



health

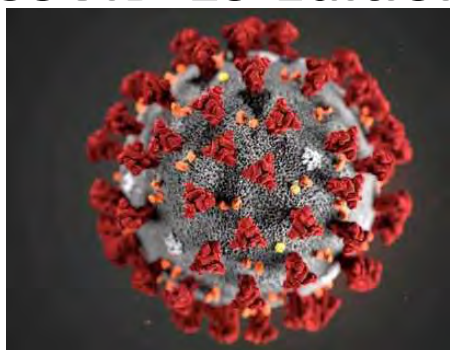
Department:  
Health  
PROVINCE OF KWAZULU-NATAL

# BAMBINO NEWS

JANUARY—MARCH 2020

## QUEEN NANDI REGIONAL HOSPITAL

### CoVID-19 Edition



CoVID-19, the novel Coronavirus that is continuing its indiscriminate sweep across the world, is creating an unprecedented healthcare crisis the world over. South Africa is currently feeling the onslaught of this SARS-CoV-2 virus, as our numbers of infected cases and deaths continue to rise daily. Esteemed epidemiologists and scientists predict that our case numbers will soon reach a million by the year's end, and our death toll may rise to an alarming 50 000 deaths. Queen Nandi Regional Hospital has been at the forefront of this battle to fight this devastating pandemic. The hospital has instituted, at an early stage, preparedness measures to ensure that the safety and wellbeing of staff and patients are always a priority. Re-purposing of clinical areas, strict screening processes, effective SCM processes for supply of PPE, development of clinical guidelines for management of SARS-CoV-2, extensive education and training for all categories of staff, drills and simulations and simulations to build confidence, are just some of the systems in place to ensure that QNRH has a response plan adequate to meet the challenge of CoVID-19.

Emergency Hotline: 0800 029 999  
WhatsApp Support Line: 0600-123456

**COVID-19**

Online Resource & News Portal  
[SAcoronavirus.co.za](http://SAcoronavirus.co.za)



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REPUBLIC OF SOUTH AFRICA



The National Department of Health  
has recommended that  
**South Africans should wear  
CLOTH face masks**  
when in public to prevent  
the spread of COVID-19.

**Compiled by**

**Nompilo Xaba**

**Public Relations Officer**



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### ACTING CEO'S MESSAGE TO QUEEN NANDI REGIONAL HOSPITAL STAFF



Dr. M. Samjowan  
(Acting CEO)

The year 2020 will be remembered in the annals of history as the year when the whole world was faced with a healthcare crisis of unrivalled proportions. It was the year that started off the knowledge that a novel coronavirus was discovered in Wuhan City, Hubei province, China, and which was rapidly becoming a worldwide problem. The virus was named SARS-CoV-2, CoVID-19, in December 2019, and its spread occurred so rapidly and extensively, the World Health Organisation declared CoVID-19 a pandemic early in 2020.

Since then, all the countries of the world have been disastrously affected, with rapidly escalating infection rates, going into the millions, with hundreds of thousands dead worldwide. The historically advantaged countries of Europe, the Americas and parts of Asia, are the hardest hit. Africa is currently experiencing slowly increasing infection rates, with lower death rates, as testing rates increase.

South Africa has reacted decisively and responsibly, in its efforts to curb the spread of Coronavirus locally. The country is just now re-emerging from a 35-day hard lockdown, with strict rules still in place. The Department of Health has been pro-active in its response, taking guidance from the experience of countries most hard-hit. The Minister of Health, Dr Zweli Mkhize has been on the frontline of this battle, together with all the Provincial MEC's and respective Provincial Departments.

The biggest concern has been the global shortage of ICU beds, quarantine beds, critical equipment and PPE. There have been numerous measures put in place by all levels of the government to ensure that these concerns have been addressed.

Queen Nandi has been at the forefront of planning and preparation for this pandemic. A CoVID-19 JOC was established in the facility very soon after the first patient was discovered in the country. This JOC is fully represented by all components, and it meets weekly, with significant discussions taking place. There is an active, well-functioning screening and testing proce-

dure, with the aim of ensuring that persons do not slip the controls. Our in-patient screening was the first implementation of such in the province.

Contact tracing protocols, restriction of visitors, re-booking and staggering of elective appointments and procedures, were instituted quite early in the disease.

