



**health**

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

# ESTCOURT HOSPITAL

# EZASEMTSHEZI NEWS

STAY INFORMED

APRIL 2019

## ESTCOURT HOSPITAL BIDS FAREWELL TO THE CEO



**AUTISM AWARENESS.....**  
**READ MORE ON PAGE 3**



**MDR TEAM OUTREACH.....**  
**READ MORE ON PAGE 4**



**PREGNANCY AWARENESS WEEK**  
**READ MORE ON PAGE 5**

# CEO'S FAREWELL REMARKS

TO ALL EST COURT HOSPITAL AND CLINIC STAFF

The time to retire and leave you all has come so soon. I would like to sincerely thank all of you for the very productive year Estcourt Hospital has experienced, without your co operation we would not have been able to have reached so many goals. My wish and prayer to all is to continue your hard work towards providing excellent services to your patients.

To all colleagues I would like leave this thought with you. We learn something through everyone that passes through our lives. Some lessons are painful, some lessons are painless and some lessons are priceless. May we continue learning from each other.

Thank you all for a short but happy stay at Estcourt Hospital. Wishing you all the best for the future.

Mrs. Nunes

CEO- Estcourt Hospital.



**Estcourt hospital staff members came to bid farewell to their CEO on the 24 May 2019 at the Golden Horse in Pietermaritzburg.**

# AUTISM AWARENESS CAMPAIGN

Autism spectrum disorder refers to a broad range of conditions characterized by challenges with social skills, repetitive behaviors, speech and non-verbal communication. Autism is not curable but it's controllable.

Symptoms of autism among others are, a child may be sensitive to new sounds, unusual attachment to an object, resistant to new change, don't seem to hear when you talking to him or her, prefer not to be touched or held. Some parents know what autism is but are in denial and choose not to refer their children to their nearest health facility as early as possible for intervention. The reality is that there are parents that are now aware of this kind of condition and need to be educated.

Estcourt Hospital Audio department had an Autism awareness campaign to educate colleagues from other departments about Autism, its symptoms and its referral pattern. On the 17th of April 2019 a campaign was taken to Gate clinic to educate staff members about autism, on the 18<sup>th</sup> April 2019 was the doctors turn and on the 24 April 2019 the Audio department went to the Primary Health Care department to give information to nurses about Autism and they were given a chance to ask questions.

Parents were encouraged to learn about autism so they can assist by referring them as soon as possible even though it is not curable but manageable. This is imperative too for the child to get necessary assistance so that management of such a condition can yield positive results.



*Rehab staff gearing up to give staff blue ribbons as they enter the gate in celebration of the Autism Awareness day on the 02 April 2019 . This was to educate all employees as much as possible about Autism*

## ESTCOURT MDR TEAM TAKES SERVICES TO LADYSMITH COMMUNITY

Estcourt hospital is an MDR site for Uthukela District and patients from Ladysmith and Bergville are transported from their respective hospitals to Estcourt hospital to be initiated on MDR treatment and reviewed until they have finished their treatment. Many patients are compelled to sleep in the hospital a day before so that they can make it on time to get transport to Estcourt hospital. In many instances patients come back late, when public transport is no longer available to take them back home and end up sleeping at the hospital again. In short, many patients spent three days away from home and that impacted negatively on the defaulter rate.

It is for that reason that MDR started on outreach project with the aim of making services accessible to those that need it the most. The outreach team comprises of a doctor and nursing staff, and they only visit Ladysmith hospital for now as many patients are coming from there. All patients are still initiated on MDR treatment at Estcourt hospital then the outreach team assists only the follow up of



MDR team ready to assist lucky patients to be first ones to be assisted at Ladysmith outreach point

patients in Ladysmith hospital.

Sr. Mchunu, Acting OM- MDR clinic expressed her gratitude to the hospital management for embracing this project which has started to yield positive results. She said that they are excited that the outreach has impacted positively on the defaulter rate, patients are happy that the service is now easily accessible and being away from home for three days is now something of the past.

