



health

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CEO'S CHRISTMAS MESSAGE

As we come to the close of another year may we stop for a moment and reflect how far we have come in our quest to provide quality services for our patients. May we continue to serve with humility, love, compassion giving hope to our patients.

Wishing all staff of Estcourt hospital and clinics a Merry Christmas and a Happy New year

CP CHRISTMAS PARTY, A REMINDER THAT THE FUTURE IS EVEN BRIGHTER

Christmas fever is running in everyone's mind as the holiday season is here. During this time we all have the spirit of giving and express love towards each other. Rehab Team organized a Christmas Party for mothers and their children with Cerebral Palsy. These loving and dedicated mothers bring their children to Rehab for rehabilitation classes the whole year to bring out the best in their little ones. It is not but they endure for their children to be rehabilitated and be channeled academically so that they can be independent to sustain themselves in future.

One of the mothers when sharing her testimony said that it is not easy but assured mothers that there is light at the end of the tunnel. Anele Nzama, living with a disability expressed his gratitude to the Rehab department for their determination



Mothers and children enjoying themselves during the Christmas Party

to assist children with disability and it was even more heart-warming to know that he is a graduate and playing an active role in different disability structures. It was not only a day filled with speeches but also a fun filled day! Mothers were given a chance to dance, children to play and celebrate their hard work. At the end, they were given goodies for Christmas and thanks to donations from the Gift of the Givers and others.

WORLD AIDS DAY COMMEMORATION MARKS THE 30 ANNIVERSARY



Patients and staff during candle lighting ceremony

Year 2018 marks the 30th Anniversary of the World Aids Day commemorations which take place annually on the 01 December. Significant strides have been made in the fight against HIV/AIDS pandemic. But we still have a long way to go as UNAIDS reports shows that it is still a challenge to reach people living with HIV who do not know their status and to ensure that they are linked to

quality care and prevention services after they have been identified. Stigma attached to HIV testing deter people from making use of the service. Many people get tested after having become ill and symptomatic hence the theme for this year is “Know Your Status”.

Estcourt hospital commemorated World Aids Day on the 03 December 2018 at Outpatient Department. Patients and clients were encouraged to get tested for HIV. If results come back positive, they will be initiated on treatment immediately regardless of their CD4count. Adherence to treatment was also stressed and consequences of defaulting treatment explained. Patients were encouraged to go for circumcision as it eliminates chances of being infected with the HIV virus among other things. At the end, the candle lighting ceremony was done in remembrance of those who are infected and affected by this pandemic.

REVIVE GOOD AND PROFESSIONAL NURSING ETHOS

Mrs. N.C. Majola, Edendale Nursing Campus Principal made an impassionate plea to senior nurses to instill the culture of good ethics and professionalism to junior professionals. Lead by example for junior staff members to follow suit. Mrs. Majola said this during the Launch of professionalism and ethics of nursing at Estcourt Hospital on the 04 December 2018. She said that if we are to win this battle, all other internal stakeholders are to come on board for us to collectively improve experience of care for our patients. This was echoed by Mrs. C.I. Ndlovu, Provincial Champion for ethics and professionalism. She further challenged shop stewards to play an active role in this revival project.

Dr Badul, representing stakeholders urged nurses to keep good work ethics and be accountable even during the testing times. They must do their work holistically even when no one is watching like a craft maker mastering his art. Role play and walk on ethics and professionalism demonstrated the caliber of nurses that we have compared to those of Florence Nightingale’s time. Mr. Nkabinde, Finance Manager urged nurses to honour the Nurses Pledge to bring back respectability and be role models for future professionals. Mrs. Nunes, hospital CEO thanked guest speaker for the revival of ethics and professionalism in the workplace and challenged nurses to go back to the basics. At the end of the event nurses lit heir lamps and recited the Nursing Pledge.



Top: Left– Mrs. Y Nunes, CEO. Right– Mrs. N.C. Majola– Guest speaker. Bottom: Nursing staff reciting Nurses Pledge.