CoVID-19 training commenced in February 2020 for all categories of departmental and outsourced staff members. Mental Health is of grave importance in this trying time. Anxiety, fear of the unknown, and concern for self and others is paramount, and understandable.

QNRH has engaged our EAP and the Clinical Psychologist from Ngwelezane Hospital to provide counselling to our staff and patients. Staff are encouraged to use these services generously. QNRH has been responsible for innovative developments in the fight for adequate protection. Aerosol boxes, face shields, 3-D printed visors, donations of cloth masks for patients and staff, are just some of the positives to arise from this pandemic.

The CoVID-19 pandemic is here to stay, as described in all reports and statistics. QNRH staff members have shown a fighting spirit, a sense of compassion and togetherness, and a willingness to fight this disease to the best of our ability, in the safest possible manner, with protection of our healthcare workers given paramount importance.

We thank you, Queen Nandi, for your indomitable spirit in this extraordinary time, which is demanding extraordinary dedication and support from you all. Together, and with God's grace, we shall overcome.

Stay safe.

Dr M. Samjowan (Acting CEO)



# HOSPITAL GEARS FOR CORONA VIRUS

A part of the hospital's preparedness response for managing Covid-19 (also known as the novel **Coronavirus**) outbreak, Queen Nandi Regional Hospital took the initiative early in the pandemic to do an outbreak response drill to assess the hospital's response to a CoVID-19 patient. The drill was on the 12th of March 2020 in GOPD, and was facilitated by the Infection Prevention and Control Team, with involvement of EMS.

The team level of preparedness was identified. Staff members were highly participative including nurses, doctors, Occupational Health and safety Team, Public Relations Office as well as cleaners and security personnel. During the drill, the patient was identified after obtaining her travel history and symptoms. She was then given a surgical mask and isolated in an isolation room. The doctor and nurse attending to the patient donned PPE according to IPC guidelines. The appropriate swab was taken and transported to the lab. The patient was then transported by EMS to the dedicated CoVID-19 facility.

The district team who assessed Queen Nandi Hospital on the day, applauded us for being the first institution to initiate such activity. There was a feedback session, which was very informative. This exercise provided great input to the hospital's preparedness to managing the Covid-19 (Coronavirus).



**IPC Nurse and the doctor in the donning room**



**Safety Officer, Occ. Health, GOPD ANM and DMN on scene**



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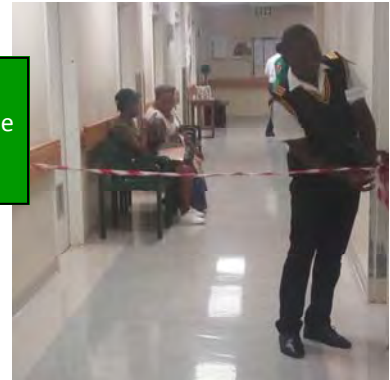
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# CORONA VIRUS DRILL IN PICTURES



Doctor, Nurse and the suspect patient in the Isolation Room

Security Officer demarcating the area to the Isolation Room for the safety of other patients



Doctor and the nurse preparing to take a swab



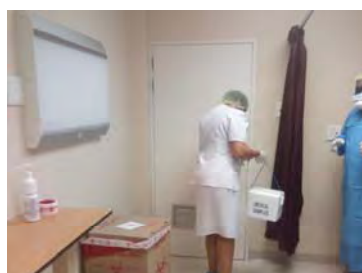
EMS arrived in isolation room to take the suspect



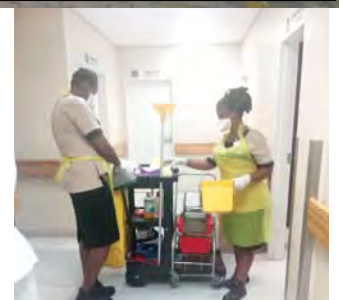
The whole team including EMS and role players after the drill



EMS officials pushing patient to ambulance for Quarantine in the dedicated hospital



