



**health**

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

**ADDINGTON HOSPITAL**

**ADDINGTON**

**NEWS**

**STAY INFORMED**

**JULY TO NOVEMBER 2020**

**BREAST CANCER AWARENESS**



**Oncology ward and Al Ansaar Foundation during the event**



**SPIRITUAL SUPPORT SESSION**



**WORLD HAND WASHING WEEK  
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[www.cdc.gov/HandHygiene](http://www.cdc.gov/HandHygiene)

# BREAST CANCER AWARENESS



**B**reast cancer is a malignant tumour that begins in the cells of the breast. This disease occurs mainly in women, but men can also get it. Three different units at Addington Hospital commemorated breast cancer awareness in the month of October. This event took place on the 22nd and 26th of October 2020. The Breast Clinic, the Oncology Ward and Clinic together with the Social Work Department, emphasized on the importance of education. Patients and staff members were educated on breast self examination, the signs and symptoms of breast cancer, risk factors that cause cancer as well as good lifestyle choices.

The Breast Health Foundation patient navigator, Thabisile Gasa who is also a breast cancer survivor stated that the foundation specializes in educating patients about the importance of breast self examination. Members of the foundation visit different health facilities and communities preaching

Stalls were set up in the main foyer and flyers were handed out to people visiting the stalls during the education sessions. There were different flyers e.g. 'Myths and facts for breast lumps', 'Tips to reduce your risk of cancer' and 'All you wanted to know about breast cancer'.

The highlight of the event was the Community Radio Al Ansaar Foundation handing our patients in the oncology ward and outpatients with massive hampers filled with goodies. They also offered Addington Hospital an opportunity to publicize our services through their breakfast show lead by senior outreach producer and presenter ~~Mr. Nichal Sarawan. Sr Seur who is currently acting as the operations manager~~ in the Oncology ward was also interviewed live on air about breast cancer awareness.

Our patients appreciated the visit and felt loved in their time of need. The day ended on a high note when our patients received their gifts.

# COMMEMORATING BREAST CANCER AWARENESS



Sr. Mkhandlwana handing a gift to a patient



Breast clinic staff



Display in the main foyer



Sr Zuma educating Patients in SOPD



Patients receiving gifts from the Al Ansaar Foundation



Oncology Display to educate patients and staff—Main Foyer

# SPIRITUAL SUPPORT SESSION



“South Africa is a wounded country that has never been rehabilitated, but God has a plan,” said Prophet Benjamin Khutsoane.

He added that the Health sector needs a moment to reconnect feelings of hope, hence the spiritual support visit hosted by Rev Shangase on the 29th of September 2020.

Dr Ndlangisa, Addington Hospital Chief Executive Officer acknowledged the pastors and the people of South Africa who were praying for the Health Sector during this pandemic. He also stressed to staff that patients are trusting us with their lives although they do not even know us. “I salute Health Care workers, they are going to benefit from this visit which is food to the soul” said Dr Ndlangisa who appreciated the spiritual support visit and stated that while it was the first of its kind but should not be the last.

Matron Ndhlovu also showed her appreciation to the nursing staff for being in the forefront of this pandemic. She shared the COVID-19 status update and thanked God for sustaining us thus far. She explained that, at the time, Addington Hospital lost only 1 staff member due to COVID-19. However to lose one person is like losing a million because that person is important to his/her loved ones. She also indicated that there are still many people recovering from the virus.

Different prayer items were conducted including a prayer for management, a prayer for staff that were affected and a thanks-giving prayer.

Dr Aron extended her heartfelt gratitude to Rev Shangase and all religious leaders that had taken their time to arrange and attend the crucial event on that day. She thanked them for spiritually enriching and supporting staff at a time when we ourselves are at our most vulnerable, at a time when we are dealing with the sickness and the loss not only of our patients but also of our own friends, families and colleagues. Dr Aron further thanked all the staff that attended the prayer session despite being busy in the wards and departments. She added that it was important to appreciate that we ourselves need to remain strong in order to continue to care for others.



