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PROVINCE OF KWAZULU-NATAL

King Edward VIII Hospital

EzaseKhangela

NEWS

STAY INFORMED

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USHAKA MARINE WORLD PROVIDED LAUGHTER - THE BEST MEDICINE ON MANDELA DAY



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FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE

USHAKA MARINE WORLD PROVIDED LAUGHTER - THE BEST MEDICINE ON MANDELA DAY

Laughter is often the best medicine – which is why uShaka Marine World and the KZN Department of Health organized a day of fun and entertainment for more than 70 patients from King Edward VIII Hospital to celebrate Mandela Day today (18 July).

uShaka Marine World CEO, Stella Khumalo, said that her staff enjoyed hosting these guests on Mandela Day and doing what Africa's largest marine theme park does best – entertaining the whole family across a multitude of generations.

The guest list included 30 children (each with a parent or carer), as well as 20 adolescents and 20 adults from the hospital's clinic, ranging from 12 to 50 years old.

She highlighted that the full day's entertainment was put in place by her very excited team who had



worked hard to ensure the day was a success.

The special visitors were welcomed into the park at 8:30am and offered breakfast from Wimpy, after which the hospital's CEO, some of the doctors and nurses, medical students and committee members enjoyed an official opening ceremony at 9am. This was then followed by a visit to Sea World where they had the opportunity of watching a dolphin show at the dolphin stadium and explore the aquarium whilst learning about our marine life.

After lunch was served, the children were treated to some water fun at the sprinkler island at uShaka Kids World, whilst the adults then had the opportunity to experience Wet 'n Wild and its wonderful water slides. The day ended at 3pm with a closing ceremony and a handout of gifts.

"It is always an honour to host those who would not ordinarily have access to a facility like this and see the joy on their faces. Through commemorating Mandela Day, we had the opportunity to celebrate the spirit of Ubuntu in South Africa and the legacy of a great man. We are not just one of the anchor tenants along Durban's golden Mile – but we have a heart of gold too!" said Khumalo.



Article by Alice Zejglic

MEMORABLE 67 MINUTES FOR MANDELA

A number of organizations spent their 67 minutes in King Edward VIII Hospital. Technology Innovation Agency (TIA) is a national public entity that serves as the key institutional intervention to bridge the innovation chasm between research and development from higher education institutions, science councils, public entities, and private sector, and commercialization. They enjoyed spending time in Patient Administration, where they offered snacks and drinks to patients waiting for their files. They sent words of appreciation to the hospital team led by Mr. Navie Naidoo, whom they say was very appreciative of their visit and assisted them in understanding how the unit works.

The South African National Zakah Fund (SANZAF) focused their time on new mothers and new-borns. Since Dr Nelson Mandela had a passion in the little ones, hence SANZAF felt investing the time in the new-borns is a following on Mandela's path.

Broadband College of technology is a private college offering all IT related courses nationally and internationally felt it was eye opening spending time in the hospital. They spent time in Human Resources and in Supply Chain Management Division.

Patient showed much gratitude for the good gesture from various organizations, especially since most of them leave home in the crack of dawn to come to the hospital.

ROAD TO RECORD DIGITIZATION

The beginning of 2017 saw a change in patient administration process. Digi Data started by introducing how the whole process was going to unfold. Staff members were and are still being trained on the software. This however has travelled quiet a milestone towards a new and digital way of doing things.

New patients accessing the hospital captured through the computer. This process therefore requires patients to bring all necessary documentation when visiting the hospital. Among documents to be brought in are book of life (Identity Document, or Birth Certificate, or Passport With Travelling Documents, or Asylum Seeker Permit, or Refugee Permit, or Permanent Residency Permit, or Temporary Resident Permit), Appointment card or Referral letter, Medical Aid Scheme Card (if you belong to a scheme or pay slip), Proof of Address such as Municipal Bill, Tribal Letter or Local Council Letter, Unemployment Card or Social Pensioners Card, RAF Accident Report/Case Number.

Although there is still a lot of backlog, however a lot has been done within the time that the company started with the job. There is a continuous training of staff in all categories as well as scanning of files.