Nurse after removing PPE taking specimen to Lab



Cleaners cleaning the area after the suspect was moved



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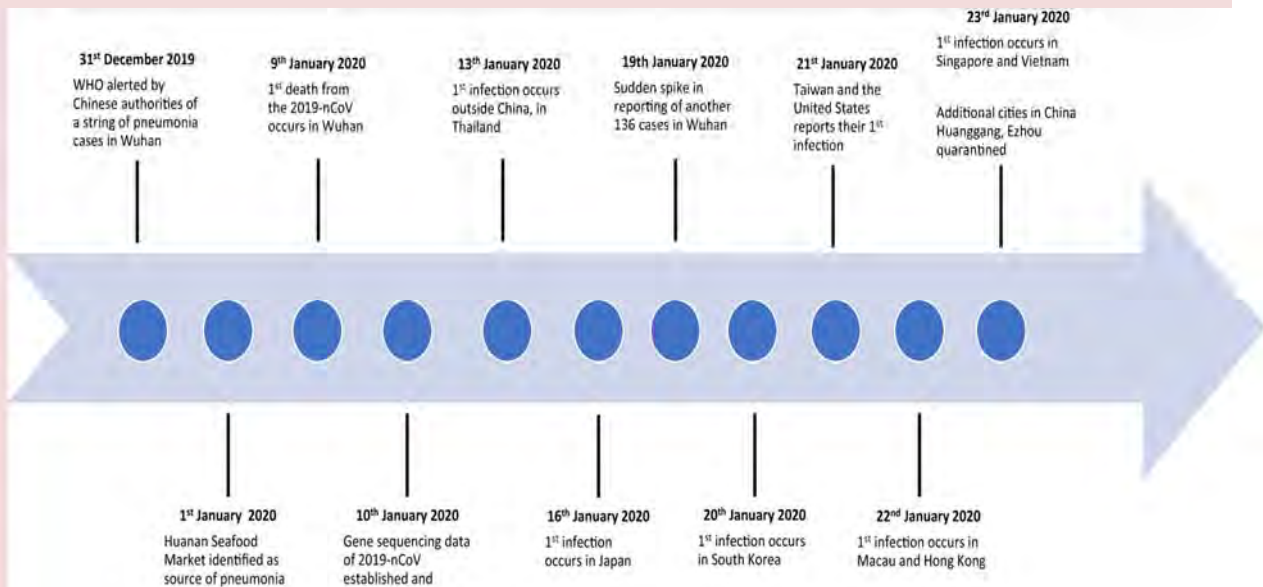
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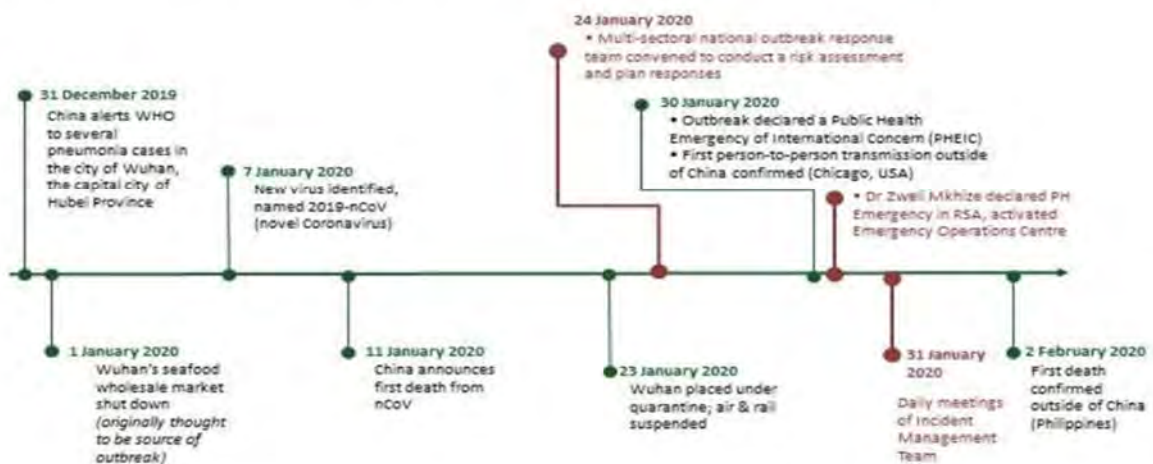
# Siyayinqoba