# GLOBAL HAND WASHING DAY



Sr. Sthembile Gumede, Infection Prevention and Control Manager demonstrating hand washing in the main foyer of the hospital

**E**ducation session on hand washing took place on the 15th of October 2020 in the main foyer. Sr. Gumede, the Infection Prevention and Control Manager, stated that infection control starts with standard precautions which are the evidence based practices recommended by the World Health Organization. The two basic goals of infection control are to protect the patient and health care personnel from infections.

She shared some quick facts i.e. there are many different micro-organisms inside and outside the healthcare settings, these micro-organism spread in many different ways. To stop micro-organism from infecting people health care professionals, patients and families need to work together to stay healthy. She added that it takes a chain reaction of events for infection to spread to others. The way to stop micro-organism from spreading is by interrupting the chain.

The theme for Infection Prevention and Control Week for 2020 is:

***'BREAKING THE CHAIN OF INFECTIONS'***

The aim of National Infection Prevention and Control week 2020 is to: Highlight and understand the Infection Prevention and Control (IPC) practices and the importance in maintaining a safe environment for everyone by reducing the risk of the potential spread of disease. The role of infection control is to prevent and reduce the risk for hospital associated infections.



The good news is that patients and visitors can take a step to prevent infections by simply knowing the basics of infection prevention. IPC has always been an important part of public health & safety. As the global fight against COVID-19 communities are reminded to wash hands.

# HUMAN RESOURCES WORKSHOP



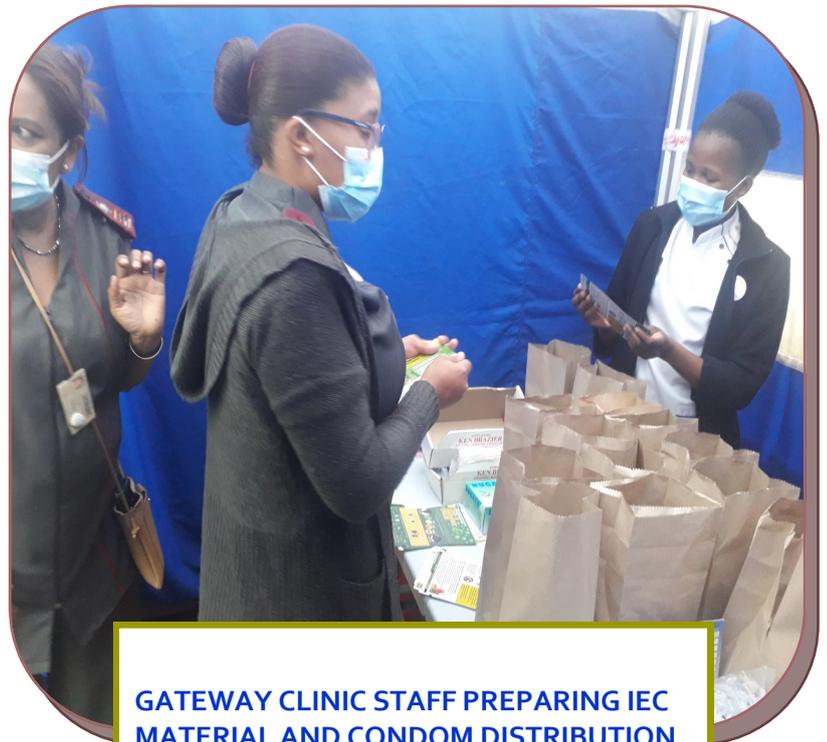
Addington Hospital Human Resources Department led by Mrs Mafunda during the workshop.

**R**ecruitment Workshop for Human Resources Department staff was hosted at Nurses Lecture Theatre on the 24th of July 2020. Mrs Mafunda, HR Manager, in her welcome speech stated “ We have to embrace each other to be able to work together, change is painful but it must be embraced so that we see it in a positive light.” She added that the principle of respecting each other and trusting each other is the way to go. Mrs Mafunda encouraged staff to perform at their best . The three main functions of the Human Resources Department was briefly explained to staff.

Mrs. Mary Strachan, the recruitment officer in HR also educated the HR staff on recruitment processes from a massive booklet that she has compiled. She shared with everyone her love of recruitment as she wanted to ensure that HR staff is well informed about recruitment processes.

