

Farewell Function for the Acting Deputy Nursing Manager



Acting Deputy Manager, Miss HPN Zwane saying her last words

The farewell event for the Acting Deputy Manager, Miss HPN Zwane was held in Durban at Blue Waters Hotel at 7h30 on the 28 September 2015.

The floor was open to all present to bid farewell to the Acting Deputy Manager, Miss HPN Zwane.

During the farewell the atmosphere became subdued as it became clear to many that indeed one of our

main pillars of our institution was leaving.

There were moments of silence until the Finance Manager, Mrs NP Nzuza reiterated that the floor is open to anyone to speak.

The atmosphere was joyful and gloomy at the same time, in that we were happy for her in terms of career growth but sad at the same time that we were losing such an experienced, highly skilled dedicated and diligent professional

staff.

She is loved by everyone for her humble mannerism and her willingness to work without any grumbling or objections.

The Addington Hospital Manager, Dr M Ndlangisa broke the tension by stating that the KZN Health Department is the winner because the Acting Deputy Manager is promoted in the same Department.

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ADDINGTON VISITING HOURS

15H00—16H00
19H00—20H00

VISION

To achieve optimal health status for all within our catchment area.

MISSION

Addington Hospital is committed to providing quality; client focused regional health services through:

- . the implementation of and compliance with National Core Standards
- . optimal, cost effective clinical outcomes for clients within the available resources
- . attraction, retention and development of all staff.



Addington Hospital Celebrates Heritage Day



Staff Attending the Session

Heritage day, according to the calendar was to be celebrated on the 24th September 2015. Addington Hospital celebrated this day on the 23rd September by hosting a Cultural Day.

“Unity in diversity is what we are known to be”

This event plays an important role in unifying the staff of Addington Hospital who are representative of the diversity of our Nation.

The event commenced at 9h00 and the attendance was excellent.

Addington Hospital staff were dressed in various cultural clothing representing individual heritages including Zulu, Xhosa, Swazi e, Indian and Voortrekker heritages.

The various heritages were proudly represented and provided a colourful array. All participated in dancing and

singing providing an atmosphere of happiness and unity.

The performance by 3 Sangoma's left everyone stunned with amazement. They explained various rituals and their importance, including the burning of the incense when they are praying and asking the ancestor to pray for them as they are near to God.

Ixoxwa ngezithombe



Acting Deputy Manager Welcoming



Programme Directors



Sr S Deljion dressing in Islamic Attire



Matron E Porter dressing in Western Attire



Zulu Traditional Dance



Izangoma Showing their practice



Addington Hospital Celebrates Pharmacy Week



Pharmacy Manager Ms BT Biyela and the Pharmacy staff

The Pharmacy week event was held at the patient waiting area in Addington Hospital Main Pharmacy, from the 1st to 08th of September 2015 and it commenced at 9h00.

The purpose of the event was to sensitize the internal and external stakeholders on how the pharmacy operates and what services the community can expect at the pharmacy.

The objective of the event was to teach

patients on how to take their medication. The slogan was, "Don't take the right medicine the wrong way" was utilized.

The Pharmacy Manager, Mrs BT Biyela also advised the patients not to quit taking their medication if they feel that the medication is causing side effects but to rather consult the doctor who may be able to prescribe alternative medication.

The patients were also given the opportunity to ask questions and this was done in both English

and Zulu to ensure that all patients understand.

During the event, patients were given fruit and sandwiches and to promote healthy life style to patients.

Random patients were asked how they take their medication. Patients that gave the correct answer were given hampers of fruit providing excitement and interest.

The event ended on a very high note with patients enjoying every minute.

Ixoxwa ngezithombe



Fruit given to patients



Pamphlets distributed to patients



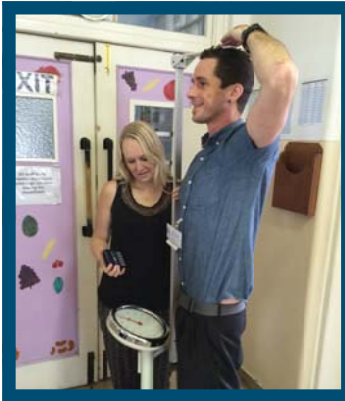
Education on chronic illness



Patient asking questions



National Nutrition Week ...From the Dietitians Desk



Addington Hospital Dietetics Department—National Nutrition Week

National Nutrition Week (NNW) started in the 1990's and is a national awareness event on key nutritional issues.

The theme for this year's NNW is "Healthy Eating in the Workplace"

Employees with an unhealthy diet have a 66% increased risk of lower productivity than those that ate healthily.

Overweight/ obese staff have a higher risk for several occupational conditions and workplace injury.

Are you at a healthy body weight? How healthy is the food you are bringing to work? Are you purchasing nutrient poor foods from the canteen?

