



# EzaseKhangela

**NEWS**  
April / May 2018

## WE CELEBRATE THE GREAT LEADER

Dr Kimesh Naidoo, King Edward VIII Hospital employee and Clinical head of unit in Paediatrics graduated on 20th April 2018 with a PhD .

This doctoral degree was awarded after 4 years of intensive study that focused on medical education – ‘studying and producing new knowledge on how doctors particularly are trained and educated’ .

Dr Naidoo’s study focused on KZN internship and found important findings with regard to young doctors . The study produced 4 papers which dealt with the clinical learning environment of interns ,of how to objectively measure this environment and what factors, influence perceptions of it.



As the medical fraternity transforms with increasing Black African and female doctors being produced and with the massive information age we are now in, Dr Kimesh Naidoo’s study found that significant changes in the way interns are taught ,treated and assessed needs to occur .If these changes are not made increasing numbers of doctors will continue to leave public hospitals ,primary health care and caring for SA’s needy.

King Edward VIII Hospital Management and staff congratulated Dr Kimesh on his achievement. He has really led by example. Dr Naidoo’s passion and continuous striving to ensure that children get the best care in our facility is forever commended. This achievement is testimony that he’s got big dreams for the health system, and therefore wants to ensure that the department produces great doctors. In order for this to happen, there should be a conducive environment for the training of doctors. Congratulations Dr Naidoo, may you continue to be an advocate for the needy.

## DEPEND ON US FOR LIFE



King Edward VIII Hospital welcomes new medical interns. Medical Interns make up critical staff complement which allows the hospital to provide optimal patient care services. Interns become role models for medical students at UKZN who spend a significant part of their training at KEH and Wentworth Hospital.

Internship programmes are meant to prepare doctors to function as independent practitioners, initially as Community Service Medical Officers and then fully fledged practitioners or further their training to become specialists in various disciplines.

KEH welcomed 38 medical graduates from UKZN, Walter Sisulu, UCT, Free State, WITS, Pretoria and Se-fako Makgatho Medical universities.

**In** order for the hospital to be allocated interns, it has to be HPCSA (Health Professions Council Of SA) accredited. The accreditation process requires that hospitals be capable of providing training and that departments be adequately staffed with supervisors. Part of the requirement is for the hospital to have adequate and decent accommodation for the number of interns allocated.

Interns will rotate through the following disciplines in their two years with KEH: Internal Medicine, General Surgery, O&G, Paediatrics, Anaesthetics and Orthopaedic Surgery. They will also spend four months at Wentworth Hospital for Family Medicine rotation.

*Article by Dr S Ramji—Intern Curator*

# Thank You!

Hospital Management would like to put on record words of appreciation and commend all staff for hard work and dedication during the time of crisis. Words of appreciation also go out to our sister hospitals for the support and welcome they have extended to KEH staff and patients, during this time of difficulty. Internal Medicine is currently accommodated at King Dinuzulu Hospital Complex, ward A and H. O&G post natal has a temporary home at St Aidans, while Orthopaedics utilizes IALCH facilities for part of theatre time. Surgical Department is also pleased with theatre time afforded by St Aidans Hospital.

In all this, KEH staff members indicated that they have been welcomed with warm hands and for that we say, forward with putting the lives of patients first. eThekwini Health Facilities together are providing the best care for our community!

## EASY ACCESS TO MEDICATION



**Samke Matibela—Pharmaceutical Manager**

Pharmacy Management and staff would like to thank all the prescribers from SOPD, AMU, Family Clinic, Orthopaedic Clinic and Follow Up Clinic, especially Dr Assaram and Dr Bayi ( ARV Team) for enrolling the most number of patients. Acknowledgement also goes to nursing staff, pharmacy staff especially Rohini Maharaj ( Pharmacy Supervisor) who was the CCMDD Champion when the project took off and other Pharmacists and Pharmacy Assistants.

Just like all other hospitals that were given target numbers of patients to be enrolled, King Edward VIII Hospital was requested to enroll 2111 for 2017/18.

The institution has registered 2450 patients comprising of 928 (38%) patients on ART, 1222 (49.9%) patients on other chronic medication and 29 (12.21%) of chronic medicines plus ART. The patients were enrolled from the following disciplines: ARV Clinic, SOPD and Orthopaedic and Medicine/ Follow up Clinic. The institution has only been working with the DOH contracted pick up points because most of the institutions were already working with them.

Benefits of CCMDD are decongestion of facilities, reduction of waiting times for patients, reduction in travelling expenses as pick up points will be closer to home or work and convenience to patients.

The hospital has however encountered challenges as far as the program is concerned; doctors' resistance to enroll patients, parcels not available at pick up point or staff at pick up point not willing to locate the parcel because there are busy, out of stock of items from MEDIPOST. Due to the above mentioned, patients end up being redirected back to KEH. We hope such challenges will eventually be addressed as the program is good for both healthcare workers and patients.

