



EzaseKhangela

NEWS

SEPTEMBER 2023



King Edward VIII Hospital pharmacy gathered on the 07 September 2023, to celebrate pharmacy month. The occasion took place at the Antenatal Clinic (ANC) and in POPD Clinic within the hospital. With a passion for patient care and a mission to promote health. Siyabonga Lukhele and the pharmacy team delivered an insightful briefing about the importance of immunization and the identification of adverse drug reaction (ARD).



The event was aimed at raising awareness among patients and healthcare professionals about these crucial aspects of healthcare. Immunization is at the core of preventive medicine. The pharmacy team emphasized the significance of vaccinations in safeguarding individuals, especially during pregnancy. They shared light on the potential risks associated with certain infections for expectant mothers and their unborn babies. By providing detailed information about the various vaccines available, benefits, and recommended schedules, the team aimed to empower patients to make informed decisions about their health and the health of their children. Additionally, the team addressed the identification of ADRs, with their deep expertise in pharmaceuticals; they highlighted the importance of recognizing and reporting

potential side-effects of medications. Understanding that each person's response to medication can vary, they stressed the need for accurate monitoring and reporting of ADRs. This knowledge enables healthcare providers to adapt treatment plans, ensuring the best possible outcome for patients. The briefing was met with great enthusiasm from the pharmacy team present at the ANC and POPD clinic. The team dedication and expertise were evident in their delivery, leaving a positive impact on both staff and patients. The pharmacy month is still continuing until the end of September.



Antibiotic Awareness At S3 Surgical

In the efforts to promote awareness and responsible usage of antibiotics, the pharmacy team organized an enlightening program on the 14th September 2023 at Surgical ward (S3). With the theme centered around the “role of antibiotics play in patient care.” The talk highlighted the importance of seeking advice and following instructions when it comes to antibiotic use. Mr. Mpanza and Mr. Mtolo, from the pharmacy delivered a compressive speech addressing the efficacy of antibiotics but also the introduction of yellow scripts that have resulted in a decline in pharmacy expenditure.

The team well versed in the subject matter, shared valuable insights into the importance of seeking advice from medical professionals before commencing antibiotic treatment. Their presentation emphasized the crucial role played by patients in adhering to instructions provided by healthcare providers, ensuring the effective and responsible use of antibiotics.



Moreover, they shared light on the introduction of yellow scripts, a significant development in pharmacy practice. This innovative approach, aimed at curbing unnecessary antibiotic prescriptions, has not only promoted patient safety but also led a decline in overall pharmacy expenditure. Through the introduction of yellow forms, healthcare professionals are empowered to make informed decisions regarding antibiotic prescription, ultimately contributing to the efficient allocation of resources and cost savings within the pharmacy.

The Importance Of Maintaining Good Hand Hygiene



On the 15th September 2023, the Orthopedics block 14A & B held a platform for staff to engage in the discussion centered around the crucial topic of the importance of hand hygiene.

Mr. J. Frieslaar, pharmacy intern took the stage to deliver an impactful speech on the importance of hand hygiene. Through his address he shed a light on various aspects of hand hygiene, including the correct techniques, appropriate use of hand sanitizers, and the role of clean hands in preventing infections. By doing so, he aimed to impart invaluable knowledge to staff and nurses, equipping them with the tools needed to enhance patient care and safety.

In conclusion, the event at the Orthopedics block hosted by the pharmacy team during the ongoing pharmacy month, served as a testament for dedication and commitment of healthcare professionals. With Mr. J. Frieslaar as the speaker, this event set to be an enlightening experience, providing attendees with vital information and strategies to maintain good hand hygiene practices. Together, through these efforts, we can continue to strive towards a safer and healthier medical environment for all.

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PHARMACY UNITED IN PROMOTING HEALTHCARE FOR PATIENTS, HEALTH ROOM CRUISE AT VUMA FM



In a recent informative talk at Vuma FM, Mr. Buthelezi, a well seasoned pharmacist, and Miss Ngwenya, a pharmacy intern from King Edward VIII Hospital shared light on the crucial role of pharmacies in promoting healthcare for patients. With a particular focus on dispelling misconception about antibiotic use, the talk aimed to educate the public on the potential dangers of antibiotics and the importance of following instructions carefully.

