



**health**

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

# ESTCOURT HOSPITAL

# EZASEMTSHEZI NEWS

STAY INFORMED

DECEMBER 2019

## “HEALTH IS WEALTH”



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# CHRISTMAS MESSAGE

## TO ALL STAFF

2019

I can't believe that the end of the year is already here! I would like to thank all the employees of Estcourt Hospital and the stakeholders for the warm welcome. I am indeed fortunate and grateful to be part of Estcourt family.

On behalf of Estcourt hospital management, I would like to wish all the employees of Estcourt hospital and clinics a merry Christmas and a happy new year. Have a great and well-deserved break.

My sincere gratitude goes to all the employees that will be working over the Christmas period, may you continue to deliver quality service during this time.

With thanks,

Mr. M.P. Bekenya

CEO

## COMMUNITIES KEY IN THE FIGHT AGAINST HIV/ AIDS

The journey and contribution by different stakeholders in the fight against HIV/AIDS has been a long and painful one. The introduction of HIV treatment programme marked the beginning of a new dawn in which life expectancy of those living with the virus was increased, thereby easing the pain in different communities that had to bear the brunt of losing their loved ones to Aids related illnesses.

Estcourt hospital commemorated World Aids Day on the 05 December 2019 at HAST Clinic with an aim of mobilizing the communities to unite in the fight against HIV/AIDS pandemic hence the theme "Communities Make the Difference". Placing people living with and affected by HIV at the centre of our efforts to defeat this pandemic has proved to be effective even during early 2000 when members of Treatment Action Campaign (TAC) mobilized themselves in pressure groups and advocacy organizations demanded government to provide life-saving HIV treatment. That bold action paved the way for the HIV treatment programme success story.

All speakers during the event urged attendees to educate communities to stop stigmatizing and discriminating those living with the pandemic. If they feel welcomed in society adherence to treatment will be increased and more people will get tested for HIV thereby assisting the institution to reach 90 90 90 targets set in 2014 by United Nations programme. Males were encouraged to go for Medical circumcision programme as it assists in decreasing the chances of transmission. Dr. Kekana said that the institution is concerned about an increase in a number of teenagers that fall pregnant and challenged the communities to talk openly with adolescents and young women about issues of sexuality and resultant risks of unprotected sex.

At the end a candle lighting ceremony was done in remembrance of all those that lost the battle against HIV/AIDS led by Mrs. Lukhozi. It was an emotional moment but words of encouragement from all the speakers affirming that there is light at the end of the tunnel were their beacon of hope.



Employees, patients and stakeholders observing the moment of silence to remember those that have lost the battle against HIV/AIDS.

# WELLNESS DAY AT ESTCOURT HOSPITAL



Participants doing aerobics after a walk from the hospital to Albert Park



Service providers assisting staff members with their different enquiries

As the saying goes, take care of your employees and they will take care of the business. This principle is at the heart of creating a conducive environment where employees are appreciated, engaged and productive. Estcourt Hospital HR section organized wellness day to remind staff members that in as much as they are expected to perform their duties to the best of their abilities they are also expected to take

good care of themselves. The day kick started with the walk from the hospital to Albert part and back. Aerobics was done shortly after that and then the formal programme began. Different service providers like Gems, Assupol, Old Mutual were in attendance they all stressed the importance of living a healthy lifestyle for increased productivity and decreased absenteeism. Employees were encouraged to be physically active and be mindful of the food they eat. At the end of the presentations, an opportunity was afforded to all present to ask questions on benefits they are entitled to and other queries were entertained by providers.

Gems offered health screening i.e. BMI, Blood Sugar Level, Total Cholesterol Testing and massage to staff members and each employee was given his or he feedback. The feeling among all who participated was that this should be a beginning of a new life and further committed to encourage other employees to follow suit.

## “ENOUGH IS ENOUGH”, THE PARTICIPANTS SAID DURING THE MARCH

16 days of Activism against the rising scourge of gender based violence and femicide against women and children should come to an end says stakeholders that braved blazing sun to take part on the march that took place on the 30 November 2019 at Mabhalonini Area.

The march was organized by Estcourt Hospital and Lifeline to launch 16 Days of Activism against Women and Children campaign at Mabhalonini Area. During the event, communities were urged to play an active role in the fight against women and children abuse. The reality is that every day a women is killed in South Africa and even



Women holding placards denouncing women and children abuse

worse women are killed during 16 Days of Activism.

An appeal boldly made to all present not to be bystanders when they witness perpetrators abusing women and children. They have a responsibility of reporting any form of abuse that is happening in their own homes or neighbours.

## ESTCOURT HOSPITAL HAD A MEN’S WORKSHOP

As the saying goes, Indoda ayikhali is the main reason why Estcourt hospital Men’s Forum organized Men’s Workshop to afford them an



Men listening attentively to speeches delivered on the day of the event

opportunity voice out their frustrations as well as their weakness as they are human too. This was also necessitated by the fact that men do not go to health facilities for screening purposes. Men within the hospital were in attendance. Initiatives of this nature are a necessity especially because the country is faced with the scourge of gender based violence. Equipping them with necessary life skills will assist them not to resort to violence in addressing challenges in life.

Different stakeholders came on board to enlighten men in this facility and the following topics were covered among others; gender based violence, health screening, silent suffering, budget and investments etc. Attendees were afforded an opportunity to ask questions and also advised on different service providers that can assist them.

# HAND WASHING CAMPAIGN, A GREAT SUCCESS



On the 14<sup>th</sup> of October 2019, the Infection Prevention & Control team conducted the IPC awareness at the hospital and clinics to educate patients and staff about the importance of IPC practices as well as the segregation of waste. Importance of good hand washing with soap was emphasized as vital in to successfully break the cycle of infection. According research proper handwashing can reduce the rate of diarrheal infections by almost 50% and acute respiratory disease by up to 25% in children. These figures are a indication that good handwashing and hygiene are significant and a link to health.

During the campaign the following activities were done among others; demonstration of handwashing practices, patients also demonstrated hand rub techniques after being taught and they were also told about proper waste segregation. At the end of the campaign a feedback session was done to staff in different wards and clinics on all gaps identified so that they can come up with quality improvement plan to turn the situation around.



Small photos: L-R: Mark Gillits, Dolly Mabele, Zandile Gamede and Thokozile Ndlovu pledged their support for the IPC Campaign.

Big photo: Sr. N. Ndlela demonstrating hand washing techniques to patients.

# ACKNOWLEDGEMENTS

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