



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

Richmond Hospital

R.H INDABA

NEWS

STAY INFORMED

APRIL 2016

2016 TB DAY AT RICHMOND

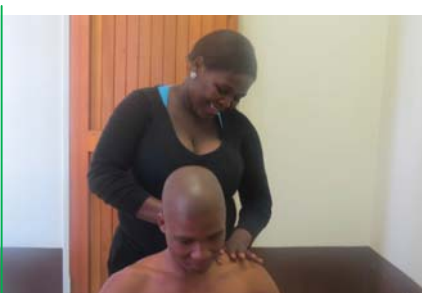
On the 23rd of March 2016 Richmond Hospital held a TB campaign. The institution decided to embark in a campaign this year to encourage people to test for TB and educate them about basic symptoms of TB. The campaign took place at the Richmond Shopping Centre and Indaleni taxi rank. The campaign was a success as we managed to reach out to ±1000 people on the day. The PR office would like to thank all staff that were involved in this life changing campaign. "TB is preventable and curable".



Mr Bongani Ngcobo giving TB pamphlets during TB day



**STI/Condom week
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**Health and wellness day
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**Healthy lifestyle awareness day
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CEO's Key Note address

To the Richees

Our financial year 01-04-2015 to 31-03-2016 has come to an end. It is time to look back and look at our achievements and gaps.

There is commitment and execution of responsibilities by the staff in improvement of the infrastructure, organogram, fleet, patient safety, patient care, love for one another, mutual support and caring. The principle of Humanity (uBuntu) and reciprocity in empathy is pursued.

We have experienced a decline in patient numbers due to the effectiveness of the Community Care Givers (CCG) programme where patients with TB are cared for by their families, supervised and assisted by CCG's. Additionally to this we have learned that patients are now sensitized to home treatment. Some of them actually refuse to be admitted and opt for Home Based Care to be among their loved ones.

An unexpected development with TB Home Based Care has been the poor performance of the CCG programme resulting in defaulting and increase in MDR/XDR. We expect the authorities to review skills, professionalism and commitment required for this very important aspect of healthcare.

Due to our patient low numbers management has proposed to our Head Office that Richmond Hospital be converted to a district hospital with two TB wards. It is an expensive process to change a hospital package of services but we hope that our principals will make a plan which will ultimately relieve Edendale and Northdale as they are overwhelmed by the demand.

We have been updated by KZN Infrastructure Development that the process of renewing our water reticulation system and sewage was put on hold due to shortage of funds. We are appealing again to our principals to refund the project for this year.

Healthy Life Styles among our staff is gaining ground. The happiness and health shown by participants in aerobics, sports, jogging and music has been noticed by other staff members who are now opting to join the programme. Management is also participating with their staff.

Life's lesson quote: "Some people are not loyal to you, they are loyal to their need of you. Once their needs change, so does their loyalty."

Author: Unknown

UP THE RICHEES!

Thank you
CEO



Mr. NP Dladla CEO addressing Hospital staff and its stakeholders.



Ms. N. Mthethwa demonstrating female condom use during outreach.

From the 10th -16th of February 2016 it was STI/Condom week, Richmond hospital joined the National Department of Health by visiting KwaZakhe agricultural college. The purpose of this outreach campaign was to teach and inform the community about STI's and encouraged them to use condoms. The event was held on the 10th of February 2016 at KwaZakhe agricultural college chapel. The college management and their staff supported a great deal in this event, there were more than 50 people who tested for HIV and over 100 people got their blood pressure measured and Sugar levels tested.

The participants were so grateful to receive such information and to be given a chance to know their status as most of them do not get a chance to go to clinics as they are always at work during the day. During this day the following topics were the main points of discussion: STI's, Male and Female condom use, importance of living healthy and Tuberculosis. A big thank you goes out to the Richmond hospital outreach team.



Mr. NP Dladla addressing staff during Healthy lifestyle awareness day event.

On the 19th of February 2016, Richmond hospital held a successful Healthy lifestyle awareness event. At this event over 70 staff members met at Richmond VCT Hall to listen to speakers of the day who were giving healthy lifestyle presentations. This event was planned to educate staff and encourage staff to live a healthy lifestyle. The following topics were discussed on the day:

- 1. Why it is important to live healthy*
- 2. Healthy eating to promote a healthy lifestyle*
- 3. TB/HIV and AIDS*
- 4. STI's and condom use*
- 5. Substance abuse*
- 6. How to prevent back injuries*

The staff members were very appreciative and thank the organisers for such a powerful information sharing event. We hope that information received will be used to help employees to live a healthy lifestyle. NB: Aerobics classes Tue and Thurs @ 15h00



Mr. LS Mlotshwa enjoying a massage during the health & wellness day

On the 13th of April 2016 Richmond Hospital hosted a health and wellness day function, that consisted of GEMS officials and the Optometrist.

Richmond Hospital staff had an opportunity to have their eyes, B P, BMI's, Sugar and cholesterol tested as well as receiving a massages from the GEMS officials who were invited. The purpose of this initiative was to promote a healthy lifestyle and to teach people about the dangers of chronic conditions and how to prevent having high blood pressure. sugar and cholesterol.

The Richmond hospital health and wellness committee would like to thank all those who participated in this event, and we as Richmond Hospital, support healthy living and a disease free environment.

ACKNOWLEDGEMENTS



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