



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA

EzaseKhangela

NEWS

December 2021

Quality And Rewarding Excellence

King Edward VIII Hospital held Quality Day and Staff Awards Ceremony on 2 December 2021.

Security Department was awarded first position for the project of installation of CCTV cameras around the hospital. Second place was Family Clinic for the project of tackling the issue of lost files and duplicate files within the department. O&G presented an interesting project regarding uterine rupture. All department were commended for a wonderful job especially during difficult times of COVID-19 pandemic; team work was applauded in ensuring that holistic quality healthcare is the pride of hospital culture.



Staff who went the extra mile in providing healthcare were singled out by their peers and awarded accordingly. It was humbling to

see the joy of all those who got awarded. Appreciation goes out to all who participated in making

sure that good work is acknowledged and rewarded.

Article: Nontobeko Ndlela

End Gender Based Violence



16 DAYS
of **Activism** for **No Violence** against
Women and **Children** 2021

The Year of Charlotte Manya
Maxeke: 16 Days of Activism –
moving from awareness
to accountability



THE THEME FOR 2021 IS “THE YEAR OF CHARLOTTE MANNYA MAXEKE – 16 DAYS OF ACTIVISM – MOVING FROM AWARENESS TO ACCOUNTABILITY”.

and children takes place annually on 25th November to 10 December.

This year Social Work Department co-ordinated a march within the hospital to create awareness and pledge support to the ending of violence.

8 December 2021 marked the day when the hospital held a march in raising awareness against Gender Based Violence.

The campaign in commemoration of 16 days of Activism of no violence against women



It was good to see males participating in the march and indicating that they will play an active role in the community in ensuring that women and children are protected at all times.

Article: Nontobeko Ndlela

Work And Play



As part of acceleration awareness on 16 days of activism and World Aids Day, Employee Wellness hosted inter-departmental tournament where various departments competed in 5 A-SIDE soccer and netball. The event took place at the King Edward VIII Hospital Tennis Court on 1 December 2021.

16 days of activism and world aids day could not have been

communicated in a better way, since sports emphasize participation and inclusion, non-stigmatization and nondiscrimination, which are ideal tools for fighting Aids and promoting world peace (16 days of activism).

Human Resources, Pharmacy, Nursing and Ezolwandle were among departments/components involved in the tournament. As we all know that in a every game,

some win and some lose; in this case, the Nursing team won the overall soccer trophy, Pharmacy came second, and Ezolwandle won the netball trophy.

Throughout the game, teams showed excitement, encouraged and supported each other.

Organizers are hopeful that there will be more participants in upcoming tournaments.

Article: Lerato Dlamuka



02

World Aids Day

This year the theme of the day is "End Inequalities, End AIDS", highlighting the fact that as much as the virus itself is a concern however the social stigma attached with greatly affects people.

Commemoration of World Aids Day took place on Friday, 3 December 2021 outside Family Clinic. Staff and patients were part of the commemoration.

Mrs. Thabo Mchunu shared the purpose of the day. Mrs. Sthembile Khumalo (QA) gave a very interesting presentation highlighting adherence to chronic medication, medical male circumcision and PrEp.

Mrs. Sthembile Khumalo



Mrs. Pillay: Program Director



Mrs. Thabo Mchunu

Prematurity Awareness

Article by Nontobeko Ndlela

"The World Prematurity Day – on November 17th – is the occasion to raise awareness on neonatology, and encourage to improve the treatment and care of all premature babies on an international scale. The aim is to give preemies equal survival chances worldwide without avoidable long-term complications."

The global theme for World Prematurity Day 2021 is: "**Zero Separation Act now! Keep parents and babies born too soon together**". Nursery Staff together with mothers of babies admitted in nursery gathered at the Nursing College to share information about the importance of this day and why it is celebrated. Nursery Department organized a big cake and gifts for mothers.



Resuscitation In-service

Internal Medicine clinical and nursing management team planned and executed an inservice training workshop on basic life support for medicine nurses.

Doctor Nerissa Naidoo showed highest level of commitment, dedication and passion the first day she was requested to run the program.

