



**health**

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

# ADDINGTON HOSPITAL

# ADDINGTONIC

# NEWS

## STAY INFORMED

JAN - JUNE 2020

### ADDINGTONIANS CELEBRATING NURSES DAY



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## MESSAGE FROM CEO'S OFFICE



The past year has been a mixed year of trials and successes for Addington Hospital. We were fortunate to have community groups who partnered with the institution on various projects to improve the hospital and enable us to offer a better service to our clients.

Much to the delight of the staff and patients, IQRAA Trust donated 6, state of the art, Haemodialysis chairs as well as a Vein-viewer to the unit. All of this equipment was much needed for patient care as Addington Hospital runs one of the busiest Haemodialysis units in the province.

Another vital community partnership was with City Serve, Harvest Church and The Rock Church. In November 2019 these organisations undertook to beautify the entrance area by rejuvenating the gardens and giving the tuckshop entrance a new look with a fresh coat of paint.

Infrastructure Development at KZN Health also undertook a major project at the Hospital to renovate the Psychiatric Wards. We are pleased that the project is almost at its conclusion and we look forward to being handed over the modern and upgraded wards which are certain to create an environment that is more conducive to healing, for our mental health care users.

The last financial quarter of 2019/2020 was dominated by Covid –19 and Addington was thrust into the centre of the action as we had an Isolation unit on site. In fact, 3 patients admitted to our Isolation unit were part of the first group of 10 patients that were diagnosed in the country. The pandemic was still in the early stages and there was fear of the unknown amongst the community and even our own staff. However, at the same time there were people who showed great courage by stepping up to taking on the task without question. One such nurse was Sr Mandisa Ntanzzi who was the first volunteer to work in the isolation unit, she said “ My job is to make sure no one dies” Sr Ntanzzi’s dedication and passion for nursing is appreciated. Shortly, thereafter, we got many other volunteers from the wards and we were able to fully staff the Isolation unit. A big thank you goes out to the nursing staff and the other categories of staff within the hospital who toil day by day to tend patients and provide them with the necessary care, despite the huge staff shortages that the hospital is experiencing.

In response to the pandemic, the hospital established a Covid 19 Joint Operation Committee (JOC), which meets daily to address the challenges posed by Covid-19. The unions have been part of JOC from the inception and we have developed an effective working relationship, which has worked wonders in communicating with the staff at Addington and also allowing them the opportunity to be heard. During the past few months, we have had a few staff members that have also tested positive for Covid-19 and an outbreak in our theatre complex. We are thrilled that, thus far, all of them have been recovered and most of them are back at work. We pledge our support to the staff and their families and will do as much as we can to provide holistic care for the staff members infected with Covid-19. In conclusion, I would like to remind staff that we are all frontline when dealing with Covid-19. There will be tough times ahead but we will overcome all obstacles if we remain united. Let us always emphasize the wearing of masks and other appropriate PPE, physical distancing and washing of hands. Let us take all necessary precautions and keep ourselves updated with the guidelines available on the KZNhealth intranet and Addington webpage so that we are armed to fight this pandemic. My heartfelt appreciation goes out to each and every one of you as we stand together against Covid-19.

*DR M Ndlangisa—Addington Hospital Chief Executive Officer.*



# ADDINGTONIANS CELEBRATING NURSES DAY OF PRAYER

## NURSING MANAGEMENT TEAM



## NURSES RECITING PLEDGE



The year 2020 was designated as the “Year of the Nurses” by the World Health Organisation. 2020 also marked the 200 year anniversary of Florence Nightingale’s birthday. Nurses had the opportunity to celebrate the profession, their positive contribution towards service delivery and the strengthening of health coverage. The unexpected Covid 19 pandemic has given nurses the chance to showcase all their strengths and highlights their valuable contribution to society.

Addington Hospital had a mini celebration of the international Nurses day on the 12th of May 2020. In order to adhere to social distancing representatives were called from each department. Approximately 40 nurses from different sections gathered in the foyer to commemorate Nurses day.

Sr PN Zulu shared the importance of Nurses day which is celebrated annually. She emphasized that it was a generational chance to define what needs to be done to deliver more efficient healthcare services.

This day also provides an excellent opportunity to keep nurses well informed ,advised, encouraged and supported so that they perform optimally.

