



**health**

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

# ESTCOURT HOSPITAL

## EZASEMTSHEZI

## NEWS

STAY INFORMED

SEPTEMBER 2016

### INJISUTHI CLINIC HAD A SUCCESSFUL OPEN DAY



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## INJISUTHI CLINIC OPEN DAY, A SUCCESS STORY

It all started in a meeting where all Operational Managers were requested to do an Open Day for their respective facilities. They were all not sure how to go about organizing it, and were assured that they will be supported all the way. Operational Manager for Injisuthi Clinic Sr. Ganes took it upon herself to lead from the front and she informed the management that she was going to be the first one to do it. Management was not sure if she knew what was expected of her and to their surprise she exceeded their expectations.

Open day is about giving the community, served by the clinic, information on how the clinic operates, the services it provides and also the projects that are underway and Injisuthi Clinic Open Day covered exactly that. The community was informed of the services that are provided at the clinic and how to go about accessing them, even the visiting doctor was available and he explained to the community on how frequent is he visiting the clinic and the procedure to be followed when one wants to be seen by him.

Attendance was good and there was no excuse for not coming, because parents were requested to come with their children and the jumping castle kept them busy the whole day, while parents were getting much needed information about their clinic. The community was also afforded an opportunity to ask questions and to visit different service station to get as much information as possible. Health services like Pap Smear were provided on the day and the community took advantage of them.

Estcourt Hospital management would like to applaud Injisuthi Clinic Team for taking such an initiative and also thank Loskop community for embracing the opportunity of getting to know their clinic better. This would not have been a success without contribution from our stakeholders and management would like to express its gratitude to all sponsors who have made this event a success and value the good relations we have with all of you.



Dr. Dumakude, Clinical Psychologist assisting client during Open Day



L-R: Mrs. Hlongwa(Acting CEO), Mrs. P.P. Mvelase(PHC Co ordinator)& Mr. Chonco Programme Director singing with Loskop community



Loskop Community came in numbers to the Open Day



## THE CORRECT USAGE OF THE MEDICATION WAS REITERATED DURING THE PHARMACY WEEK



Pharmacist giving a hamper full of goodies to a patient after having correctly answered the question



Mrs. Sibiya doing health talk during Pharmacy Week

The Pharmacy Week was from the 05<sup>th</sup> to 11<sup>th</sup> September and the Pharmacy Team took advantage of it by educating patients, clients and stakeholders on the correct use of medicines. Presentations were done throughout the week covering important topics. Pharmacy identified a gap that even if it is explained to patients on how the medication should be taken, most of them forget and are unable to read medicines labels correctly and that was explained in detail to them. Patients were also educated on asthma in general as well as the use of inhalers. Epileptic patients are mostly likely to have seizures and significant information on epilepsy and what to do when someone is having seizure was shared with all present. Diabetes was also covered and patients were taught on how to correctly use insulin pens or needles.

The reality is that for any medication to be effective, it has to be stored correctly. Patients were urged to follow instruction on how to store their medicines and also to complete their medication where necessary. Once the medication has been used, patients were requested to properly dispose of it, hence it is even written on all labels of the medication that it should be kept away from children. Dangers for improper disposal of the medication were explained. At the end of each presentation, hampers full of goodies were given to patients and cooler bag hampers to those who answered questions correctly.

## ESTCOURT HOSPITAL STAFF DID ITS BIT FOR CHARITY



Employees dressed up for the Casual Day in support of those living with disabilities

Well done to this team lead by the Acting CEO Mrs. T.S. Hlongwa (First—right) that took an initiative to support charity project by KwaZamokuhle School for the handicapped by buying their Casual Day Kit from them. They were all dressed up beautifully in their casual gear just for charity.

## CHRONIC MEDICINES ACCESSIBILITY TO BE IMPROVED THROUGH CCMDD

The exponential increase in the total number of patients diagnosed with chronic diseases within the Estcourt Sub District has resulted in an influx of patients coming to the clinics to collect their medication monthly. This has contributed to long waiting times and high nurse workload. Estcourt Hospital Pharmacy Team came up with a Quality Improvement Project to change the current situation around. Three clinics namely Fordeville, Ntabamhlophe and Injisuthi were identified as pilots sites for the new project for which medication was pre-packed and dispensed to respected sites closer to where patients live. They only came to the clinic when they were due for review and referred back to the pick-up points. This project started in March 2014 and had problems at first but has yielded positive results.

Centralized Chronic Medication Dispensing and Distribution is the same programme but has been made better to meet patient's needs. Medipost has been given the responsibility of pre-packing and dispensing the medication at the pick-up points among other things. CCMDD has been launched in most of our clinics and communities



Sr. P.P. Mvelase (PHC Co ordinator) Sr. D.A. Mdakane (CCMDD Champion), Nondumiso & Mr. Singh (Medipost), OM Sr. Greaves with the first patient rolled out on CCMDD during the launch at Connor Street Clinic

served by the already launched facilities have been afforded an opportunity to suggest areas to be made pick up points, and once assessed and have met minimum requirements will be accredited.

