



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

St. Aidan's Hospital

The Voice/ Izwi NEWS

June-August 2020

MESSAGE FROM THE DEPUTY MANAGER NURSING



Greetings colleagues and friends,

If the past few months have shown us anything, it's that a lot can change so fast in a few short days. Thankfully employees responded positively to the events unfolding around them and continue to do so.

In these challenging, frightening and unprecedented times the need for everyone to work together is of paramount importance. It was, and continues to be, difficult to strike a balance between creating a sense of optimism and hope and dealing with the gravity of the pandemic that has gripped the world. We have certainly witnessed the impact of emotional highs and lows. Some of this rollercoaster ride has brought about emotional strain, anxiety, stigma along with concerns of COVID-19 infecting people, as well as their families, loved ones and colleagues.

The St Aidans' psychosocial support group is and has been available to provide emotional support services to the staff on a continuous basis. The death of two staff members has further impacted staff emotionally and this has added to the stress and anxiety levels. We would like to thank the support group and also give thanks to the Hospital Chaplain Rev Radebe and Mrs. Sally John a psychologist from McCord's Hospital who assisted us during this crisis in providing emotional, psychological and religious support.

The St Aidan's Hospital Management and staff extend their sincere condolences to the families and loved ones of the staff who have passed on, as well as to staff who have lost loved ones through this pandemic.

Management would also like to thank all staff at St Aidans Hospital for the sacrifices made during this pandemic. Your dedication, commitment and courage deserves our deepest gratitude and admiration.

EDITOR'S CORNER

South Africa is among the five countries in the world most affected by COVID-19. With the death rate taking its toll in the past few months two staff members of St Aidan's are part of the death statistics.

Covid -19 has upended our lives in so many ways. The entire world is facing a very challenging period, we are trusting God that this too shall pass.



The loss of social relationships and emotional attachments have also evolved as a vital social impacts due to this COVID-19 pandemic.

The lockdown and the social distancing factors have secluded individuals. Visiting hours have been eliminated from our hospitals. This has been one of the challenging development to introduce to our clients. This has also led to the psychological issues among the human beings. Psychological support has always been made available via the social worker for both our patients and relatives during these difficult times.

The lack of traveling arrangements has also been observed as the poor patients had to walk thousands of kilometers to get to our facilities. Introduction of 3 monthly supply of medication has closed that gap and ensured that our patients do not default from taking their treatment as required.

Although this has not been easy on all parties, however both internal and external clients have been very compliant and willing to adapt to change.

PSYCHOLOGICAL SUPPORT

EAP Component



In response to a fair number of employees who have accessed the EAP Component due to STRESS, as a result of the COVID 19 PANDEMIC, the EAP Practitioner has rendered psychosocial support to employees on an individual basis. The focus, was on equipping them, their families, colleagues and loved ones with simple guidelines on managing stress.

In addition, motivational talks were also conducted to groups of 5 individuals at a time upon request.

To further assist employees in this regard, the EAP Practitioner also compiled 2 booklets on basic guidelines on STRESS and anxiety related to the COVID 19 pandemic. Employees who have accessed these booklets have found them very beneficial and valuable.

What is stress?

Stress is a psychological and physiological response to events that upset our personal balance in some way. When faced with a threat, whether to our physical safety or emotional equilibrium, the body's defenses kick into high gear in a rapid, automatic process known as the "fight-or-flight" response. We all know what this stress response feels like: heart pounding in the chest, muscles tensing up, and breath coming faster, every sense on red alert.

Signs and symptoms of stress

The following table lists some of the common warning signs and symptoms of stress. Use it to identify the symptoms you typically experience when you're under stress. If you know your red flags, you can take early steps to deal with the stressful situation before it—or your emotions—spiral out of control.

Cognitive Symptoms

Memory problems, Indecisiveness, Inability to concentrate, Trouble thinking clearly, Poor judgment, Seeing only the negative, Anxious or racing thoughts, Constant worrying, Loss of objectivity, Fearful anticipation

Physical Symptoms

Headaches or backaches, Muscle tension and stiffness, Diarrhea or constipation, Nausea, dizziness, Insomnia, Chest pain, rapid heartbeat, Weight gain or loss, Skin breakouts (hives, eczema), Loss of sex drive, Frequent colds

Continuespage 04

PSYCHOLOGICAL SUPPORT

EAP Component



Behavioral Symptoms

Eating more or less, Sleeping too much or too little, Isolating yourself from others, Procrastination, neglecting responsibilities, Using alcohol, cigarettes, or drugs to relax, Nervous habits (e.g. nail biting, pacing), Teeth grinding or jaw clenching, Overdoing activities (e.g. exercising, shopping), Overreacting to unexpected

problems, Picking fights with others

Top Ten Stressful Life Events

1. Spouse's death
2. Divorce
3. Marriage separation
4. Jail term
5. Death of a close relative
6. Injury or illness
7. Marriage
8. Fired from job
9. Marriage reconciliation
10. Finances and Retirement

On our next article I will elaborate on Stress Management. How to reduce, prevent and cope with stress.

Here are is an inspirational message for you..

A successful man or woman...

