



ADDINGTONIC

NEWS

October 2021

TRAUMA DAY 2021



According to World Health Organization (WHO), Trauma is a major cause of death and disability across the world. WHO research has shown that at least 50 percent of road deaths occurring in developing countries could have been prevented with effective intervention after trauma has occurred.

Trauma experts at Addington Accident and Emergency (A&E) unit shared first-hand knowledge on trauma injury and management, on the 19 October 2021, to mark World Trauma Day. This year's theme is " *Timely Response saves*

The A&E team, led by Mr Kunene, commemorated World Trauma day by having different stands emphasizing the importance of saving and protecting a life during those critical moments after trauma. Each stand taught HCW and patients how to apply vital measures to deal with and avoid trauma fatalities.

Sr Wilkins educated audience on when and how to use mechanical ventilation,

while Sr Wela showed how the incubator is being used.

Mr Kunene demonstrated how to resuscitate at home before rushing to the hospital. First aid, promoting recovery by controlling excessive bleeding was demonstrated by Sr Shunmugan. "It is important to do proper logrolling and cervical immobilisation at the scene", said Dr van der Walt. It was a very informative session which was also blessed by management visiting the different stands.

National Physiotherapy week

World
PT Day
2021



The physiotherapy department held a week of health promotional and educational events for all staff at the hospital during **Physiotherapy Week** (6-12th September 2021) and **International Physiotherapy Day** (8th September 2021). The theme outlined for this year was the “Mental health impact of COVID-19 and how the physiotherapist can help”.

The staff were provided with educational resources, exercise demonstrations, ‘goodie bags’ and also participated in a number of fun-filled activities during the week.

The various wards and departments of the hospital also participated in a poster competition showcasing their thoughts of ideal ways to relax and decrease stress during the pandemic. This was highlight of the week with ward 10A winning the 1st prize, CSSD the 2nd prize and social work dept the 3rd prize. Staff at the hospital also completed a crossword search and an individual prize of a “one day spa voucher” was randomly awarded to one lucky staff member with the most correct answers.

The week long events provided a much needed and welcome break from the highly stressful work environment for all staff at the hospital due to the pandemic.





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Breast feeding week



Despite the doom and gloom of the current pandemic situation, Addington Hospital Antenatal clinic still celebrated National breastfeeding week from 1st to 7th of August 2021 with lots of educational songs, dance and laughter, while also observing Covid-19 protocols.



Health Education was conducted on a daily basis—topics that were covered : the importance of breastfeeding, and the benefit of breastfeeding.

There was a competition and patients were given gifts.

The theme of this 2021 event was—Protect Breastfeeding : A shared responsibility.

Appreciation goes to all the Doctors and staff members that advocate for breastfeeding and that joined in to support this event.

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VOOMA VACCINATION WEEKENDS

The President has called on all leaders in the Country to intensify their support for COVID-19 vaccination programme by getting behind Vooma Vaccination Weekends. The first one was held from 1 -3 October 2021 all leaders across the Country were encouraging those they lead to get vaccinated .

The main goal is to reach 70% of adults by the end of the year – 17 million more people, if we achieve that, projections are that we will save at least 20 000 lives.



Addington Hospital participated during the vooma vaccination weekend , it started with great demand creation where by different places were visited for mobilization, Taxi ranks, bible society, students residence , Operation Sukuma Sakhe , point road and CBD.

The Vaccination teams and partners were applauded for a job well done on the Vooma Vaccination Weekend 1 – 3 October 2021, the turnout was amazing and the Chief Director was very impressed .

The outreach team continues to be involved in the Vooma pro-



District officials and Addington officials at Point Road during Vooma vaccination weekend dry run.



Dr Ndlangisa (CEO) with Addington staff at Russel street one of the Vooma vaccination weekend pop up site .



Bishop Jali (Chaplain)and PR team during mobilization



Gateway clinic outreach team at Greeks food educating employees about the importance of taking Covid –19 vaccine



BREAST CANCER AWARENESS



SAMPLE

This programme was mainly targeted at educating people more about cancer, creating awareness, Reducing myths about cancer and lastly about introducing 6 living healthy life styles that help to prevent cancer. The oncology department at Addington hospital showed love and appreciation to staff and patients on National breast cancer awareness day by conducting this event ,highlighting awareness about the different types of cancers.

