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ADDINGTON HOSPITAL

ADDINGTONIC

NEWS

Sept 2022 Edition



Heritage day commemorated the 24th of September recognizes and celebrates the cultural wealth of our rainbow nation. South Africans mark the day by honoring the heritage of the various cultures that make up the population of South Africa. Addington, Gateway clinic and Beatrice clinic celebrated

the event on the 23rd of September, with staff members dressing up in their colourful traditional attire and enjoying the camaraderie within different departments.

Understanding and sharing our heritage plays an important role in promoting

social cohesion, reconciliation and tranquility in the work place.

This year's theme was "Heritage and Climate" - to promote conservation research and employ sustainable strategies to protect heritage sites."

01

HERITAGE DAY 2022



Staff at Beatrice Street clinic did not miss this opportunity to embrace cultural diversity on the 23rd of September 2022.

In 2005 there was a campaign spearheaded by Jan braai, to rebrand heritage Day to Braai Day. The main aim was to encourage South Africans to celebrate a shared culture, the love of braaing, rather than focusing on cultural divisions. After hours, once the patients were all seen, Beatrice St clinic staff ended the day with a truly south African Braai.

ADDINGTON GATEWAY CLINIC ALSO CELEBRATED THE DAY IN STYLE SHOWCASING DIFFERENT TRADITIONAL ATTIRE ON THE 23 SEPTEMBER 2022.



02



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HERITAGE DAY FESTIVITIES



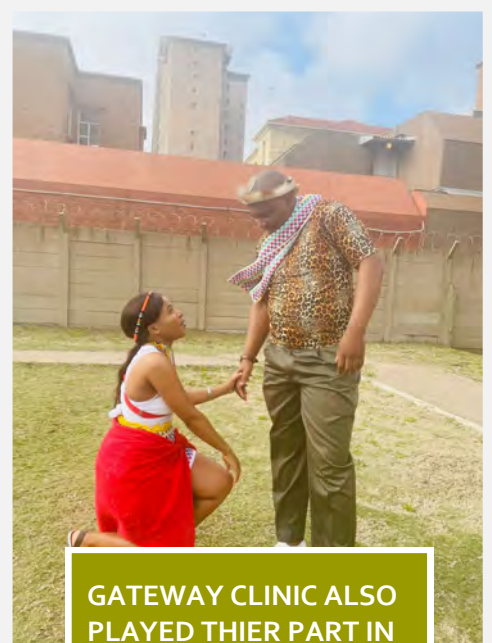
Heritage day



Ward 13 A celebrating heritage day in style.



CHOPD ENJOYING DIVERSITY IN THE WORKPLACE.



GATEWAY CLINIC ALSO PLAYED THEIR PART IN CELEBRATION OF HERITAGE.



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Night Staff embracing the celebrations



05



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NATIONAL WOMEN'S DAY



National Women's Day is celebrated on the 9th of August in South Africa. The day is a tribute to the brave Women who fought for Equality. It is an opportunity to celebrate the social, economic, cultural, and political achievements of the women in South Africa. It is also an occasion to draw attention to significant issues South

African women still face, such as abuse, domestic violence, sexual harassment, unequal pay, and unequal education opportunities for schooling girls.

Addington Hospital marked the occasion on the 4th of August 2022, and what an awesome day this turned out to be !

The Social Work Department hosted the women's day celebrations and arranged fun activities including raffles and lucky draws.

Our female Managers were given a token of appreciation to show our gratitude for their selfless hard work throughout the year.

Dr Ndlangisa (CEO) addressed all women at the event and voiced appreciation for all their hard work. This was most definitely a memorable day for all.



GIFT BAGS FOR THE WOMEN IN LEADERSHIP

06



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NATIONAL WOMEN'S DAY



Dr Ndlangisa addressing those that attended the event

Women are the Heart of the Nation



Dr Green handing over the Gift Bags to the lovely ladies

The day was filled with laughter and good cheer



Make up stall , staff waiting patiently for their turn.



Manicure stall manned by social work interns

The ladies being treated to pampering sessions.



NURSES DAY OF PRAYER



The International Council of Nurses (ICN) announced the new theme for International Nurses Day 2022: **Nurses: A Voice to Lead – Invest in nursing and respect rights to secure global health.** The theme focuses on the need to protect, support and invest in the nursing profession, in order to strengthen health systems around the world.

Addington Hospital celebrated International Nurses day on the 12th of May

2022. Nursing staff recited the nurses pledge, led by Matron Ndhlovu. They held lamps in honor of Florence Nightingale because of her selfless duty during her lifetime. Dr Green also shared words of overwhelming gratitude to all Nurses, as he said “Nurses have remained resilient, you are teachers, you motivate junior and senior Doctors to go on , you have fought and stood strong during the pandemic and recent floods.”



07



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PATIENT SAFETY WEEK



**PHARMACY STAFF
(ABOVE)**

Patient Safety Awareness Week is an annual event intended to encourage everyone to learn more about health care safety. This year the theme was : “*Medication Without Harm*”.

