



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

King Edward VIII Hospital

EzaseKhangela

NEWS

April–June 2020

VISIT BY KZN LEGISLATURE



King Edward VIII Hospital was honoured to receive delegation from KZN Provincial Legislature. The team was interested in the plans and readiness for Corona Virus pandemic. Walk-about was led by Dr S.A. Moodley. Among the areas visited were the Flu Clinic and Covid-19 wards in I Block. Labour Representation from DENOSA and SAMA were part of the delegation.

During the walk-about the hospital explained how the flow of patients is attended to starting from the time the patient come through the gate. Information on how the Flu Clinic operates was also shared with the team. The hospital together with eThekweni District Management tabled a written presentation to the team including statistics of patients and staff as far as the pandemic is concerned. What was also shared were the challenges and mitigation strategy. Delegation tabled issues in which they wanted the hospital to attend to and thanked the hospital for the work that has been done and to continue ensuring that the community receive the quality health care.

Customers and the community don't expect you to be perfect. They do expect you to fix things when they go wrong.
Donald Porter, V.P. British Airways

If you do build a great experience, people will tell each other about that. Word of mouth is very powerful.

Jeff Bezos, CEO Amazon.com

FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE

Front Liners During The Pandemic

If you ask most doctors why they've pursued the profession, most will say it is a calling. There is no one tangible reason, other than a desire to save lives. Usually this comes with a fair amount of confidence and a dash of fear. However, when the intern committee was called upon to assist and form part of the Covid Task Team, suffice to say those emotions were most certainly swapped around.



There was no time to process the emotions of the task that lay ahead. The committee gathered together in order to lead the hospitals' youngest front-liners, backed by the assistance of a mixture of senior staff from various disciplines serving at King Edward VIII Hospital.

The intense coverage of the pandemic by the media, both social and news networks, especially in terms of affected healthcare workers and poor outcomes, fueled an already tense situation. However, KEH senior staff in both Internal Medicine and Infectious Diseases, put together an orientation program and guidelines for each doctor, intern or senior, to follow, during their time in the Covid ward and clinic.

AS Medical Interns, we played a direct role in tailoring a roster to allow for reasonable hours, as we would be spending those hours in full personal protective equipment (PPE). Many of our interns would be fasting while in the Covid unit, as Ramadan was fast approaching. There were some challenges, but we voiced our concerns and they were heard.

At the same time, we stepped up to many of the challenges we were about to face: the majority of our first month of Covid team interns were volunteers. One of our interns facilitated a donation of hand sanitizer worth R90 000, another group spear-headed the King Edward Intern Outreach Group, a new charity group to ensure those affected by the lockdown would not go hungry or cold. This charity group is now an established team with many upcoming projects.

While it has been a time of sacrifice and challenges, we have found that teamwork does indeed make the dream work, and that there is more to be said for rising to meet what lies ahead. We had a brief time to prepare, but we always had senior doctors to turn to for help. There was always assistance from nursing staff in carrying out ward duties and ensuring that there is access to PPE.

We have had to improvise at times, come up with our own methods and ideas of carrying out our tasks, and a lot of necessary changes did not happen overnight. But it has been incredible to know that as interns, we have a voice, our concerns are legitimate and that we have the power to improve our working conditions. We learned that we should not shrink from our purpose. The glass is not always half empty, if that is how you choose to look at it.

Article by : Dr Khadija Haffajee on behalf of the KEH Intern Committee 2020

Psychologist Corner

The current COVID pandemic has shaken the whole world leaving all of us feeling unsure, unsafe and fearful with a sense of looming doom which is unknown as to when it will strike. **Testing Covid positive** places this sense of doom to an ultimate state of helplessness and hopelessness where we are placed in a state of psychological turmoil in a world that is already in panic.

It is normal to be in a state of anxiety, confusion, anger, disbelief, regret and fear.

