



**health**

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

# St. Aidan's Hospital

## The Voice/ Izwi

## NEWS

### STAY INFORMED

April 2018

# KIDNEY DISEASE AWARENESS

**S**aint Aidan's Regional Hospital commemorated World Kidney Day which is an International event that is celebrated annually. The Kidney Awareness programme was conducted for both staff and patients at St Aidan's



**Prof Nurse. Ziqubu – Conducting the educational talk**



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Patient Administration Department on the 08<sup>th</sup> of March 2018.

Mrs. N Ziqubu (Prof Nurse: Nephrology Unit) educated the attendees about this epidemic disease that is affecting people from all racial groups and all age groups. In her educational talk she emphasized that we all need to live a healthy lifestyle, by engaging ourselves into health activities, eating balanced diet, refraining from smoking of tobacco and drinking of alcohol.

She also elaborated on channels to follow if you are interested in organ donation. The Organ Donor Organization can be contacted on [www.odf.org.za](http://www.odf.org.za).

Informative pamphlets on all information pertaining to the curing and management of this disease were distributed by Mr. LB Myeza (PRO: In-service trainee).

Patients asked questions and Prof Nurse. Ziqubu responded to their questions in the manner they could understand. Everyone that attended the event was satisfied about the information they received.



**Left : Mr. L Myeza (PR In-service trainee)**

**Right: Mrs. N Ziqubu.**



**Mr. J Golele: Senior Educator and Communication Officer at NCR**

## FINANCIAL EDUCATION FOR EMPLOYEES

Financial education constitutes an important and vital aspect for employees. Finances impact on every aspect of our life and the way we manage it, is crucial. In addition many employees are referred to the EAP Component as a result of financial problems. During the course of the year programs are held to bring awareness to employees regarding Finances.

In March, the EAP Practitioner invited Mr. Jimmy Golele, a senior educational and communication officer from NCR to educate employees on managing finances.

Some of the topics he included were:

- Consumer education, where citizens are educated on their rights, roles and responsibilities.
- Budgeting your finances including income and expenditure
- Over-indebtedness and debt management

- Debt counselling/review
- Debt administration
- Issues relating to Credit bureaus
- Issues relating to prescribed debt, etc.

One of the biggest steps toward leading an independent life is financial independence. This means taking control of your money - both the money that you earn and the money that you spend. Money is necessary to live and live well in our society, but you don't need a lot of money to be independent, successful, and happy. Correct money management will enable you to live a better enjoyable and stress-free life.

**Compiled by: EAP PRACTITIONER  
Mrs. H Gordhan**

# WORLD HEALTH DAY



**W**orld Health day is an annual event that is celebrated worldwide on the 07<sup>th</sup> of April. St Aidan's Hospital commemorated this day on the 6<sup>th</sup> of April 2018. A sport day was held for St Aidan's staff members and family members at St Anthony's Church Grounds. This was in promotion of access to vital health services to cover the full spectrum of essential services – disease prevention, good health promotion, treatment and rehabilitation.

The following sport codes were part of the programme: Aerobics, Tug of war, Egg and spoon race, Musical chairs, balloon relay, 100m sprint, and three legged race. All our activities were planned accordingly to accommodate the little ones that were also part of the crowd. Different teams from all components participated and had loads of fun.

*The office of the PRO would like to thank the following for making this event a success: GEMS, Virgin Active, Liberty Life, Old Mutual, Aquella, Food lovers, Premier Foods, FOREVA Straws, Ms. P Adonis, Ms. V Thambiran and Ms. V Jairaj, and St. Aidan's Doctors.*

# WORLD HEALTH DAY...



# WORLD HAND HYGIENE DAY ..



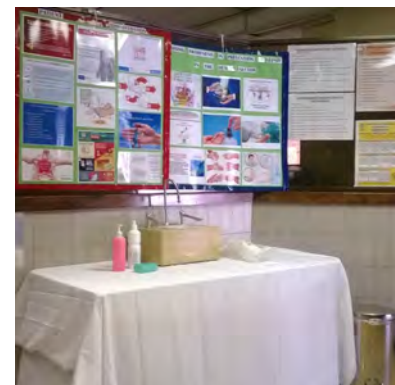
*“Its in your hands– Prevent sepsis in health care”*

St Aidan’s regional hospital also responded to the WHO call on all health facilities to prevent health care-associated sepsis through hand hygiene and infection prevention and control (IPC) action. Sepsis is estimated to affect more than 30 million patients every year worldwide.