This is seen as a glimpse of hope for the facility which has always been doing things manually. The project needs more resources especially computers in order to be a success. The success of the project means nil patient information loss and misfiling. Misfiling and loss of files has been the challenge in the facility, off-course the issue of space continues to be a test as well.

The patience and corporation of all stakeholders in this teething phase is highly appreciated. We are looking forward to a paperless patient centered facility in years to come.

INKONDLO NGOSANELE NDLOVU—EAP

Myalezo ufikile kithi sangakholwa, sisamangele. Sathuka safisa igama elithi 'Ngiyadlala' ekugcineni kwakho. Sabuswa uvalo kwagcwala usizi kobethu ubuso. Sakhumbula ubugagu nokubaluleka wakho.

Kweyethu impilo. Kwahlaluka ukuba si-lahlekelwe igugu nenjabulo kithi.

Lapho ukufa kuthatha abaseduze nathi, Kushiya imibuzo ephelezelwa uvalo. Ngabe kufa susondele kithi na? Ngabe kimi cilongo liyokhala nini na?

Kepha uyakusabani uma umsulwa kuJehova. Awuyakwesaba lutho noma uhamba esigidini sethunzi lokufa. Njengawe SANELE umazisile ongaphezulu, Ezinsukwini zakho zokuphila kwakho. Sothi siggoke emnyama ingubo kwimphefumulo yethu sikhombisa ukuzila, Wena eyakho emhlophe yobikulindile ezulwini. Sothi sihlezi kumacansi siphahlwe omakhelwane bethi dudu enhlizweni Zethu, Wena obe uhlezi kwesobunene upahlwe. Izingelosi zithi akusakhalwa lapha.

Uhambile kwawenyama amehlo kepha, kwakamoya uyohlezi uphila. Uyohlezi uyisibani esikhanyisa ubuqotho nobumnene kithi Ungumlando ongasoze walibaleka obhalwe kumabhuku empilo Zethu.

Uyinqolobane esocaphuna kuyo ukumamatheka ngoba asiwazi unxa wakho. Wena ukuqina kwemihlathi nezinhlozi zakho asikaze sikubone ngoba asilwazi ulaka lwakho.

Ukuhamba kwakho kusishiye nesifundo. Esesuse inkungu kithi, Phila impilo yakho ngenhlonipho ngoba ikusasa alaziwa. Angithi phela elokufa kalitsheli nempilo imfishane; Awaziwa umzuzu nehora, masizilungiselele inkosi iyeza, iza masinyane.

Ukuba besazi besocela umzuzu siphinde sibe nawe; Siphinde sizwe amancoko nohleko lwakho. Siphinde sibone ukuzinikela kwakho kumsebenzi wakho; Siphinde sibone inhlonipho nesizotha sakho

Oh! King Edward ulahlekelwe; Ofane naye mhlawumbe usayozalwa ngivumeleni. Iqhawe leli selilele owafuthi ngiyafunga nasi! Bukani amaqele amnyama kuzilwe kulilwa zinkalo zonke

Imizwa yethu imibalabala ngawe. Lapho sikhumbula amancoko akho siyamamatheka. Lapho sikhumbula amahlaya akho siyahleka. Khona lapho sikhumbula ukuth asiyophinde sikubone,

Sichiphiza izinyembezi sibe lusizi emphefumleni.

Wena suzohuba kwezethu izinkumbulo. Uncokole kweyethu imicabango simamatheke

Unanele ngosizi kwizinhliziyi ezibuhlungu sikhathazeke. Ikusasa aliseyofana nezolo ngoba inamuhla alisenawe. Ikusasa aliseyofana nezolo ngoba liphuthelwe ubumnene bakho. Ikusasa aliseyofana nezolo ngoba liphuthelwe ubuqotho bakho.