Breaking the myth of antibiotics as a miracle drug. The discussion began by addressing the prevailing notion that antibiotics are a cure all solution. Both Mr. Buthelezi and Miss Ngwenya emphasized the importance of understanding that antibiotics are a quick fix for all ailments, instead, they should only be used when prescribed by a qualified healthcare professionals for a specific condition.

Another crucial point raised during the talk was the issue of patients not fully comprehending or adhering to the instructions provided by the pharmacists. The speakers acknowledged that patients often come to the pharmacy as it is their end point, when they are tired or distracted, making it challenging for them to absorb and retain critical information. However they stressed that following instructions carefully is crucial to ensuring safe and effective use of medication.

Mr. Buthelezi drew attention to the possible side effects associated with antibiotics use, and urged patients to be vigilant and seek medical assistance if they experience adverse effects after taking the medication. Moreover he pointed that sometimes antibiotics may not suite an individuals body and could be rejected, making it essential for patients to report any unexpected or severe symptoms promptly.

The talk concluded with a reminder that listeners have the power to seek clarity and assert their rights when visiting the pharmacy. Mr. Buthelezi emphasized that every patient reserve the right to enquire about their health and medications, irrespective of how busy the pharmacy may be. Encouraging patients to be proactive in their healthcare, he reminded them of their right to access to information, the team further stressed that every right comes with responsibility.

Mmeli Luthuli

PHARMACY MONTH FUN DAY

The pharmacy team, had a day to remember, celebrating pharmacy month in style. ! The team came together for an afternoon of fun and fitness, taking part in range of aerobic moves to keep bodies and minds active.

Led by one of their team members, the team worked up a sweat while laughing and having fun together. It was a day to celebrate the hard work and dedication of the pharmacy team, and to encourage each other to stay fit and health as they say goodbye to the pharmacy month.



SANBS BLOOD DRIVE



IT NOT JUST BLOOD

**# DONATE BLOOD
SAVE LIVES**



On the 13th September 2023, SANBS team paid KEH a very important visit. Their main aim was to get Donors who were keen on donating blood in order to save lives of those in need. We can safely say that their visit was a resounding success since they managed to reach their day target.

Staff from KEH that were donating for the first time were very fascinated by the amount of blood they could produce.

DONATEBLOODSAVELIVES #ITNOTJUSTBLOOD

Many of the first time donors said “this is my first time donating blood, I’ve always been skeptical since I’m afraid of needles, but today I decided to overcome my fear and donate. I’m definitely donating again next year.”

Donors received some snacks to munch on while waiting. Blood drive team hope that number of people coming to donate will keep increasing each time there is a blood drive.

SANBS # BLOOD DRIVE

Sinethemba Shandu





PHYSIOTHERAPY WEEK

MOVEMENT FOR GOOD HEALTH

CELEBRATING A SUCCESSFUL PHYSIOTHERAPY WEEK AT KING EDWARD VIII HOSPITAL

Physiotherapy week was celebrated by the Physiotherapy Department from 4-8 September 2023 with the theme: Back care and Exercise. Various activities were held during the course of the week to highlight this.

The first activity was a presentation at Jubilee Hall for the benefit of KEH staff who attend the aerobic/exercise class. Physiotherapists gave a talk on the importance of dynamic and static stretching before and after exercise to prevent injuries. Guidelines were also given on how to manage injuries optimally. Ergonomics and Exercise were the focus during the presentation to Pharmacy staff. The presentation included ergonomic principles; minimizing risks and injury prevention strategies. The discussion and demonstration focused on how to set up your work-station to minimize injuries by taking into account the positioning of chairs, desks and telephones. We included ergonomic exercises, stretching and correct lifting techniques that could be done in their working environment.



The most important target group were the staff of KEH who would benefit from information on the importance of exercise and improved fitness as well as the importance of taking care of their health. Physiotherapy team presented a talk on the benefits of daily exercise i.e. improving energy levels, muscle strength and fitness and also on reducing the risks of developing diabetes and coronary heart disease.

This was followed by an inter-active exercise class. The program demonstrated exercises that could be performed daily and included muscle stretches and aerobics/cardio exercises. In addition, three competition stations were set up at Jubilee hall where prizes were awarded to the individuals who could hula hoop the longest, maintain the longest forearm plank and maintain the longest deep squat. Amazing records were set by the staff who attempted the activities.

The team would like to thank all staff that were present for their enthusiasm, support and attendance. It was fun, informative and thoroughly enjoyed by all.



