



EzaseKhangela

NEWS

DECEMBER 2020

Commemoration of World Aids Day And Awareness on Abuse of Women and Children



2020 World Aids Day Theme: Global Solidarity and shared responsibility—to maintain HIV services during COVID-19 pandemic and beyond

International Day of person with disabilities: Theme: Building back better towards disability—inclusive, accessible and sustainable post COVID-19 world

Theme for 16 Days of Activism Against Abuse of Women and Children: Women Economic Justice for a non violent and non sexist South Africa

On the third of December 2020 the hospital observed 3 key awarenesses. These were World Aids Day, International Day of Persons with disabilities and 16 Days of activism Against the Abuse of Women and Children.

Mrs. Mhlongo expanded on the purpose of the day. She indicated that it was even more important now during the COVID-19 pandemic to still encourage people to take HIV treatment.

Inclusive, accessible and sustainable post COVID-19 pandemic is what we need to strive for as far as people living with disabilities are concerned. Measures need to be put in place to accommodate people living with disability. As sight disability relies on the sense of touch, however this is limited by corona virus precautionary

measures. The same applies to people with hearing impairment as they sometimes rely on lip reading which is not possible with the compulsory use of masks.

Year 2020 is the 22nd year since South Africa joined the UN efforts of 16 Days of Activism Against the Abuse of Women and Children. Mrs. Mhlongo urged people to act and not look away against any type of abuse. She further encouraged KEH families to reject and report abusers, as well as teaching children values of gender equality. Ms. Biyase from the organization called Kerr gave a testimony of how she survived an abusive relationship. She encouraged people that they must be able to observe the signs and leave the relationship while they still can.

Mr. Sbonelo Dube encouraged people to keep taking their HIV treatment and ensure that they stay healthy amidst of

the pandemic. He indicated that he has been living with the virus for 16 years.

UMntwana, Nhlanganiso Zulu directed his talk to men; he gave key points on how they should behave and treat women. He further urged men to have discussions on issues so they can advise each other correctly.

Dr Bayi led the process of lighting the candle in commemoration and remembrance of all those who died due to HIV related complications.

Ms. Vicky Masuku gave a vote of thanks as the Hospital Board Chairperson. She expressed words of appreciation to all healthcare workers who have been in the front line since the start of the pandemic.

OUTREACH ON WORK RELATED PSYCHOLOGICAL DISORDERS

King Edward VIII Hospital Psychologist, Ms. Mhlongo had an opportunity to share important information with colleagues from Department of Transport in Rossburgh during the month of November 2020.

The focus of the day were to highlight coping mechanisms with regards to anxiety, mood disorders, interpersonal conflict, etc. The above can be caused by various factors. However it is important for everyone to understand and acknowledge when they need assistance. Supportive work environment and psychosocial services are critical for the wellness of employees and



Misokuhle Mhlongo :
Clinical Psychologist doing a presentation

productivity. Mhlongo encouraged employees to draw positive thoughts from anything during this time of the pandemic. She stated that it is important to remember that they

have families beyond the work situations and that they must seek help where they feel they can no longer handle certain situations at work.

The Psychologist indicated that there was nothing wrong with taking medication that will make one feel better. She stated that there are times when one feels overwhelmed and it is okay to feel this way as long as one knows when to go for counselling and to seek professional help.

Department of Transport team appreciated the visit and the presentation. They indicated that such relationships between departments is encouraged and must be sustained.



WORLD PREMATURETY DAY



Dr Radhika Singh addressing mothers of premature babies

World Prematurity Day is celebrated on 17 November every year. Founded in New York by the European Foundation for the Care of Newborn Infants, Little Big Souls International Charitable Foundation for Africa and March of Dimes, USA. It was officially launched and celebrated in 2011.

This day aims to raise awareness of prematurity and concerns of preterm babies and their families. King Edward VIII Hospital celebrated this day with mothers of preterm babies.

Mothers who have raised preterm babies shared their experiences and the journey with their little ones. What was emphasized by the mothers who were giving testimony is patience, love and care.

They stated that through the whole journey, it is important to have strong faith, follow doctors' orders and give your baby unconditional love. Family support through the whole time is very crucial because the journey can be draining, so good support structure is a source of strength.

