



# Ezasekhangela

# NEWS

OCTOBER 2023



## BREAST CANCER AWARENESS MONTH

**O**n the 25th of October 2023, Radiology and Surgical department hosted a breast cancer awareness event. The event aimed to raise awareness about the importance of early detection and prolonging the lives of those affected by breast cancer. With the electrifying

sound entertainment by BB bakery and insightful presentations by experts, this event left an indelible mark on all attendees as they were waiting for the free breast cancer screening from the Pink Drive. Miss N. Khanyile warmly welcomed everyone to the event and explained the purpose of the day. She emphasized the significance of breast cancer awareness.

Mrs Nkosi shared light on the importance of hand hygiene. With the theme 'Clean Hands, Saves Life',

she skilfully illustrated the proper hand washing technique, emphasizing how this simple act could prevent the spread of infection. The informative presentation left attendees equipped with practical knowledge to safeguard their health and those around them.

Attendees were cautioned about the dangers of putting cellphones in their breast as the heat may override and cause possible harm which could lead to being diagnosed with breast cancer.

Dr. P. Naidoo, surgeon responsible for breast clinic in the hospital, took center stage to enlighten the audience about the importance of early detection in combatting breast cancer. She expertly elaborated on various symptoms of the disease and the potential surgical interventions available. Dr Naidoo's comprehensive insight helped dispel myths, promote understanding, and encouraged attendees to seek medical attention promptly. Her dedication to saving lives through early detection was truly inspiring.



**Empowering Lives : Breast Cancer Awareness Day At King Edward VIII Hospital With The Pink Drive**

# UNITY IN COMMUNITY: OCCUPATIONAL THERAPY WEEK

The week of 23rd to 27th October

2023 was designed to commemorate international OT week, Mental Health Month, Stroke Day and Global OT Day.

This year's theme was "Unity in Community". Emphasis was on promoting our role in working together with others to facilitate better participation and community interaction



Unity in Community

The start of the week different paediatric conditions that are typically seen by occupational therapy. This included education on the different diagnosis, developmental milestones with new-born mothers.

The monthly Autism parent support group which is a collaboration with Speech therapy department was also a success. Handouts and home programs were incorporated to the events of this day, staff members and patients came through in numbers to get information.

Mental Health: Focus being on Mental Health Awareness; mental health problems include, but are not limited to, depression, anxiety, substance abuse and job stress are common, affecting individuals, their families and co-workers, and the broader community. In addition, they have a direct impact on workplaces through increased absenteeism, reduced productivity, and increased costs. Very few South Africans seek treatment for their mental disorders. (<https://www.gov.za/MentalHealthAwarenessMonth2022>.)

OT team conducted a structured therapeutic sessions for staff using

the Jacobsen's Relaxation technique/Progressive muscle relaxation. OT in mental health education done and a take home booklet of relaxation activities.

This program sought to offer some experience of techniques that each person could implement in their daily routine to improve the quality of their mental health. Refreshments were provided for participants. The sessions were well attended and feedback on its impact from staff has been positive.

OT Escapade: We hosted a 'FUN DAY' for all staff to participate in and lots of prizes and giveaways for completed ADL (activities of daily living) challenges. Highlighting what OT does.

This program displayed how broad a scope OT is, how their holistic treatment can take multiple forms, including:

- ⇒ Collaborating on interventions to address physical, cognitive and mental health problems.
- ⇒ Teaching alternative ways of doing things-through the use of assistive devices.

⇒ Modifying the environment to make it more accessible.

⇒ Consulting with the family for education/training to decrease caregiver burden.

⇒ Providing knowledge on ways to influence your own wellbeing.

Wheelchair training: Occupational therapists are also known for issuing wheelchairs in the hospital. The wheelchair race/obstacle course offered orientation to wheelchair use and safety precautions clients have to adhere to.

The team also provided stroke guidelines and demonstration in activities that stroke clients may have difficulty engaging in such as eating and dressing. Participants got to practice one-handed techniques that enable stroke surviving clients to be independent in their daily lives.

Hand Hygiene: Sr.Mahlaba (IPC Rep) conducted hand hygiene education and illustrated the proper hand washing techniques.