Kulindelwe ukuthi uzizwe wesaba futhi ungasizi ngalutho, ungaqiniseki ngekusasa lakho, ucabanga ngezinqumo zempilo nempilo oyiphilayo, ukukhathazeka ngabathandiweyo bakho, kanye nemicabango yokuhlelela ikusasa labathandekayo bakho. Imizwa yokwenqatshwa abanye nokubandlululwa. Khumbula lokhu, kungubhubhane olusha futhi kuningi okungaziwa. Uma abantu bebhakene nokungaziwa bavame ukuba nokukhathazeka, ukwesaba kanye nesimo sokwethuka. Gxila empilweni yakho futhi ufune ukusekelwa yilabo obazisayo.



Ms. Misokuhle Mhlongo
Clinical Psychologist

You are encouraged to seek support through those whom you value, trust and appreciate; whether it is through strengthening relationships with them and also strengthening your faith and views about life and death. Shift your focus to a positive mind; remember **a healthy mind encourages a healthy body**.

Go back to basics of self-care, enjoying hobbies (reading, gardening if possible whilst in isolation, holding prayer meetings via social networks such as WhatsApp or Zoom) resting, reading certified info on Covid and its progress. Adhere to the basic rules as given by **World Health Organisation (WHO) KEEP SAFE as best as you can**, sanitize, wash hands regularly, keep surfaces clean, change clothing as often as you can, monitor symptoms etc).

Njengazo zonke ezinye izinkinga zempilo obhekane nazo ngaphambi kokuba ingqondo yakho ididwe yisimo sokuhlupheka nokwesaba, nokho zonke izinkinga zidlulile futhi, ufunde izindlela ezintsha nezingcono zokuzilungisa.

If all else fails professional help is available, Consult your supervisor or HOD.

Men's Health Month

"Recognizing and preventing men's health problems is not just a man's issue. Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue."

Bill Richardson
(Congressional Record, H3905-H3906,
May 24, 1994)

Youth Month

"What should young people do with their lives today? Many things, obviously. But the most daring thing is to create stable communities in which the terrible disease of loneliness can be cured."

Kurt Vonnegut, Palm Sunday: An Autobiographical Collage

International Children's Day

"Every time a child is saved from the dark side of life, every time one of us makes the effort to make a difference in a child's life, we add light and healing to our own lives."

Oprah Winfrey

International Cancer Survivors Day

Never be ashamed of a scar. It simply means you were stronger than whatever tried to hurt you. Everyone has scars—whether you can see them or not. Wear yours with pride.

Albinism Awareness

Albinism is an inherited condition resulting in lack of protective melanin pigment in the eyes and skin. It affects at least 1 in 4000 South Africans.

Because of the lack of melanin to protect the skin, the Sun's UV rays can burn the skin which causes skin cancer many years later. Similarly the decreased melanin in the eyes can cause poor vision especially in the sun.

As health care workers it is important for us to refer patients with albinism to the skin clinic early for education and sunscreen to prevent skin cancer.

It is also our duty to dispel albinism related myths and destigmatise albinism to allow people with albinism to reach their full potential, free from violence and fear.



Dr G Lawrie : Dermatologist

What can you do?



Refer early to skin clinic
KEH skin clinic: 0313603546



Refer early to eye clinic



Prejudices

1. People with albinism are ghosts with magical power.
2. Body parts of people with albinism make potent charms for wealth, success and fertility.
3. Sexual intercourse with persons with albinism cures HIV/AIDS.
4. They melt in the sun or they disappear when they die.
5. People with albinism are a result of inbreed or incest.
6. People with albinism have lower IQ compared with their counter parts.



- Wear a wide-brimmed hat every day to protect your skin and eyes
- Wear long-sleeved shirts or blouses, long trousers or skirts, and sunglasses
- Choose dark, tightly woven material, such as denim, to give good protection from the sun
- When buying clothes, hold them up to the light and choose ones you cannot see through
- Seek shade or remain indoors whenever possible, especially in the middle of the day. Use an umbrella where possible

Don't call me Albino.
I am a person with Albinism



Facts

1. People with albinism are normal people. They have the same feelings, needs and abilities.
2. They only differ in appearance by the colour of their skin, eyes and hair.
3. They deserve and are accorded same rights as any other human being.
4. For a child with albinism to be born, both parents must carry albinism gene.
5. They do not melt in the sun but they have to be protected against direct sun exposure.