Ubuwena buzohlezi bubusa ezimpilweni Zethu

HAMBA KAHLE SANELE NDLOVU. UYIPHILILE EYAKHO IMPILO



The Late Mr. Sanele Herold Ndlovu—EAP

Ibhalwe Mabandla Morgan Mbanjwa

GLOBAL LIGHT FOR SERVICE EXCELLENCE

For 130 years, Johnson & Johnson has committed itself to helping people around the world live healthier and happier lives. Today, our employees bring their passion and skills to address important global health problems including HIV, Tuberculosis, and the health of mothers and children. They partner with governments, donors, non-profits, and other international organizations to create effective, science-based public health programs.

In April 2015, Johnson & Johnson created Social Intrapreneurship Program (SIP), a new leadership program to help employees be more skilled in the field of global public health. In the program SIP participants work on projects related to the health of mothers and children, HIV, and Tuberculosis.

The SIP team traveled to King Edward VIII Hospital (06 June 2017), Durban to learn more about the health problems of key populations in South Africa. They visited hospitals, clinics, and areas where these key populations congregate. During these site visits — coordinated in partnership with The Relevance Network — they have spoken with doctors, government officials, community members, key informants and their advocates to explore how they might bolster prevention efforts and develop an efficient and effective approach for getting a preventative HIV vaccine (currently in development at Johnson & Johnson) to these key populations.

The team is made up of clinical, research and admin personnel from Johnson & Johnson together with The Relevance Network. They showed appreciation to the Paediatric Team from Infectious Disease from Nelson Mandela School of Medicine and from King Edward VIII Hospital for the tour and productive discussion on issues raised above.



Johnson & Johnson Global Public Health Team, The Relevance Network Team and King Edward VIII Hospital Team

TASTE OF KWAKHANGELA

Spirit of Africa Organisation gave international nursing students a taste of KZN health care. The organization arranges curriculum-based visits and meetings for The Bouve College of Health Sciences at Northeastern University, who brings a group of students to South Africa on an annual basis. Their curriculum focus journey to SA is on "the social and economical impacts on health care systems and delivery in SA". Twenty students visited King Edward VIII Hospital on 22 May 2017.

Mr. Khoza, Nursing Manager welcomed visitors and expressed excitement that they are interested and studying nursing profession. He indicated that the society needs more nurses who are passionate and put patients first.

The Hospital Public Relations Officer (Ms. Nontobeko Ndlela) gave a brief history of the hospital, including the services provided by the Nursing College.

The Nursing Manager gave a tour of Critical Care for members who expressed interest in the field, while Ms. Ndlela steered the tour to various outpatient departments, e.g. Accident and Emergency, Acute Medical Unit (AMU), BHP Paediatric Centre of Excellence and Maternity Departments. Visitors asked various questions regarding the nature of patients seen in the facility as well as procedure to be followed by patients accessing hospital services.

After the tour of the hospital, a group photo was taken outside management building (Admin Block). The team expressed their appreciation for the warm welcome and all the information shared.



Local Organizing team with a group from The Bouve College of Health Sciences at Northeastern University

CELEBRATING KEH NURSES

The month of May is a special month for Nurses internationally. King Edward VIII Hospital in partnership with Capitec Bank organized a successful Nurses' Day on the 31st May 2017.

Professional Nurse Nkosi read from the Bible and gave a short talk and spiritual advise to the nurses and then concluded with a prayer. Mr. Govender did a welcome note on behalf of the CEO. Mr. Khoza advised all present on the purpose of the day and spoke heart felt words of encouragement to the nurses. He later in the day led the Nurses Pledge.

Mrs. Tembe and Mrs. Mhlongo assisted with the remembering of the nurses who had passed on in the last year with a moment of silence and lighting a candle for each nurse who had passed.

Nurses were welcomed at the door by Miss Ndlela the PRO and Carol from Drawtex. They were given a small piece of paper to write a prayer or a wish on and this was attached to each of 90 balloons filled with Helium to be released at 13H30.

Nurses had a chance to check on their health by having health assessments done by the GEMS Wellness Team. There was an Eye Wellness table doing free eye tests and advise on spectacles. Three massage Therapists were available to offer free neck and shoulder massages to the nurses.

Among organizations who were on site are Virgin Active, Bella Beauticians (free nail varnish applications), Cell C and DENOSA gave pens to nurses.

