



EzaseKhangela

NEWS

March 2021

End Tuberculosis



“The Clock is Ticking” is the theme for 2021—conveys the sense that the world is running out of time to act on the commitments to end TB made by global leaders. This is especially critical in the context of the COVID-19 pandemic that has put End TB progress at risk, and to ensure equitable access to prevention and care in line with WHO’s drive towards achieving Universal Health Coverage.’ ”

TB awareness was conducted in

outpatient areas on the third week of March 2021.

On Thursday 18/03/2021, the team placed a table outside Family Clinic. Target audience on this day were patients attending clinics at the New Block as well as patients attending Family Clinic.

The team would like to extend words of appreciation to all supports received in this regard.

Support from Community Care Projects, TB/HIV CARE, HST, COMMUNITY CARE PROJECTS together with Family clinic staff for all the help and assistance in making this day a success.

Report by Sister Pillay: TB Coordinator

New Team for Psych Department

King Edward VIII Hospital is excited to have new leadership in the Psychiatric Department.

A KZN born and a UKZN product, Dr Lindokuhle Thela, is the new Clinical Head Unit Manager for Psychiatric Department at King Edward VIII Hospital.

Dr Thela as a Psychiatrist, he holds a Neuropsychiatric sub-speciality. He worked at Tygerberg and Groote Schuur Hospitals in the Western Cape.

As the community of King Edward VIII Hospital, we are excited and confident that Mental Health issues will be well attended to and be given expected priority.



Dr. Lindokuhle Thela
Head Clinical Unit—Psychiatric



Ms. Thobile Moyeni
Operational Manager—Psychiatric

Thobile Moyeni completed her year diploma in nursing science in 1999 and started working as a professional nurse the same year. Sister Moyeni understands that a nursing career can be difficult, however she finds satisfaction in knowing that she has been helpful to someone in need of healthcare service. She also indicated that having the right personality assists a great deal in effective handling of stress that comes with the job. A good foundation of caring and doing unto others as you would like done unto you is critical in ensuring that quality health care is provided to all patients.

Sister Moyeni started working in the department of psychiatry in 2006 where she learnt the importance of good communication skills, listening skills, empathy as well as the importance of being non-judgmental as a nurse. She completed a one year post basic psychiatric nursing science in 2013. Ms. Moyeni got an opportunity to work as a nurse in charge of the department for two years which allowed her exercise leadership skills. She obtained a degree in nursing administration and management in 2018. The experience and knowledge she gained from previous years will assist her to become a great operational manager. Sister Moyeni stated that apart from excellent communication skills, having a remarkable interpersonal skills is very important in ensuring that there is good team work among all staff members.

A well-travelled Mr Mandlenkosi Shabangu was born in a small town called Escourt. He has worked in different hospitals including Escourt, Emmaus, Queen Nandi, Greys, Edendale and Paarl Hospital in Cape Town.

Mr Shabangu is a hard working individual who has always been passionate about the nursing profession. He has a big interest in the Administrative side of the profession.

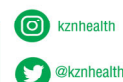


Mr. Mandlenkosi Shabangu
Assistant Nurse Manager—Psychiatric

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COVID VACCINATION, PSYCHOLOGICALLY, WHERE TO FROM HERE?



Ms. Misokuhle Mhlongo
Clinical Psychologist

Covid has been an ongoing pandemic where we feel closer to the end of it yet at the same time it feels like it's right at its beginning stages causing a sense of

emotional turmoil. The development of vaccines is supposed to bring a sense of ease into the world yet there are so many ambivalent psychological feelings and understandings towards this development. Many of us are left feeling conflicted, anxious and developing theories in order to develop a sense of understanding as to where we currently stand, given that the virus is still an ongoing pandemic.

This is where ones need to contain themselves becomes crucial and it is important that one's resilience and faith in one's self plays its role. This can be achieved by going back to basics, educating oneself following credited and approved sites about the pandemic and vaccines, talking and discussing opinions with those whom you are close to as well as colleagues

whom you feel are educating themselves about the vaccines.