VIOLENCE AGAINST WOMEN AND CHILDREN IS A SOCIETAL PROBLEM



Mrs. N. Hadebe addressing educating patients about different forms of abuse at Haviland Clinic

16 Days of Activism against Gender-Based Violence is an international campaign to challenge violence against women and children. The Campaign runs from the 25 November to the 10 December yearly. Social Services at Estcourt hospital took their campaign to Haviland clinic in Weenen on the 28th November 2018 and the Theme was #Hear Me Too: End Violence against Women and Children! Mrs. N. Radebe from the Crisis Centre said that she is concerned that abuse is still perceived as a family matter in

society yet it can be detrimental to victim especially sexual abuse. Parents do not report rape cases and some victims end up being pregnant and even infected with the HIV virus of which the outcome could have been different only if it was reported immediately. Mrs. Hadebe urged community to work as a collective to eradicate violence against women and children. She said that cases of women dying in the hands of their loved ones is concerning and it is important to acknowledge that violence against women and children is a societal problem for us to collectively fight against this scourge in the society. Community members committed to never commit or condone violence against women and children wearing white ribbons.

WOMEN SHOULD BE IN CHARGE OF THEIR OWN LIVES

Those were the words by Dr. Badul during Women's health Awareness Campaign which was held at the hospital on the 28 August 2018. The target audience for this event were female patients and clients to remind them of their importance in society and further encourage them to take care of themselves and those around them. Dr Badul said that she is saddened by an increase in a number of rape cases that are reported especially among children both girls and boys. She also indicated that there are still cases that are reported very late and those that are not reported at all. This is concerning because those victims are deprived of their right to get health assistance which they are in dare need of. Dr Badul said that that child abuse is on a rise in South Africa but optimistic that if parents and all stakeholders work as a collective this moral decal can be successfully eradicated in society.

This event was graced by the presence of the CEO, Mrs. Y. Nunes and she appealed to women present to make use of the services that were provided on the day. Dr. Dumakude, Clinical Psychologist advised women of the



Dr. Badul empowering women at Gateway Clinic during the Women Day celebration.

services they provide to those that are emotionally distressed so that they can cope with what has happened and prevent them from being suicidal. Mrs. Dumakude, Social Worker asked mothers to take care of their children and report when a child is abused so that necessary interventions can be made. At the end of the programme women went for health screening assistance.

YOUTH EMPOWERMENT IS KEY IN THE FIGHT AGAINST SOCIAL ILLS

Department of Health in partnership with Love life introduced youth friendly health care facilities programme. This emanated from the findings that the youth was reluctant to use health services regardless of the fact that they are faced with many health related challenges like the increase in new HIV infections, teenage pregnancy, STI's among others.

Madiba clinic is a youth friendly health care facilities and had a Youth Festival event which was held on the 21 September 2018 to remind youth of different services available within the facility for them to take advantage of. The event started with the march by the youth holding placards with different messages against women and child abuse which started from the main road to the clinic. Mrs. Z.E. Mhlanga, PHC Coordinator urged the youth to attend Chilla Nathi sessions which is a platform created for them to express themselves and empower each other. Platforms like these are very instrumental in the fight against the scourge of high new HIV infections and teenage pregnancy.

Youth showed all present that they are multi talented by doing a stage play on sexual abuse which moved everyone including stakeholders from SAPS, Correctional Services and Social Development. Stakeholders agreed that parents at times do not report rape cases and other forms of abuse to the police thereby failing efforts by all other stakeholders to arrest perpetrators. Parents and family member's were reminded of their responsibility to report when their children are abused in any way if we are to win the fight against moral decay.

Platform was given to all talented teenagers entertain us and Tatzela High School stole hearts for many present with their exceptional performance that left everyone asking for more. All learners were encouraged to master their God given talents because it can open doors for them and change their lives forever.



Local leadership and different officials during the youth festival event at Madiba Clinic



Learners from different schools preparing for the march from the main road to Madiba Clinic before the formal programme

HEALTH SCREENING RE-EMPHASIZED DURING THE WOMEN DAY EVENT



Guest speaker Mrs. T.J. Mpembe and cancer survivor delivering their messages to imbokodo that came in numbers to the event.

Women's Day Celebration was taken to EmaHlutshini Hall on the 13 September 2018 and women from the area came in numbers to this event . Different health services were provided and were taken full advantage of by all present

Mrs. TG Hlatshwayo, from the District Office said that as the Department of Health they are extremely concerned about women that are dying due to cervical or breast cancer. She encouraged women to go for health screening so that cancer can be detected early and necessary interventions made. Her words were echoed by cancer survivor who gave her testimony and challenged women not to be afraid of having themselves tested for cancer because it is curable if detected early. Women young and old were educated about different contraceptives that they take advantage of.

