



ADDINGTONIC

SAFETY TIPS TO SAVE YOUR BABY

Each year more than 800 infants ...roughly one out of 4,500 are born with a variety of very serious metabolic disorders, and are often called inborn errors of metabolism. Even though the infants appears to be healthy, these diseases can suddenly cause death, many types of handicaps, and other very serious and expensive health problems.

In order to prevent your newborn baby from the inborn errors of metabolism, the hospital is encouraging mothers to have regular check-ups during their pregnancy and immediately after a child is born because delay could endanger the child's life. Smoking and drinking during pregnancy is dangerous to your unborn child's life . Please don't smoke or drink during pregnancy !

You can prevent your newborn from various metabolic disorders by doing regular check-ups during your pregnancy.



July-September 08

Issue No2 Volume 15

Important Tips

Talking to your children about your HIV status.

- Think about how you felt when you first found out that you were HIV positive . Your children may feel the same when you tell them . You will be able to help them because of your experience.
- Ask your partner or close friend to be there when you tell your children that you are HIV-positive. They can provide comfort and support to you and the children.
- Your children may have lots of questions. Try to give them clear and honest answers . Give them the facts about HIV and AIDS.
- Encourage your children to tell you about how they feel . Be honest about your own feelings, but try not to make them feel insecure.
- Talk to your children about your illness frequently. Then they will feel included in your decision-making.

“Phansi nge TB”

Phansi nge TB (Away with TB) was not the theme for the 2008 Voluntary TB Testing Drive hosted by the Infection Control Unit, but it certainly **was** the message. Voluntary TB testing has been identified as an important activity in the Addington TB Crisis Plan. (Tuberculosis) is doing a great deal of harm to our peoples health in the KZN community; various socio-economic factors also contribute to this situation.

On the 15th of July 2008 the Infection Control Unit of our Hospital set up a kiosk in the front entrance of the Hospital for the public to voluntarily get tested for TB. The testing procedure was that a volunteer had to register and get a hospital number for the purpose of tracking the specimen and for statistical purposes, the specimen was then sent to the Laboratory for testing and the results were communicated to the volunteer via a chosen correspondence. The drive was the first of its kind in Addington Hospital and will be followed by similar such activities regularly in the future.



Free T.B. Testing done on Clients During T.B. Drive Campaign.

SOCIAL WORK OPEN DAY—IN CELEBRATION OF WOMEN’S DAY

On 7 August 2008 Addington Hospital staff celebrated the **Social Work Open Day**, and also commemorated **Women’s Day**; with the theme being “Wathint’ abafazi Wathint’intimbokodo” and “Women Warriors”. The event was held in Centenary Hall. The hall was packed, as staff members came in large numbers to listen to the motivational speaker - Mrs Londiwe Mchunu - from the South African Reserve Bank.

The event was opened by Mrs. Chinniah (Nursing Manager) who welcomed all present. Ms Eugene Mpepanduku then spoke, and reminded the women that were present that “as we celebrate this important day, we therefore, salute our grandmothers and mothers; and also those who are to come after us – for their dedication and commitment to hard work”.

In the motivational speech given by Mrs Londiwe Mchunu, she emphasized that “Women are to trust in God and believe in themselves. She was involved in a car accident in which resulted in the loss of her husband, and had both her legs amputated. Despite these challenges, she has survived! Today she is working for the Reserve Bank; is married with two children and does all her own housework, without the assistance of a maid.

Entertainment was provided by Addington Primary School and Theatre staff.



Mrs. Londiwe Mchunu (Guest Speaker) addressing the Audiences .

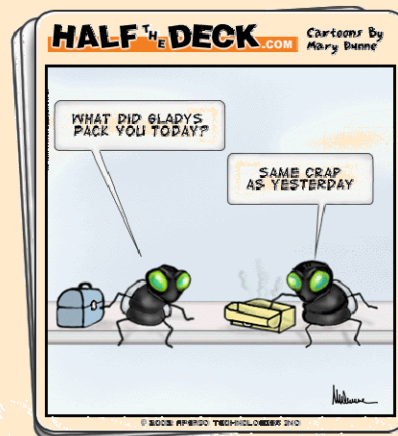
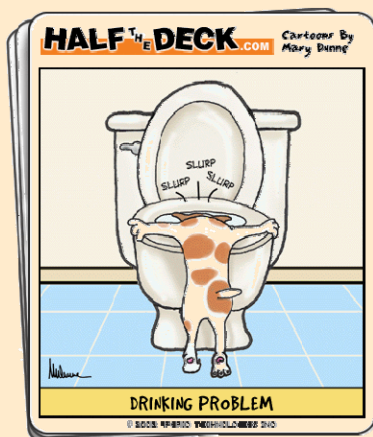


Audiences came in large numbers during Social Work Open Day Held on the 7th of August 2008.



