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NEWS

APRIL–JUNE 2023

Information for better health ...

NURSES DAY COMMEMORATION 2023, A SUCCESS FOR ALL INVOLVED

International Nurses Day is marked annually on 12 May. This day also observes the birth of Florence Nightingale, born on 12 May 1820. She is recognised as the Founder of modern nursing. This day is celebrated to honour and recognise the efforts and importance of nurses across the world. It acknowledges the sacrifices and precious contributions that nurses deliver to society by caring for the ill and frail. The theme for 2023 as per the World Health Organisation is "Our Nurses. Our Future".



Nurses from uMgungundlovu District gathered at Greys Hospital to commemorate the International Nurses Day

uMgungundlovu District celebrated this honourable day on 24 May 2023. A large number of Nurses of all categories and levels gathered at Grey’s Tertiary Hospital in Pietermaritzburg to be saluted and reminded that they are the voices of their patients and the community. **More on pages 2,3,4**

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District Employee Health and Wellness launch on the 19 May 2023 targeting the Emergency Medical Services (EMS) & Forensic Pathology Services (FPS). The day started with an informal interaction with staff members, management and mental health team

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Community-based surveillance also known as CBS was launched at Imbalenhle area in Pietermaritzburg encouraging taking services to the community using community surveillance strategies

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“EXPIRIENCED NURSES, PASS YOUR WISDOM TO NEW, YOUNGER NURSES”

The theme for this year’s Nurses’ Day as per the World Health Organisation is “Our Nurses. Our Future”. This means there is no future in the healthcare sector without nurses. They are often the first healthcare staff to interact with patients and sometimes the only health professional a patient will ever see, especially in Primary Health Care and community settings. The provision of care, support, and treatment for the sick, the injured, and the dying is a demanding job that needs patience, care, and positive attitudes, hence Nurses are celebrated.

In South Africa, for the past three years, Nurses and the health sector encountered a pandemic

no one ever saw coming, COVID -19. Besides the pandemic affecting the whole world, the Nurses were affected greatly. The pandemic took many lives of their families, relatives, beloved patients, and of their colleagues and friends. Nurses faced the scary pandemic daily, whether they liked it or not. Mrs C.N Sosibo, Director of Nursing Services for the Provincial Health Department was the guest speaker at the event. She reminded the nurses of how thankful the department was and still is for their selfless contributions. “You are the backbone of the healthcare industry, without your commitment; the industry would collapse and the collapse means

the death of many people”, said Mrs. Sosibo. She called experienced nurses to pass on their knowledge to younger nurses and for the younger nurses to always welcome advice and guidance. Trade Union representatives present at the event also echoed the same sentiments. They reminded the nurses that sometimes work conditions may not fully allow, but they must always remember that their priority is to save lives. Nursing is an essential service that has always been critical in times of crisis. Through crises, nurses are expected to be present at work, be punctual, and continue assisting the ill and injured as they always need care.



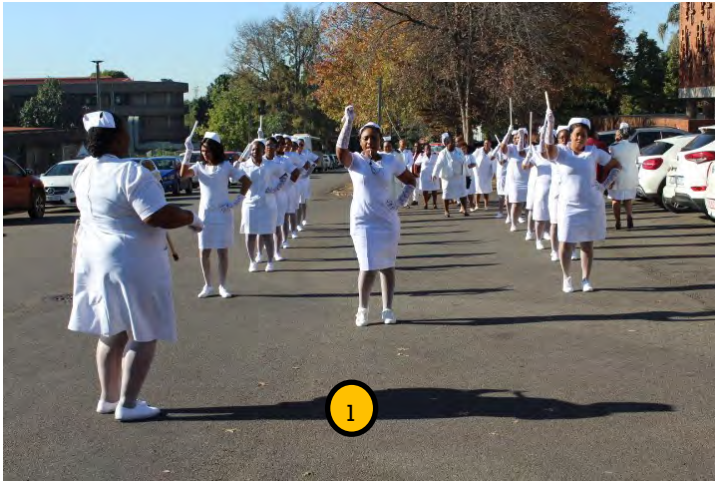
Pic 1: Mrs Msomi, Monitoring & Evaluation Manager for Imbalenhle CHC held the Programme Director position with ease