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**GROWING
KWAZULU-NATAL
TOGETHER**

EMBRACING OUR UNIQUE CULTURES AND BACKGROUNDS CELEBRATING HERITAGE DAY 2023

On 22 September 2023, King Edward VIII Hospital transformed into a vibrant hub of cultural celebration for heritage day. Laughter and happiness filled the air as different departments came together to honor their roots and embraced their diverse background. But it was the pharmacy who stole the show with their lively traditional dances and catchy songs that had everyone tapping their feet.



Wearing stunning traditional attires, the hospital became a palette of vibrant colors and patterns. The pharmacy staff twirled and swirled, showing off their moves with infectious enthusiasm. Who knew pharmacists had such hidden talent? Their dances were so mesmerizing that others couldn't help but join in, turning the hospital into a spontaneous dance place.

Not to be outdone, the finance department team made sure they brought their A-game when it comes to showcasing their cultural attires representing different traditions. They added an extra touch of elegance to the celebration, it was like a hospital was transported to a colorful carnival around the world.

But the celebration didn't stop at the attire and dances, the finance department took a step further by tantalizing their staff taste buds with a mouth watering spread of traditional delicacies. The enticing smell of Aroma triggered a domino effect, attracting people from all corners of the hospital, drawn towards like bees to honey. Even those on diet couldn't resist temptation of authentic cultural cuisine. Traditional dishes flooded the table, with different cultural food, and the finance department had certainly mastered the act of celebrating through the stomachs of hungry employees.

*H*eritage day typically serve as a reminder of the importance of embracing diversity. But for the staff of King Edward VIII Hospital, it became a day of laughter, happiness and undeniable fun. As the day came to an end, the air was still filled with joy and laughter, people left with full bellies and warm hearts, grateful for the opportunity to celebrate their heritage in such a unique and entertaining way. King Edward VIII Hospital did not only embraced diversity but revived a sense of pride.



ADHD AWARENESS AT P.O.P.D



Around September 20th, King Edward VIII Hospital Occupational Therapy team organized a remarkable event to raise awareness about Attention Deficit Hyperactivity Disorder [ADHD]. Held at the POPD clinic, the talk featured an enlightening presentation by Dr.P. Harillal from POPD, who provided valuable insights into the nature of ADHD, its symptoms, and the crucial role played by occupational therapy (OT) in managing the disorder. Miss Nusayba Sayed also engaged parents in an interactive session to gauge their understanding of ADHD.

Duringly, the event aimed to dispel common misconceptions surrounding ADHD and shed light on this prevalent neurodevelopmental disorder. DR Harillal began by explaining that ADHD is a medical condition that affect both children and adults. Individuals with ADHD often struggle with maintaining attention, controlling impulsive behavior, and managing hyperactivity levels. Understanding these key symptoms is crucial in identifying and seeking appropriate interventions to support those affected.

Helpfully, DR Harillal went on to emphasize the essential role played by occupational therapy in managing ADHD. He also highlighted that OT interventions can greatly assist individuals with ADHD in developing importance skills such as time management, organization, techniques, OT professional work in improving daily functions for individuals with ADHD.

Determinedly, the event proved to be a valuable learning opportunity for all attendees. DR Harillal's informative presentation brought key insights into the disorder, while Miss Nusayba interactive session facilitated active engagement and knowledge reinforcement. By raising awareness about ADHD, the occupational therapy team aims to foster understanding and support for individuals with the disorder, ensuring they receive the necessary care and opportunity to thrive.

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STRIKE A POSE, THE CAMERA IS WATCHING !!!

In the relentless pursuit of excellence, healthcare institutions consistently seek to improve patient care and experiences. With this commitment in mind, the esteemed team from King Edward VIII hospital embarked on a comprehensive patient experience of care (PEC) survey at Addington Hospital. The survey was conducted from 28th August to 1st September 2023, this survey aimed to prioritize six key areas vital to enhancing patient satisfaction, including access to care, Availability and use of medicine, patient safety, cleanliness, values and attitude and waiting times.



DAY 1



DAY 2

*Dedicated to
provide the best
service delivery
to patients*



DAY 3

*consistently
seeking to im-
prove patient care
and experiences*



DAY 4



DAY 5



Gallery



Photo Gallery

Photo Gallery



Gallery



Photo Gallery

Photo Gallery