Addington Primary School singing during Social Work Open Day.

LAUGHTER



Informatics-News — September 2008

Hello to all computer users!

Can you imagine an Addington Hospital without computers! Of late, I have met a few patients that attend various clinics here at Addington, and they just love the way that they can be registered so promptly – as a result of the computer and the Hospital Information System – especially when you see the Admitting Clerks “fingers flying across the keyboards”! They have also expressed favourable comments about being able to make appointments using the Scheduling Module – it helps that they know what time to attend the clinic so that they don’t have to sit a wait for their turn rather than the first come, first served basis!



Sue Meyer

A point of interest – next year September – our Hospital Information System turns 20 years old! This is certainly a major milestone. It also makes you realise how time flies! We certainly have come a long way. I was checking the System last week and I calculated that we had in the region of 1150 users who have access codes to the Hospital Information System. That translates into a large organisation! Furthermore, any organisation with over 500 computer devices – computers and printers - makes it a large organisation when seen from the perspective of the IT World!

We are also aware of the fact that when the computers are not available, for whatever reason, life becomes chaotic and stressful – for both the users and for the patients! Downtime is never a very welcome prospect, but it is a very necessary thing. The Load Shedding that we were subjected to this year really proved to us that we are well catered for in the event of power outages, but having said that, minor mishaps do happen and it reminds us of our vulnerability.

Always remember that the Computerised Hospital Information System is there to assist you to manage information – to the benefit of all: staff and patients. At the end of the day, it is how you interact with the computer that allows you the benefit of improving patient care and staff satisfaction!

Sue Meyer

IT Manager

Addington Hospital

Oral Health Week



Addington Hospital commemorated Oral Health Day on the 13th August 2008. The theme for the day was “**No Health Without Oral Health**”. This event was hosted at Ikusasa Clinic.

Education on oral health was conducted by an Oral Hygienist who emphasized that children experienced tooth decay the most; and in some instances decay of the whole set of teeth, which could result in them being unable to eat properly.

Children with tooth decay were also often absent from school as a result of pain and discomfort. Children do need to visit a dental practitioner on a regular basis.

The Oral Hygienist also encouraged mothers not to feed children food that contained large amounts of sugar. Children should not be going to sleep with feeding bottles in their mouths as this contributes to tooth decay. She also mentioned that food like ice-cream, cakes and cool drinks that had high sugar contents also contribute to tooth decay, especially if eaten throughout the day, instead of during meal times only.

HIV/AIDS COURSE



Addington Hospital runs an in-house 10 Day HIV/AIDS Counsellors Course . The Course was from the 15-25 July 2008, there were 28 Counsellors trained. Due to the diverse Clientele, the Counsellors are also taught about how to deal with different cultures.

On the last day the students presented the different cultural topics. The Eastern, Western and African Cultures were presented and dramatized.

Dramatization was done on marriage between different Cultures and also on ilobolo that also included how culture influences how we treat clients who are HIV infected

Pictures show how they were dressed during HIV/AIDS Course, Njengoba bengoko beconsa , cha kona kuhle shame kuphela nje amadoda awabonwna!



NATIONAL BACK WEEK 08-12 SEPTEMBER 2008

Recovery from a back problem has three stages namely:

Controlling pain

Restoring function

Preventing re-injury

Back pain is caused by injury, mechanical or inflammatory back problems. The mechanical or inflammatory problem must be fixed before the pain will go away for good. Treatment must go beyond pain control to include restoring strength, flexibility and safe work skills. The following is a list of treatment strategies for managing back problems.

TREATMENT FOR BACK PROBLEMS:

REST:

The best immediate care of a back injury is rest to allow the back to heal. However bed rest must be limited to a few days only to allow for injury and inflammation enough time to heal. Two/three days of bed rest can be effective but can also produce severe weakness, stiffness and poor circulation to back structures. Muscles become weak and lose flexibility. Joints get stiff and become over-sensitive. Discs become starved of oxygen and nutrients. Prolonged bed rest can also produce emotional problems. These changes can prevent recovery. Treatment by bed rest should include early return to walking, exercise and other activities within few days. Strength and mobility must be restored quickly.

WERDE SKOOL PAYS A VISIT TO THE HOSPITAL'S PAEDIATRIC WARD



The students from Werde Skool who came to donate toys to our Padiatric Ward on 8th of August 2008, were:

Letitia du Toit, Maria Meyer, Cheney King, Nicky Grobelaar, Surinda Bothma and Chrismari Bessinger

NEW GYM OPENING SOON

Addington Fitness & Wellness Club: Come and join the innovation and body stimulating Fitness Centre situated at Addington Hospital Nurses Home (Old Army Gym).

