTS ARE MOST CONCERNED ABOUT?

Good quality care is about technical excellence as well as about the perceptions and experience of our patients and users, and our staff. Based on the concerns and complaints raised by our patients, the results of surveys that have been carried out and the reports in the media the DOH has identified some very specific areas where our patients feel that our services are furthest from what they expect and want-and deserve.in accordance with undertakings set out in the Negotiated Service Delivery agreement for this term of government, the voice of our patients as heard through regular surveys of patient satisfaction, as well as through a greater focus on managing complaints will be a critical monitoring mechanism of the care we provide.

Caring staff and the feeling of being cared for.
Cleanliness of facilities.
Waiting times to receive care
Safety from accidental harm or medical errors.
The risk of being infected in hospital.
Shortage of medicines.

TOOLS FOR CHANGE

The National Core Standards Health establishments (full and abridged version) provide the overall guide to quality care organized into a number of domains. A set of measurement tools is available to help managers and staff themselves to understand whether or not they are compliant with these standards and have all the necessary systems in place to reduce the risk of poor quality or unsafe care. These tools are based on the evidence available on the ground that certain inputs, processes and outputs are in place (with those where failure to do so could potentially result in harm to patients or staff being classified as 'vital').

Based on the serious concerns raised by patients and the public, the Department of Health has identified within this standards six priority quality areas for fast track or immediate improvement.in choosing a few basic things and making sure they work well NOW, we will improve the way patients feel about the care they are receiving .They must be part of all our performance plans and all managers must focus on achieving these basic outputs every day.

In addition to improving the way users experience the healthcare they receive, it is clear that in order to impact positively on people's health we must also improve the quality of care through the reliable implementation of best practices. Improving these six priority areas will also contribute to the outcomes or results we achieve:

If best practice protocols are reliably implemented every time without errors or omissions, avoidable maternal, child and other deaths, and complications such as health-care acquired infections, will be reduced significantly.

If the efficiency of referral and queuing system is improved, the delays in receiving treatment that can sometimes mean the difference between life and death will be avoided.
Most important, through continuous encouragement and recognition of caring attitudes and professional excellence on the part of all staff, provision of best quality care will become the norm.

The national core standards and the six fast track priorities for improvement.

Patient Rights
Patient Safety, Clinical Governance and Care.
Clinical Support Service.
Public Health.
Leadership and Corporate Governance.
Operational Management.
Facilities and Infrastructure.

Requirements for compliance in the priority areas of the core standards (extracted from national core standards to reflect the specific measurement tool)

Improving values and attitudes-our core values and the way health workers, care-givers, supervisors and managers interact with patients, visitors, family members and colleagues and respectfully address their concerns.
Cleanliness of our hospitals and clinics-the degree to which a health facility-its buildings, grounds, amenities, equipment and staff- are spotlessly clean and tidy.
Reducing waiting times and queues-reducing the total time patients must wait for administration, assessment, diagnosis, pharmacy, surgery and other care, as well as reducing the delays in referral time and transfer for further care when needed.
Keeping patients safe and providing reliable care-actions to reduce unintended harm to patients or staff ("adverse event")resulting from the care given , including from the operations and failures of the health system and its workers, through ignorance ,inadequate inputs, systems failure or at time from negligence.
Preventing infections from being passed on in our hospitals and clinics-interventions to specifically focus on health-care acquired infections as one kind of unintended harm to patients in facilities.
Making sure medicines, supplies and equipment are available-all the steps in the supply chain which make sure that patients get their prescribed medicine on the same day.

Change in practice

In many excellent public facilities, **successful projects and initiatives** driven by their management teams or staff or by groups of professionals and academics are already showing results, in some cases with support from partners or service providers. Such efforts tend to be found in hospitals and clinics that are already striving to improve and to provide excellent care. They need help to improve further through continuous self-assessment, removing the obstacles and barriers to improvement and show results, and that successes are recognized and shared.
Of concern however are a number of **weaker facilities** (or certain departments within some large facilities) where care is poor, staff are demotivated and management appears to be ineffective. Such facilities or departments need a different approach of supported self-assessment and concerted effort to correct the weaknesses found. This must be linked to providing strong support, development and training where needed, and to performance management processes. This will be the only way to avoid external assessment that results in the certification of non-compliance.
Better coordination and integration of efforts at national and provincial levels are a key success factor in enabling this. Others are the delegation of needed authority, effective prevention of fraud and wastage, fast and efficient administrative and bureaucratic processes, and most importantly, competent and supportive management.
In achieving better management, there are a number of concrete methods (in addition to improve compliance with standards)which will ensure that change actually happens: regular and supportive supervision and mentoring of frontline staff , ongoing surveillance of avoidable deaths and complications in order to prevent weaknesses, greater attention to the opinions of our patients as reflected in patient satisfaction surveys and complaints, the analysis and use of information by managers to improve the results , and improved performance management that is linked to health systems goals.
The task is therefore to rapidly improve the situation in specific areas, especially in the identified priority areas, through using effective approaches of process change and scaling up those interventions that make a measurable difference.