Dr Pariva Manickchund, Mr Mandla Shabangu, Internal Medicine Operational Managers, Dr Smith, Dr Naicker, Dr Kalipa and Dr Seedat, portrayed a true definition of team work.

The organizing team extends appreciation to HRD unit who ensured that everything is



prepared and in order for the training.

The knowledge learned from this exercise will go a long way in improving care and life to patients.

Article: Nontobeko Ndlela



Diabetes Awareness Day

Diabetes Mellitus (DM) is a non-communicable disease (NCD) that is placing a huge burden on both patients' and the economies of Low-to Middle Income Countries (LMIC). In South Africa, DM is the leading cause of deaths in females and the 3rd leading cause of mortality in males.

The current COVID-19 pandemic has highlighted the burden that NCDs like DM place on patients globally. Studies have shown that patients living with DM (PLWD) are at increased risk of severe COVID-19 disease and have increased mortality risk. These studies further mention that hyperglycaemia in itself is directly related to increased mortality risks. It is therefore imperative that we manage PLWD appropriately in order to attain improved glycaemic control.

Optimal glycaemic control is defined as a glycated haemoglobin (HbA1c) $\leq 7\%$. The International Diabetes Federation (IDF) has stated that over two-thirds of diabetic patients remain undiagnosed in Africa. Delayed diagnosis will only worsen the situation of poorly controlled diabetes and increase the risk of diabetes related complications in the form of blindness, renal failure and cardiac disease.

During Diabetes Awareness Day held at KEH on 11 November 2021, point of care HbA1c testing was performed on a total of 74

patients (18 with known DM and 56 with no history of DM).

Within the group of patients with DM, 4 (22.22%) patients had optimal control (HbA1c $\leq 7\%$) while 14 (77.78%) had sub-optimal control.

Within the group of patients with no history of DM that almost one-fifth (19.64%) had HbA1c evidence of prediabetes (HbA1c 5.7-6.4%) while one-quarter (25%) had HbA1c evidence of overt DM (HbA1c $> 6.5\%$). This equates to 44.64% of patients with No history of DM having evidence of either pre-diabetes or overt diabetes.

Optimal control of diabetes remains crucial if we are to prevent complications and especially so now in the era of COVID-19. Studies like the United Kingdom Prospective Diabetes Study have demonstrated the increased risks of diabetes related microvascular complications associated with every 1% increase in HbA1c values greater than 7%.

Significant majority of PLWD that were tested had suboptimal glycaemic control. This is worrying indeed and signals the need for strategies to improve glycaemic control at both a provincial and a national level. Point of care HbA1c testing might provide one avenue to implement into the overall

diabetes care package offered by clinics and hospitals to PLWD.

Around 1 in every 2 patients with no history of DM that were tested had some degree of dysglycaemia (either pre-diabetes or diabetes). This figure is in keeping with the IDF global estimates of DM more especially so in Africa. This is an area of diabetes care that needs much more attention within our South African population. Targeting these pre-diabetics with lifestyle modification and in some instances medications like metformin may help in delaying or aborting the onset of DM in these patients while active lifestyle modifications plus pharmacological therapy will help those patients with undiagnosed diabetes.

Although only a small number of patients were tested, the findings of this diabetes awareness day serve to highlight the severity of the burden that DM poses on our society.

Article by Prof Soma Pillay



Prof Soma Pillay & Dr Leanne Guruvadu

05

Raising Awareness on Hypertension



World Hypertension day is observed annually to raise awareness about the symptoms of hypertension. The main aim of World Hypertension Day is to educate the public and increase awareness of hypertension, which is also commonly known as high blood pressure.

Elevated blood pressure (BP) remains the No.1 contributing risk factor for global death, causing strokes, heart attacks and other cardiovascular complications.

Internal Medicine held an awareness on 10 October 2021 where staff and patients participated. It was concerning to see that more participants had uncontrolled blood pressure, including staff members. Those

found to be having elevated and uncontrolled blood pressure were attended to accordingly and encouraged to prioritize their health.

Staff members appreciated the opportunity to discuss their health with experts and that all their questions/ concerns were attended to.

A big thank you to the team involved in organizing the awareness and encouraging staff members to prioritize their health and make use of healthy

lifestyle activities provided by the hospital.