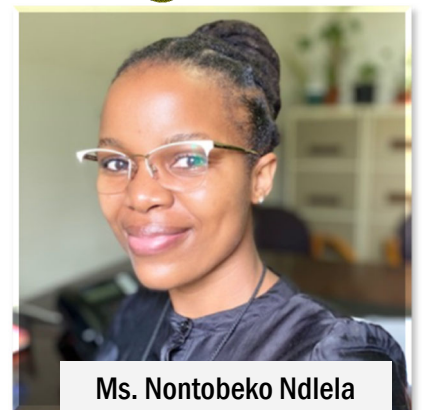
One also wants to focus on those things to which one enjoys that bring a sense of meaning in one's life. It's also important to keep in touch with people who bring a sense of peace, fulfilment and enjoyment (family, friends, partners etc.). This pandemic has made many of us realize that life can often feel beyond us and at times we may not know whether we are moving forward or backwards however the world continues to move.

The journey of life requires one to understand that it is a process that requires patience and faith that for as long as one is still alive it's yet another chance to experience a new way of life and develop a better way to live.

Take time to recharge

In whatever you do make sure you prioritize your health, wholistically. There is always an expectation that certain people are strong and nothing gets to them, this is incorrect. Even strong people do get overwhelmed and crush at times. The sponge itself has an expiry date where it gets worn out and do not absorb as much as it used to. It is therefore important to understand when your mind and body needs time to recharge and focus. As all Psychologists normally say "it is okay not to be okay", therefore it's important to know when you need professional assistance. Seeking professional help will assist you with coping mechanisms to whatever is weighing you down.

As healthcare workers, the expectation is to ensure quality healthcare is provided to patients at all times. Healthcare workers must take care of their health (mentally and physically) first in order to ensure that health service provided to patients is not compromised as a result of one's lack of focus. Taking walks on your day off or weekends will assist a great deal in taking your mind out of the normal work/family worries. Normalize taking time to focus and pamper yourself, now and again reward yourself with something, regardless of how small it is.



Ms. Nontobeko Ndlela

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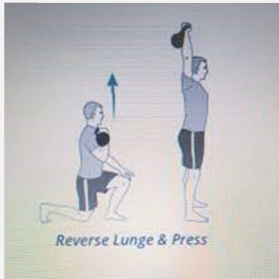
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One-piece workout

REVERSE LUNG/SHOULDER PRESS

Targets: legs, glutes, arms, shoulders, abs

Stand with your feet hip-width apart with your arms by your sides, holding a kettlebell in your right hand. Step your right foot back into a lunge, with your front knee at 90 degrees and your back knee almost touching the floor. Push off from your right leg to return to standing, pushing through your heels and using glutes and hamstrings, and press the kettlebell up and your shoulder



SUMO SQUAT INTO HIGH PULL

Targets: legs, glutes, shoulders, upper back



Take a wide stance with your toes turned out and hold the kettlebell with both hands, letting it hang between your legs.

Keeping your back straight, push your hips back and lower into a deep squat, letting the kettlebell lower almost to the floor. Push through your heels to stand and raise the kettlebell to your chin so that your elbows are level with the top of your head. Heart rate's officially on the up.



Ms. Nontobeko Ndlela

SQUAT WITH BICEPS CURL

Targets: legs, glutes, biceps

Standing with your feet wide and toes turned out, hold the kettlebell with both hands, arms extended. Lower into a deep squat, pausing when your thighs are parallel with the floor. Keeping your upper arms still, bend your elbows to bring the kettlebell up in front of your chest, then lower it back down before returning to start. Double whammy.



SIDE LUNGE

Targets: legs, glutes, adductors, core

Stand with your feet shoulder-width apart, holding the kettlebell in your left hand. Bracing your abs, lunge to the side with your right leg, bringing the kettlebell across your body. Pause, then push off from your right foot to return to the starting position. Change sides halfway through. Wipe the sweat from your brow.



SINGLE-LEG DEAD LIFT

Targets: hamstrings, glutes, quads

Standing with your feet together, hold the kettlebell in your right hand so it's hanging beside your thigh. Keeping the weight in your left heel and your core engaged, slowly hinge forwards at the hips, lowering your torso and extending your right leg back. Once your torso is parallel with the floor, let the kettlebell hang. Maintaining your balance, slowly reverse the movement and return to start.



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PHOTO GALLERY



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EDITORIAL TEAM / DETAILS



Ms. Nontobeko Ndlela
WRITER, PHOTOGRAPHER & EDITOR



Mrs. Shahista Aboobaker
EDITOR

CONTACT DETAILS

Physical Address:

Corner Rick Turner & Sydney Road,
Umbilo, CONGELLA

SWITCHBOARD

031 360 3111
www.kznhealth.gov.za

Postal Address:

Private Bag X02
CONGELLA
4013

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