Pic 2: Dr M.T Zulu, District Director for uMgungundlovu District, a nurse by profession who has held many positions at different levels reminded the nurses to strive for excellence and always improve their knowledge and put customer care first



“IN TIMES OF CRISIS, NURSES ARE ALWAYS AT WORK”

International Nurses day event picture gallery



Pic 1: Drum majorettes made a big, entertaining entrance at the start of the event. They even escorted the management and guests

Pic 2: Special guests of the event included Dr Gumede, Acting Chief Executive Officer for Greys Hospital, Mrs N.C Sosibo, Director for Nursing Services, Dr T.M Zulu, District Director uMgungundlovu District, Mrs N.X Nxaba, Chief Executive Officer Harry Gwala Regional Hospital

Pic 3: Mr Ntombela gave words of wisdom

Pic 4: Mrs N.C Sosibo, Director for Nursing Services, KZN Department of Health was the guest speaker of the day

Pic 5: Senior management team dancing and rejoicing with the crowd



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KWAZULU-NATAL PROVINCE
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**GROWING
KWAZULU-NATAL
TOGETHER**

"IN TIMES OF CRISIS, NURSES ARE ALWAYS AT WORK"

International Nurses day event picture gallery



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2



3



4

Pic 1: DENOSA Trade Union was one of the sponsors of the event

Pic 2: Part of the crowd who attended the event

Pic 3: Nursing students performed a play about the importance of good customer care and the benefits of practicing Batho Pele principles at the workplace

Pic 4: Cakes and presents for attendants and special guests

Pic 5: One of the organizing committee members doing vote of thanks



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AT THE AGE OF 21, SHE CAME BACK AND CELEBRATED HER BIRTHDAY AT THE HOSPITAL WHERE HER MOTHER GAVE BIRTH TO HER, A HIGHLY HIGH-RISK BIRTH

On the 18th of May 2023, the Sewlall family, Mr. Neville Sewlall (father), Miss Esther Sewlall (daughter), and Mrs. Kuvesh Sewlall (mother) together with their extended family and close friends visited Greys Tertiary Hospital's maternity department. They wanted to thank the staff members for the birth of their daughter who is now 21 years old. They brought snacks for hospital staff and mentioned the daughter said she did not want a party for her 21st birthday but wanted to celebrate with those who assist daily with childbirth.

She wanted to celebrate this

milestone with staff members of the hospital's maternity section to remind them that they are still appreciative after all this time. There were complications when the mother went through 25 hours of painful and scary labour when she was giving birth to Esther 21 years ago. Due to the complications, Mrs Sewlall was transferred to Grey's Tertiary Hospital.

With prayer, staff commitment, and hope, both mother and daughter left the hospital alive. Also present at the gathering was the family's Pastor from the United States of America who was also present at the hospital 21 years ago. Back then, he and the family prayed outside the ward for the well-being of the mother and



Pic 1: Mr. Neville Sewlall , father of Esther addressing the audience telling them about the fear they faced 21 years ago and how grateful they are

Pic 2: The beautiful Miss Esther Sewlall with her appreciative parents Mr. Neville Sewlall and Mrs. Kuvesh Sewlall.

Pic 3: Esther with the team of nursing staff from the Greys Tertiary Hospital's maternity department



DISTRICT LAUNCH OF EMPLOYEE HEALTH & WELLNESS PROGRAMME FOR EMERGENCY MEDICAL SERVICES & FORENSIC PATHOLOGY SERVICES TEAMS

On 19 May 2023, the KwaZulu Natal Department of Health visited the uMgungundlovu District to launch a programme targeting Emergency Medical Services (EMS) & Forensic Pathology Services (FPS) components. The aim was to encourage employees' well-being. The program is a collection of initiatives within the department to promote healthy lifestyles among employees, and in some cases, spouses and dependents of the employees.

On the day of the launch, held

at Greys Tertiary Hospital, staff members from both components were in attendance. At the event, the day was full of fun; filled with entertaining activities and games that inspired teamwork. The department focused on both components because EMS and FPS attend to traumatic situations daily. Both are usually the first to arrive at terrible, accident scenes. These employees require assistance and support to get through these distressing experiences. For this reason, the department is encouraging them to love and take care of their health and well

-being through this programme.