They were handing out pamphlets informing us mostly about breast cancer, cervical and prostate cancer. The pink ribbons were a sign of supporting and sympathising with all those living with different kinds of cancer. A lot of information was learned from this gathering . Thanks to the Oncology department we are now aware of the early symptoms, and risk prevention of different types of cancers. Patients from the oncology wards and clinic were provided with hampers of goodies as a means of showing support and care.



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World Trauma Day



HUMAN RESOURCES WORKSHOP





Addington Hospital Human resources department conducted an informative workshop targeting all employees from different levels. A variety of topics like understanding pensions, EPMDS, Study leave how to apply for it and when and what are the documents that are needed, conditions of service and labour relations were discussed briefly by different HR officials. Mrs Mafunda commended HR staff for their dedication and attendees for making this workshop a success.

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ABET GRADUATION



In the picture: Nomusa Zulu, Krishnee Naidoo, Sakina Sulaiman, Mrs Mafunda, Pinky Kheswa and Francis Msomi.

Addington Human Resources Department handed over Certificates to the Abet graduates on the 28th of March 2021. This heartfelt moment left Mrs Mafunda (HR Manager) so proud as she promotes the importance of education. Mrs Mafunda commended the graduates saying “Your achievement is also ours and we are proud that we have been able to uplift peoples lives so that even if we are no longer here, you are the witness that we were once there.”

Mrs Krishnee Naidoo (HR skills development manager) commended the graduates and acknowledged that it has not been an easy journey. They started many years ago but today is the day to celebrate all the hard work and patience they have endured. Mrs Naidoo encouraged graduates to continue studying.

Well done to the following individuals who was awarded with GET certificate Rathilal Bindha , Nomusa Hilda Zulu, Bhekezakhe David Zulu, Thandi Eunice Majola, Phumzile Tenia Biyela ,Pinky Primrose Kheswa, Sakina Sulaiman. “ we are happy to be awarded today with the certificate , we would like to pass our gratitude to our teacher Jacky who always pushed us to do our homework and also our supervisor who understood that we are studying and never stopped us from attending classes and allowed us to even use her computer for our assignments, this helped us a lot and we are now able to use a computer, said one of the students Sakina Sulaiman.”



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Kidney Awareness week



During the kidney awareness week the dietetics department conducted an educational workshop that informed us more about our kidneys and what an amazing part they play in ensuring that our bodies are strong and healthy. Various topics were covered that teach us more about our amazing kidneys including what types of drinks cause damage to our kidneys.

Your Amazing kidneys :

- Make urine
- Remove wastes and extra fluid from your blood
- Control your body's chemical balance
- Help control your blood pressure
- Help keep your bones healthy
- Help you make red blood cells



The main function of your kidneys is to remove toxins and excess water from your blood. Kidneys also help to control your blood pressure, to produce red blood cells, and to keep your bones healthy.

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USAID VISITS ADDINGTON

Addington Hospital was one of the facilities that was visited by the USAID Regional Mission Director Mr Andy Karas all the way from America. This visit took place on the 21st of October 2021. Care givers and parents were honoured to be the centre of attention. Dr Aron (Addington Senior Medical Manager) welcomed visitors and appreciated Mission Director for taking his time to be with our patients.

Miss Sibongile (Regional Manager from Community care project which is a non-profit organisation that has been working with Addington for quite some time introduced two facilitators for the day Mandisa and Nosipho Mkhize. Facilitators were interacting with the care givers and parents about the importance of disclosure and that it helps children to take their medication better. The care givers and parents were sharing the success stories about disclosure and adherence. The day was a huge success. USAID was impressed with the event and the effort made by Addington Ikusasa Clinic to host this event.



USAID Team & Audience



Sr Gumede from 6B & Bongwiwe Mkhwanazi (Social Worker)

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CHILDREN'S DAY



On 01/06/2021 The dietetics department participated in the World Child Health Day event organized by CHOPD.

Health education talks were conducted for all moms in CHOPD on healthy eating guidelines for children. The event was well organized by the CHOPD staff and the talks were conducted in both English and Zulu.