Matron Ndhlovu ( Acting Deputy Nurse manager) thanked all the Nurses at Addington Hospital for their loyal effort towards providing effective service delivery to patients. Mrs Ndhlovu’s words were encouraging and motivational . She said “ *It is still the year of Nurses, what God has planned nobody knows, it is actually asking all of us to say we are nurses, we are appreciated because without Nurses nothing is possible.*” Mrs Ndhlovu shared a heartfelt compliment from one of the Covid patients that was in isolation ward for over 14 days. This compliment was read to all Addington hospital nursing staff during the Nursing day event as an encouragement that Nurses must keep up the good work and that what they do is noted and very much appreciated. Sr Daghish ( Operational Nurse Manager) recited the Nurses pledge through the intercom to afford all other nurses to join in reciting the pledge from their work stations.

# PREGNANCY AWARENESS WEEK



The Department of Health uses Pregnancy Week to strengthen pregnancy education and emphasize the important issues that promote healthy pregnancy and safe motherhood. An event was held at the ANC Department from the 10<sup>th</sup> – 16 February 2020.

The Dietician educated expectant mums about the risks of being overweight or obese while pregnant, the most common being an increased risk of gestational diabetes, pre-eclampsia and preterm birth. Babies born to these moms are also at a greater risk of birth defects, macrosomia with possible birth injury and childhood obesity. It's important **not to** try losing weight whilst pregnant by using any radical diets or commercial weight loss pills. Rather make sure you are eating healthy and doing some moderate exercises throughout your pregnancy and focus on dieting after you've given birth.

She added that being underweight puts you at a greater risk of having a miscarriage as well as having a preterm or small for gestational age baby.

The Social Work Department also participated by providing apples and preparing fresh juices which were handed to the expectant mums. A presentation was also done by the Social Worker to the mums-to-be on the Dos and Don'ts during pregnancy.





# HEAD INJURY AWARENESS

**O**n the 20th of March 2020 , SOPD together with Social Work Department hosted a head injury awareness campaign, targeting both staff and patients at Addington Hospital. The awareness was focused on educating people about the symptoms and signs of a brain injury and how can it affect the person who is injured.

Sr Zuma elucidated that Head / brain injury is more than just a bump on the head though not always visible and sometimes although seemingly minor it is actually complex.



From left Sr Zuma, Sr Majola, Sr Mhlongo and Ms Bongwiwe Mkhwanazi during head injury awareness.



Sr Majola added that , “It can cause physical, cognitive, social and vocational changes. In many cases recovery becomes a life long process of adjustments and accommodations for the individuals and the family”. Sr Majola emphasized that depending on the extent and location of the injury, impairments caused by a head injury can vary widely. In addition to the Surgical management, Patients can also be referred to the social work, physiotherapy or Occupational therapy departments for assessment and investigation purposes.



## HEALTHY LIFESTYLE IN THE WORKPLACE



Occupational health clinic hosted healthy lifestyle day on the 21st of Feb 2020. They checked the vital signs of staff members. The initiative was to ensure employees make informed decisions regarding their health. The message of the day was “healthy employees , healthy environment—I take care of ME first so that I can care for YOU.

## Human Rights Day



In the picture , Social work students commemorating Human Rights Day

On the 20th of March 2020 the Social Work Department hosted the Human Rights Day campaign. The main purpose of the campaign was to remind South Africans about the sacrifices that accompanied the struggle for the attainment of democracy in South Africa. They also educated the patients and the staff about the significance of exercising their rights. The Bill of Rights embeds the rights of all people in our country in an enduring affirmation of the democratic values of human dignity, equality and freedom. This day marked an affirmation by ordinary people, rising in unison to proclaim their rights.



## Addington COVID-19 Isolation Unit



Dr Vilakazi in Covid-19 Isolation unit.

Dr Vilakazi shared that his initial response to the pandemic was mixed feelings. He said there was a lot of anxiety and fear, not only for his own life but for those who are close to him .

Dr Vilakazi said “ as we saw more COVID-19 patients, we became more familiar with protective procedures. The more patients we treated the more confident we became that we could help our patients overcome this illness, my experience in the isolation unit has given me a sense of comradery and immeasurable respect for the knowledge and skill of our staff, who I have witnessed calmly solve problem after problem while dealing with their own uncertainty.” He added that experience they have working in the isolation unit has given them a sense of determination and quiet confidence. We are sure that whatever comes, we will cope, and we shall overcome it.