## CORONA VIRUS

### COVID-19



## Containment activities in South Africa: Timeline of events



Social distancing measures in place



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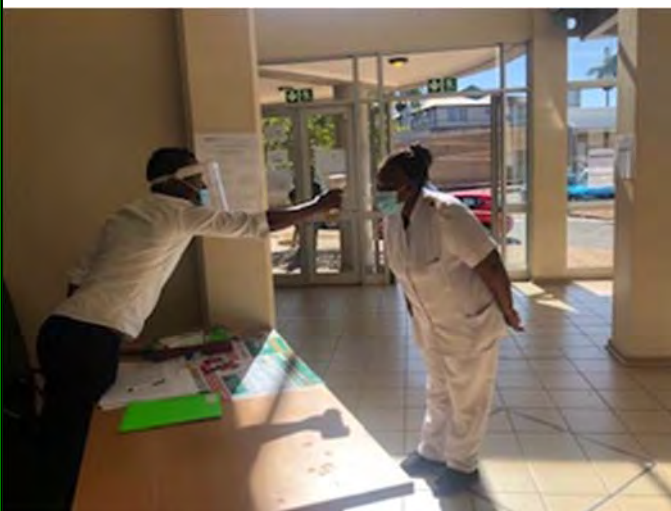
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## QUEEN NANDI REGIONAL HOSPITAL CARES FOR PATIENTS AND STAFF



Cloth masks donated by the community to our patients



All patients and staff entering the hospital are screened on entry.



Approved donations of face shields and visors contribute to patient and staff safety.



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# Siyayinqoba

## CORONA VIRUS

COVID-19

# 4

### IZINTO EZINE OKUFANELE UZIQAPHELE UKUGWEMA UKUTHELELEKA



# 1

#### GEZA IZANDLA ZAKHO

Gezisa izandla zakho ngensipho. Geza ingemuva lezandla, phakathi neminwe, nangaphansi kwezinzipho. Ngaso sonke isikhathi geza izandla ngensipho ngaphambi kokudla naseveni kokuhlangana nomphakathi.



# 2

#### UKUNAKEKELA NGOKWEMPILO OKUHLA

Vala umlomo ngethishu uma ukhwehlela noma uthimula. Gwema ukuthinta ubuso bakho ngezandla ezingcolile ngaso sonke isikhathi. Kufanele uqinisekise ukugeza izandla zakho ngaso sonke isikhathi.



# 3

#### MUSA UKWABELANA NGOKUDLA NANGEZITSHA

Igcwane lingadlulela emimeseni, ezimfologweni, ezipunini, nakumastro. Sebenzisa kuphela izitsha ezihlanzekile futhi ningabelani ngeziphuzo. Geza izandla ngaphambi kokudla ngaso sonke isikhathi.



# 4

#### BONANA NODOKTELA UMA UNGAPHILILE

Izimpawu kuba ukukhwehlela, ukujuza emakhaleni, nokuphelelwa umoya. Uma uzwa olunye lwalezi zimpawu, thola usizo lokwelashwa masinya. Thinta iklonikhi noma udokotela ngaphambi kokuthi uye kubo ubazise ngezimpawu nangomlando wokuhamba kwakho.

## UCINGO OLINGAMAHORA ANGAMA-24 U-0800 029 999

HLALA UQAPHILE FUTHI UHLALE UNAKEKELA IMPILO KAHLE  
Isimo sikhulu sguquguquka, bhaka okusha ku: [www.health.gov.za](http://www.health.gov.za) naku [www.nicd.ac.za](http://www.nicd.ac.za)



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# PLEASE HELP TO PREVENT THE SPREAD OF CORONAVIRUS

## 4 PRECAUTIONS TO FOLLOW TO AVOID BEING INFECTED

- 1 WASH YOUR HANDS**  
Wash your hands with soap thoroughly. Wash the back of your hands, between the fingers and under the nails. Always wash your hands with soap before you eat and after being out in public.
- 2 GOOD PERSONAL HYGIENE**  
Cover your mouth with a tissue paper when coughing or sneezing. Avoid touching your face with dirty hands at all times. If you have to, be sure to wash your hands with soap thoroughly first.
- 3 DO NOT SHARE FOOD AND UTENSILS**  
Bacteria can be transmitted onto knives, forks, spoons and straws. Only use clean utensils and do not share drinks. Always clean your hands before eating.
- 4 SEE A DOCTOR IF YOU ARE UNWELL**  
Typical symptoms include cough, runny nose, fever and shortness of breath. If you are experiencing any of these symptoms, seek medical attention promptly. Call the clinic or doctor ahead of your visit and inform them of your symptoms and travel history.

