



EZASEMTSHEZI

NEWS

STAY INFORMED

MARCH 2016

TAKING MDR TB AWARENESS TO THE COMMUNITY



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MDR TB AWARENESS CAMPAIGN TAKEN TO A TAXI RANK

TB is one of the leading causes of death in South Africa yet it is curable. That is due to that fact that people lack much crucial information about this infectious disease. It is for that reason that MDR TB unit took awareness campaign to the streets to sensitive community about TB. The message for the day was that TB is curable, Testing is simple and Treatment is free so it is possible to stop the spread of TB.

March started from Harding street to Alfred Street Taxi Rank and along the way people were educated about TB with banners, placards and a loud speaker. The March gained momentum when it approached the taxi rank when people that were in the taxi rank joined it. People were urged to stick to the basics in the fight against TB like the opening of windows since this disease is transmitted to the body through the air. While they were still listening to health talk health screening was done and other health facilities were provided.

Community was also made aware that Estcourt hospital is an MDR site for Uthukela District and were once again requested to get tested as soon as they have symptoms at their nearest health facility and will be referred accordingly. The main objective of the awareness campaign was to increase community awareness of the virus and an increase in the number of people getting tested is anticipated.



STAFF MEMBER TAKING VITAL SIGNS OF A PATIENT DURING THE EVENT

TB AWARENESS ALSO TARGETED OUT PATIENT DEPARTMENTS



HAST UNIT STAFF MEMBERS DURING HEALTH TALK IN OPD

HAST Unit did its share in the fight against TB by taking the awareness campaign to all outpatient departments within the hospital.

Health talk was done covering important information of what TB is, its symptoms and treatment. It was explained that vulnerable groups like those with compromised immune system are at risk of contracting the virus and patient and clients were urged to stick to the basics to stop the spread of TB. Basics include the opening of windows, personal hygiene.

Patients and clients were alerted to make sure that when they have started treatment they finish it because if they default might end up with MDR TB which is a multi drug resistant TB and end up on treatment for longer.

At the end of health talk patients and clients were given the opportunity to ask questions and took that golden opportunity with both hands and were given crucial information that will assist us all achieve TB free society.

NO CHILD SHOULD SUFFER FROM MALNUTRITION

While many children are benefiting from child support grant the reality is that many of them are faced with scourge of poverty and end up presenting very late at the nearest health facility very late and some of them die. Seeing that many cases of kwashiorkor are from Loskop area the awareness campaign was taken to the Mqedandaba area to educate them about malnutrition.

One of the major contributing factors to this challenge is that mothers leave their children with grannies and go live in urban areas. Adults are very old and not well informed on how to properly feed babies. To make things even worse some mothers at times leave HIV positive children with that need close monitoring and adherence to medication with the grannies and in most cases they default.

Parents and guardians were advised on what and how to feed babies. Signs of malnutrition were shared and a request was made that all babies that are having symptoms are to be referred to the nearest clinic as soon as possible.



Staff screening a learner during Malnutrition Awareness Campaign at Mqedandaba Hall in Loskop

Teenage pregnancy is also aggravating the situation since they get pregnant unplanned and are not so keen to breastfeed which is key in developing a strong immune system for a growing baby. Sr. Mabaso encouraged mothers to breastfeed or at least two years or more as it has all the nutrients needed by the growing body. Sr. Mthethwa educated them on different types of contraceptives and requested them to plan their families.

Sr. Maphalala, OM pediatric ward urged mothers not to use traditional medicine when the baby is sick because it is too strong for their weak immune system. Ms. Khumalo, Speech therapists asked mothers to spend time with their kids so that can notice early if their children have delays in speech for intervention. Ms. Mavuso, Occupational therapy asked mothers to buy toys for their babies since playing is important for child's development. Social workers warned parents and guardians that they do not compromise on child welfare and requested community to report cases where child support grant is not used as it is supposed to.

Turn out was good and hall was packed to capacity. All babies were screened and those needed medical attention were referred accordingly.



Baby given Vitamin A by a staff member during Malnutrition Awareness Event at Loskop area.