## Addington COVID-19 Isolation Unit team



Staff at Isolation Ward received a **compliment** on, the 10th of May 2020 ,from one of the patients who had stayed in the isolation for more than 14 days.

She said “Thanks to Addington family, who told me that since I’m there for too long I am family . Thank you guys for taking care of me. The support, I could see that I was not alone on this journey , I could see that my pain was your pain. It was not easy but you were with me every step of the way, always caring and loving even though it is not easy for you guys also but you helped me get through the day. Special thanks to Dr Vilakazi for your help— thank you Doc , I was starting to lose hope but you didn't allow it to happen God Bless you and keep doing the great job guys.”

# Stoma Care: Daily Life With a Stoma

**A** Stoma or ostomy is an artificially produced opening for the removal of waste from the body.

This waste can be urinary or fecal in nature and is diverted from the normal passage of the body and brought to the surface of the abdomen via the stoma. Ostomy is a surgically created opening on the abdomen which allows stool or urine to exit the body. Addington Stoma Clinic hosted a stoma support group for their ostomy patients which was very thrilling and informative to make them feel loved, supported and not isolated among other people.

A Stoma is formed as part of the surgical treatment for a diseased or damaged gastro-



intestinal or genitor-urinary tract.

“Living with stoma is not easy but one has to accept it, all patients living with stoma are totally reliant on their appliances to lead a relatively normal life. It is therefore vital that the stoma is properly managed and the appliances (stoma bags) are optimally used” explained stoma nurse, Sister Khumalo. A stoma may be formed to carry urinary or faecal waste and may be

temporary or permanent. One of the stoma patients, Mr. Zondi had stoma in 2014 up to date and it is a permanent stoma. His encouraging message was : “I am living my life to the fullest with the stoma and I have not encountered any problems. Not everyone knows that I have a stoma only my family and relatives”.



From left, Sr. Newman, Sr. Khumalo, Simo Gasa and Siyabonga Mdlalose educating the Ostomates on how to use stoma appliances.



## Dietary advice for Ostomates

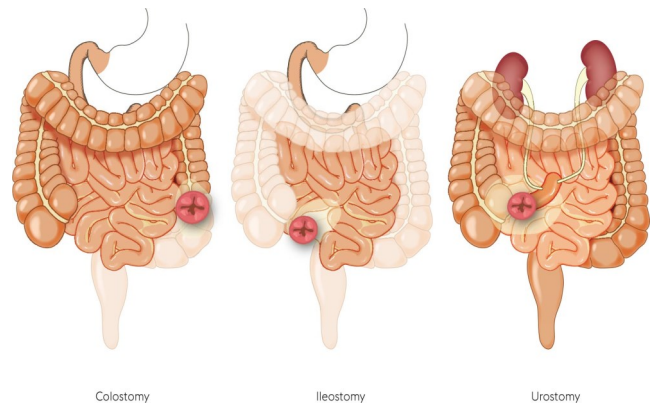
- Very high fibre foods may cause blockage
- Raw fruits, beans, beer and cabbage may cause diarrhea.
- Constipation may result from insufficient fluid intake, vegetables and cooked fruits.
- Onions, radishes, beer, cucumber and cabbage increase flatulence.
- Beans, onions, eggs, cheese, fish and asparagus increase odour.
- Reduction of odour is facilitated by buttermilk and natural yoghurt.

This is particularly important in patients who have had their bladder removed as the infection can be quickly spread to the kidneys”, Dr. Moola cautioned the patients.

**“It will take time to adjust to life with a stoma but there is no reason why it should stop you doing the most of the**

Management of a urostomy is similar to that of other permanent intestinal stoma except that it is dependent on control of fluid intake rather than the intake of solids. Urostomy patients should be advised to increase their fluid intake in order to prevent stasis of urine and to minimize the risk of infection.

“Urinary odour especially if accompanied by cloudy urine is usually indicative of an infection. Increased fluid intake is a partial solution, but the source of infection should be identified and treated.