**24HR NICD HOTLINE 0800 029 999**  
REMAIN VIGILANT AND ADOPT GOOD PERSONAL HYGIENE PRACTICES.  
The situation is evolving. Check updates on [www.health.gov.za](http://www.health.gov.za) and [www.nicd.co.za](http://www.nicd.co.za)

## PROTOCOLS WHEN ENTERING YOUR HOME

### FIGHTING COVID-19

- When you come home try not to touch anything.
- Remove your shoes.
- Disinfect your pet's paws if you took them for walk.
- Use bleach and a hot washing machine cycle (over 60 degrees). Remove your clothes and place them in a bag to be washed.
- Leave your bag, purse, wallet, keys, etc. in box at the entry of your home.
- Have a shower. If you can't, wash all exposed areas. Hands, wrists, arms, neck, nails, etc.
- Wash your mobile phone and glasses with hot soapy water or alcohol (disinfectant).
- Prepare 20 ml of bleach per 1 litre of water solution. Clean with bleach all the surfaces of whatever you brought from outside before storing it. Don't forget to use gloves.
- Carefully remove and dispose of your gloves then wash your
- Remember it is not possible to carry out complete disinfection, the goal is to minimise the risk.

## You can help contain the spread of COVID-19



Wash your hands with soap for at least 20 seconds, or the time it takes to sing the 'Happy Birthday' song twice. Or sing the chorus to your favourite song!

Be **SAFE** from coronavirus infection  
Be **SMART** & inform yourself about it  
Be **KIND** & support one another

Learn more about #COVID19 & share with your loved ones: [www.who.int/COVID-19](http://www.who.int/COVID-19)



UNITED NATIONS



World Health Organization



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# STI AND PREGNANCY AWARENESS AT UNIZULU CAMPUS WITH OUTREACH TEAM



Sister CDL Shabalala with students at Dlangezwa Campus

UNIZULU and QNRH have always had a good working relationship to ensure that students at the university are educated and informed about our services. During the first semester, the university welcomed all students with the campaign named “First Things First.” This was aimed at welcoming and empowering students with sound knowledge, and for the rendering of services which would ensure improved health outcomes.

Queen Nandi Hospital Outreach Team was invited to be part of that campaign. Strategically, it was also the STI and Pregnancy Awareness Week that started from the 12-14 February 2020. Learners were informed of the various social ills that affect most students including teenage pregnancy, drugs, HIV and STI's.

Outreach team provided family planning and performed pap smears on students. They were educated, advised and motivated to look after themselves and their health. Learners accessed the services in large numbers, and were greatly appreciative.



Aerobics were done to entertain students at Richards Bay Campus while they were encouraged to do “First things First”



Students were listening to speakers from different departments including Dept of Health, SANCA, Dept. of Correctional Services, Sports & Recreation etc.



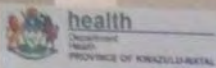
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# DIETATICS PAGE



## Be Salt Smart!

### High Salt Intake Causes:



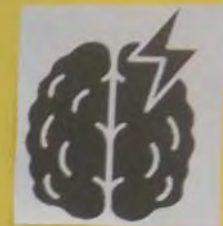
High Blood Pressure



Kidney Problems




Osteoporosis



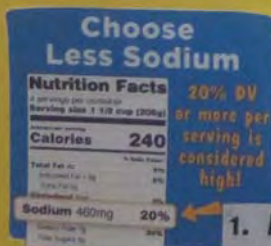
Stroke & Heart Failure

### How Much Salt Should We Eat?

According to the Heart and Stroke Foundation:

5g =   
1 teaspoon/ day

### Sources of Salt



### Tips to ↓ Salt Intake:

1. Measure the amount of salt added when cooking.
2. Don't keep salt at the table.
3. Avoid processed meats, chips and take-aways.
4. Read food labels
5. Flavor food with Herbs and Spices.



Compiled by Nadene Polayya (CSD)  
Date: 2/3/2020



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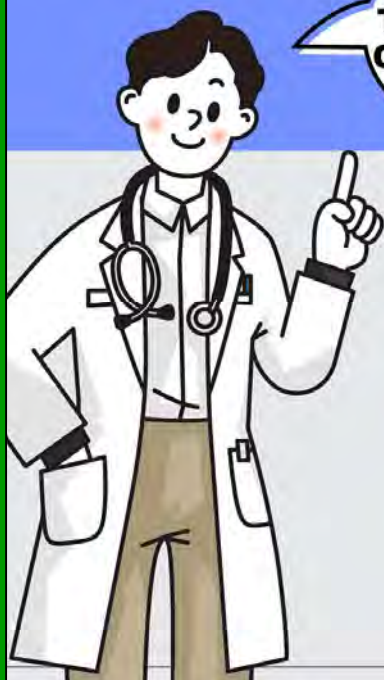
# Stay informed on #COVID-19

WhatsApp support is  
**NOW AVAILABLE**  
in IsiZulu, IsiXhosa,  
SeSotho and Afrikaans



Say **"Hi"** to  
**0600 123 456**

## Tips for self-protection from COVID-19 in public transport



Wear a face mask and try to stay at least one meter away from other passengers.