# HEALTH TIPS!

### Diet, Light and Zero—What's The Diff?

Dietician at Paarl Dieticians, says that they are the same, they just have different names depending on the brand.

The big thing to remember is that just because something is called "diet" or "lite", it doesn't mean that it isn't packed with sugar (it just means less sugar than the original). SO check the energy content on the label to see if it is actually light in sugar and kilojoules.

### WHY RUN?

Why start running if you wouldn't even make it around the building?

Can't even jog to the bus stop without feeling like you're about to collapse? All runners have been there but it doesn't mean you cannot become a runner. Just do not expect to go from zero to hero, start slowly. A competitive mindset can get you into a lot of trouble as a beginner runner, says Sean Tait of Off The Mark in Cape Town.

"Learn to let your friends pass you. If you do things the right way, you will be passing them soon," he says. It is important to pay attention to how your body is feeling. Give your body a chance to adapt to the new activity.

People run for a number of reasons, here are some of them: To slim down, to de-stress, to cross a finish line, to be healthy, to see the world. Whatever your reason is, do not compare yourself to others, run your own race at your own pace and be content with what you do.

## RESTORING LIFE AND GIVING BACK



It is a tradition for paediatric interns to always leave their mark in the department .

Among their efforts over the years have been the provision of toys ,DVDs,books ,chairs and tables for children and even signboards for patients to paediatric wards and even an IT program for discharge summaries This in many ways represents the immense goodwill young doctors display and which is often ignored on many occasions .These future leaders when given the opportunity, show the country's true hidden potential. These photos are from the last group of interns with Dr Bianka Siebold and her team beautifying the paediatric procedure rooms

Together as a nation, we have the obligation to put sunshine into the hearts of our little ones. They are our precious possessions. They deserve what happiness life can offer.—**Nelson Mandela**

The true measure of any society can be found in how it treats its most vulnerable members.—**Mahatma Gandhi**

Education is the great engine of personal development. It is through education that the daughter of a peasant can become a doctor, that the son of a mineworker can become the head of the mine, that a child of farm workers can become the president of a great nation. It is what we make out of what we have, not what we are given, that separates one person from another.—**Nelson Mandela**

## SHARING KNOWLEDGE MAKES US STRONGER

World Hemophilia Day provides an opportunity to talk to your extended family and friends, colleagues, and caregivers, to raise awareness and increase support for those living with an inherited bleeding disorder.

The main speaker Alex Stewart stated that In South Africa every year on the 17th of April, World Hemophilia Day is observed. This is a worldwide critical effort event to increase awareness of hemophilia and other inherited bleeding disorders. The ultimate goal is to ensure better diagnosis and access to care and support for the millions who have a rare bleeding disorder yet remain without treatment.

This year's theme, 'Sharing Knowledge, Makes Us Stronger,' brings attention to the millions of men and women with Haemophilia or von Willebrand disease who live with a bleeding disorder or have someone in their lives that does.

Sponsors for our event was National Bio Product, Novo Nordisk, Octapharma and SA Haemophilia foundation.



Thank you to the clinic team and all staff and patients who are actively involved in raising awareness. Physiotherapists, for their dedication in facilitating camps and playing an active role in the treatment process.

# EFFECTIVE GOVERNANCE: HOSPITAL BOARD



**Ms V. Masuku- Chairperson**

**G**reetings,

On behalf of King Edward VIII Hospital Board Members, I would like to express a word of gratitude to all staff members for their dedication in providing good service to the patients.

This shows that you are not just doing your job, but whatever service you perform, it is a calling to you. This was also evident in the Isolezwe article, in which a patient preferred King Edward Hospital to his/her nearest hospital. You have literally survived the storms.

Keep up the good work.  
May God keep and guide you, always.

Regards,  
Vicky Masuku.  
(Chairperson)

## OTHER BOARD MEMBERS



**Ms N.K.H Mthabela**



**Mr. P.H. Zwane**



**Rev. S. Cele**



**Mr. L.G. Makhaye**

Wishing the new board members all the best and we hope that they will do a sterling job in advocating for community needs.

# Note!!!

**Choir Rehearsals:** Mondays & Wednesdays @13h00-14h00 Contact person:  
mziwandile.cele@kznhealth.gov.za

**Aerobics:** Monday & Wednesdays @16h00-17h00; Tuesdays & Thursdays @ 15h00-16h00 at the Jubilee Hall  
(Monthly fee R150): nontobeko.ndlela@kznhealth.gov.za

## PROMOTE A HEALTHY PREGNANCY



Antenatal Clinic team observed Pregnancy and Condom Awareness during the month of February. Interdisciplinary team members were also part of the event.