Commemoration of world HIV AIDS DAY 2016



HCT TEAM

December 1st 2016, World Aids Day.... 28 years since this day was first commemorated... and the countdown continues. Today, we rededicate ourselves to the rapid and total eradication of HIV Aids with the knowledge that we are winning this fight. Good Morning Colleagues. It has been a long war and the casualties are many. There are none among us who has not been touched by Aids. We are wit-

nesses to the pain, the suffering and the losses of families, friends and communities and the many helpless children who have been robbed of parents. Within this dismal picture, the light of hope is shining brighter and brighter, day by day. We will win this battle..... it needs us to soldier on with purpose and determination. From the dark days of denial and leadership ambivalence, South Africa today has the largest number of people on ARV treatment. This is a major feat when one considers the burden of cost on what is a relatively small economy in global terms. The real success in the rollout of ARVs is that by March last year, some 3 million people could suddenly live normal lives again. Families and partners and parents and children and friends and communities all suddenly had new hope. We are win-

ning this battle. In June this year, we rolled out 'She Conquers', a campaign to empower the girl child and women. This 3 year campaign aims to reduce HIV Infections, unwanted pregnancies, school drop-out rates, sexual and gender based violence, unemployment and a shortage of economic opportunities among girls and young women. We know that the 15-24 year old age group among young women contributes over 30% towards new infections. This is frighteningly high, especially since it is 4 times higher than male infections for the same age group. It tells us that the 'Blessers' are actually the devil in disguise and that we must spare no one in teaching our young girls and women to shun these people. To redouble our efforts, just 3 months later, we commenced with the Universal Test and Treat Campaign. Since 1st September 2016 every person who tests positive for HIV will now go on treatment with ARVs. In addition, prostitutes, MSMs, prisoners and LGBTI persons may avail themselves of preventative treatment through test and treat opportunities and pre-exposure prophylaxis. We are winning this war! Colleagues, as we speak here today, there are numerous research initiatives all around the globe that are focused on HIV Aids. The latest is a trial in our country involving 5400 volunteers to confirm the effectiveness, safety and tolerance of the HVTN 702 vaccine. It will take 5 years before the results of this trial are known and it is yet another signal of our determination to eradicate this virus.

We have come a long way. We started with the World Aids Day in 1988 having the theme of communication followed by themes for youth, women, stigma and discrimination, etc. Remember the ABC campaign? Our focus now is on the 90/90/90 campaign targeted for achievement by 2020. The objectives are to have 90% of the population Tested, 90% of those who test positive on Treatment and 90%

of those on treatment to be virologically suppressed.

But all of this is concentrated on treatment. Let us be reminded that South Africa is worst affected by HIV Aids and that we have the highest prevalence of HIV Aids in the world. There is a high level of understanding and awareness of the means of transmission and the methods of prevention, yet the new infections continue. We know, that until and unless we change our behavior, our way of life, we will have to continue fighting this war. The elements of poverty, economic disparity, gender violence and gender inequality, access to care, education and the empowerment of young girls and women must all be addressed side by side with the ongoing initiatives. We each have a role to play in educating the people around us, starting in our own homes with our children and families. Stigma and discrimination are still impediments to the uptake of testing and treatment, factors we can help to alleviate by leading through example.

HIV Aids remains one of the world's most significant public health challenges, especially in low and middle income countries. With the increase in access to ARVs, HIV positive people now live longer and healthier lives. Their virological suppression prevents the onward transmission of HIV.

The objective of 'Getting to Zero and Zero New HIV Infections, Zero Discrimination and Zero AIDS related deaths' looms large in our thrust to rid ourselves of HIV Aids.

As our Minister Dr Aaron Motsoaledi said last week, 'ITS IN OUR HANDS TO END HIV AND TB' Let our determination and togetherness in our fight to the end continue with renewed vigour, this is a war that we will win!

Dr N Singh

Clinical Manager HIV

King Dinuzulu Hospital Complex

ACKNOWLEDGEMENTS



Thami Chizama PRO

Bye 2016, its been a good year ,even though challenges were there but we managed to push the spirit of service delivery in our facility . I would like to wish all staff members a merry Christmas's and happy New year. Sky is the limit .



Ms. Bonisile Nxumala intern PRO

1. The in-service training opportunity"— I have at King Dinuzulu Hospital Complex was a great chance for learning and professional development . Therefore, I consider myself a very lucky individual as I was provided with an opportunity to be a part of it. During my in-service training I have learnt a lot to my mentor Thami Chizama (PRO) and I am also grateful for having a chance to meet so many professionals who led me though this training period.



EastCoastRadio Toy Story



CEO DR. K. NAIDU

MESSAGE FROM THE DESK OF THE CEO

Dear Colleagues

On behalf of management, I extended best wishes to you and your families over the festive period. For those of you that are travelling home or going on holiday please drive safety and obey the rules. For those of you who are going on leave please take this opportunity to enjoy and well deserved rest and return next year rejuvenated. I wish you and your families a happy and healthy new year.