The Dietician, Chantal Davids-Govender, spoke about the importance of breastfeeding. She cheered all mothers who are breastfeeding and stated that breast milk has many benefits for the health and wellbeing of the baby. The Dietician also

advised mothers to take care of



Ms Govender and Mrs Ngwenya doing Vote of Thanks



themselves so as to be strong enough to look after their new babies.



BREAST CANCER AND MENTAL HEALTH AWARENESS

King Edward VIII Hospital Antenatal Clinic held Breast Cancer and Mental Health Awareness on the 30th October 2020.

Breast cancer is the second most common malignancy diagnosed worldwide however the mortality rates have been decreasing due to improved breast cancer screening and improvements in adjuvant therapy.

Expecting mothers were encouraged to do breast examination at all times as early detection is the best. It was also indicated that as the hospital promotes breast

feeding, it should be even easier for a breast feeding mother to know if there is something abnormal with her breasts and quickly seek

medical assistance.

Much focus was placed in mental health related challenges especially during pregnancy and post delivery. Dr. Naicker, Psychiatry Registrar indicated that when a new mother feels overwhelmed with the baby, they act in abnormal ways and that it is important to take note of such behavior and seek psychological assistance. Dr. Naicker mentioned that mental health is something that needs to be taken seriously as it impacts on the whole family and not only the person who is not well.

Family support was highlighted as an important aspect in the wellbeing of a new mom.



Ms. Ayanda Nsibande:
Operational Manager for Antenatal Clinic giving the purpose of the day



Some of unusual signs to look for and consult the healthcare practitioner

1. swelling of all or part of the breast
2. skin irritation or dimpling
3. breast pain
4. nipple pain or the nipple turning inward
5. redness, scaliness, or thickening of the nipple or breast skin
6. a nipple discharge other than breast milk
7. A lump in the underarm area

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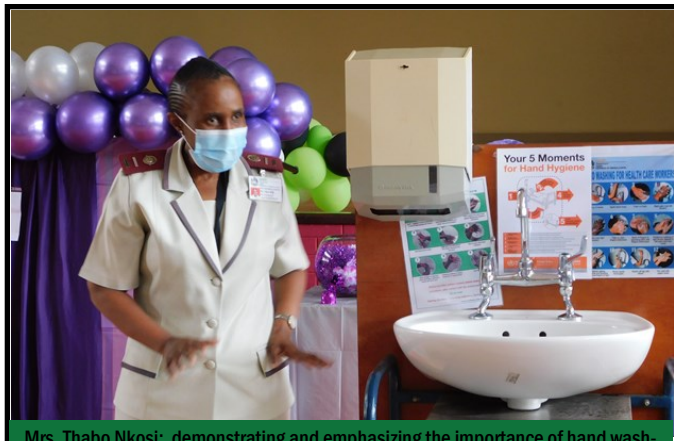
PHOTO GALLERY



Mr. Xolani Cele: Programm Director



Ms. Vicky Masuku: Vote of Thanks



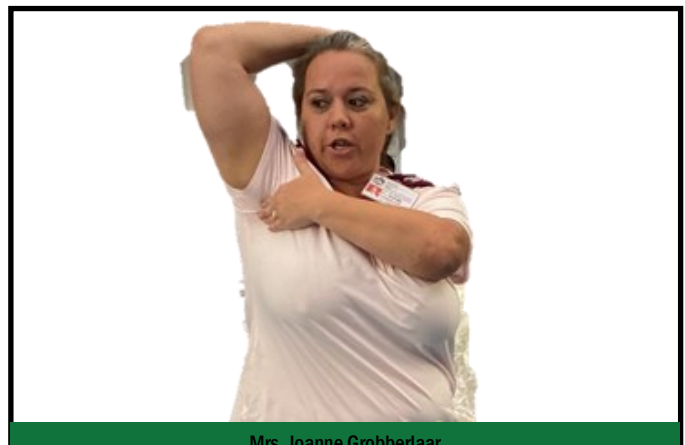
Mrs. Thabo Nkosi: demonstrating and emphasizing the importance of hand washing



Prince Nhlanganiso Zulu: Speaker—Isibaya Samadoda—16 Days of Activism Against Abuse of Women and Children



Mrs. Nonhlanhla Nsibande (Ikhono Foundation): Guest speaker



Mrs. Joanne Grobberlaar
Doing breast examination

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