Dr. N.E Dlamini, Director of Employee Health and Wellness at the provincial office emphasised that the program does not only focus on health-related issues but also financial literacy and wellness to help heavily indebted employees. "We are here to help employees reach good decisions that will assist them to improve their lives," said Dr Dlamini.

Effective wellness programs address and promote holistic dimensions of well-being. EMS & FPS components are full of males. They were informed to seek help and cry when they need assistance.

Dr. Dlamini said, "Talk to reduce or avoid stress and depression". "Counseling helps to get someone else to help you". "Don't be afraid to seek mental health assistance, this does not mean you are weak but it means you prioritise your health and that of those who are around you", concluded Dr. Dlamini



Rev. Shangase from the Staff Wellness Component at Provincial Office addressing the audience

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KWAZULU-NATAL PROVINCE
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KwaZulu-Natal Department of Health

KZN Department of Health

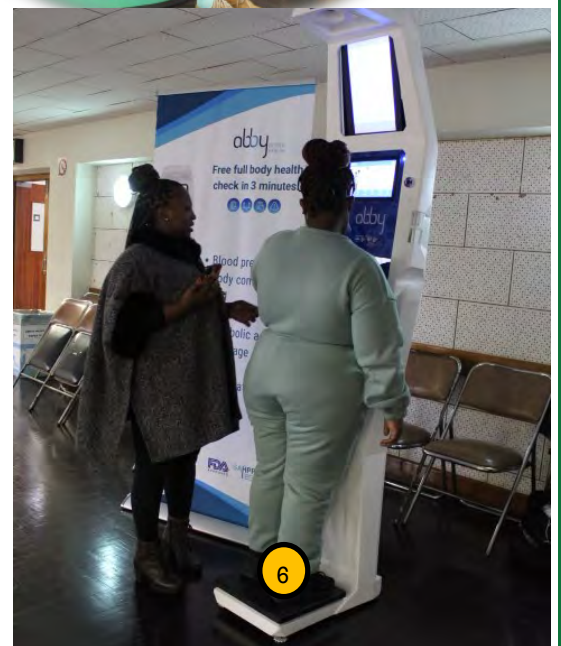
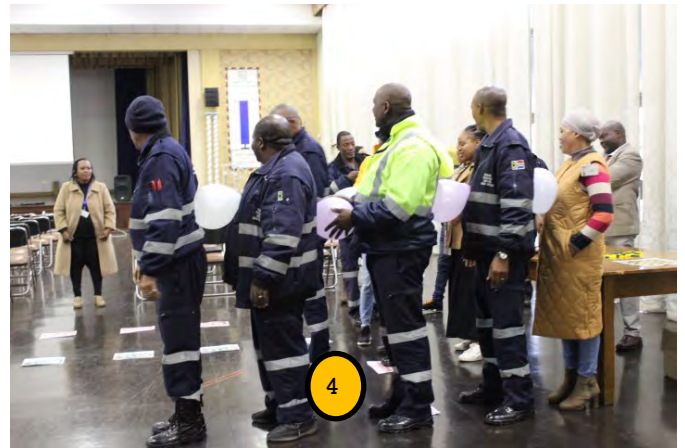


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EMPLOYEE HEALTH & WELLNESS PROGRAMME FOR EMS & FPS PICTURE GALLERY



Pic 1-4: variety of games were enjoyed by the management teams and staff members from both EMS & FPS

Pic 5: Dr. N.E Dlamini, Director of Employee Health and Wellness at the Provincial Office

Pic 6: At the launch there was a full body scanning machine which had the capacity to check heart health, body fat, cholesterol levels and more



COMMUNITY BASED SURVEILLANCE PROJECT TO ASSIST WITH EARLY DETECTION OF DISEASE AND OUTBREAKS

In April 2023, uMgungundlovu District began a pilot project named Community- based surveillance . The project is piloted by the department of health in partnership with World Health Organisation (WHO). Community-based surveillance also known as CBS is the systematic detection and reporting of events of public health significance within a community, by community surveillers. In the case of this pilot, the community health workers (CHWs) visit different households to work with families in detecting illnesses that may be problematic and somehow overlooked. They visit these households with a monitoring tool so they do not leave any significant information out. Umgungundlovu chose an area in imbalenhle township under umsunduzi municipality.