Heritage celebration



Heritage day celebrated on the 24th of September each year, seeks to spread awareness of our rich cultural diversity.

The Radiology department did not miss this opportunity to embrace cultural diversity by showcasing different traditional attires.

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Trainings conducted



Induction for Lift Marshalls



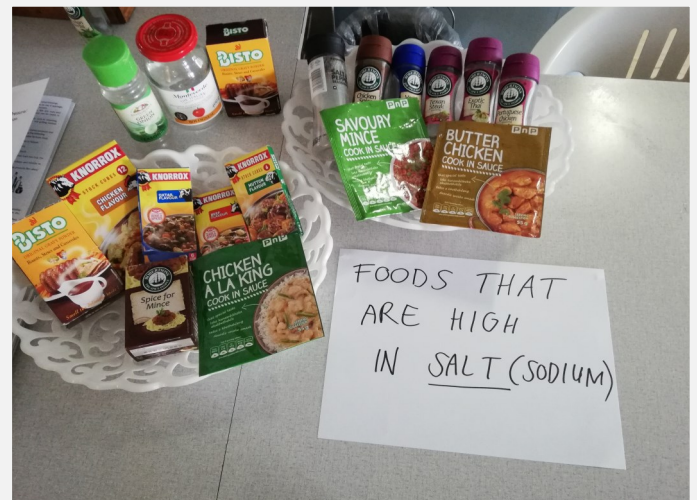
Batho Pele training



Fire drill training for Addington staff



World hypertension week



To mark World Hypertension Day, on the 17th of May 2021, the department of Dietetics gave talks and educational material on Hypertension which is a common health issue worldwide. They also covered the commonly eaten foods that are high in sodium and that make Hypertension worse.

What is hypertension?

- Persistently high blood pressure greater than 120/80
- 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 of every 5 heart attacks (as cited by the Heart & Stroke Foundation)
- There are about 130 heart attacks and 240 strokes every day, in South Africa (as cited by the Heart & Stroke Foundation)



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Nutrition Week



Gateway Clinic Officials



The theme for Nutrition Week 2021: is “Eat more fruits and vegetables” and accordingly 2021 has been declared by the United Nations as the International Year of Fruit and Vegetables. This event aims to raise awareness of the nutritional and health benefits of consuming more fruits and vegetables as part of a diversified, balanced, healthy diet and lifestyle. Policy attention was directed to reducing loss and waste as they are highly perishable items. Limited vegetables and fruits consumption

are, however, not simply determined by inadequate nutrition knowledge or poor decision-making by households, but rather by a much broader set of social, economic and spatial processes. Strategies should not only target individuals, but also wider structural barriers to support adequate consumption of fruits and vegetables. The South African food Based Guidelines also recommends eating “plenty of vegetables and fruit every day”, in line with the international recommendations, which is supported by the evidence that this contributes to an overall healthier dietary pattern that reduces the risks for disease. Addington Gateway Clinic together with the Addington Dietetics department conducted a successful awareness campaign on the 14th of October 2021 targeting all patients that were present on the day. Talks on healthy eating and how to grow one’s own gardens at home was emphasized by the speakers. There was a demonstration on how to plant in pots for those staying in the flats with no garden access. Everyone that attended received a fruit or vegetable.



Dietetics



WORLD HEALTH DAY

This special day is celebrated on the 7th April. Spearheaded by the World Health Organization (WHO), the event promotes physical, mental and emotional well-being and is celebrated all over the world. Since its inception, health issues and access to health care have been greatly campaigned for by people all over the world on World Health Day.

The day is all about creating awareness for the health issues of the needy and the less fortunate in poor regions around the world, as well as reminding us to be grateful for our health and to better take care of ourselves.

Outdoor activities like hiking and bicycling are organized internationally, as well as charity drives and fundraisers. Mental health is often neglected and owing to our fast paced and stressful lifestyles, it is extremely important nowadays. Meditation and therapy are greatly encouraged. Eating a balanced diet is also very important.