Is one who can lay a firm foundation...

With the bricks that others throw at him/her.



The superior man is modest in his speech

But exceeds in his actions

Husheila Gordhan

EAP Practitioner

PSYCHOLOGICAL SUPPORT

St Aidans Hospital, just like the rest of South Africa and indeed the world, has found itself encountering unprecedented waters in the face of the COVID-19 pandemic. We were all treading through new and unknown waves and had to instantaneously develop strategies and plans to keep our staff and patients as safe as possible especially the mental health status.

Frontline health care workers soon began to experience the effects of the pandemic itself with feelings of anxiety, distress, anger, fatigue, exhaustion and frustration. Apart from ensuring that we subscribed to continuously revised protocols we realized that one of the most important factors that staff and patients had to deal with was the psychosocial element of being affected by Coronavirus.

For health care workers it is the growing fears of diagnosing and treating suspected and confirmed COVID-19 patients, of infecting colleagues and ultimately placing our families at risk.

This necessitated the formulation of a Support Team which comprised of the IPC doctor, Dr Mossie, IPC Coordinator, Mrs Ndlovu, Occupational Health Nurse, Mrs Phiri and Social Worker, Mrs Sewpersad. This collaborative venture aimed at addressing the medical, infection and prevention, occupational health and psychosocial aspects of the pandemic. The programme also focused on the role of managers and supervisors in supporting staff. In-service training programmes are being undertaken since June, with the vision that all staff accesses this programme. The programme has targeted 150 staff members thus far and is continuous.

Unfortunately we had to face the reality of staff infections and regrettably staff deaths. A specific Psychosocial Support Team, comprising of a social worker, nurse, occupational health nurse and the EAP practitioner, was then established. Individual, group, family and debriefing sessions are conducted on a needs basis. Supportive services to staff that are still away from work are ongoing. Debriefing sessions include stress, coping, expectations, coping skills, death of patients, contacting the virus, fear and threat of disease, fears of death, family stressors and concerns, stigma of working with COVID 19 patients, being in quarantine, and other related aspects.

It has been equally difficult for patients of all categories, especially those, admitted to our Hospital during the COVID-19 pandemic. New regulations had to be implemented to stop the spread of the virus and limit contact between people. Most patients admitted to hospital are not allowed to have visitors and only telephonic contact with their loved ones. Both families and patients experience various levels of distress. Our psychosocial assessment now includes sensitization to the Coronavirus to both patients and their families. We had to explore innovative ways of rendering social work services to our patients and tele counselling is effective during these times.

It has been months of sailing these treacherous waters and as we emerge with new support strategies and coping mechanisms we will continue to weather the storm

Arvani Sewpersad.
Chief Social Worker

TESTIMONIES FROM COVID 19 RECOVERIES



My name is Themba Khumalo, working as a Patient Admin Supervisor, at St Aidans Regional Hospital.

On the 11th of July 2020 (Saturday), I began to feel unwell. I had a terrible cough, chest pains, body aches, loss of taste, and a terrible headache. I thought it was a normal flu as it was, of course, a flu season. The next day (12th of July) the flu worsened and I decided to go to the pharmacy for over-the-counter medication. I took the medication, of course with the hope that the flu will subside, which never happened. My younger son started to become unwell also and he complained about a terrible cough and a headache. On the 13th of July (Monday), I took him to the doctor and the doctor advised that he gets tested for Covid-19. On the 14th of July, when I reached the place of work, I decided to test so that Covid-19 can be eliminated from the flu that I had, which would assist me in knowing what I was dealing with. Swabbing was conducted and I had to go back home for quarantine.

When I was at home, I found it necessary to inform my family that I have tested and I was waiting for my results. My son's results came back quicker and he tested negative. I was using a separate room, using my separate utensils, ascertained that I do not unnecessarily spend time with the family, and I was always washing and sanitizing my hands. I encouraged my family to ensure that they stick to practicing good hygiene habits. As a result, none of them was infected and I am so glad about that, hoping they will continue sticking to practicing good hygiene habits.

Before I could receive the results, I could feel that the symptoms I had were so strong and I was certain that I had Covid-19. I am so grateful to my colleagues who served as a support stake during that trying time. They were texting me wishing me well, telling me I shall overcome, sharing information on what I must use to suppress the symptoms. That made me realize that I was not alone in the battle against Covid-19 and I drew strength from my colleagues' encouragement. As a result thereof, I am still reciprocating the support to my other colleagues who are infected by sending them messages of support so that they can pull through.

Unfortunately, I received my results after 14 days of quarantine, when I was already back at work. It was not difficult with me to accept the results as I was in the process of recovery. However, when I shared the news with my soul-mate (wife), she broke down and cried terribly while she was at work. I was of the view that she would take the news well as the storm was over but, to my surprise, the opposite happened. I had to go to her workplace to take her home so we could talk about the results. Her greatest fear was that she is asthmatic and she thought she was already infected. I am so happy that she eventually changed her view point about the results.

