



ADDINGTON NEWS

WHENEVER THERE IS A HUMAN BEING, THERE IS AN OPPORTUNITY FOR KINDNESS.

MARCH 2023



A Successful Event hosted by the Accident & Emergency Unit

World Trauma Day was celebrated on the 19th October 2022 in the main foyer.

The purpose of this program was to educate patients, relatives and staff on the importance of saving and protecting life during the most

critical moments when an emergency occurs.

Attendees were given advice and demonstrations on preparing and applying life-saving measures to deal with and avoid trauma fatalities.

Trauma is the response to a deeply distressing or disturbing event that overwhelms. It aims to achieve an optimal health status for all patients

through prompt identification and treatment of life threatening conditions.

The trauma Unit had a various stations, which included : Fire & Burn management, Substance abuse & Rehabilitation, Rabies, Choking, Snake bites, Sexual assault and Crisis center. Staff and patients were very happy learning and taking pictures at

PREGNANCY AWARENESS WEEK



Antenatal Clinic Team at the Pregnancy Awareness Week event

Pregnancy Awareness Week was observed from 12 to 16 February 2023. 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 aim is to strengthen education on pregnancy and to highlight important issues that promote a healthy pregnancy and safe motherhood.

It was also emphasized that pregnant women should start attending antenatal care as soon as they confirm they are pregnant; within the first trimester.

Addington Hospital Antenatal Clinic raised awareness throughout the week by handing out educational flyers to patients and decorating the unit. During this week, there were various talks and activities focusing on the importance of antenatal care and its benefit which also included the opportunity to treat existing medical conditions such as diabetes, Hypertension, anemia and infections, that can occur or be aggravated during pregnancy.

The early recognition of danger signs in pregnancy and post - delivery was highlighted. Health education also touched based on the rights and responsibilities of pregnant women—that they have a right to ask about their condition and seek medical attention.

Milestones of pregnancy & the importance of the first 1000 days was explained, looking at baby's health from conception up until 2 years of age.

Mothers were also educated on what and how pregnant women should eat throughout pregnancy to positively impact on baby's growth and development.

Being overweight or obese before and during pregnancy increases risk of gestational diabetes, pre-eclampsia and preterm birth. The benefits of general maternal well-being was emphasized. The talks were given every day of the week to reach as many pregnant mothers as possible.

On the last day there was a quiz and patients won prizes for correctly answering questions related to all the topics that were covered.



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SUPPORT STOMA

Your stoma is potentially a life-saving piece of equipment which is significantly improving your quality of life.

Ostomy Awareness was hosted, at Addington, on the 28th of October 2022. The aim was to educate patients on the importance of accepting, and not delaying the process of ostomy, to avoid further complications.

Deputy Nurse Manager, Matron Ndhlovu, delivered a welcome, during which she elaborated that it was a special day for people to enjoy and be merry. She said “it is not only nurses that came to support stoma, but various different departments in the hospital have also attended to show their support.”

Dr Botha, Head of Surgical Unit, educated patients on some of the clinical aspects of stoma, as well as challenges when the stoma gets swollen. He also touched on the possibility of developing a hernia and the options to assist, thereafter. He added that not all stoma are permanent.

The talks were followed by an educational play which encouraged the audience and educated them on how to take care of themselves when living with a stoma. In conclusion, there was a question and answer session which was very interesting patients got a chance to ask the Head of Surgery questions that were answered to their satisfaction. To end the day, Matron Ndhlovu appreciated all stakeholders who made the stoma event possible & Sr Mathilall thanked all the staff present. They also gave a special word of appreciation to Sr Zulu who was the main organizer of the event but sadly retired from Addington, in December 2022.