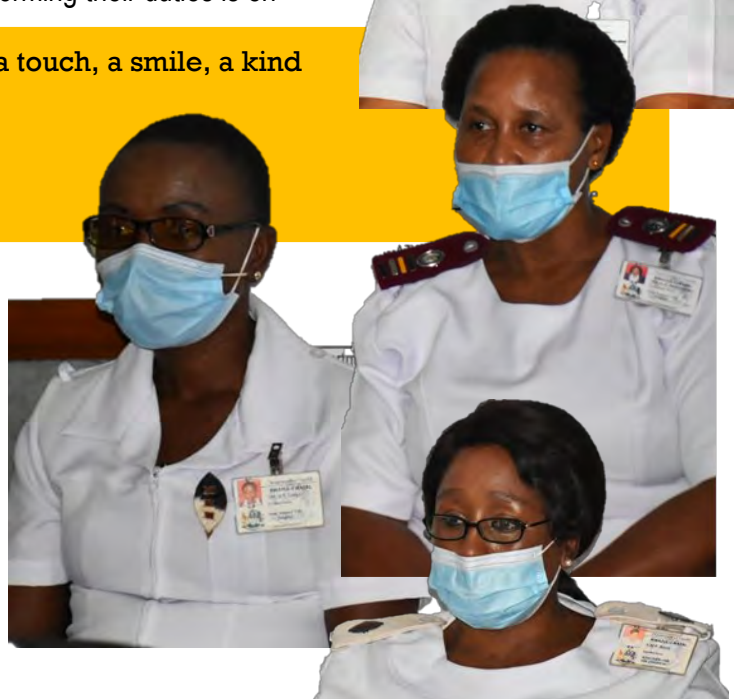
International Nurses Day

The International Nurses Day was commemorated on the 12th May 2020. It is unfortunate that this day fell in the time of the lockdown when the world is trying to fight Corona Virus pandemic. This meant that there will not be big gatherings. The Minister of Health, Dr Zweli Mkhize and the KZN Health MEC, Nomagugu Simelane-Zulu celebrated this day at King Edward VIII Hospital.

Dedication and hard work shown by nurses when performing their duties is en-

“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest accomplishment or the smallest act of caring, all of which have power to turn around a life.” Leo Buscaglia

couraged by King Edward VIII Hospital Management. Every pandemic becomes a true test of the profession as it requires each nurse to remember the reason they joined the profession and meditate on their pledge of service. It is important for them to lead by example, be faithful, be accountable, accurate, take responsibility, maintain confidentiality and devote themselves to providing quality health care at all times. Happy International Nurses' Day.



Thicker Than Water

Every year on 14 June, countries around the world celebrate World Blood Donor Day (WBDD). The event, established in 2004, serves to raise awareness of the need for safe blood and blood products, and to thank blood donors for their voluntary, life –saving gifts of blood.

This year, World Blood Donor Day finds the world facing a unique set of circumstances not seen in many years. Even amidst a pandemic, the need for blood has not slowed down.

World Blood Donor Day is celebrated every year on the day of birthday anniversary of Karl Landsteiner on 14 June 1868. World Blood Donor Day celebrations bring a precious opportunity to celebrate donors on a national and global level, as well as, to commemorate the birthday of Karl Landsteiner (a great scientist who won the Nobel Prize for his great discovery of the ABO blood group system).

There is a misconception that most of the blood donated in South Africa goes to accident victims. This is not the case.

- 28% is used to treat cancer and aplastic anaemia
- 27% is used during childbirth
- 21% is used for scheduled surgery
- 10% is used for paediatric care
- 6% goes to laboratories
- 6% is used for orthopaedic care
- 4% is used for accident or trauma victims.

South African National Blood Service supplies over one million blood products annually. The blood is processed into its constituent components; red blood cells, plasma and platelets therefore in principle a single blood donation can save a minimum of three lives.