**things you already do, from**



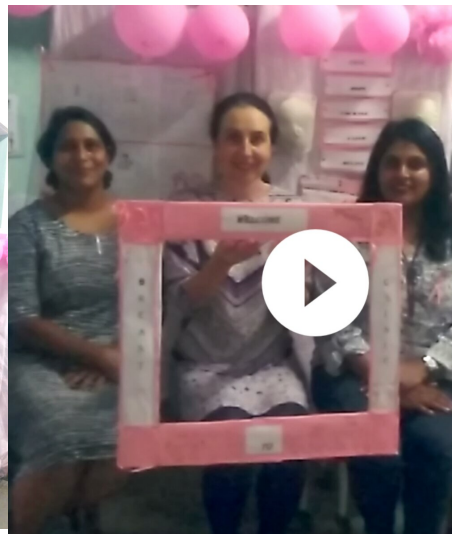
*The dietitian of Addington Hospital Melissa taught stoma patients about the practical management of a stoma in diet, on how important it is that patients with an intestinal stoma should be encouraged to follow a varied diet and to monitor the effects of various foods on the stoma discharge. Foods inducing excessive flatus or intestinal hurry should be identified and avoided. “Constipation may be avoided by adequate ingestion of high fibre and fluids, although excess fibre such as bran and certain high fibre fruits and vegetables may results in bolus obstruction” advised Melissa.*



# IXOXWA NGEZITHOMBE/ PHOTO GALLERY



MRS NZUZA'S FAREWELL



ADDINGTON NURSES DURING NURSES DAY OF PRAYER

## BREAST AWARENESS



IN THE PIC, SR GUMEDE ( IPC COORDINATOR AND DEFY REPRESENTATIVE HANDING OVER DONATION OF 3 MICROWAVES AND 3 REFRIDGERATORS FOR ADDINGTON ISOLATION WARD



VISIT BY FORMER FIRST LADY



# COMPLIMENTS / IZINCOMO

**T**hank you very much to the Doctors and Nurses that first saw me at trauma, Especial thanks to ward 3A all staff and Doctors may God bless you

**From Tholakele Hadebe**

Received on the 6th of March



**F**irstly I would like to say that not having medical aid has been a nightmare for me and having been sick for years and refusing admission at a KZN hospital until I was referred to Addington Hospital I was warm welcomed by Dr Sundram He examined me and referred me to a specialist De Donovan I was taken away but the exceptional treatment I received. Hats off yo these Doctors and if we had more Doctors like them, our health care in South Africa would be respected so much more.

Scared and terrified of being admitted into the ward and not knowing what to expect, I was sent to Ward 10 B all I can say was WOW. I was greeted by Nurse Rose, a friendly warm smile and warm heart, she directed me to my bed. The shift changed to Sr Thandies Radebe's team again warm and very helpful nurses I can not express my deepest gratitude for the love and care that I received from ward 10 B.



On behalf of my wife and family I wish to express my gratitude in service delivery from the staff in ward 4B. Special thanks to Sr Dube , Nurse Naidoo and the little young Nurse Govender and other nurses. Service is of uttermost importance it determines the growth and sustainability of the facility. **From Cliff Pillay on the 1st of Jan 2020.**

**I** wish to say thank you to one of your young security man that has been a real gentlemen he does his job excellently so felt to put my feelings on paper. Dumisani is a young man he is fair, efficient, and real gentlemen I thank him for accommodating me at my age 79 years he will always tell me to seat to the prpper ave and Iam very grateful for that. May God bless him, and his loved ones and keep him safe. With lots of love and gratitude a very happy patient.

From Busch E

Received on March 10 , 2020

**I** just wanna thank the staff of Addington Hospital they love their jobs and they taking care of the patients specially I want to thank nurse Pani and all the staff of Addington in 3B.

From anonymous



# COMPLIMENTS / IZINCOMO

On the 13<sup>th</sup> November 2019, I visited Addington Hospital for my usual 6 month doctor's appointment. While awaiting my turn, I began to feel faint and proceeded to lay down on the bench concerned. Dr. K Seleni noticed me and hurried over to attend to me. She requested a wheelchair and then took action all while reassuring me that I was going to be ok. In an hour, she had orchestrated an ECG, X-Ray and Blood tests. I was thereafter referred to a specialist for further treatment. With all my years attending private hospitals and private doctors, I have never before experienced such dedication, love, and warmth. Dr. K. Saleni is an absolute angel and her empathy and compassion shows that she is doing God's work. Dr. Saleni, my wish for you is that you continue to grow from strength to strength and serve your purpose while restoring faith in humanity. Thank you doc for going above and beyond your call of duty and treating me as a family member. Wishing you peace, love and light always, my family and I appreciate you and are so grateful.