Occupational Therapy Department at King Edward VIII comprises of 5 OT's, each with a passion and drive for the profession different to the rest! They thrive on service delivery and enjoy working within an MDT approach and try their best not to pull at strings not within their reach. Their treatments are 100% dedicated to the patients. They work well within their available resources and aim to provide the best service they possibly can. On a side chuckle colleagues...please...when in doubt...DO NOT refer to OT, with the knowledge shared on OT, now you can refer with certainty. #KEHOTWEEK23

Article by Minenhle Mhlongo

# SOCCER TEAM TRIUMPHS, BRINGING HOME GLORY!



## King Edward VIII Hospital soccer team triumphs, bringing home glory and celebrating in style

**I**n a spectacular display of skills, teamwork and determination, the King Edward VIII / St Aidans Hospital Complex soccer team emerged as champions in a thrilling showdown that took place on the 20th of October 2023 at Edgewood campus (UKZN).

The team consisting of dedicated individuals from different departments, showcased their talents amidst fierce competition in the tournament. Combining their love for the beautiful game and their commitment to saving lives, these

remarkable individuals displayed unparalleled sporting prowess, winning over the hearts of everyone present. The match, held at Edgewood campus, spacecuts an adrenaline fuelled clash that showcased the teams relentless fighting spirit. After a

nail-biting encounter, the final whistle blew and King Edward VIII/St Aidans Hospital soccer team emerged victorious

Outstanding player of the tournament trophy went to Dr Kgatle, surgical consultant from King Edward VIII/St Aidans Complex.

**HALALA!**  
**CONGRATULATIONS!**



03

# ANOTHER SUCCESSFUL VISIT BY THE ROBINHOOD FOUNDATION



**O**n the 16th of October 2023, King Edward VIII/St Aidans Hospital Complex Maternity ward had the honor of being visited by the Robin Hood Foundation. The Foundation provided the newborns with beautiful gifts that came in handy for the new moms. The Robin Hood foundation usually comes to KEH to deliver these wonderful gifts and they have gifted more than 200 babies in a year. One of the moms said “ this parcel has come in handy for me, I came here yesterday night as an

emergency and I didn't bring my baby's bag since I was in hurry, so this beautiful parcel has been a blessing, my baby has clothes that I can use in the meantime while I wait for my bag.’ As the King Edward Maternity Department we would like to say Thank You to the Robin hood Foundation for their wonderful gesture, hoping to see you again soon.

BY SINETHEMBA

## Healthy lifestyle Activities

Wellness Activities

### Aerobics classes:

Mondays	16h00-17h00
Tuesdays	15h00-16h00
Thursdays	15h00-16h00

### Choir practice

Wednesdays 13h00-14h00

### Soccer and Netball

Nkosinamandla.mthimunye@kznhealth.gov.za

### Prayer meetings

Tuesdays 13h00-14h00

### Swimming lessons

nontobeko.ndlela@kznhealth.gov.za

Wellness Activities

03



**KWAZULU-NATAL PROVINCE**  
HEALTH  
REPUBLIC OF SOUTH AFRICA

KwaZulu-Natal Department of Health  
 KZN Department of Health

kznhealth  
 @kznhealth

**GROWING  
KWAZULU-NATAL  
TOGETHER**

# PHOTO GALLERY



# Photo Gallery



# Acknowledgement

## Editorial Team

*Ms. Nontobeko Ndlela*

*Ms. Minenhle Mhlongo*

*Mr. Mmeli Luthuli*

*Ms. Sinethemba Shandu*

## CONTACT DETAILS

### Physical Address:

Corner Rick Turner & Sydney Road,  
Umbilo, CONGELLA

### SWITCHBOARD

031 360 3111  
[www.kznhealth.gov.za](http://www.kznhealth.gov.za)

### Postal Address:

Private Bag X02  
CONGELLA  
4013

05



**KWAZULU-NATAL PROVINCE**  
HEALTH  
REPUBLIC OF SOUTH AFRICA



KwaZulu-Natal Department of Health



KZN Department of Health



kznhealth



@kznhealth

**GROWING  
KWAZULU-NATAL  
TOGETHER**