Drawtex provided 20 box cakes for the staff of which two were put away for the Night Staff. The nurses who attended each received a pen and a piece of cake. They also supplied the Helium balloons to assist in posting the nurses prayers to the Higher Power. Drawtex also supplied pens and bottled water for the nurses.

Capitec was the Main Sponsor. They offered a grand prize of a MSC cruise for two (a nurse from King Edward and a partner), to the value of R10 000 valid for one year. They also offered R50 cellphone airtime vouchers and two other lucky draws which were won on the day. Capitec also offered a photo booth and a Putt-Putt hole which was enjoyed by the nurses.

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Mrs. Ruth Abboo (Motivational Speaker) and nursing personnel from College of Nursing

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CELEBRATING KEH NURSES

Nursing staff took turns attending the activities in the Jubilee Hall so as not to leave the wards unattended.

At 13H30, the balloons were released by Mrs. Zuma (OM Ortho), Mrs. Govender (AMN Paeds) and Mr. Gumbi (PN Trauma/ DENOSA rep). This was a moving experience which was highly appreciated by all attendees.

Article by Mrs. Abboo (ANM—Ortho and Surgical)



Ms Printha Govender, the winner of R10 000 MSC Experience seen with Pam Boardman (Capitec), Mr. Khoza (Nurse Manager) and Dr. Mazizi (Hospital CEO)

FITNESS TIPS

THE LAST TWO REPS RULE

No matter how many reps a workout calls for, the last two are the most important. The only way your muscles can grow is if they're challenged with progressive resistance. During those final two reps, you'll build micro-tears in your muscles that create actual change in your body. Basically, pushing yourself enough to hit that toning breakthrough zone, but not enough to risk injury.

HOW LOW SHOULD YOU GO?

"It's not about how deep you squat, but about the position of your knee," says Ria Sandenbergh, 2015 chair of Sports Physiotherapy Group South Africa. Your knee should be in line with your middle toe and should not cross over your foot. Your but should be pushed out and down. "Few people have the control to be able to hold this position and go down further than 100 degrees," says Sandenbergh. Get your form right before you go any lower.

SECRET #1: Have a never-give-up attitude : focus on where you want to be. **SECRET #2:** Move to keep your body strong and also give your mind and soul some space to play. **SECRET #3:** Make it about you—not everything in life has to be a competition.

Women's Health October 2015 // womensHealthSA.co.za

GLOBAL HAND HYGENE

Hand hygiene is one of the fundamental principles of infection prevention and control which is cost effective but can save millions of lives. Each year the World Health Organization runs the “SAVE LIVES CLEAN YOUR HANDS” campaign which aims to progress the goal of maintaining a global profile on the importance of hand hygiene in health care and to ‘bring people together’ in support of hand hygiene improvement globally. The campaign is held annually on 5th May, and the theme changes every year. Theme for year 2017 is “FIGHT ANTIBIOTIC RESISTANCE – IT’S IN YOUR HANDS”



Hand Washing Relay taking place outside BHP Paediatric Centre of Excellence

King Edward VIII Hospital conducted activities to raise awareness amongst healthcare Workers, patients, clients and the community visiting the facility.

Hand Campaign day was 05th May 2017, wards and departments were informed to continue observing the hand hygiene campaign day in their respective departments. IPC Coordinator demonstrated the 12 steps of hand hygiene introduced by WHO; using both soap and the hand rub. Participants were then asked to demonstrate together with the IPC Coordinator. Participants were able to demonstrate the improved steps of hand hygiene; using soap and the hand rub.

The hand hygiene relay was also conducted in the Hospital’s Main Boardroom during a QA & Extended Management Meeting attended by the facility multi-disciplinary team. The team, led by IPC Coordinator, sang the same song.... (“On your marks, get set...we are ready to wash our hands... we are ready!!!”).

MY 5 MOMENTS OF HAND HYGENE

1. Before touching a patient.
2. Before clean/aseptic procedure.
3. After body fluid exposure risk.
4. After touching a patient.
5. After touching patient surrounding.

ACKNOWLEDGEMENTS



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