Article: Nontobeko Ndlela



Mental Health Awareness



King Edward VIII Hospital doctors from A-Ward hosted a mental health awareness with intentions to inform and give guidance to the community about this illness. The event was hosted within the hospital outside MOPD pharmacy on 22nd of October 2021.

The intent for this event was to share information and interact with people in order to hear their concerns about mental health illness. This event was introduced in a form of a discussion where each doctor shared their views about the illness and took a couple of questions from the audience.

The talk briefly emphasized that mental illness can affect anyone, if you're suffering from anxiety,

depression or simply mental illness it doesn't mean you're a crazy person or bewitched, you're just a normal person going through mental disturbance.

It was indicated that there are ways to help recover from this illness, keeping the illness as a secret to yourself only makes things worse so people were encouraged to talk about it and seek help.

Some KEH staff who came to support the event also shared their views about the illness and thanked Psychiatric Department team for bringing such critical discussions to the community.

The team hopes that attendees will spread the word and that the

stigma against mental health will eventually be a thing of the past.

“Keeping the illness as a secret to yourself only makes things worse, talk about it and seek help.”

Article: Lerato Dlamuka

Breast Cancer Awareness

Breast cancer awareness day hosted by our KEH breast clinic was held on October, 14, 2021 at Jubilee Hall. The event emphasized all the important matters about breast cancer that the community needs to know and understand.

This has been a sensitive issue therefore KEH 's breast cancer clinic made it a priority to educate staff members about

this disease, where the first speaker of the day Dr. Kapil Maharaj covered all the important factors by illustrating measures that reduce the risks of getting breast cancer as well as measures that can put a person in danger of being affected by cancer.

Dr. Ruvashni Naidoo encouraged the sharing of information within the hospital and even local

communities, so that people's lives can be changed.

During the course of the day, Dr. Mfundo Sithole brought a fun game to entertain the audience where he asked them questions about the presentation done by Dr. Kapil Maharaj earlier on, in return those who gave correct answers received nice gifts. He further thanked the members for participation and attending the talk.

Article: Lerato Dlamuka

Note

- ◆ Breast Cancer does not discriminate between the rich or poor, Man or Woman, nor young or elderly, anyone is a potential target to this diseases.
- ◆ The early the disease is identified in your body the better chances of survival. Which is why it is important to often examine your breasts at home.
- ◆ They are four stages of breast cancer:
 - i) Stage 1 & 2 are known as Early stage of breast cancer which is a cancer treatable stage .
 - ii) Stage 3 & 4 are known as Advanced breast cancer stages which have very little chance of being treatable.
- ◆ People at the ages of 40 –50 up to 74 years are advised to do mammogram every after 2 years.

Risk Factors

- ◆ People ages 50 years and above.
- ◆ Female
- ◆ History of anyone in the family with breast cancer
- ◆ Previous chest radiation
- ◆ Being over-weight
- ◆ Woman who started menstruating before the ages of 12, also woman who still go through menopause when they're older than 55.
- ◆ Unhealthy diet
- ◆ Use of drug substance
- ◆ Lack of exercise

Break the Silence Against Gender Based Violence

SAPS visited King Edward VIII Hospital on October 14, 2021, outside the MOPD pharmacy.

SAPS presented a speech to encourage the community to speak out against domestic violence.

It was briefly mentioned in the SAPS presentation how important it is to report such cases to the police, so they are able to

arrest the perpetrator and offer help where necessary, whether it's psychologically, financially, or socially.

The issue of domestic violence has become a heavy pandemic in this country due to the weakness of the law in serving



justice for victims, which has led to people losing their trust in the police. However, not reporting such cases only makes the problem of domestic violence even more detrimental.

SAPS members met privately with some people who wanted to contribute but were skeptical due to various reasons.

Article: Lerato Dlamuka

Quick Tips

As a victim or victim's representative reporting the case, you have an opportunity to receive counselling, which is highly beneficial to your well-being as a person.

Quick Tips

If the perpetrator is the only breadwinner in the family, reporting the case and having the perpetrator arrested does not necessarily leave the family in poverty; the state services will continue to support the family.