HARD WORK ACKNOWLEDGED DURING IPC & QUALITY AWARDS



Some of the sections and clinics that received awards

Infection Prevention and Control Unit encourages health care workers to participate and accept responsibility of IPC by awarding all those that have showed commitment. On the 01st March 2016 an awards ceremony was held and accolades are as follows:

1. Continued IPC compliance throughout 2015– Fordeville clinic (three years running)
2. Most compliant clinical department– Ward 2
3. Wound care nurse for 2015– N.P. Kunene
4. Most Compliant surveillance nurse 2015– D.F. Tredoux– Conner Street Clinic
5. IPC Rep of the year– N.F.Duma– Madiba Clinic & B.A.Ndumo OPD
6. Most compliant OM– Sr. Mbanjwa– ward 6& Sr. Ramthol– Fordeville clinic&
7. Hand washing competition audit&signatures– OPD& Zwelisha Clinic
8. Best IPC departmental display poster– Theater
9. Best dressed competition– Nomlindo Mahlobo
10. Poem competition– Z. Manyoni– Conner Street Clinic
11. Slogan of the year– Sr. Ganes– Injisuthi Clinic
12. Hand washing lucky dip– Prudence Phungula– Switchboard &Gugu Njoko– Wembezi Clinic

WELL DONE TO ALL THE WINNERS



A JOURNEY TO A HEALTHY BABY BEGINS WITH YOU



Sr. Ntontela interacting with expecting mothers



Sr. Xulu showing expecting mothers basic exercises



Expecting mother receiving hamper from Sr. Ntontela



Expecting mother receiving the biggest hamper for the day after having answered all questions asked

From the 10 to 16 February is the Pregnancy Awareness Week and the Maternity ward team took awareness campaign to expecting mothers attending high risk clinic.

Sr. Ntontela told expecting mothers that a journey to a healthy baby begins with them. They should make sure that they attend clinic as soon as they suspect that they are pregnant so that their medical conditions can be assessed and get appropriate interventions immediately.

Expecting mothers were urged to take care of their maternity records as they have crucial information that is needed and when it is lost that might put lives of both the mother and the baby in danger. It was stressed that these records are their mouthpiece in case they are unable to speak and can give a clear picture of your pregnancy.

Cleanliness is key to a healthy baby and it was stressed that expecting mothers should live in a clean environment and ensure that they wash their hands to prevent infections.

Expecting mothers were encouraged to be active at home so that they do not have complications during delivery. Sr. Ntontela said that she understand that mothers can not afford to buy healthy food they need during pregnancy and further challenged them to have a small garden so that can plough vegetables like spinach cabbages, beans etc. that are nutritious and can help them achieve their goal which is to deliver a healthy baby.

Sr. Mchunu explained to the expecting mothers the importance of giving correct information so that there are no problems experienced when a child certificate is being done. Education on dual protection was done for them to do independent decisions on their reproductive health rights understanding options available to them. At the end questions were asked and those that were able to give correct answers were given gift hampers and best wishes were sent to all of them for the journey to a healthy baby.

WASTE STORAGE AND TRANSPORTATION MADE EASY

Proper waste management is significant from the point of generation through transportation and treatment stages to its final disposal. The institution has not been compliant with transport requirements when collecting waste and that is now history and thanks to authorities for providing institutions with appropriate cars for waste collection. This vehicle is able to segregate waste and has drainage points which makes it easy to wash it after having collected waste.

This vehicle was allocated at the right time when the institution is rolling out general waste cargo project in all clinics for proper storage until collection which is done weekly. The initiative is already yielding positive results since waste is disposed appropriately as mandated by the law .



General waste cargo for the clinics



Vehicle for health care risk waste collection

CONSULTATION WITH STAKEHOLDERS ON NHI

District Management led by Mrs. T.M. Zulu and the hospital management consulted with Hospital Board on National Health Insurance on the 08th February 2016. Mrs. Hlongwa did a short presentation on what NHI is and how citizens of the country will benefit from it. At the end Board Members were given an opportunity to ask questions or have input . Board Members were happy that they were consulted on the latest developments within the health sector and promised to cascade information down to the community at large. Consultation will soon be taken to all clinic committees, izinduna and amakhosi.



Mrs. T.M. Zulu, District Manager, Mrs. T.S. Hlongwa, Acting Hospital CEO together with their teams and members of the Hospital Board during the meeting .