10 HEALTHY LIFESTYLE TIPS

- Eat a variety of foods.
- Follow a diet with plenty of foods rich in carbohydrates.
- Replace saturated with unsaturated fats.
- Enjoy plenty of fruits and vegetables.
- Reduce salt and sugar intake.
- Eat regularly, control the portion size.
- Drink plenty of fluids.
- Maintain a healthy body weight.
- Get on the move, make it a habit!
- .Start now! And keep changing gradually



ARTICLE BY SOCIAL WORK DEPARTMENT



SPRING DAY 2021



In the picture: Gugu Manyathi, Sade Brown, Petronella Mtshezi, and Tyron Yon

To boost the staff morale, the employee health and wellness team encouraged employees to participate in the spring day charity giveaway to needy patients who come to our institution and Tafta old age home.

Wellness can be found in the most unexpected acts like spring cleaning—The act of employees clearing and cleaning clutter and donating to Tafta improved their personal self-esteem and increased overall of happiness. The end result is a cleaner, neater home and work space which improves focus, health and wellness. We hope that this gave employees a sense of accomplishment. Especially when they saw such gratitude from the recipients.

Spring has arrived ! The sun will shine, flowers will bloom. Employee health and wellness team sought a plan to ensure that employees embrace and celebrate the change of season. To say employees were ready for spring was an understatement. No matter what winter is like, the first day of spring is always a welcome occasion. Many find this season to be a motivator for change as sunshine and warmer weather tends to re-energize us and inspire action. Whether that action is for physical health, mental health or for reconnecting with friends and family, Spring time will undoubtedly improve overall mood and energies.



Thank you to all the employees who participated in this wonderful initiative. Words can't express how your generosity had positively affected the needy patients. Let us continue caring for each other at all times



CHOPD—GENEROSITY TO BABIES



NEONATAL ICU AWARENESS



Matron Mpuunyuka handing over the gift.

September is Neonatal ICU awareness month. Ward 9B celebrated this day on the 28th. The multidisciplinary team shared their experiences and challenges in caring for the tiny babies. Different scenarios of patients admitted in the unit were used to reflect the achievements and the need for team work for better clinical outcomes. Dietetics, Social work, Occupational therapist and the IPC coordinator also shared information through presentations for NICU staff.

All mothers were given gifts, donated by staff members, to make their stay as comfortable as possible. Medical and nursing staff also got incentives for the rewarding service to the patients to boost their morale.



CHILD PROTECTION WEEK



The Social Work Department has been extremely busy during the months of July and August. There have been Information Desks in the main foyer of the hospital pertaining to different, pertinent issues. The displays put up have been informative and educational. Both staff and patients were very interested and receptive. Snack packs were provided to staff and patients who had participated.



A Child Protection Awareness Program was observed on the 29th July 2021 by the Social Work Department. The aim of the programme was to create awareness and educate Addington community and staff regarding child protection, sexual abuse, violence, neglect and exploitation. Childrens' safety is the responsibility of all citizens to protect those who are at risk or in danger. Our task is to keep those who are vulnerable, safe and out of danger.

ARTICLE BY SOCIAL WORK DEPARTMENT



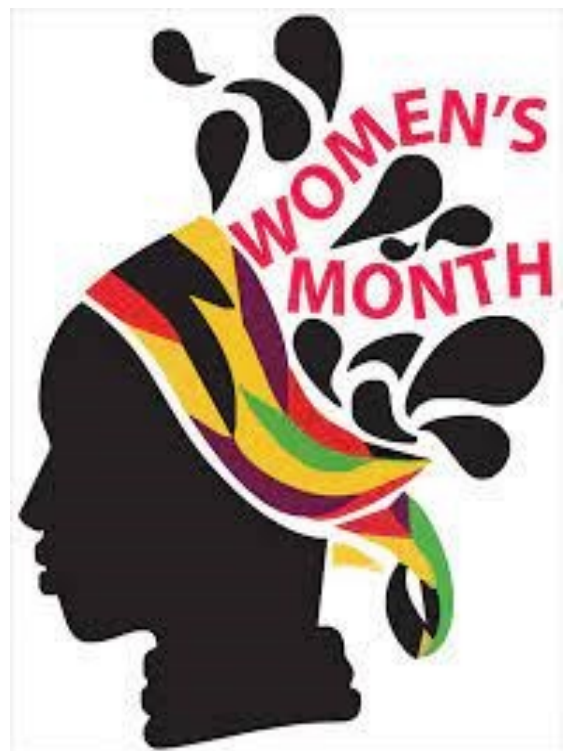
WOMAN'S MONTH COMMEMORATION



For Women's Month an awareness campaign themed "Empowering Women" was held. This campaign was two-fold, ie. Information was provided to both staff and patients on this vital topic. Women were revered and praised for all that they do.