During this week, the Addington pharmacy staff displayed posters and took time to educate patients on medication safety, and inspired action to improve the safety within the health care system — for both patients and the workforce.



SR MARONEY (ACTING QA) DURING PATIENT SAFETY AWARENESS WEEK.

08



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WORLD OBESITY DAY



The 4th March marks world obesity day.

WHAT IS OBESITY?

Obesity is **defined by the World Health Organisation** as 'abnormal or excessive fat accumulation that presents a risk to health'. It is most commonly measured by BMI, though there are other methods such as waist and height ratios that when taken with BMI, can be more accurate.

Obesity is a disease. It is caused by a variety of factors, including biology, mental health, genetic risk, environment, healthcare access, and access to ultra-processed food. It is not due to lack of willpower. People living with obesity are at a **greater risk** of other chronic diseases such as diabetes, cardiovascular disease and certain cancers. Obesity is also a risk factor for complications of Covid-19.

Quick tips for a healthier lifestyle

- ◆ Make healthier food choices by choosing less refined and processed foods and more unrefined whole foods.
- ◆ Include more fruit and vegetables every day. Aim for 5 portions a day
- ◆ Non starchy vegetables should fill half your plate; starchy food should fill a quarter of a plate and protein food the other quarter.
- ◆ Eat less take away and convenience foods.
- ◆ Reduce your intake of sugar and foods high in sugar.
- ◆ Drink more water and cut out juices and cold drinks as they contain high amounts of sugar. Aim for 1.5 – 2 litres of water a day.
- ◆ Reduce your fat intake.
- ◆ Take care of your mental health. We need to be more aware of taking care of every aspect of our health and when we address our mental health needs often other aspects of our health will thrive as well.
- ◆ Be aware of your social media consumption. Social media is wonderful for many things but be aware of how much social media you are taking in and how it affecting your mental health, self-esteem and body image.



ARTICLE BY DIETETICS TEAM

09



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WORLD CANCER DAY 2022

Addington Hospital Oncology Department together with MLCC (Multinational lung cancer control programme) and Breast health foundation commemorate world cancer day on the 4th of February 2022.



The main purpose of this awareness was to make people aware of different

kinds of cancer, to educate the people about their daily habits leading to cancer, educating the public and staff on how to recognise early symptoms of various kinds of cancer.



Dr S Madlabane a team leader at MLCCP said “the main message is to alert people to stop smoking and to avoid secondary smoking”.

She added that they work mainly in the community providing screening and mobile x-rays to make it easy for the communities and refer

those patients who meets criteria to Addington Hospital.

Miss Thabisile Gasa from breast health foundation emphasized on the importance of early screening to avoid the spread and more complications.

Distribution of different flyers to patients and employees visiting the stall was a big success. Sr Daghish who is Operation manager at Oncology Department appreciated the partners and everyone who made the event a success.



10



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NATIONAL PREGNANCY AWARENESS WEEK

Pregnancy Awareness Week was observed from 12 to 16 February 2022. The primary purpose of Pregnancy Awareness Week is to reduce the number of deaths or complications from pregnancy, for both the mother and the baby. The event focuses on strengthening health education during pregnancy and highlighting important issues that promote a healthy pregnancy and safe motherhood.

Pregnant women should start attending antenatal care as soon as they confirm they are pregnant i.e. within the first trimester.



Addington Hospital Antenatal clinic hosted

National Pregnancy Awareness week from the 10th to 16th of February 2022. Each day of that week there were activities during which staff gave out gifts to our pregnant mothers, while educating them about precautions while pregnant. The department of Dietetics also produced a booklet

about healthy eating while pregnant . This was an exciting week for the pregnant ladies attending Addington Hospital.

There were question and answer sessions and the patient, pictured on the left won a beautiful, massive hamper with baby clothes and an assortment baby products.



SUBSTANCE ABUSE AWARENESS



Substance abuse is a scourge which is destroying society. Sadly, South Africa has showed an increase in substance abuse over the past few years, largely due to the socio-economic status of most of the population. Some factors contributing to the burden of substance abuse in South Africa include poverty, unemployment, lack of recreational facilities, being surrounded by substance abusers, peer pressure and long work shifts.

By educating and creating awareness within the community, and by training and empowering healthcare workers we can contribute towards ridding society of this plague.

Addington Hospital Social Work Department held an awareness program on the 23rd of June 2022. The theme of the day was red to symbolize drug prevention and the staff and Social Work interns marked the day with bright red t-shirts. The program was well received by staff, patients and visitors to the hospital. As a token of appreciation, gift hampers were given to staff and patients who participated in the program.

HUMAN TRAFFICKING

Human trafficking is a crime in which force, fraud or coercion is used to compel a person to perform labour, services or commercial sex. Traffickers trade in people and exploit the victims for a profit. People of all genders, ages, race groups and backgrounds can become victims of human trafficking. This is now a global pandemic which reaches almost every region of the world, including South Africa. Traffickers use violence, fraudulent employment agencies and fake promises of education and job opportunities to trick, coerce and deceive their victims.