Avoid direct contact with frequently touched objects, such as handrails and stop buttons.



Avoid touching your eyes, nose and mouth.



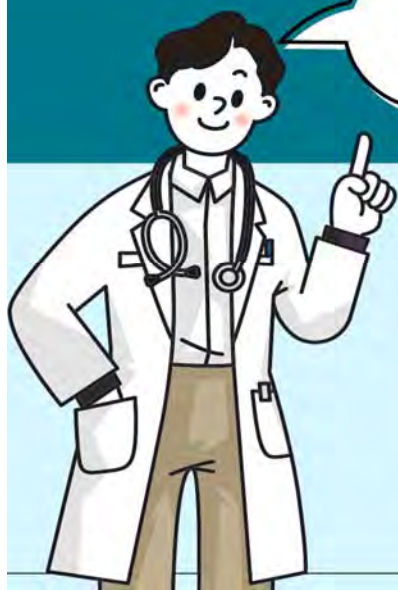
Carry an alcohol-based hand sanitizer with more than 60 percent alcohol to use on the go.



Wash hands frequently.

CGTN

## Tips for traveling by private car during the COVID-19 pandemic



Ventilate the car while it's running



Equip the car with masks, disinfectant wipes and other personal protective equipment



Disinfect your hands before entering the car after leaving a public place



After driving a suspected COVID-19 patient, ventilate the car and disinfect areas touched by the patient



After driving a confirmed COVID-19 patient, disinfect areas touched by the patient and fellow passengers should quarantine for 14 days

CGTN

Source: Chinese Center for Disease Control and Prevention



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# ISIBHEDLELA SIYISA EZEMPILO GQO KUBANTU



Outreach Team nothisha esikoleni



Sister Cezula efundisa esikoleni ngokwezempilo

Uma kuthiwa ukuvikela kungcono kunokwelapha kusuke kukhulunywa ngento enobufakazi. Abazempilo bakhuthaza abantu ukuba bazibheke futhi baphile impilo ephephile okubalwa kuyo ukuzivocavoca, ukudla ukudla okunempilo, nendlela yokuziphatha kanti ke bangakhohlwa ukuvakashela emitholampilo uma bezizwa bengaphilile. Ithimba elisebenza emiphakathini (Outreach Team) lona lihambela imiphakathi lihambe liqwashisa futhi lilekelela imiphakathi ngezinsiza zezempilo okubalwa ukuhlela umndeni, ukuhlola umlomo wesibeletso nokunye.

Lelithimba lihambela ezindaweni zamakhosi akhele isibhedlela, izikole Kanye nomphakathi ongakwazi ukufinyelela esibhedlela kalula. Kwezinye izindawo bagxumeka itende labo likamahambanendlwana esigangeni kanti kwesinye isikhathi ilanga lisuke likhipha umkhovu etsheni kodwa bona bayazinikela ngenhloso yokusiza umphakathi.



Kwesinye isikhathi bagxumeka itende esigangeni uma zingekho izakhiwo kuleyondawo



Abafundi bayakuthakasela ukuvakashelwa ezikoleni



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# WHY KANGAROO MOTHER CARE (KMC) OR SKIN TO SKIN?

Everybody wants to have a healthy and well growing baby from birth. There are situations that needs mother to practice skin to skin with her baby. In fact, Kangaroo Care (Skin to skin) is for both parents only, that it is common that mothers spends more time with babies from birth. It is beneficial to both baby and the parents.

## BENEFITS OF KANGAROO CARE

- ◆ Is efficient way of keeping newborn warm every time. It is a natural incubator.
- ◆ Helps breathing of newborn to be more regular; reduce frequency of apneic spells
- ◆ Promotes breastfeeding, grow and extra-uterine adaptation
- ◆ Baby gets safety and love
- ◆ Increases the mother's confidence, ability and involvement in the care of her small newborn.