Healthy eating in the workplace can contribute to:

- ◆ Better physical and men-

tal health

- ◆ Reduced risk for non-communicable disease
- ◆ Maintenance of body weight
- ◆ Improved productivity

How healthy is your body weight

BMI = Body Mass Index

Helps to see if you are a healthy weight for your height

$BMI = \text{Weight (kg)} / \text{Height (m)}^2$

Not to be used for pregnant women, body builders and very tall or very short people (<150cm or >190cm)

A high waist circumference is a risk factor for developing heart disease & diabetes among other diseases

>88cm in females & >120cm in males is high

Choosing healthy lunch options

Take leftovers from dinner to work

Make a sandwich:

- ◆ Use brown/ wholewheat bread
- ◆ Spread margarine very thin
- ◆ Egg/ tuna/ chicken mayo (limit mayo to 1 tbsp)
- ◆ Tuna/ chicken salad roll

If buying takeaways/ convenience/ canteen food for lunch:

- ◆ Avoid processed meats e.g. polony

Choose grilled options with lots of veg

Limit starch portions to size of your fist

Avoid bakery foods (pies, pastries)

Avoid junk food (chips, sweets, biscuits).

Snacks

Keep some healthy snacks at work or pack some with your lunch. This includes:

- ◆ Fresh fruit
- ◆ Sugar free & low fat yoghurt/ maas
- ◆ 3 provitas with topping
- ◆ Vegie sticks (cucumber & carrot sticks, baby tomatoes) with some fat free cottage cheese/ hummus dip
- ◆ Small handful of nuts
- ◆ Biltong (with fat removed)
- ◆ Small bowl of air popped popcorn

Activity in the workplace

- ◆ Use the stairs instead of the lift
- ◆ Stand up to stretch regularly when taking phone calls
- ◆ Stand during meetings where possible
- ◆ Walk to meetings in nearby buildings
- ◆ Walk to colleagues instead of calling or emailing them
- ◆ Participate in sports teams
- ◆ Go out & walk during lunch time where possible

Nutrition week—“Healthy Eating in the Workplace”

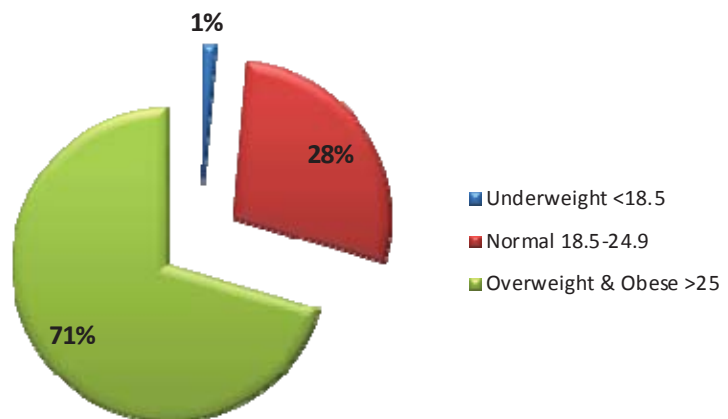
On the 13th of October 2015, the Addington Hospital Dietetics Department embarked on a staff awareness campaign as a Nutrition week activity. Three teams of dietitians spent the day roaming Addington hospital armed with their scales, height sticks and calculators, on a mission to raise awareness of a healthy body-mass-index (BMI).

Almost all areas of the hospital were covered and staff members were happy to have their measurements taken. A total of 454 staff were reached. The results are tabulated below.

We found a high proportion- 70% - of the random sample of staff was overweight or greater.

The Dietetics Department would like to thank all Addington staff members who participated in the Nutrition Week – Staff BMI Awareness Campaign.

Proportion of Staff by BMI



BMI (kg/m ²)	Classification	Number of Staff	Proportion of Staff
<18.5	Underweight	6	1.3%
18.5-24.9	Normal	128	28.2%
25-29.9	Overweight	135	29.7%
30-34.9	Obese Class I	95	20.9%
35-39.9	Obese Class II	48	10.6%
>40	Obese Class III	42	9.3%
	Totals	454	100%

Addington Hospital participates in the Ethekewini District Sports

Sports



Addington Hospital Netball Team

Addington Hospital Soccer Team

Addington hospital was amongst the twenty four institutions that participated at the Ethekewini District Sports Tournament that was held on the 21st of August 2015 and the games started at 8h00 to 18h00 at Wentworth Highbury grounds.

This tournament is aimed at promoting the physical and healthy lifestyle activities in the workplace and was organized by the Ethekewini Health District Sports and Recreation Committee. All facilities within the Ethekewini District were invited to

participate.

In Soccer tournament, Addington Hospital first played against Don MacKenzie hospital and Addington Hospital won in penalty shootouts by 3-1 and that qualified us to the top twelve.

Our next encounter was against Kwa Mashu CHC, which we again won by 2-0 thus progressing to the top six . Our third game was against the Regional Laundry in which we were defeated 2-1 and were thus eliminated.

The Netball team didn't dis-

appoint us either as they won their first game against Don MacKenzie hospital by 7-3 progressing to the top twelve. They also won against Kwa Mashu CHC 5-3 and qualifying for the top six. Unfortunately then faced Mahatma Gandhi Hospital which losing 4-3 and were also eliminated.

The tournament was a success revitalizing our teams who are now looking forward to the top six tournament that will give us a chance to continue our journey and come back with even better results.

Ixoxwa ngezithombe



Addington Hospital Netball Team



Addington Hospital Soccer Team



Addington Netball Team in action



Addington Soccer Team in action



Addington soccer fans



Addington Netball in Action