



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA

ESTCOURT HOSPITAL

EZASEMTSHEZI

NEWS

SEPTEMBER 2020

VISIT BY THE LEGISLATURE AT ESTCOURT HOSPITAL



Delegation from the legislature led by Honourable Nhlakanipho Ntombela visited Estcourt hospital and its clinics to check state of readiness amid expected surge in a number of new Covid-19 cases.

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VISIT BY THE MEMBERS LEGISLATURE AT ESTCOURT HOSPITAL

The members of the KZN Legislature led by Nhlakanipho Ntombela visited Estcourt hospital on the 24 June 2020 to play on oversight role amid the expected surge in a number new Covid-19 infection. A brief meeting was held and the hospital management gave a report on state of readiness and members of the legislature engaged the district and hospital management.

The honourable members were taken through the referral pattern for “Query Covid” cases from the time the patient present him/herself to a health facility until they are admitted. They then walked about to check if Covid-19 guidelines were implemented and regulations observed. They started from the gate to quarantine and isolation wards and interacted with patients along the way.

The delegation also visited Madiba and Zwelisha clinic and OM's presented their report on state of readiness and challenges . Members of the legislature were satisfied with the hospital and the clinics referral pattern in place, PPE's stock on hand among other things. District and hospital

management was urged to work on community awareness campaign to prevent facilities from being overwhelmed by demand for health services.



Members of the legislature doing walk about with the Mayor Cllr Mazibuko led by Sr. Khanyile



Sir. Nhlabathi doing a presentation to members of the legislature at Zwelisha clinic



HERITAGE DAY CELEBRATION

2020 has been a year that has put so much pressure of healthcare system as well as human resources. Employees had to keep up with a demand for healthcare services which took a toll on their physical and mental wellbeing. Employees needed to destress and the Jerusalem Dance challenge was a perfect fit for that purpose. Over and above that employees took some time off their demanding duties to embrace cultural diversity. It was to acknowledge the fact that they are from different cultural background but collectively managing to keep up with an increasing demand of healthcare services due to Covid-19 in an event which was held on 30 September 2020.

The theme for the Heritage Day event was Dance and employees taught each other different cultural dance in their tradition outfits. Cultural dance is not that easy and it necessitated that participants practice several times to get it right. The main aim of this activity was for staff members to destress, have fun and moreover assure each other that this storm shall pass. Each participant learned at least one cultural dance and moreover the motivation that collectively they will successfully fight against Covid-19 pandemic.



National Physiotherapy Back Week Awareness Campaign

The Physiotherapy Department at Estcourt Hospital celebrated World Physiotherapy day on the 8th September 2020, and National Physiotherapy Back Week from 7 -11 September 2020. Health education talks were given at Gate clinic, OPD and all PHC clinics during the month of September. They informed the public on the various conditions that Physiotherapist's can assist with, highlighted the importance of exercise and caring for your back, and also the valuable role Physiotherapist's have in assisting with a patient's COVID 19 recovery. Cloth masks, skipping ropes, and balls from the SASP (South African Society of Physiotherapy) were handed out and were well received by all those who listened well and



Physiotherapists giving patients during Back Week awareness campaign

could answer our quiz questions at the end of the talks!

GATE CLINIC HAD ITS OPEN DAY

Help us to help you was a message attendees took home during Open Day event that was held at Gate clinic on the 27 August 2020. Patients were informed of different services provided by the clinic and further encouraged to take advantage of them. Sr. Dlamini, Acting OM said that she is concerned that patients do not give accurate information to healthcare workers which makes it merely impossible to trace them. She pleaded with patients to be honest to healthcare workers for them to get medical assistance.

Estcourt Gate clinic team took attendees through different services in detail and how to access them and they were



Sr. Khumalo educating patients about different services available at the clinic

allowed to ask questions at the end of each slot. Patients were urged to honour their appointments and if for whatever reason they will not be able to come on the appointment date were urged to come earlier. The event was honoured by the presence of Mrs. Selepe from HST, Mrs. S.E. Mhlanga PHC supervisor and Mrs. Manana CCG supervisor

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BREAST IS BEST EVEN DURING COVID-19

Due to Covid 19 new mothers are now skeptical to breastfeed because of the fear of transmitting the pandemic to their infants. It is for this reason that the institution took Breastfeeding awareness campaign to new and lactating mothers. The campaign started on the 04 to 07 August 2020 which is a World Breastfeeding Week and was led by Ms. S. Mavunda, the nutritionist.

The campaign was taken to different wards within the hospital and also to the clinics. New and lactating mothers with suspected or confirmed Covid-19 were encouraged to breastfeed exclusively for the first six months as recommended

by World Health Organization (WHO). Breastmilk has all the nutrients that babies need for healthy development and can protect them against many infections including Covid 19. Mothers were educated of hygiene recommendations for a breastfeeding mother confirmed or suspected of having Covid-19 and they are to regularly clean and disinfect surfaces; wash hands frequently with water and soap for 20 seconds or alcohol hand sanitizer before touching the body; Wear a face mask while breastfeeding; follow good respiratory hygiene, regularly clean and disinfect surfaces within the home and wash your hands before expressing breast milk . At the end of each session mothers and other patients were given a chance to ask questions and given IEC material on breastfeeding to take home.



Ms. Sindy Mavunda , Nutritionist encouraging mothers to continue breastfeeding even during Covid-19

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PHOTO GALLERY



Employees of different cultures showcasing their cultural dance during the Heritage Day event



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