Social work department honoured the female staff at the Addington Hospital Vaccination Site. The staff had been working tirelessly to vaccinate the community in the fight against Covid19.

To the female staff of Addington Hospital, we salute and truly admire and appreciate every one of you for your hard work and dedication.



Drug awareness campaign

A Drug Awareness Information Desk took place in the month of August 2021. The goal was to educate the staff and community on Substance Abuse. Substance abuse is the bane of our communities. The information provided was essential in the fight against drug abuse.

Resource lists and handbooks were provided, listing the places that families and substance abusers could seek help and assistance. This campaign was facilitated by the social work department.



MENTAL HEALTH AWARENESS DURING COVID

The Physiotherapy department embarked on a Mental Health Awareness Campaign during the COVID 19 Pandemic.

The Social Work Department was one of the many departments that participated in this event. The department achieved second position for the Poster Competition.

We thank the social workers for their effort towards the collation of the information on the poster. Well done and we Salute you.....



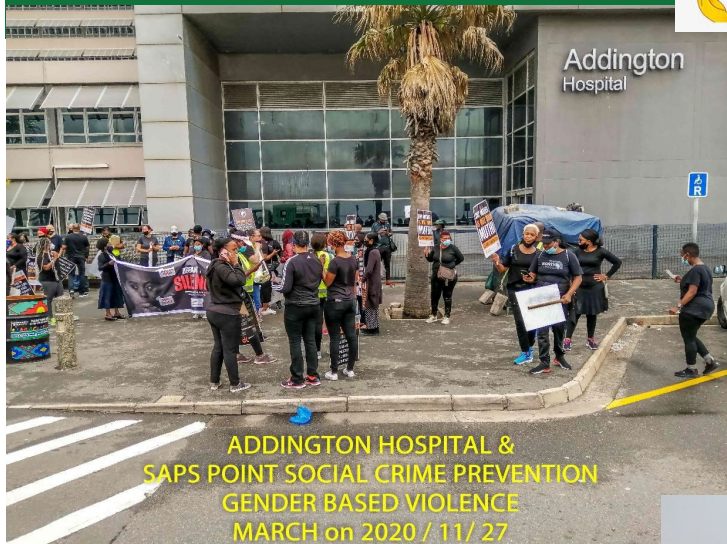
IXOXWA NGEZITHOMBE



16 DAYS OF ACTIVISM WAS BLESSED WITH THE PRESENCE OF Provincial official Mr Shezi and senior management of Addington. This beautiful event was facilitated by the Social Work Department.



CANCER AWARENESS



ADDINGTON HOSPITAL & SAPS POINT SOCIAL CRIME PREVENTION GENDER BASED VIOLENCE MARCH on 2020 / 11 / 27

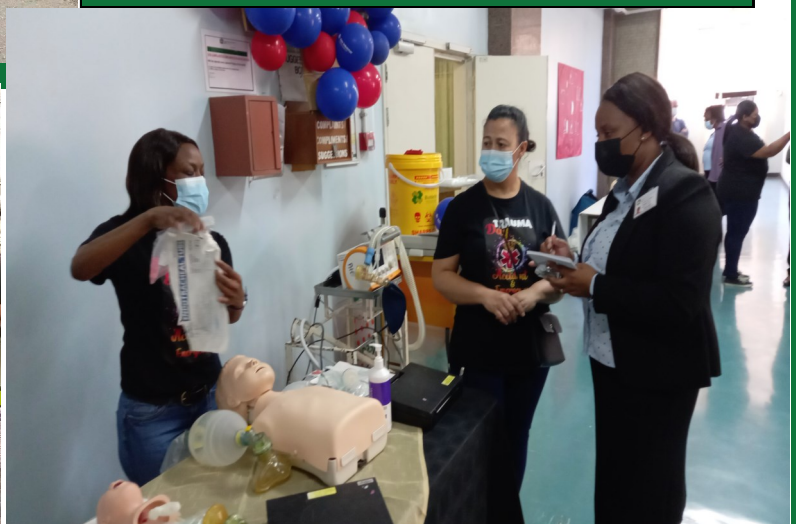


FAREWELL FOR SOCIAL WORKER INTERNS



ADDINGTON HOSPITAL & SAPS POINT SOCIAL CRIME PREVENTION GENDER BASED VIOLENCE MARCH on 2020 / 11 / 27

Dr Ndlangisa addressing audience the during gender based Violence event, organized by Addington and SAPS Point.