All of what you want out of a Gym plus a whole lot more! Services includes : Weight, Cardio, Fat Loss Programmes , Weight Management , Body Building. Sports Training, Personal Training and Self Defense (female only) . Learn how to get fit and stay well with Functional Training (A Circuit of Bodyweight Exercises)

BODYMOVERS

An alternative method of training that is safe, fun, efficient and effective . Classes offered: Bodymoves; Tai-boxing; Yoga; Self-Defense; and Personal Training .

First 50 New signups:

R50 a month until the end of the year 2008.

R25. 00 (once off) = Initial sign up, Welcome Pack , Eating plan and Exercise Programme

R75. 00 = Monthly Membership (no class fees)

R25.00 = Classes only

Bodymoves 12:00— 12: 45 PM AND 16H30—17H15

SELF –DEFENSE Fridays 17:30 P.M

YOGA Thursday 16:30

GYM TIMES: MONDAY— FRIDAY 17:30—20: 30

Saturday to be announced *All times depending on responses * For further information please contact: Saabir at 083 2041597 or enquire from Sister Deljoin on ext 2095

RECIPE

Carrot cake

Melt 1/2 block (250gram) butter

Add 1 can condensed milk

100gram chopped nuts

6-8 carrots (grated)

Sprinkle of mixed spices

Handful of raisins

1 ½ teaspoons baking powder

1 ½ teaspoons bicarbonate soda

3 cups flour (sifted)

400mls of water. Mix well



HAIR TIPS

RELAXER

Only apply relaxer to hair regrowth as the straight tips will break. Use bio-complex first, rinse and then neutralize the hair. Lastly use hair repair treatment for good relaxing results.

COLOUR

Colour can only be applied 2 weeks after the relaxer as natural oils need to feed the hair first. Always make sure that you use an after care treatment at home. Never use peroxide on relaxed hair.

PERMS

Hair needs to be premed first before any tint or highlights are applied, otherwise the hair thread will snap as the cuticle is open and porous.

WINTER TIPS

During winter hair must be moisturized. Use hair repair treatment and silicone.

For the good of others!

It's wonderful to know that we actually still have people in this world who care for others. Ingrid at the salon ensures that oncology patients can face the world with pride and dignity. She supplies them with wigs or scarves.

If there are any staff members who have wigs or scarves that they do not need anymore, please leave them at the salon.

She also offers to wash oncology patient's hair free of charge.

By: INGRID from

HAIR CARE BY INGRID

Ground Floor

Nurses Home

Addington Hospital

Extension 2084/5

When People are in need of Health Care, they come to us! Batho Pele Tips!

The way in which we carry ourselves in our respective work environments, daily manifests into the general public's opinion about us as the Hospital. A great number of patients that come to our Hospital every day, do so with a hope and expectation that they will be met by warm, friendly and dedicated Health Care Givers. But on some occasions patients feel these expectations are not met. As humans we are all meant to live our lives for each other. It must be evident in our daily lives: some drive buses so that others can catch them to various destinations. It is therefore important that we all rise to the occasion where our duties are concerned, and do so willingly, so that the circle of life is not broken in our hands.

Ubuntu (Humanness) is an African term given to a concept which also exists in many other societies, like Kaizen in Japan. The basic Zulu meaning of Ubuntu is " you are because I am", Umuntu Ngumuntu Ngabantu". As people we need to subscribe to this concept whole heartedly and even more so as public servants. There are many initiatives in our work environment, which encourages the rendering of good quality services to the public: let us honor and uphold these initiatives, and thereby ourselves.

Public Relations Team

Sr T Daghish, Mr SC Ngwenya, Mr MC Mthembu and Ms NP Cebekhulu



When people are in need of health care they come to us, largely because they source us as being the right and dependable people to help ease their pains and discomforts, let us take honor from this and put a smile in our hearts, so much so that it shows on our faces. Remember to "do unto others as you would like them to do unto you" Now go out there and help someone.



THE HOSPITAL FUN WALK HAS BEEN POSTPONED TO THE 1ST OF NOVEMBER 2008



THE HOSPITAL GYMNASIUM TO BE OPENED SOON TO ALL STAFF MEMBERS



WOULD YOU LIKE YOUR HAIR DONE? THE HOSPITAL SALON IS OPEN TO ALL STAFF MEMBERS, PLEASE CONTACT INGRID ON : EXT 2085

Send us your stories!! Tell us what's happening!!

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