# PINK DRIVE CAMPAIGN

**S**ocial development together with Department of Health, SASSA and Home affairs worked together during the Pink Drive Campaign which took place at the AddingtonGateway Clinic from the 21-24 September 2020. The services that were offered were breast cancer examination, mammograms, testing for breast cancer and cervical cancer. Other services that were provided were family planning, pregnancy testing, baby immunization, PSA Prostate examination and testing. Mrs. Book, the Events coordinator for the Pink Drive informed us that they bring services to the people. She also stated that the main goal is to reach deep rural areas where elderly persons are unable to go to the Hospital and where people cannot afford bus fare and to assist hospitals to address the backlog of mammograms. The event was well attended by the community members, and patients from Beatrice Clinic, also benefited



**GATEWAY CLINIC STAFF PREPARING IEC MATERIAL AND CONDOM DISTRIBUTION DURING THE EVENT.**

## South Beach Taxi Association honoring Addington Hospital Nurses



Mrs Ndhlovu Deputy Nurse Manager (Acting) receives gifts (Mugs) for Addington Nurses from Santaco.



Nurses during the hand over of mugs donated by South Beach Taxi Association on the 4th of August 2020. Dr Ndlangisa (CEO) appreciated the and love support for the staff, depicted by the South Beach Taxi Association.

## COMMEMORATION OF CHILDRENS WEEK



Addington Hospital Paediatrics unit hosted an Infection Control and Child Health Programme on the 17th of September 2020 in ward 13A. Different nurses from the ward educated mothers and children about safety measures to protect the well-being of children, demonstration on the use of a facemask and prevention of spread of disease.

## MEET OUR EMPLOYEE ASSISTANCE PRACTITIONER (INTERN)



I am Mrs Gugulethu Manyathi and I reside in Durban at Chesterville. I attended my Primary school years at St Theresa's School in Sydenham and my years of high school at Ridge Park College in Overport. However I completed my matric at Sparks Estate Secondary School. I completed my Bachelor of Social Work degree at UNISA in 2017 and practiced at Phoenix Community Health Centre.

I also did voluntary work and joined an organization called Meals On Wheels at Chesterville as a qualified social worker to pursue my career and advance myself.

Being empathetic, optimistic and self-motivated has enabled me to work with diverse individuals. This has also assisted me in developing good communication skills and thinking outside the box in order to meet any unique and unexpected needs. I joined Addington Hospital in June 2020 as an EAP (intern) for two years and I feel privileged to assist employees of Addington in providing confidential, professional consultations and referral services to address personal and work concerns. The service can be telephonic or face to face psycho-social counselling. The counselling process enables the employee to explore issues and problems safely and is aimed at equipping them to address these issues functionally.

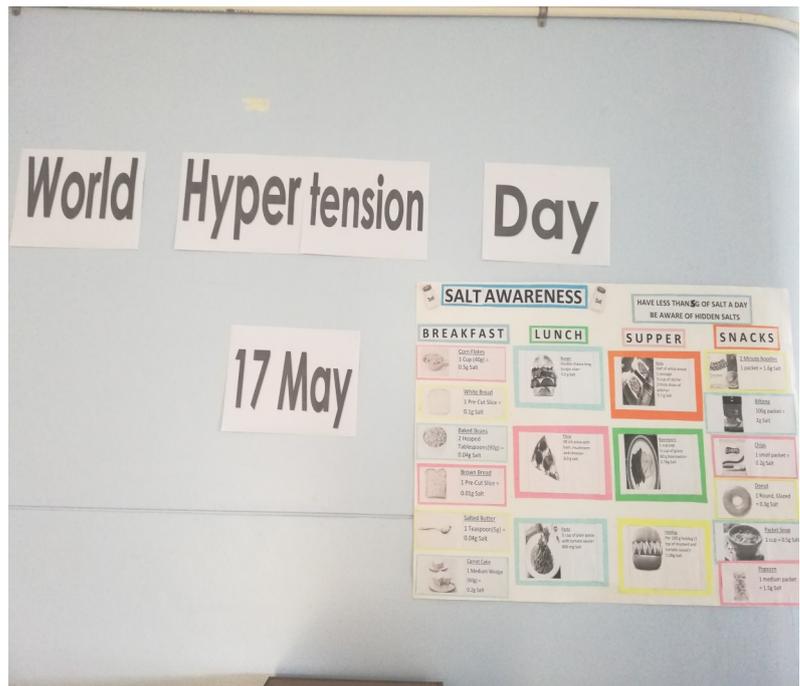
Referrals to employee wellness programme can be formal or informal and attendance by staff is not mandatory. An employee may arrange an appointment for him/herself informally or be formally referred by the supervisor. Line Managers must be informed timeously of appointment times. Line Managers may also refer an employee to the employee assistance programme using the formal referral form which is obtainable on the Employee wellness webpage.