## BE SALT SMART!!

**Nadene Polayya**, the Comm Serve Dietician created an awareness about the dangers of a high salt diet, salt containing foods, and how to reduce dietary sodium in a palatable manner.

Awareness talks were done during the Salt Awareness Week from the 4th-10th March 2020 to patients in GOPD, High Risk Clinic and to staff members.



## TOO MUCH SALT IS NOT GOOD FOR YOUR HEALTH

She explained the dangers of too much Salt and did the visual demonstration of amount of salt we should be consuming vs the amount that the Heart and Stroke foundation have found people to be consuming .



**Ms Nadene Polayya taking to pregnant mothers in High Risk Clinic**

People were taught and encouraged to read food labels to identify amount of salt contained in the products they buy . They were also given tips on how to flavour food without using too much salt.



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# FROM THE PRO'S OFFICE

I'm grateful to be back at Queen Nandi Regional Hospital again. This office would like to thank all staff, visitors and patients for the ongoing positive interrelations which is evidenced by the number of positive compliments we received from our suggestion boxes, verbally and on media.

All our clients are encouraged to rate the standard of care they received, reason is that we want to keep up the good work! Our nurses and doctors are thanked for their best care to patients. Since I started in this hospital beginning of February this year, I have also noticed that indeed Queen Nandi Regional Hospital team deserve the big hands of applause due to the care starting from the main gate. Complaints are shaping us to excel more and do our level best! Below are some of the compliments we



**Mrs Nompilo Xaba—PRO**

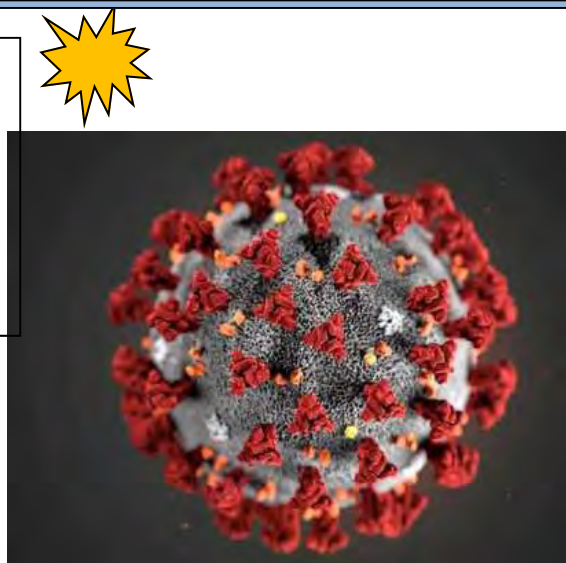
receive from our clients. Public Relations Office is always there to ensure that the image of the hospital is up to the highest standard, Keep well and tell us how you were treated.

By Mrs Nompilo Xaba (PRO)

## Notice on Visiting to the hospital

As per the Provincial Directive, NO VISITORS are allowed until further notice.

This is to protect the safety of patients and staff, by limiting the spread of the virus.



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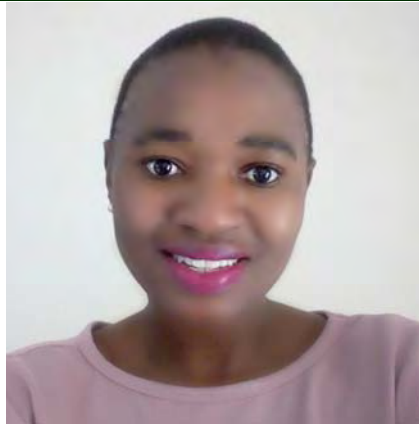
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# ACKNOWLEDGEMENTS



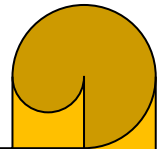
**Dr M. Samjowan**  
**Acting CEO**



**Mrs Nompilo Xaba**  
**Public Relations Officer**



**Mr T.M. Zincume**  
**Quality Assurance Manager**



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**Tel : (035) 907 7000**  
**(Switchboard)**

**Fax : 086 6292 075**

**Nompilo.Xaba@kznhealth.gov.za**

### **CHANGE OF VISITING TIMES**

In response to Coronavirus and for the protection of Health Care Workers, patients and visitors, please note that no visitors are allowed in the hospital until further notice!



**Siyayinqoba**  
**CORONA**  
**VIRUS**  
**COVID-19**