Quick Tips

If you witness signs or know that your neighbor, friend, college, etc.. Is experiencing domestic violence it is wise that you report the case on their behalf and remain anonymous if you want.

Hopetober Bus



On

October 1st, 2021,
King Edward

Hospital received a special visit
by Hope Tober crew.

As we all know, the birth of the tormenting Pandemic Covid-19 has put the world in a difficult place. Even so, our hard-working doctors, nurses, administration and general staff worked tirelessly the entire time during the pandemic in ensuring that community continue to receive the best health care service.

The purpose for Hope Tober was to

for the hard work and give them hope that things will be better.

Staff members enjoyed great sounds and performance by the well known Vicky Simpson.

Yolanda Kimber from the crew, thanked the hospital for allowing them the opportunity to entertain hard working staff members.

KEH Staff were delighted with the event and hoped that more events like this will be planned in the future, where they will sing along and forget about work stresses.

Article: Lerato Dlamuka



Fire Awareness Day

On September 27, 2021, King Edward VIII Hospital hosted a fire awareness day, to raise fire safety awareness.

The hospital invited eThekweni Fire Department to educate staff about fire safety measures. The event covered all basics of what staff members should be aware of in case of a fire, duties to perform, dangers to be aware of, what to do, what not to do, use of different types of the fire extinguishers and how they can protect themselves, colleagues and patients.

Mr. Jedward from fire department thoroughly covered all the measures of fire safety, starting from what normally causes the fire, what tools to look for in order to indicate or inform the Hospital in case of a fire, how to restrict the fire from spreading and the 4-step process in operating a fire



extinguisher, the Pull Aim Squeeze Sweep (P.A.S.S) Acronym. Mr. Jedward also emphasized that in any

emergency it is wise to use logic and common sense.

Article: Lerato Dlamuka



Healthy Living



Adopting a healthy lifestyle is a mental process, an act of self-love.

This publication covered two articles, one about hypertension and the other about diabetes. Both these articles revealed the importance of a healthy lifestyle. Within the hospital and the health sector as a whole, many of us as healthcare workers do not pay

attention to our health (body and mind). It becomes difficult to encourage others about the importance of healthy lifestyle while we are not prioritizing it ourselves.

It is important to look out for each other, check on each other. One fellow colleague might be going through something and supporting one another goes a long way. If there is anything that we learnt about hypertension and diabetes awareness's done mostly focusing on staff members; is that we need to

have more innovations to encourage staff to change their lifestyles and adopt healthy living. We have also learnt during the past two years of the pandemic that adopting a healthy lifestyle goes a long way in assisting your body to fight. Out of all these observations, it became obvious that Staff Wellness needs to take centre stage. Although we can not force one to participate on activities which are key to their healthy living; we will however keep preaching the gospel.

Article: Nontobeko Ndlela



SNACK ATTACK



By Tirsa B. Holtzhausen (RD)SA

With the excitement of the end of the year and the festive season lying ahead comes an inner eye roll as we prepare for what we assume to be the inevitable weight gain that will follow a typical South African Christmas.

Here are a few balanced snack ideas to help you feel your best as you snack through the jolly season.

Helpful Hint #1 Keep it balanced

The best way to avoid eating a whole packet of chips, is to add other food groups to the mix e.g. biltong (protein) with chips (starch) and raw nuts (fats) and/or cocktail tomatoes (carb-free vegetables)

Helpful Hint #2 Keep it fresh

Fresh fruit and vegetables, raw nuts, popcorn or other grain-based crisps or whole wheat crackers and meats will allow you to feel fuller for longer and provide you with more nutrients than their processed counterparts.



Helpful Hint #3 Timing is everything

One of the most challenging things about having lots of free time is how easily you walk past the fridge or cupboard and grab something to chew on. Inevitably, this is the most difficult habit to break when we get back to business in January.

The general healthy guideline is to leave 2.5 - 3 hours between meals – as difficult as it may be, try to stick to this guideline throughout the vacation. If you do tend to graze in between this time frame, choose items with a low carbohydrate content such as fresh vegetable fingers, nuts, hummus, protein balls, biltong or chicken strips.



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13



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