On the 04th of May 2018 all departments both clinical and non clinical presented their creative displays on prevention of sepsis, then the entire institution participated in a hand hygiene relay where Mrs. AN Magubane –IPC Coordinator emphasized about the importance of “*hand hygiene, demonstrated hand washing and alcohol hand rub technique. She also stressed the importance of 5 moments of hand hygiene.*”

The IPC team then took out the hand hygiene drive to the nearest taxi rank at Inanda Taxi Rank where they educated the taxi rank users about the importance of hand hygiene. They also educated them on how to wash hands and when to wash hands in order to prevent spread of infection in public. They all understood that effective hand hygiene plays a key role in a healthy lifestyle. The main focus for everyone on this day was on prevention of sepsis. In health care and prevention of spread of infection in public.

# WORLD HAND HYGIENE DAY ..



# INTERNATIONAL NURSES DAY ...

International nurses day is annually commemorated on the 12<sup>th</sup> of May in honor of all the hard working nurses in the entire world. This years (2018) theme was- “Nurses a Voice to Lead – Health is a Human right”

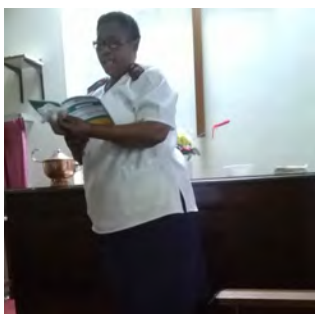
In a short programme that was held at St Aidan’s chapel on the 11<sup>th</sup> of May 2018 Mrs. SD Pillay (Nursing Manager) unpacked this year’s theme in an inspiring way where she said” Nurses are the heart of the health institution across the board, without nursing profession the health system will collapse. She mentioned that the nurses are the ones who spend most of the time with the patients more than any other health professionals. They need to make sure that they have a voice in the patients’ health care; they are the ones who are sup-



posed to tell the other health professionals on what’s best for the patient.

She mentioned that she understands all the challenges and hardships that the nursing professionals are working under, but that must not be a stumbling block for them instead it should be a stepping stone to help them to develop innovative ideas on improving patient care in the health profession.

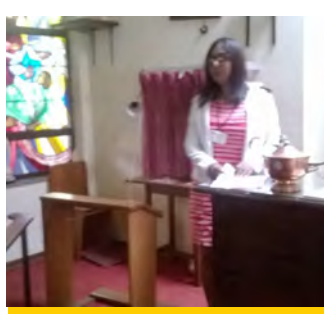
After the Nursing Manager’s speech, Mrs. SP Cele lead us with a song ‘Jesus Loves Me’, and then Mrs. AN Magubane led in reading of the pledge and lighting of the lamp and candles. Then Mrs. L Munthree closed the programme where she thanked St. Aidan’s Management for always showing support to the nurses, St. Aidan’s CEO –Dr. M Mazizi and all the doctors for the beautiful gifts that were purchased for all the nurses, Ms. V Thambiran for her hard work and contributions, Mrs. HE Hlophe-PRO and Mr. L Myeza- PRO-In-service trainee for coordinating the event and making the nurses feel special on their special day.



Ms. SP Cele-Opening in prayer



Mrs. HE Hlophe– Programme director



Mrs. SD Pillay– Purpose of the day



Attendees



# INTERNATIONAL NURSES DAY ...



# ACKNOWLEDGEMENTS



**DR. M MAZIZI– CEO**



**MRS. HE HLOPHE-PRO  
WRITER AND DESIGNER**



**MRS. H GORDHAN-EAP  
EDITOR**



**MR. L MYEZA-PR In-service  
PHOTOGRAPHER**



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Health  
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## CONTACT DETAILS

**Physical Address:**

**33 ML SULTAN ROAD**

**DURBAN**

**4001**

**Postal Address: PRIVATE BAG  
X1 OVERPORT**

**SWITCHBOARD:**

**031 314 2200**

**SWITCHBOARD FAX NUMBER:**

**031 – 309 2200**