# HYPERTENSION AWARENESS DAY

**D**ietetics Department commemorated world Hypertension day on the 17th of May 2020 by displaying and distributing valuable information on awareness of hypertension. The Dietitians shared the following points to educate patients on hypertension:

- Persistently high blood pressure greater than 120/80
- Lifestyle modification is the first step in improving Blood pressure.
- Medications are normally given for blood pressure's over 140/90
- High blood pressure increases your risk of cardiovascular disease
- Persistently high, uncontrolled blood pressure increases the chance of organ damage, stroke, chronic kidney disease and retinopathy
- Hypertension is the number 1 contributing factor for global death
- Only half of people with high blood pressure know they have it- this is why it is known as the silent killer
- In South Africa more than 1 in 3 adults live with high blood pressure and it is responsible for 1 in every 2 strokes and 2 out of every 5 heart attacks.

Some of the lifestyle risk factors shared by Dietitians were poor diet, smoking, lack of exercise, stress, obesity and excessive alcohol intake.



Dietary guidelines for Hypertension are the use of less salt when cooking and adding less or no salt at the table, cut down on product high in salt such as aromats, stock cubes, soups and sauces, processed meats, pickled and smoked foods. Rather use herbs, spices, garlic, lemon and ginger to flavor your food.

Recommended fruits & vegetables are those that are low in fat and high in fibre and anti-oxidants. Try to include at least 5 portions of different coloured fruit & vegetables a day.



*Article by Dietetics team*

## SOME INITIATIVES UNDERTAKEN BY THE DIETICIANS AT ADDINGTON HOSPITAL

**Mother Baby Friendly Hospital Initiative (MBFI):** To provide support to the MBFI coordinator & to assist in the training of hospital staff for MBFI.

Conducting quarterly self –appraisal assessments for MBFI in various wards & departments.

**Integrated Management of Acute Malnutrition (IMAM):**

Quarterly audits of the Severe Acute Malnutrition (SAM) Admissions and SAM deaths.

Assessing, providing supplements and counselling of all SAM, MAM & NAM at risk paediatrics & adults.

**Human Milk Bank:** Conducting quarterly audits to ensure the smooth running of the HMB.

Assess for specials diets, providing supplements and counselling of In-patients such as:

Medical, Surgical, ICU, Paediatrics, NICU, Maternal

Assess for supplementation and Counsel Out-patients from:

Medical, Surgical, Oncology, Ikusasa clinic, Paediatrics (CHOPD).

**Administration & Procurement of Nutrition Supplements/Feeds:**

Collection & Collation of nutrition related statistics.

Procurement & Management of nutrition supplements & feeds.



**Staff Wellness:** ADH staff may be referred from occupational health dept. for counselling for various diets.

**Food Services :** ADH has a dedicated Food Service Dietitian that attends to the special diets needed in the wards.

All queries regarding full ward diets should be addressed with the catering manager.

**Feeder Clinic Support Visits & Nutrition Advisor Training**

Assess for supplementation and Counsel Out-patients from:

Medical, Surgical, Oncology, Ikusasa clinic, Paediatrics (CHOPD).