Trauma day in action.



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Nutrition Awareness (Beatrice clinic)

On 21/10/2021 our departments held the nutrition awareness campaign, with the facility, which was aimed at promoting healthy eating habits. The theme for the day was 'Eat more fruits and vegetables'. Facility received small donations of fresh fruits and vegetables from the local shops and community participation office at the Municipality. Patients were encouraged to grow their own vegetables as it will assist in improving their own health by eating fresh fruits and vegetables, it also saves money on groceries.



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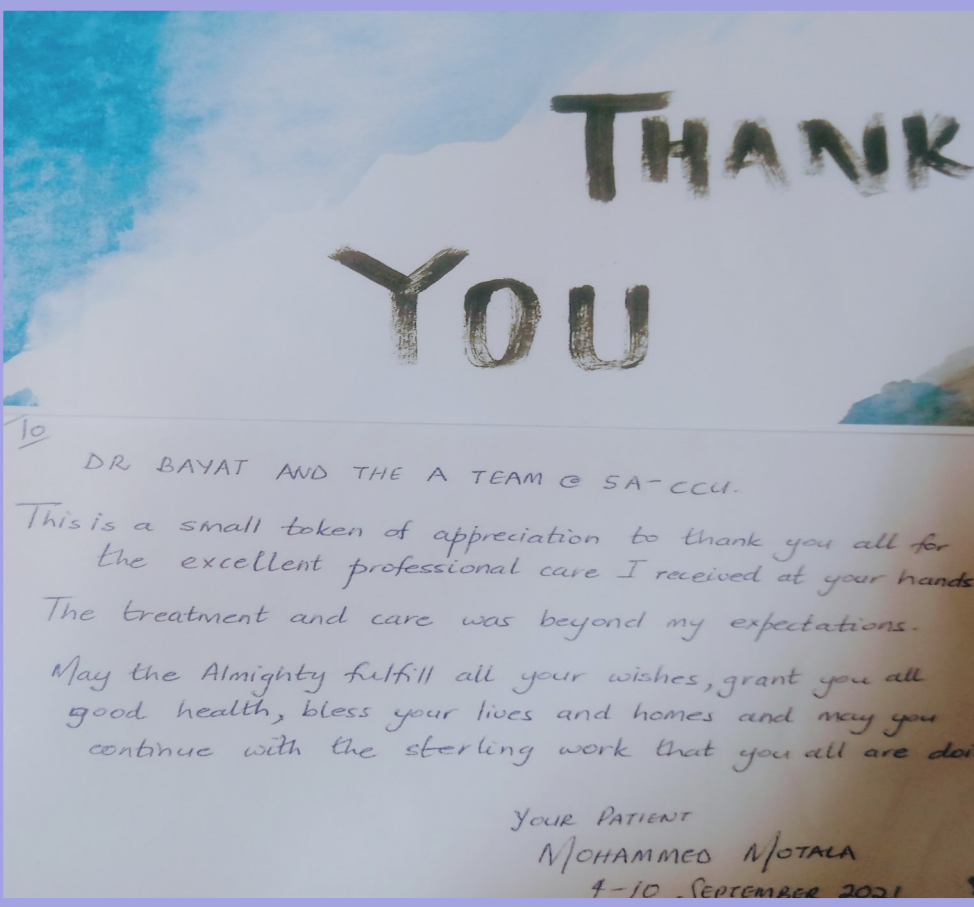


A speech was delivered by facility nutritional advisor and clinicians, with the help of teaching aids, illustrating how to avoid Junk Foods.

