

EzaseKhangela

NEWS

July 2020

MESSAGE OF SUPPORT TO STAFF AMID COVID-19



Dr. T. Mayise
Hospital CEO

It may be stormy now, but it never rains forever.

Year 2020 came with a lot of unexpected to the world as a whole. Pan-

demic called for healthcare workers to recommit themselves to their professional oath. This does not take away the fears and anxiety, the very same healthcare workers are human beings and are not immune to contacting the corona virus. However because of the importance of the job, it meant that everyone take on the full armour and be there for patients and community who are dependent on the expertise of healthcare workers.

King Edward VIII Hospital Management extends sincere condolences to families who have lost loved ones through the pandemic. Words of comfort also goes to all staff members who have lost their colleagues, people whom they have grown to regard as sisters, mothers, brothers and fathers because they have been part of hospital family. It is difficult to come to terms to losing someone whom you always see everyday when you come to work, someone who shared an office with and for that Management is saying we have all lost family members in the death of these staff members.

Management have come up with means of providing psychosocial support to staff during this time. The University of KwaZulu Natal has also offered services aimed to support KEH staff members in need of the service. Staff members are encouraged to make use of these services which is aimed at assisting with coping and dealing various situations that staff members face as a result of COVID-19 pandemic.

It is important to also place on record words of appreciation for the team work and dedication shown by all KEH staff members during this stormy season the world and the country is facing. Initiatives and strategies implemented by various staff members in ensuring that the hospital pulls together is applauded and commended even past the pandemic.

Sibonga ngokuzinikela kwenu emsebenzini nasekuqinisekiseni ukuthi ukuvikeleka kukawonkewonke kubekwa phambili. Ukubambisana kwezinhlela ezikhulumela abasebenzi kuyisibonelo esihle sokuthi impela sindawonye ekulweni nalomkhuhlane futhi kuningi esingakuzuzi uma sibambene.

Sithanda ukudlulisa amazwi enduduzo kubo bonke abasebenzi besibhedlela abashonelwe amalunga omndeni, izihlobo nabangani kulesikhathi esinzima. Sithanda futhi nokududuza abasebenzi ngokulahlekelwa abanye bozakwethu.

Abaphathi besibhedlela bayakuqonda ukuthi lesi akusona isikhathi esilula, nakuba kunjalo abasebenzi besibhedlela basebenza ngokuzikhandla ukuqinisekisa ukuthi zonke iziguli zithola usizo olusezingeni eliphezulu, ngaloko abaphathi badlulisa amazwi okubonga okukhulu.

Hospital management would like to encourage the spirit of sisterhood/ brotherhood among all staff. The spirit of taking care of each other as a family of KEH must always be in our minds. During the time when we are not able to visit each other even when one is admitted or there has been death, the use of mobile phone as a way of checking each other is a new norm. Letting people know that we are thinking of them goes a long way.

COVID-19 Recovery Story



My name is Phelelani Dube, working in AMA/N1B ward as Administrative Clerk (Ward Clark). I would like to share my story of testing positive to COVID-19, I hope it will give hope to others.

The first day I found out I tested positive I was devastated, shattered and did not know whether it was the end of my life. I cried till I had no tears. There were many thoughts in my mind and did not know whether to tell my family or anyone for that matter. I was scared of rejection and the stigma. Dr Gosnell from Infectious Disease was patient enough to allow me time to cry, she reassured me that I will be fine; which was difficult to understand at that time. I was scared of infecting my only son that lives with me, worried about other staff members in the ward, especially sister Radebe who used to give me a lift home. It didn't make sense as to how I got the virus because I was careful and doing everything necessary to prevent it. It was a difficult to share the news with my son because I knew how scared he was of the virus, suicide thoughts came to mind. But again my mind said he doesn't deserve that.

I decided to send a text message to Sister Kubeka telling her about my results. She reassured me that everything was going to be okay. Sister Kubeka requested my sister's contact number because she could feel that I was not okay. My sister came to my house where I was isolated, she wanted to make sure I do not do anything stupid. She demanded that my son open the door, that was when my son got confused as to what was happening because he could hear me crying and asking "God why me", now my sister is coming over. He probably thought someone died. I shouted at my sister not to enter my room because I did not want to infect her.

I wanted my son to go stay with other family members, however the doctor said that he could not leave as he was already exposed and that killed me. The virus was still new and a lot was being said about it, my son had to wait 7 days before doing the test.

Dr Gosnell called me the next day to explain everything as I was a bit calmer. She suggested that she will ask Dr Gumede to call and explain things in isiZulu. Indeed Dr Gumede called and took me through the whole process.

My family was very supportive, they made sure that I have everything necessary in terms of medication and immune boosters. As I could not leave the house, they would do groceries, leave them outside and call us to take inside. They phoned everyday and wanted to hear my voice and assess how I was doing. Even at times when I did not feel like talking to anyone, they will phone until I answer.

My colleagues, oh my colleagues, I don't know where to start. They made sure that not a single day passed without them calling, sending messages, praying, I have so much love for them. Sister Nkosi (IPC) would phone on daily basis checking how I was doing. Support from KEH friends contributed to my recovery. Staff in AMA ward even contributed money and made sure they send everything I needed. When I came back to work from quarantine, they welcomed me with open arms, sadly we could not hug each other due to social distancing.