Once the process has been finalized patients will be down referred to those pickup points to collect their medication, since in the interim all launched facilities have a designated area where medication is collected by those patients rolled out on the programme. This programme seeks to reduce long waiting time, and to decrease the number of patients coming to facilities for services.

## WOMEN DAY CELEBRATION, A DAY FULL OF INSPIRATION & PRAISE



Hospital Choir entertaining audience during Women's Day Event

held on the 25th August 2016 . Speakers touched important issues that directly affect women ,ranging from healthy lifestyle to issues of religion. Women were motivated to keep on praying even when things are not going their way because prayer is powerful and through it they overcome all obstacles . It was a day full of praise and inspiration from those who have gone through the very same journey . This day was specifically for the celebration of women within the institution and theme for the day was # Doek Day, and everybody looked beautiful with a doek on. It was symbolizing the uniqueness and the significance of women within the institution and in society.

The sky is indeed the limit for all women in South Africa, that was the message for the day during the Women Day Celebration event that was



## MALNUTRITION CAMPAIGN TAKEN TO GOODHOME COMMUNITY



Goodhome community listening attentively to the



Mrs. Dumakude addressing the community during the event



Estcourt hospital team entertaining the community & at the



Staff weighing babies and giving them Vitamin A supplement

Malnutrition continues to undermine the efforts by the institution to decrease under 5 mortality rate. An increase in a number of children with severe malnutrition warranted intervention and the Malnutrition Campaign was taken to the area on the 06<sup>th</sup> July 2016, to provide health education to the community and also do the health screening and immediately refer those children that need medical attention.

Malnutrition is caused by a decrease in food consumption and essential nutrients that results in under nutrition and an increased risk of severe illnesses and a likelihood of death in young children. The campaign targeted children under five years, pregnant, lactating mothers, school children and the community in the area.

Turnout was good and health education covered important topics, like breastfeeding, complimentary feeding, food safety and hygiene. It was stressed that herbal intoxication is also a contributing factor to child mortality, and the community was urged to take their children to the clinic if they are sick, so that the child can be assisted as soon as possible. Community Health Givers prepared an educational stage play, which entertained everyone and at the same time sent an important message across. At the end the community was given a chance to ask questions and some of the myths were corrected. Screenings were then done on children that needed it.



CCG entertaining the community with good music



## MEN'S MONTH CELEBRATED



Mr. Israel Zuma from the department of Justice

Pastor Chonco from Revelation of Prophecy Ministries

Mr. Masondo from Faith Mission Church

July is National Men's month where they celebrate their manhood and also engage in constructive activities, in honour of our late global icon Dr. Nelson Mandela. Estcourt hospital men decided to come together and celebrate this month, and to use it to empower each other with much needed information they cannot get in any book, on how to become a real man.

The organizing committee was strictly men and it did an excellent job in making an idea a reality without a budget.

Our sincere gratitude goes to all those that contributed towards the success of this event. Speakers were spot on, Mr. Masondo who is an elderly at Faith Mission Church educated men on how to become a good man. He left no stone unturned, considering that he has been through the very same journey himself. Pastor M.E. Chonco spoke about the importance of being a religious man. His dynamic approach to it made it easy for him to get his audience to listen attentively and also engage on the topic. Mr. Israel Zuma from the Department of justice spoke about human rights and shared a lot about human right, and stressed the importance of not violating others rights in any-way under any circumstances, because they are consequences to be endured. It was indeed a fruitful day for all who attended and they agreed that it is necessary that a Men's Forum be established so that they can gather at least twice a year.

## GATE CLINIC STAFF OBSERVED 67 MINUTES FOR THE MANDELA DAY

Gate clinic staff took an initiative to do what they could to observe 67 minutes for Mandela. The team contributed so that they had a nutritious meal for all patients for the day. It was indeed a special day to all of them, when they were surprised with food while they were waiting to be assisted. That was not all, the team also brought clothes that they are no longer in use but still in

good condition. While they were enjoying food, those identified to be needy individuals were given clothes for their kids and they were so overwhelmed. Thank you to the team for heeding to a call by the late Global icon, Dr. Nelson Mandela, to do your bit to make a difference to another person's life. No matter how little it may be it really goes a long way.



Gate clinic staff dishing food for the patients and clients



Gate clinic staff with patients that were fortunate to get clothes donated to them



## WOMEN'S DAY CELEBRATION EVENT IN PICTURES



**WATHINTA ABFAZI**

**WATHINTA IMBOKODO!**



# ACKNOWLEDGEMENTS

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