## HAST CLINIC LEADS FROM THE FRONT IN THE FIGHT AGAINST TB



Patients listening attentively to Sr. Zondi during health education on TB.

Estcourt hospital continues to make strides in the fight against TB, however patients are still dying due to a number of reasons. It is for that reason that HAST Clinic took awareness to patients at Gate clinic and OPD to educate them about this disease.

HAST clinic team raised concern about patients that default treatment and the effect it has in an increase in a number of new TB infections. They also mentioned that ventilation that is not adequate in different households as another contributing factor .

HAST clinic team appealed to the patients and clients to ensure that they adhere to their treatments and also ensure that they open windows at home for free air flow even in the public transport that they use when they go to and from home to eliminate the chances to getting TB or spread it.

Patients on chronic medication were encouraged to ensure that they take their chronic medication and also TB treatment. At the end of the health education, patients and clients were given a chance to ask questions and those that managed to answer questions asked by the team were given goodies to take home. The aim was to encourage them to listen so that they can educate others as well.

## HIGH TEA WITH “NEW MOTHERS” TO RAISE AWARENESS



Rehab team taking new mothers through the dos and don'ts

Rehab team spent time with super excited “new mothers” that have just given birth to share their joy and most importantly to educate them about their role in their children's different

growth stages. The team went through different signs indicating different challenges that the child might have in their developmental stages. The team agreed that it is at times difficult to identify challenges a child might be having but when a mother is clear of what signs to look for makes it easy for them to take their children to the nearest health facility for assistance. Mothers were also reminded to monitor developmental milestones for their children, so that necessary Intervention can be made as soon as possible.

New mothers were reminded that the journey to a healthy baby continues, even after giving birth and loving their children is the starting point. Giving as much health information as possible about raising a healthy baby will assist Estcourt Hospital to have healthy babies and ultimately a healthy society.

## EXPECTING MOTHERS URGED TO USE MOTHERS WAITING AREA

No mother should give birth at home simply because that woman is from a far to reach area where it is merely impossible for an ambulance to access it. That was the plea by Sr. B. Buthelezi to expecting mothers during the Pregnancy Awareness Week that was held from the 11<sup>th</sup> to 15<sup>th</sup> February 2019 at Estcourt Hospital.

She took them through a number of risk factors expecting mothers are exposing themselves and their children to when they give birth at home which can at times end up with undesirable outcomes. Mothers waiting area has been made available for those expecting mothers from the far to reach areas that are about to deliver so that when they are in labour they are already in the hospital. This is an attempt to eliminate chances of them giving birth at home.

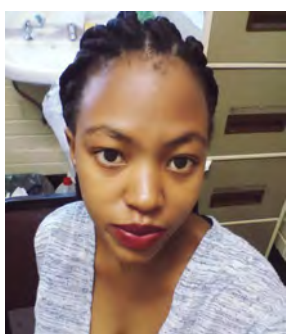
Expecting mothers, patients and clients were educated on early warning signs to take note of



Sr. Mazibuko educating patients about Pregnancy Awareness Week

when one is pregnant and further encouraged them to advise anyone who suspects that she might be pregnant to go to her nearest health facility as soon as possible for medical examination and advise on how keep herself and the baby healthy until she delivers. Few lucky ones were given goodies thanks to Bio-Oil for sponsoring the hampers.

# ACKNOWLEDGEMENTS



**WRITER &  
PHOTOGRAPHER**



**SUB EDITOR**



**EDITOR**



**health**

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

## CONTACT DETAILS

**Physical Address:**  
NO. 1 OLD MAIN ROAD  
ESTCOURT 3310

**Postal Address:**  
PRIVATE BAG X7058  
ESTCOURT 3310

**Web Address:**  
[www.kznhealth.gov.za](http://www.kznhealth.gov.za)

**SWITCHBOARD:**  
036 3427000

**SWITCHBOARD FAX NUMBER:**  
036 3727116