If well implemented and well-accepted by communities this programme supports initiatives and programmes like polio & measles eradication, maternal and child health integrated programme, and early warning

and response to public health emergencies among others. CHWs and other health workers with instructions on how to recognise certain diseases or health conditions are working hard as contact persons in the community for the purpose of detecting and reporting suspected cases to the nearest health facility. The field workers also have roles in supporting health workers during case or outbreak investigation, and contact tracing. Health education, stakeholder engagements and coordination of community participation is of utmost importance. More programmes like these should be

supported by all community stakeholders as they help in the immediate attendance of disease outbreaks at community level.

South Africa may not experience public health disease outbreaks like some of its fellow African Countries but this programme is not far-fetched. South Africa has recently experienced cholera, measles and covid-19 diseases outbreaks. With much cross-boarder travelling, its now easier to transfer these communicable diseases without knowing.



A community Care Giver at one of the residences in the area introducing the programme

WORLD HAND HYGIENE DAY - SAVE LIVES, CLEAN YOUR HANDS

5 May 2023 is World Hand Hygiene Day. The spread of Covid-19 reminded the whole world about the importance of hand hygiene. During World Hand Hygiene Day people were reminded about the importance of washing their hands properly. This is necessary and vital to help prevent and control the spread of many illnesses. Hand hygiene will reduce the risk of illnesses like flu, food poisoning, and healthcare-associated infections being passed from person to person.



Below, Let us remind one another about hand hygiene:

How Germs Spread?

Washing hands can help to prevent the spread of respiratory and diarrheal infections. Germs can spread from person to person or from surface to person

when you:

- Touch your eyes, nose, and mouth with unwashed hands
- Prepare or eat food and drinks with unwashed hands
- Touch surfaces or objects that have germs on them
- Blow your nose, cough, or sneeze into your hands and then touch other people's hands or common objects

Key Times to Wash Hands

You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

- Before, during, and after preparing food
- Before and after eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal,

- animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

If soap and water are not readily available, use a hand sanitizer with at least 60-70% alcohol to clean your hands.

Recently South Africa experienced an outbreak of Cholera. Cases were reported across five provinces with Gauteng and Free State provinces in the lead. Cholera transmission is closely linked to inadequate access to clean water and sanitation facilities. This is a bacterial disease causing severe diarrhea and dehydration, usually spread in water.

Consumption of clean water and regular washing of hands according to the above guidelines help drastically in the fight against cholera.

A combination of surveillance, water, sanitation and hygiene, social mobilisation, treatment, and oral cholera vaccines are used to combat the deadly disease.

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SAVE A LIFE, DONATE BLOOD

Your donated blood saves lives. According to the health calendar, July is a month to encourage blood donation. Citizens throughout South Africa are informed and educated about the importance of donating blood and how donated blood saves the lives of recipients. The South African National Blood Services (SANBS) website mentions that less than 1% of South Africans are active blood donors. This number is low for a country with a high rate of unnatural injuries like car accidents, stab and gun-shot wounds. A unit of blood only lasts 42 days after donation, for this reason, blood donors need to donate regularly. Donors can give blood as often as every eight weeks.

The SANBS website mentions that every unit of blood can save a minimum of three lives. SANBS aims to collect 3000 units of blood per day to ensure a safe and sufficient blood supply in the health care system.

All health care workers are encouraged to be regular donors of blood. The health care industry have daily experiences and positive stories on how donated blood can save lives. The public is also encouraged to donate blood in numbers.

There are many SANBS blood donation centres open to the public. To find a location nearest to you, visit their website (sanbs.org.za) Or you may host a [blood drive](#) at your offices or area of employment for the convenience of all staff members.



Contact toll free SANBS to become a blood donor on 0800 119 031

ACKNOWLEDGEMENTS

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