Mrs. T.J. Mpembe, the guest speaker emphasized the importance of self-love that goes beyond just physical appearance to knowing your health status and doing everything possible to get medical assistance where needed. Entertainment ranging from traditional dance to traditional music reminded everyone that Heritage Month spirit is in the air.



Kuvuke usinga kwi mbokodo iqembu lendlamu liyibhikla esiteji kuxutshwa nayo ingxoxo yokuzinanakela ngokwezempilo

KNOW THE SERVICES THAT THE CLINIC PROVIDES



Patients listening to different speeches during the Open Day

That was the message to Fordeville community during the Open Day which was held on the 03 September 2018 at Fordeville clinic . The Open Day is used to remind patients, clients and stakeholders of services provided

within the facility and also afford them the opportunity to ask questions. There was no difference this time around, staff enlightened them of different services provided and also about management of complaints, compliments and suggestions. A presentation on services that are provided on appointment basis by the hospital staff at the clinic was also done. Mr. D. Pillay educated attendees about alcohol abuse and alcoholic anonymous and where to get assistance when there is an alcoholic within the family. Miss. N. Box educated patients on counselling for trauma, rape, couple counselling, group counselling and drug addiction.

Cervical Cancer screening was also offered to all females on the day and 48 patients were done. Each client received a hygiene pack after having a Pap smear done.

OPEN DAY, AN EYE OPENING EXPERIENCE TO PATIENTS

“We will assist where possible for you to get the expected standard of service”, those were the words from the hospital CEO Mrs. Y. Nunes during the Open Day which was held in September 2018. The event was also honoured by the presence on Rev. Nduli, who is a clinic committee chairperson and other departments.

Patients, clients and stakeholders were informed of different services that are rendered within the facility. Services that are also available on referral basis like rehab services, visiting doctor, psychology and others presented for patients to take advantage of. At the end seeds were given for them to plant since it is a ploughing season and compliments to the Department of Agriculture for making that possible.

Clinic committee of the facility was introduced and the community was

encouraged to make use of this important structure. The community was assured that the facility values their input, it can be in a form of a complaint, compliment or a suggestion and the procedure was explained. Users of the clinic expressed gratitude to the hospital and clinic management for an informative day which opened their eyes on how the facility works and how can they have their input can assist in improving the level of service. The event was closed with entertainment from FET isicathamiya.



Patients and clients listening to different speeches

GIVE CORRECT INFORMATION, HADEBE APPEALS

Estcourt Hospital Gateway clinic had its Open Day on the 25 September 2018. This day was used to appeal to all patients to give correct information so that they can have one file with all their history for better management. Patients give wrong physical addresses and when they default treatment they cannot be traced and it's impossible for them to be part of adherence clubs since they are staying far away from the clinic catchment area. Mrs. Radebe said that she is concerned about the increase in a number of patient that come to the facility without their carrier cards and ID's because it is impossible to retrieve their files.

Different services rendered within the facility were shared with patients, clients and stakeholders and on how to access them and a chance to ask



Sr. Radebe addressing patients during the Open Day event

questions. Patients were educated of possible challenges when one has not disclosed his/her status to someone they trust. This is one of the contributing factors defaulter rate. That treatment goes to waste and that is costly to the department.

The clinic committee members were introduced and their role explained. The community was advised to make use of this important structure.

HOSPITAL MANAGEMENT SPEND THEIR 67 MINUTES WITH THE KIDS

Estcourt hospital management led by Mrs. Y. Nunes put their busy schedules aside to spend 67 minutes for Mandela Day with children in the paediatric ward on the 18 July 2018. These children are sick and do not understand why they are kept in the hospital away from their families and need love more than any other thing.

Management spent time with these children, and played with them so that they can feel welcomed and loved. It was a special moment for each and every one of them and indeed a special day for them all. Children

were given toys and some goodies just to cheer them up and thanks to Shoprite and Sanlam for making this possible.



Hospital management receiving a big cake donated by Shoprite for the kids in paediatric ward.

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**WRITER &
PHOTOGRAPHER**



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

SWITCHBOARD:
036 3427000

SWITCHBOARD FAX NUMBER:
036 3727116