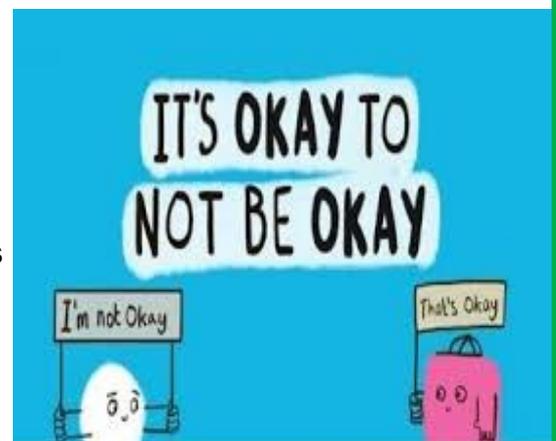
# WORLD MENTAL HEALTH DAY 2020

The commemoration of World Mental Health Day on 10 October is aimed at creating public awareness to make issues related to mental health a global priority. Efforts are also aimed at attracting investment support to improve treatment of mental health conditions. Addington Hospital Social work department emphasized on the importance of taking care of mental health.

Mental disorders comprise a broad range of problems, with different symptoms. However, they are generally characterized by a combination of abnormal thoughts, emotions, behaviour and relationships with others. Making positive change can seem so hard, especially during uncertain times and sometimes, it can be hard to know where to start. Our mental health is just like our physical health: everybody has it and we need to take care of it.

This year's World Mental Health Day, comes at a time when our daily lives have changed considerably as a result of the COVID-19 pandemic. The past months have brought many challenges: for health-care workers, providing care in difficult circumstances, going to work fearful of bringing COVID-19 home with them; for students, adapting to taking classes from home, with little contact with teachers and friends. Vast numbers of people caught in poverty or in fragile humanitarian settings with extremely limited protection from COVID-19; and for people with mental health conditions, many experiencing even greater social isolation than before. This is to say nothing of managing the grief of losing a loved one, sometimes without being able to say goodbye. The psycho-social support team at Addington has developed a "Anti—Stigma" brochure to highlight some of the challenges presented by the Covid-19 pandemic.

Research shows that *how you think about yourself* can have a powerful effect on how you *feel*. When we perceive our self and our life negatively, we can end up viewing experiences in a way that confirms that notion. Instead, practice using words that promote feelings of self-worth and personal power. *Gratitude* has been clearly linked with improved well-being and mental health, as well as *happiness*. The best-researched method to increase feelings of gratitude is to keep a gratitude journal or write a daily gratitude list. Find something to be grateful for, let it fill your heart, and bask in that feeling.



## BREAST MILK EVEN DURING A PANDEMIC



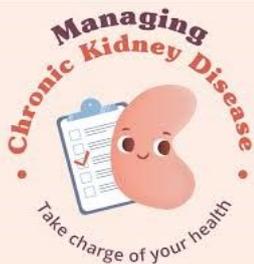
**A**ddington Hospital Dietetics Department shed some light on this critical topic during Breastfeeding week which was held from the 1<sup>st</sup> to 7<sup>th</sup> August 2020. This year's theme is 'Breastfeeding a foundation of life'. The dietetics department held an awareness campaign for that week educating patients and emphasizing that breast feeding, even during a pandemic, is important as it helps in the survival of infants and helps them to thrive.

## KIDNEY DISEASE AWARENESS



The 1<sup>st</sup> - 7<sup>th</sup> September 2020 was Kidney awareness week. Addington Hospital Dietetics Department commemorated Kidney awareness week by sharing information about kidney disease with staff and patients.

About **850 MILLION** people worldwide are now estimated to have kidney diseases due to various causes. **Chronic kidney disease** causes at least 2.4 million deaths per year and is now the 6<sup>th</sup> fastest growing cause of death.