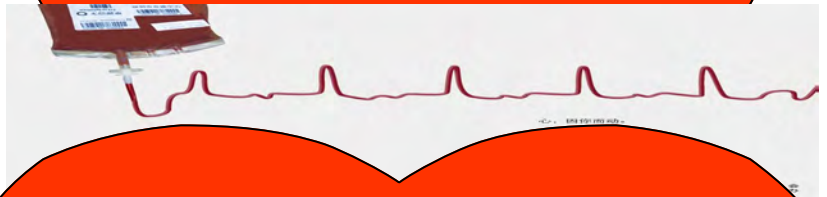
BEFORE YOU DONATE

iron-rich foods, like red meat, fish, poultry, spinach and sweet potatoes.

Drink plenty of liquids on the day of your donation.

Wear comfortable clothes and a top with sleeves that can be rolled up to your elbow easily.

Bring along a list of all the prescription of medication you are taking.



AFTER YOU'VE DONATED

Drink plenty of liquids for up to six hours after you have donated.

Stay away from tough and exhausting physical exercise with the arm used for donating for about two hours.

Don't smoke until 30 minutes after your donation.

SANBS Media Release, 14 June 2020
Women's Health, June 2020

Hospitality Support During Corona Virus the Pandemic

The hospital has been receiving donations of much needed PPE from different donors/organizations. Although it is still in the early stages of the pandemic, the support shown towards the first against it has been amazing. It has been noted with appreciation the extent of team work and resources put together by staff members in mobilizing relevant companies to support the fight against Covid-19.



Corona Virus has been a big test not only in health facilities but on an individual basis as well. This has brought in a lot of anxiety to individuals as they are worried about themselves and their families. As much as this is expected, the hardest test of all was for front liners to put aside their fears and dedicate themselves to attending to the community desperately in need of comfort from health care workers.

Lesi akusona neze isikhathi esilula, ikakhulukazi kubantu ababhekelela nabanakekela abantu abangaphilile ezibhedlela. Loku kubiza ukuthi umuntu ngamunye abheke emuva, ikakhulukazi laba abathatha izifungo uma beqoka ukungena emkhakheni wezempilo. Ekwenzeni konke kumele sibeke phambili iziguli. Okubalulekile ukuqinisekisa ukuthi indlela okuphathwa ngayo iziguli, indlela nathi esingathanda ukuphathwa ngayo noma ukuthi kuphathwe ngayo umzali, ingane, noma ilunga lomndeni wakho. Uma singavuselela onembeza sikhumbule ukuthi ekugcineni kwako konke siyadingana. Yena lomuntu oyisiguli, ngelinye ilanga uyomfisa esikhungweni sakho asebenzela kusona, sekunguwe odinga usizo lwakhe. IsiZulu sithi "ihlonipha nalapho ingeyukwendela khona."



Let us draw from the knowledge that we are all affected by the pandemic and recommit ourselves to providing the quality health care we also would like to receive. This too shall pass.

Ubumqoka Bomsebenzi WePlumbing

Inhloso yokubhala lendatshana ukuqhakambisa umsebenzi obalulekile owenziwa abasebenzi bakwa Maintenance, Plumbing. Kuyiqiniso ukuthi isibhedlela sithwele kanzima mayelana nokushoda kwabasebenzi kuzo zonke izingxenye, nayo ke lendima yePlumbing inenkinga yokushoda kwa-basebenzi. Labasebenzi badlala indima ebaluleke ngohlobo olumangalisayo esibhedlele sonkana.

Ngenxa yezizathu eziningi okuphakathi kwazo ukungasebenzisi iphepha okuyilona lona uma abantu besebenzisa indlu encane, loku kugcina sekubangele ukumbondelana, nokwenza ukuthi amapayipi athwala udoti angamelani nomthamo. Ngaloko ke kugcina sekuphoqelege ukuthi kubhodlozwe ngemishini nangendlela yakhona ukuthi zonke izinto zisebenze ngendlela ejwayelekile.

What is notable from this team of workers is the passion, dedication and the pride they take in their work. They have a sense of pride knowing how important their job is. Plumbing team emphasized the importance of excelling in their job, encouraged all employees to

take pride in their jobs. Having all necessary tools is regarded as the key to performing the task at hand to the best of your ability.



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