A play was enacted by our staff emphasizing the importance of healthy food and the necessity to have the breakfast. The play also focussed on the importance of the value of food along with



OUR COMPLIMENTS



‘Staff members very helpful and informative, very satisfied with the level of care’
Received 29/09/21

health
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ADDINGTON HOSPITAL
FORM TO LODGE A COMPLAINT OR RECORD A COMPLIMENT OR SUGGESTION

Date completed: 7/10/21
Ref no: (office use)

Do you want to: Complain Give a compliment Make (office use)

Details of the person lodging a complaint or recording a compliment or suggestion

Surname: FRANCISCO
First Name: JOSE
Cell number: 072-...
Postal address: ...
Physical address: ...
E-mail address: ...

Service area (e.g. ward no, reception, pharmacy):
Hospital or clinic file number:

If you are submitting on behalf of someone else, please complete the following:

Relation to the patient, e.g. mother, etc.:
Patient's Surname:
Patient's First Name:
Contact details of the patient:
Cell number:
Postal address:
Physical address:
E-mail address:
Service area (e.g. ward no, reception, pharmacy):
Patient's hospital or clinic file number:

Please describe the complaint or give a compliment or make a suggestion.
* Where possible also record the staff involved and department where the incident took place.

Date on which the incident took place:

Would like to compliment the outside space of the hospital is nice and clean even at the passages of the screening line are nice and tidy. Keep up the good work. I can spot the difference from the last time I visited. Even the toilets are nice and clean. Keep up the good work. When I see good things I should tell you.

Signature of person lodging the complaint: [Signature]
Signature of patient: [Signature]

ADDINGTON HOSPITAL : FAKA ISIKHALAZO NOMA BHALISA/REKHODA ISINCOMO
NOMA ISIPHAKAMISO

Usuku lokugqwaliswa: 28/09/21
Inombolo yereferensi (kusethenziswa yithovisi):

Ngabe ufuna: Ukukhalaza Ukuncoma Ukwenza isiphakamiso

Imininingwane yomuntu ofaka isikhalazo noma obhala / orekhoda isincomo noma isiphakamiso

Igama: SIBIYA U
Iminingwane: Uvelo NOMPAMELELO
Yokuxhumana: 183 Prince Street
Inombolo yeselula: ...
Ikheli Leposi: ...
Ikheli Lendawo: ...
Kunye ne e-mail address: ...

Uma wawulaliswe esibhedlela, inombolo yewodi: 7A
Inombolo yefayili lasesibhedlela noma lasemtholampilo: AD474619

Uma ufaka isikhalazo egameni lomunye umuntu, sicela ugqwalise okulandelayo:

Ubudlelwane nesiguli, isb. umama, njll.
Isibongo Sesiguli:
Igama Lesiguli:
Iminingwane yokuxhumana yesiguli:
Inombolo yeselula:
Ikheli Leposi:
Ikheli Lendawo:
Kunye ne e-mail address:
Uma isiguli sasilaliswe esibhedlela, inombolo yewodi:
Inombolo yefayili lesiguli lasesibhedlela noma lasemtholampilo:

Sicela uchaze isehlakalo noma unikeze isincomo noma wenze isiphakamiso.
* Lapho kunokwenzeka khona bhalisa/rekhoda nabasebenzi ababandakanyekayo kanye nomnyango lapho isehlakalo senzeke khona.

Usuku okwenzeka ngalo isehlakalo:

Isincomo ngasesi base addington hospital, since ngaketha for ukwenza ama check-up, clinic, Bontu Bansiphathala Bayazithanda siguli okube noma kakhulu mengitika of osister batunza izingane zomama abaklinziwe ngoba Bengakwazi ukuvuka embedeni, Baba shitsha amafad atho uma umbaka osister ebuvweni ukuhamba eyayo ezinga igazi kwisitho sangasesi samama, usuke emxoxisa umama wom atanyany.

Ngathi abaqhubekela nothando abalunika siguli ngisho usuku kodwa uyakhumbula addington hospital, ukumbulo onkwe Bakhona abagcine njalo, ngisho ngisho ukuvela kwi Cutera ngizozela (South Africa ngempatho ese Addington hospital).

Isiginisha yomuntu ofaka isikhalazo noma orekhoda isincomo noma owenza isiphakamiso: [Signature]
Isiginisha yesiguli: [Signature]

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