Pictured above, from left to right : Sr Khumalo, Sr Mathilall, Ms Jali, Mrs Ndhlovu & Sr Zulu



Patients and staff members viewing Stoma information





Audience listening attentively to Mr Botha (Head of Surgery)

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NUTRITION WEEK

The theme for National Nutrition Week for 2022 was:

“MAKE HEALTHIER FOOD CHOICES EASIER”

The theme takes into account that the rising cost of food prices is affecting monthly food baskets and that it is vital that the current high cost of food does not become a barrier to healthy eating.

SOME QUICK FACTS:

- The prevention and control of non-communicable diseases (NCDs) can be achieved at all ages. Although NCDs are usually associated with elderly people, all ages are at risk, even before birth. These diseases may start in the earliest years of life and keep progressing during childhood, adolescence, and old age.
- Good nutrition in the first 1,000 days is vital to establishing a child’s future health, with impacts that last into adulthood. The first 2 years of a child’s life are particularly important, as optimal nutrition during this period lowers morbidity and mortality, reduces the risk of chronic disease, and fosters better development overall.



When having meals, aim for:

- Half a plate of vegetables and/or salad
- A quarter plate of skinless chicken, baked or grilled fish, lean meat, eggs, cooked dry beans, split peas or lentils. Low-fat milk, maas or unsweetened low-fat yoghurt or low-fat cheese, can be included as an option for breakfast or lunch.
- A quarter plate of unrefined (brown/wholewheat) starchy food such as brown rice, potatoes, sweet potatoes or brown bread, weetbix, allbran flakes.



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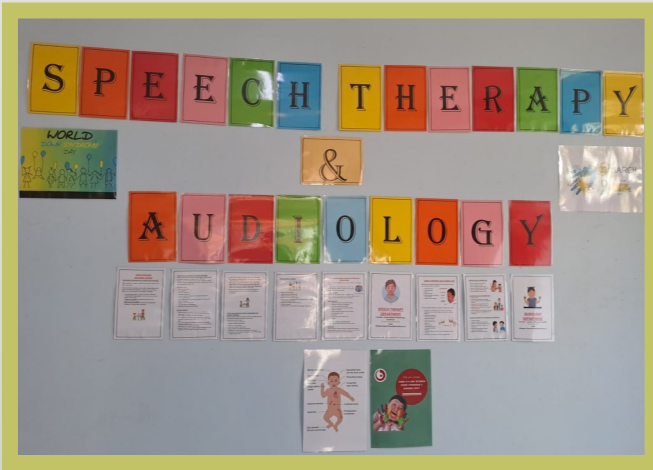
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World Down Syndrome Day



To commemorate **World Down Syndrome Day**, **The Speech Therapy & Audiology Department**, initiated an Awareness campaign aimed at improving the knowledge of all staff, patients and significant others as to Speech Therapy & Audiology's involvement in the *Down syndrome population*. The poster presentation highlighted the physical features unique to this population and attributed these features impact on speech-language, feeding-swallowing and hearing development. Speech Therapy and audiological management strategies were also briefly addressed.

We hope that this awareness campaign facilitates timeous referral to the unit, thereby improving the holistic

management and quality of life in the Down Syndrome population.



GLOBAL HAND HYGIENE DAY

“UNITE FOR UNIVERSAL HAND HYGIENE”

Since 2008, Global Handwashing Day has been celebrated annually on October 15 to promote handwashing with soap and water as an easy, effective, and affordable way to prevent disease and save lives. When handwashing with soap is practiced at key moments, for healthcare workers – my 5 moments for hand hygiene and the public - such as after using the toilet or before eating, it can dramatically reduce the risk of diarrhea and pneumonia, which can cause serious illness and death. Handwashing with soap also helps prevent the spread of other infections and viruses including influenza and COVID-19 – WHO hand hygiene guidelines.

In commemoration of the global hand hygiene day and IPC week (17 – 21 October 2022) each department IPC link nurse and champions conducted training to the various wards and departments. They also did an infrastructure survey and trained staff, patients and the public on Monday 17/10/22 . The message was well received all reports were submitted to Sr Gumede who heads IPC in the hospital.