Regards

Jenny Chetty

I was recently admitted as a patient at Addington Hospital due to a life threatening medical condition.

I was admitted on the 21<sup>st</sup> April 2020 and discharged on the 2<sup>nd</sup> May 2020.

I was in a diabetic coma when I was rushed by my family to the casualty section of the hospital.

I received excellent care on arrival at the hospital until the day of my discharge.

Dr Ismail and Dr. Vara saved my life with their quick and decisive intervention. I will be forever grateful to them.

The nurses and staff at ward 10A went the extra mile for me and were loving and compassionate.

I must specifically mention the sister in charge Ms. Myeza who had a great team that ensured that I was well taken care of and that everything was clean and neat in the ward.

Thank you from the bottom of my heart to all the nurses and doctors for the great work that they do.

It is truly appreciated.

God Bless

Loretta Rajkumar - EY MPL - Health





# FAREWELL TO MRS NZUZA



**I**t was a bitter sweet moment when the Finance Manager -Mrs. Philile Nzuzza, bid farewell to her co-workers at the Finance Department and the entire staff of Addington. Her deputy, Mr. Bhengu thanked Mrs. Nzuzza for her leadership and for teaching him how to lead. “I wish you all the best in your new post , I know that you are going to excel and grasp all the methods with mega minds”. Mrs. Nzuzza thanked all her colleagues for the support, guidance and encouragement that they have provided to her during her time as their manager. She ended by saying “You have made my experience here beyond enjoyable , I had a great time with you and leant a lot. However, it is time for us to part ways as I start a new phase of my career. I have had a tremendous time working here.”

## Newly Revamped 04A WARD



Elegant, yet functional Nursing Station

The newly revamped psychiatric ward was renovated in the last financial year. The management and staff consider it to be one of the major achievements of the hospital and look forward to the handover. This ward has beautiful sea views that patients can enjoy from the comfort of their beds. We are hoping that our patients will soon indulge in this calming and therapeutic environment, which we hope will enhance their healing. There is a 10 bedded female ward and a 15 bedded male ward, seclusions rooms with separate toilets, a high care area for mentally unstable patients and calming dining and leisure room where patients will be able to relax. There are modern, private interview rooms for consultation so that patient confidentiality is not compromised and the security system throughout the ward is state of the art, with CCTV Cameras in every area to ensure that patients can be monitored and kept safe.

### FEMALE BATHROOMS



### FEMALE WARDS





# Newly Revamped 04A WARD



**NURSING STATION WITH CCTV MONITORS**

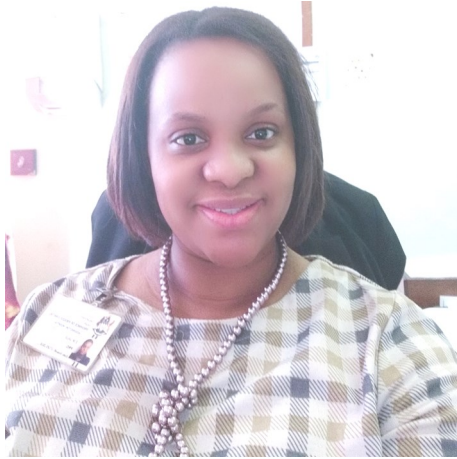


**MALE BATHROOMS**

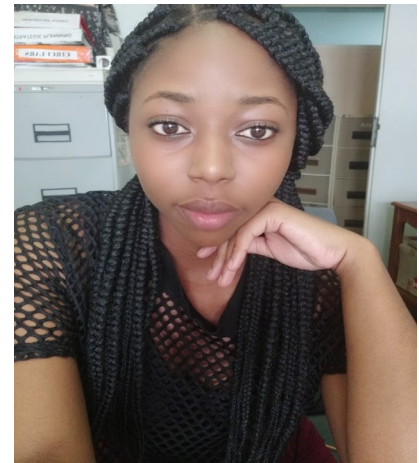


## Spacious Male Ward

# ACKNOWLEDGEMENTS



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