Counselling played a big role in my recovery, I thought because I have recovered; all is well. I did not realize how much I still needed to recover emotionally as there was still a lot of anger, hatred and scars. Counselling made me realize that other people were also scared just like I was.

For those who are scared because they tested positive, do not lose hope. Always keep positive thoughts, be a fighter because if you are negative; such thoughts makes you weak. Eat healthy and make sure you take everything necessary to boost your immune system.

Let us support each other and be united to fight the virus. Please do not stigmatize those who already have the virus, educate yourself about it so that it will be easy to support others. Corona Virus can be defeated, let's continue washing hands, wear masks, protect ourselves and those around us. Together we can.

That's the perspective articulated at the end of Robert Zemeckis' hope-fueled film "Cast Away." After four years stuck on an island and uncertain of what to do once he returns home, Tom Hanks' character, Chuck Noland, says, "I know what I have to do now, I've got to keep breathing because tomorrow the sun will rise. Who knows what the tide could bring?"

COVID-19 Recovery Story



Two months ago I tested positive for Covid 19, I was one of the first interns who tested positive and now that number has increased drastically. I had been in contact with a positive patient and shortly after I decided to test even though I was mostly asymptomatic and assessed as low risk, I was more tired than usual but attributed that to the shift work in labour ward and other than that I was lucky to have no symptoms. I remember laying in bed before labour ward night shift and then casually logging into trackcare to check my results, and then bam it was positive, I jolted out of bed and immediately called my parents.

The main reason I tested was because I live with both my parents whose lives matter more than anything else to me and they're also at high risk because they're both healthcare workers and both have co-morbidities. My mum is a Neonatologist and works with the most vulnerable of the population.

Behind the mask is a patient in fear, unsure what will happen after being brought here. B

Behind the mask is someone's son or daughter, guiding you through these uncharted waters.

Behind the mask, someone comes to you in prayer, full of mission and faith, guiding your care.

After testing positive, I also realized how lucky I am to be able to self isolate at home with my own facilities which most of South Africa is unable to do. My family was extremely supportive making my stay the most comfortable, even though I was in a different part of the house. To add to that, I had very supportive friends and the O&G department where I'm currently working was very supportive, understanding and constantly checked up on me.

Fast forward two weeks later, shortly after my self isolation ended after being positive, I was rostered to work in the Covid wards. This is when South Africa's numbers started doubling and the death rate increased exponentially, it had been a rough two weeks and a real eye opener, the wards were slowly reaching full capacity, patient's needing to be ventilated had to be prioritized in terms of who would be the best candidates. The flu clinic was packed with multiple people needing to be tested. The saddest and most heartbreaking thing is witnessing patients deteriorate in front of your eyes within minutes secondary to covid pneumonia, one minute they're sitting and talking to you and the next they're saturating below 80% and need ventilation.

Behind the mask, someone is leading the way, planning and supporting the staff through the day.

Behind the mask someone silently prepares, clean rooms, or meals, even meds for your care.

Behind the mask someone can come where you live, bringing you care, meds or equipment, more passion to give

The hospital is trying to do it's utmost best to accommodate everyone and to provide the best possible care. The covid unit has now increased its bed capacity with more healthcare workers recruited, who are all working so hard to fight the pandemic. All the healthcare workers have been working extremely hard during this lockdown and I salute all of them for their dedication and hard work.

After this past month, this made me realize that life is too short to wake up with regrets. For the longest time, I've been wanting to donate my hair to cancer but I was too attached to my long hair to let it go, but after everything I had experienced I thought this would be the perfect time to give someone something that is so precious to me.

We are currently on the upstroke of the curve, people are dying all over the country and everyone can do their bit by wearing a mask, adhere to social distancing and help those in need in some way.

It's a difficult time for everyone both mentally and physically and a simple act of kindness can go a long way.

Priyanka Singh (2nd Year Intern)

Behind the mask, there is one ministry for all, no role is too big, no position too small.

Behind the mask, is our promise to you, we answered the call, it's what we were all meant to do.

Donna, Mercy Health Manager from Lima, OH

Meet KEH Psychosocial Team

King Edward VIII Hospital Management has put together a team to assist staff who are infected and affected during this time of the pandemic. It is encouraged that staff make use of the psychosocial services. EAP services remain even more critical during this time and Management wants to ensure that well being of all staff is prioritized. Psychosocial Team is made up of the following personnel:

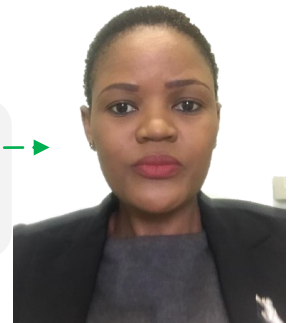


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Dr. Vanishree Naicker : Psychiatrist
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Rev. Cele : Hospital Board Member

“This virus is creating new ways for everyone to think of how to keep your family and friends safe. We are in uncharted territory and we will all learn together. At one time I did not know how much time our family would have together. So I have gratitude now for every day that we get to be together.”

Christin Gigstad

Not everything is cancelled...

Sun is not cancelled. Spring is not cancelled. Relationships are not cancelled. Love is not cancelled
Reading is not cancelled. Devotion is not cancelled. Music is not cancelled. Imagination is not cancelled
Kindness is not cancelled. Conversations are not cancelled. Hope is not cancelled.

FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE

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