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WORLD AIDS DAY AWARENESS



The World Aids Day was a commemoration of those who lives with HIV/AIDS and those who passed on. This important day is embraced every year on the 1st of December to emphasize the importance of taking medication and to remind those who are affected that they can still live a healthy, full life.

The program included the educational session on new system Prep that was implemented by the department of health to reduce the risk of being HIV/AIDS affected. It also included health and lifestyle positive changes.

Addington Hospital also had a special guest speaker who shared words of wisdom & courage for those living with HIV/AIDS

Tuberculosis Day

Each year, Addington hospital recognizes **World TB Day** which is celebrated on March 24. World TB Day is an opportunity to educate the public about the impact of TB around the world. Centre for Disease Control (CDC), along with partners and colleagues around the world share successes in TB prevention and control and raise awareness of the challenges that hinder progress toward the elimination of this devastating disease. Addington team commemorated this day with some educational flyers, posters and a billboard. The beautiful event was a success, with many patients expressing their appreciation.



WE BEAT TB !!!

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GENDER BASED VIOLENCE & CHILD ABUSE.



Addington Hospital social work department observed 16 days of activism from the 25th November 2022 to the 10th December 2022.

The 16 Days of Activism for No violence against Women and Children is a United Nations Campaign which takes place annually. It focuses on raising awareness to the devastating impact that gender based violence and femicide has on women and children, and the social fabric of our society.

The theme for the 16 Days of Activism Campaign for 2022 is “Socio-Economic Rights and Empowerment to build Women’s Resilience

against Gender Based Violence and Femicide: Connect, Collaborate, Contract!” The 16 Days Campaign forms the centre point of Government’s comprehensive 365 Days of Activism for No Violence Against Women and Children.

HOW CAN YOU PAY AN ACTIVE ROLE IN THIS CAMPAIGN

- Be an activist against GBV in your homes, communities and at work.
- Challenge cultures and practices that perpetuate gender inequalities and consequent abuse of women and children at personal and societal level.
- Reject and report abusers – Act and don’t look away, Do not protect abusers, report them!
- Sign the Pledge Against Gender-Based Violence. Do not engage in abusive activities and become an abuser – Stop abuse.

An event was a success , there was a competition of best slogan for 16 days which was won by Thobile Nzuza who received beautiful gift. Woman in leadership were pampered on the day they all received a small token of appreciation from the social work team.



**A WORLD
WITHOUT VIOLENCE
IS POSSIBLE.**

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ADDINGTON GATEWAY CLINIC RECOGNISED FOR OUTSTANDING PERFORMANCE



Addington Gateway clinic was one of the clinics that was awarded by the Center for Diseases Control and Prevention in South Africa (CDC-SA) in recognition of their outstanding performance in both case-finding and viral load coverage.

The certification ceremony was held at the Health Systems Trust's (HST) Durban office with the eThekweni District Department of Health (DoH) and the eThekweni Municipality Health Unit in attendance. The facility's Operational Managers and staff representatives were "all smiles" as they proudly received the award.

ETHEKWINI DISTRICT SERVICE EXCELLENCE AWARD



Senior Management of Addington Hospital applauded the efforts of both Beatrice Street clinic and Addington gateway clinic, as well as the Neonatal ICU department after they were awarded with stunning trophies and certificates of achievement from Ethekewini District Health during the Quality Day Awards.





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PHOTO GALLERY



Pastor Lungi M sharing words of encouragement and wisdom during WORLD AIDS DAY that was hosted in lecture's theatre



Trauma Unit had some fantastic Q&A and great hampers were won by beautiful staff.



Addington welcomes Christmas baby



16 days of Activism



Trauma day , rehabilitation stand



Breast Cancer Awareness Week



ACKNOWLEDGEMENTS

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Should you wish to contact Addington Hospital for enquiries, Complaints, Compliments and Suggestions - do not hesitate to contact Public Relations Office on 031 327 2968 and email : Zimhlophe.jali@kznhealth.gov.za

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