An awareness was held, at Addington Hospital on the 30th of June 2022. Informative pamphlets were provided to staff and patients to raise awareness of this heinous crime.

12



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BREAST FEEDING WEEK



On the 3rd of August 2022, Gateway clinic hosted breastmilk awareness campaign which started with a march and health education. They also hosted a question and answer session where the audience received gifts after answering questions correctly.



DR JAUZA GOING THE EXTRA MILE FOR A PAEDIATRIC PATIENT IN A&E



DOCTORS AT THE GYNAECOLOGY OUTPATIENTS DEPARTMENT (GOPD)



SUNFLOWER DAY

The Social Work Department celebrated this special occasion to remind and encourage staff that they should be beacons of inspiration to patients and create a healing and loving environment for them. It was also an opportunity to remind patients never to give up Hope, regardless of what illness or ailments they were suffering from. Below are pictures of some of the staff that participated in promoting the spirit of hopefulness, on the day.



CHILD PROTECTION WEEK



Ward 13 A



CHOPD— CHILD PROTECTION WEEK ON THE 1ST OF JUNE 2022

Child protection week took place from the 29th May – 5th June 2022. It is about the safeguarding of children from violence, exploitation, abuse and neglect. Article 19 in the UN Convention on the Rights of the Child provides for the protection of children in and out of the home. One of the ways to ensure this is by giving them quality education so that they can develop and thrive. It was also the ideal opportunity to raise awareness about Children's Rights in South Africa.

The dietetic interns from UKZN and social workers conducted talks at CHOPD and Ward 13A (Children's Ward) on the 1st and 3rd June 2022 during child protection week. They educated the caregivers on growth monitoring and promotion with the use of the Road to Health Booklet as their tool. The topics covered included:

1. Danger signs to look out for in a sick child
2. Growth charts and the importance of regular clinic visits
3. Nutrition education through the various stages of infancy and childhood.

The focus on the Importance of Immunization and the other educational programs set out by CHOPD, Social work department and Ward 13A, were all well received by both the staff at ADH and the caregivers and their children.



GO TURQUOISE FOR THE ELDERLY



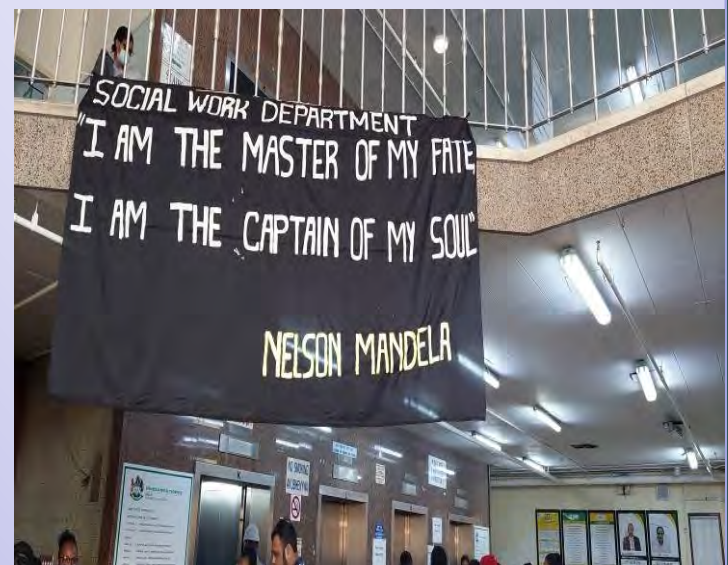
This special day was commemorated on the 14th June 2022. The elderly are our pillars of society and should be treated with respect and dignity. Unfortunately this is not the case and some of them are mistreated and abused by their families and their communities.

Our Constitution protects the rights of everyone, especially the vulnerable, and this includes the elderly. In South Africa, 8.1% of the population is older than 60 years. All of us deserve to be respected, to feel dignified and safe where we live.



MANDELA DAY

On the 18th July 2022, the Social Work Department celebrated Mandela Day. In the true spirit of giving and sharing, loaves of bread and packets of soup were provided to patients. The gesture was really appreciated by the patients that attended the event.



16



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PICTURE GALLERY / IXOXWA NGEZITHOMBE



DIETETICS TEAM EDUCATING PATIENTS AT MOPD DURING HYPERTENSION WEEK 2022.



ANC TEAM CELEBRATING BREASTFEEDING WEEK



MANAGEMENT WALKABOUT— CEO, DR NDLANGISA ADDRESSING THE TEAM DURING A MANCO WALK ABOUT AROUND THE HOSPITAL.

ACKNOWLEDGEMENTS

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Should you wish to contact Addington Hospital for enquiries , Complaints , Compliments and suggestion do not hesitate to contact Public Relations Office on 031 3272968 and email : zimhlophe.jali@kznhealth.gov.za

18



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