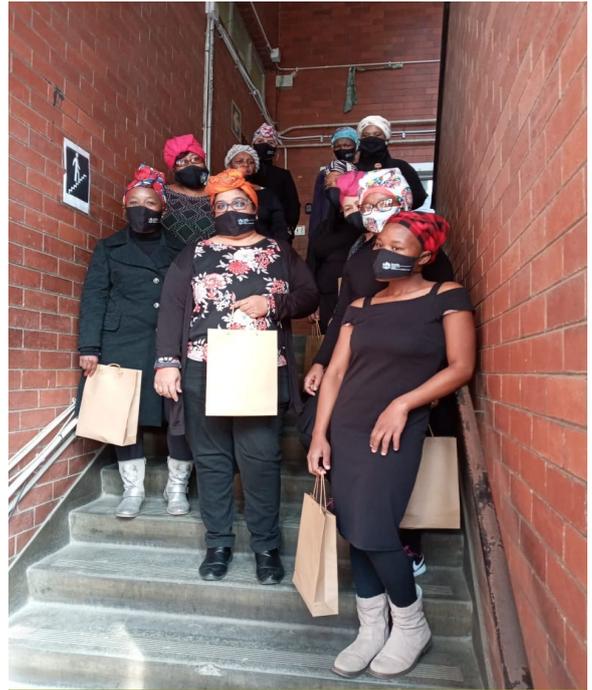
However, there is still hope at the end of the tunnel because chronic kidney disease can be treated. With early diagnosis and treatment, it is possible to slow or stop the progression of kidney disease.



# WOMAN'S DAY IN PICTURES



Clerks at Matron Office celebrating women's day #doekwithstyle.



Ladies from SCM during woman's day with goodie bags donated by Ms. Anita Govender to show them they are special



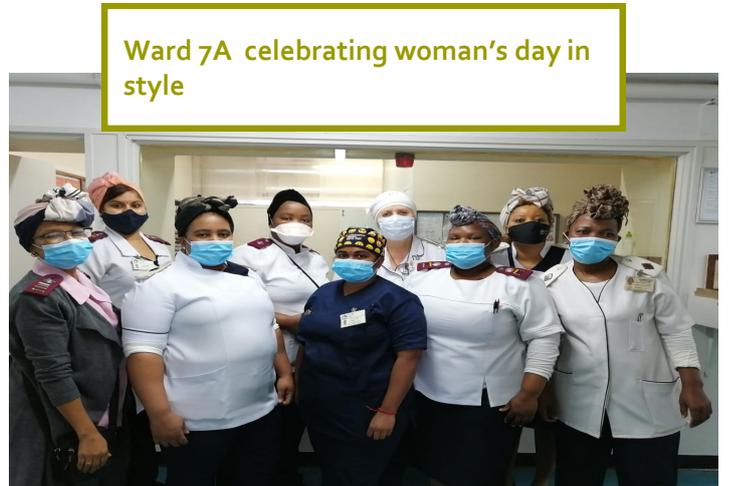
Children's out patient Department celebrating woman's day #womancaringforchildren.



HR ladies at it .... Woman's day celebration



X-ray Department looking stunning.



Ward 7A celebrating woman's day in style

## PATIENT EXPERIENCE OF CARE 2020



On the 17th of September a Patient Experience of Care Survey was conducted. 550 outpatients and 40 in-patients were surveyed. As a facility we are not yet where we want to be but there is some improvement when we compare the 2019/2020 and 2020/21 results.

"I would like to thank all the colleagues who assisted with the Survey. They were from the following Depts.: Room21/ICU/OPBA/OPDB/Casualty/Matron's office. *Ningadinwa nangomuso!*" said Mrs. Bhekiswayo (Quality Assurance Manager)

## ADDINGTON BIDS FAREWELL TO MRS. MARY STRACHEN AFTER A LONG, DEDICATED SERVICE



Mrs. Mafunda (HR Manager), Mrs. Strachan and Dr. Ndlangisa (CEO) during farewell function for Mrs. Mary Strachan.

# EZEMIDLALO # WORK AND PLAY



**A**ddington Hospital won trophies for, both, netball and soccer during mini tournament hosted by the Addington Employee Wellness Programme. This was to promote the spirit of Healthy lifestyle in the workplace. The motive of the mini tournament was to assist employees to perform better at work and balance their healthy lifestyle

## MANAGEMENT PROUDLY RECEIVES TROPHIES WON IN THE MINI TOURNAMENT :

Since the start of the pandemic the work conditions has heavily impacted the psychological and physical ability, of staff, to cope under stress. Being winners for the 2020 mini tournament against five institutions have boosted their confidence and morale. This tournament took place on the 23rd of October 2020 at Hoy park sport ground. All teams from the five facilities were excited and played harmoniously together. Our appreciation goes to Metropolitan who sponsored us with 2 massive trophies for the netball and soccer winners as well as 40 medals that was given to finalists.



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