Mr. Phila-

ni Mtshali did a wonderful job in directing the program and ensuring that all attendees' attention is on what was said by various speakers. Attendees included patients from in-patients wards as well as out-patients. Topics of discussion ranged between hygiene, breastfeeding, social, patients' rights and responsibilities, complaint management, STIs, etc. There was a question and answer opportunity and Bio Oil prizes were given to patients who answered questions correctly.

A big thank you to the team and special thanks to Sister Nhlapho who played an active role in ensuring that the day is a success. Patients appreciated the information and seemed interested in all topics that we presented.

## Tips for healthy pregnancy!

If you're pregnant or thinking about getting pregnant, you probably know some of the basic pregnancy advice about taking care of yourself and the baby: don't smoke or be around secondhand smoke, don't drink, and get enough rest. Here are more pregnancy tips, from taking vitamins to what to do with the kitty litter, that can help ensure safe and healthy prenatal development.

Staying active is important for your general health and can help you reduce stress, control your weight, improve circulation, boost your mood, and sleep better. Take a pregnancy exercise class or walk at least 15-20 minutes every day at a moderate pace, in cool, shaded areas or indoors in order to prevent overheating.

Pilates, yoga, swimming, and walking are also great activities for most pregnant women, but be sure to check with your doctor first before starting any exercise program. Aim for 30 minutes of exercise most days of the week. Listen to your body, though, and don't overdo it.

Happy pregnancy, happy mothers, happy babies

# ROBINHOOD FOUNDATION LOVES BABIES



No one could contain their excitement when Robinhood Foundation was in the premises of KEH. Again this year during the month affectionately known as the month of love, they came spreading love to newborn babies.

This team of amazing ladies was led by Kim, who facilitated the project ensuring that there was going to be enough for every mother, only then did the visit take place. These branded packets are full of everything that a new mother needs for the baby. All post natal wards were visited, there was joy and laughter during the visit.

**R**obinhood Foundation team thanked nursing staff for the amazing work they do in taking care of both babies and mothers. They indicated that since some of them are retired nurses and staff from other health categories, they understood the task at hand when working in the ward.

Mothers were super thrilled and thanked Robinhood Foundation for such wonderful gifts for their new-borns.

## What you need to know about breastfeeding

Breast milk is best for your baby, and the benefits of breastfeeding extend well beyond basic nutrition. In addition to containing all the vitamins and nutrients your baby needs in the first six months of life, breast milk is packed with disease-fighting substances that protect your baby from illness.

Breastfeeding's protection against illness lasts beyond your baby's breastfeeding stage.



## SAKHA ISIZWE NGOMUNTU WESIFAZANE AWARDS



**Nks. Thembeke Ncwane**

SINW (Sakha Isizwe Ngomuntu Wesifazane) inhlango engenzinzuzo eyaqalwa uDr Lady N Madlala. Lenhlango isungulwe ngoNhlololanja 2015, kanti ikhuluma ngomndeni namakhaya jikelele.

**M**rs Thembeke Ncwane osebenza eKEH Nursing College wathola indebe yokuba inxusa elivelele emele indawo yase Newlands. Umcimbi wokuhlonipha abadle umhlanganiso ezindaweni zabo wawubanjelwe ehotela iBlue Waters, kuNcwaba 2017. UThembeke waklonyeliswa ngendondo kanye neholidi lezinsuku ezintathu endaweni ephambili ezintabeni zoKhahlamba (Drakensburg Sun Hotel).

Umndeni wakwaKhangel'amankengane uyamhalalisela uNks Ncwane, sengazi angabaqwaqwada emakhanda futhi eminyakeni ezayo.

## SPIRITUAL AND RELIGIOUS SERVICE

**K**ing Edward VIII Hospital Management has pleasure in welcoming Rev. B.M. Hadebe as the new hospital Chaplain.

Among the services that Rev. Hadebe will be facilitating includes but would not be limited to: Spiritual Assessments, Crisis Intervention, Religious sacraments (including anointing, emergency baptisms, and communion), End of life support, Memorial Services, HCF Services, etc.

We wish Rev Hadebe all the best in his new position in ensuring that the spiritual wellbeing of both patients and staff is well attended to.



**Rev B.M Hadebe –  
KEH Hospital Chaplain**

# ACKNOWLEDGEMENTS



**Nontobeko Ndlela**  
Writer, Photographer

## Editorial Team:

1. Mr. Morgan Naicker
2. Mrs. Samke Moran
3. Ms. Zamile Hlatshwayo



**Dr Mandlenkosi Mazizi**  
CEO



## health

Department:  
Health  
**PROVINCE OF KWAZULU-NATAL**

## CONTACT DETAILS

