



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

EzaseKhangela

SEPTEMBER
2019

KING EDWARD VIII HOSPITAL,
CORNER RICK TURNER & SYDNEY ROAD,
PRIVATE BAG X02 CONGELLA

Pharmacy Week Focusing On Mental Health

September was Pharmacy month which forms part of the official health calendar. This year's theme was "Mental health: are these challenges affecting you?"

The accompanying tag line was "Mental health can be treated; ask your pharmacist for advice." The theme aims to reaffirm the community's essential role in supporting people who struggle with mental illness. Pamphlets and posters were developed by the pharmacy team and presentations were made to patients at the various outpatient departments including MOPD, Family Clinic

and POPD. The talks focused on making people aware of the

for us to break down the barriers and stigma associated with



mental health issues. As part of the interactive talks, patients were asked questions and

issues that may affect their mental health, such as anxiety, stress, addiction, abuse, self-harm and depression. Our aim was to raise awareness of the importance of mental health matters and to encourage people to seek advice and help. It was also important

those who participated received gifts. Fresh fruit, chips, and juice were distributed to the appreciative patients.

Report by : Pharmacy Manager, Mrs. Samke Matibela

King Edward VIII & St Aidans Strat Plan

“Change has a bad reputation in our society. But it isn’t all bad – not by any means. In fact, change is necessary in life – to keep us moving, to keep us growing, to keep us interested. Imagine life without change. It will be static, boring, dull.” Dr. Dennis O’Grady

King Edward VIII and St Aidan’s Hospitals spent two days in a Strategic Planning Workshop. The planning workshop took place on 22 and 23 August 2019 at the K-Rith Building —Nelson Mandela School of Medicine.

Ms. Vicky Masuku (King Edward VIII Hospital Board Chairperson) welcomed all members and indicated that everyone was expected to fully participate and be part of decision making, not only for the two days of the workshop but also for as long as they are part of the hospital family.

Ms. K. Mthabela shared some light on what change

management is all about. She made a well researched presentation which got everyone excited to implement change in their own respective departments/ units.

The break away sessions involved staff from different disciplines, including representatives from organized labour. Service delivery topics were discussed in each commission. There was a feedback session as well as a question and answer session.

Mr. Majozi, one of the representatives from Organized La-

bour, expressed words of appreciation to hospital management for their inclusion. He praised management for recognizing the importance of Organized Labour and ensuring that they participate in decision making.

All members present at the workshop were urged to motivate and acknowledge staff members in their units when they do well. Open communication was highlighted as a key part of change management.

Pharmacy Department Giving Back To The Community

The pharmacy team organized an outreach programme to Lakehaven Children’s Home on the 20th of September as part of the Pharmacy Month activities. A delicious lunch was provided for the children. An enjoyable afternoon was spent playing games and distributing gifts, snacks as well as non-perishable food items and essential medication (including a nebulizer and glucose monitor). It was a successful and rewarding day filled with fun and entertainment for the children.

The team assisted in connecting the Home with a Foundation that will assist in providing the necessary cleaning materials, detergents and soaps for the Home on a monthly basis.

Breast Milk First



Breastfeeding week at King Edward VIII Hospital was held on the 7 August 2019 in new the POPD . The main aim was to educate the public regarding the importance of breastfeeding.

Sister Gudase, KEH Paediatric Operational Manager, mentioned that breastfeeding promotes bonding with your baby. Doctor Zondo emphasized that breastfeeding helps with a fast-

er physical recovery from childbirth. Zondo further mentioned that breastfeeding reduces the risk of maternal osteoporosis (weak bones) later in life. It also provides mums with a sense of satisfaction and can help reduce post- partum depression.

Tips

Breast Milk is the perfect food for all babies. It contains all nutrients a baby needs in the correct amounts. It is designed to satisfy your baby's thirst and hunger, so no other food and drinks are needed before the age of 6 months.

Breastmilk contains special substances that protects babies against infections, diseases , and malnutrition. It contains substances that act as a tranquilizer and painkiller for babies. It is free and always available, so you save money.

Article by Ms. Zamile Hlatshwayo

Outreach At BB Bakery

King Edward VIII Hospital Family Clinic staff held an outreach at BB Bakery in August 2019.

Services that were rendered were: blood pressure screening, blood sugar screening, TB Screening, HIV Counseling and Testing, Pap Smears.

The purpose of the day was to empower clients and provide them with the information they need to make decisions about their health. They were also educated about various illness, disease prevention and safe health practices. Clients were given the opportunity to ask questions about health related issues.



Durban Liners Taxi Association Donates Water Dispensers



Durban Liners Taxi Association gave back to the community by donating water dispensers.

The management of the association indicated that it assist the hospital to provide quality health care. They stated that patients who come to the hospital are their source of income. Taxis are responsible for bringing patients and taking them home hence they wanted to take the first step

in ensuring that patients always have drinking water.

King Edward VIII Hospital Management expressed appreciation for the initiative and encouraged the partnership.

Happy Retirement Prem



King Edward VIII Hospital Ultrasound Unit will never be the same without Ms. Prem Moodley. Everyone in the hospital knew that you could not separate Prem from her department. She is one of those passionate individuals who is in love with her work.

A big thank you to the organizing team for celebrating Prem. Wishing Ms. Moodley all the best with her retirement.

Acknowledgement

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