To cope with the whole Covid-19 situation, I was praying a lot when I had sleepless nights due to severe cough and headache. I was taking medication religiously and frequently, practicing good hygiene habits like regularly washing and sanitizing hands, coughing into a flexed elbow, encouraging my family to clean the house, especially kitchen very often and also ensuring that my sons stay at home and they do not invite their friends over. More importantly, pouring out my heart, expressing my feelings to my grand Creator made me feel stronger and better each day (

Ps 55:4-6). I am certain He listened to my supplications.

TESTIMONIES FROM COVID 19 RECOVERIES

My name is Marlin Naidoo, working as a Professional nurse in High Care Unit, at St Aidans Regional Hospital.

On 24/06/2020 I was having symptoms of severe headaches and temperature of 38.9°C, I was swabbed and sent home to self-quarantine until my results were available.

On 27/06/2020 at 16h30 I was told that my results were negative. I was so excited that I took off my masks and ran to my mom and little nieces. I was thanking god for my negative results when my nightmare started at 17h10. I was told that it was a mistake and that I am positive. It felt like my life was just crumbling before me. I feared for my mom and nieces because I removed the masks.

My children's fear was that I had co-morbidities. Many questions were asked. And the one which really made them scared and terrified them was if I am going to be a Covid 19 death stats?.

Post Covid I was still coughing and was put off sick for another week. On the 18/07/2020 I was very weak, I fell and sustained facial and knee injuries and was diagnosed with TIA. When I finally thought I was recovering I was having uncontrolled blood pressure and had to undergo a lot of tests.

I was starting to get tired of being sick and consulting with the doctors. After finally being in isolation for 14 days and being sick for another 15 days I resumed duty even though I was not 100% recovered.

My support system was my kids, family, Matron Pillay, Mrs. Phiri, doctor Cassim and St Aidan's staff. Thank you guys for all your support it helped with my recovery.

The most challenging part was when I did not have enough information for testing of my family and the financial implication this had on me. My family were sent to and fro for testing. My mom's results came after a week and thankfully it was negative. The other family member's results came after 16 days.

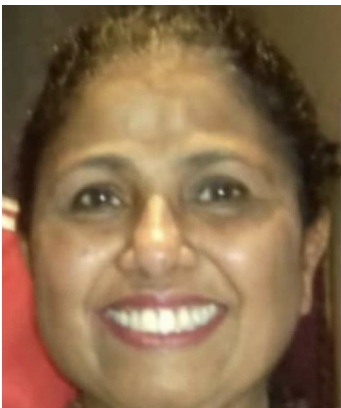
Covid 19 is an experience that is worse than world war. Covid 19 has scarred me for life. I would like this pandemic to be over soon and the world to come back to normal.

COVID -19 DEATHS

St Aidan's Management is saddened to announce the unexpected deaths of our two dedicated staff members. Our deepest condolences are with the co-workers, families and friends of the fallen soldiers.

Their effortless service delivery will forever be remembered by hospital management and co-workers.

May their souls rest in eternal peace.



Picture caption

Prof. Nurse ZB. Farjan, known to all as Zohra, commenced her General Nurse training at Groote Schuur Hospital in the year 1979-1981. She did her Midwifery Training at RK. Khans Campus (1982-1983.) Zohra joined St Aidans High Care team in 1994 until 1999. She resigned at the end of this period to work abroad. Prof Nurse ZB Farjan worked in many hospitals, locally, abroad, in the Private and Public Sector in the interim. She rejoined St. Aidans in the year 2010 until her untimely demise on 12/7/2020..

'You may be gone but not forgotten. '



Silindile Rejoice
Ngwenya

Silindile Rejoice Ngwenya well known as 'Dili' fulfilled her life as a daughter, sister, mother, friend and a colleague. Born on 14/10/1966 Passed away from COVID-19 on 12/07/2020. She worked at St Aidan's Regional Hospital for 14 years as a CSSD Attendant in CSSD / Theatre. She commenced her higher education at Prince Mshiyeni Memorial Nursing College. She will be forever remembered for her dedication to her work as well as her loving heart towards her colleagues.

Revelation 21:4

He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away."



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA

Siyayinqoba

CORONAVIRUS
COVID-19



DO NOT ENTER THIS BUILDING WITHOUT A MASK



**TO PREVENT THE
SPREAD OF COVID-19**



**Social distancing must be
maintained at all times (1.5 meters).**



**Hands must be regularly washed with soap
and water and/or alcohol based sanitiser.**

**24HR NICD HOTLINE
0800 029 999**

**WHATSAPP NUMBER
060 012 3456**

**PROVINCIAL HOTLINE
033 846 6000**

**GROWING
KWAZULU-NATAL
TOGETHER**

KwaZulu-Natal Department of Health

kznhealth

KZN Department of Health

@kznhealth

www.kznhealth.gov.za

MY HEALTH, YOUR HEALTH, OUR HEALTH: A HEALTHY KWAZULU-NATAL.

ACKNOWLEDGEMENTS



**MRS SD PILLAY –
DEPUTY MANAGER
NURSING**



**MRS. HE MNCIBI- PRO
WRITER, DESIGNER,
PHOTOGRAPHER AND
EDITOR**



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

CONTACT DETAILS

Physical Address:

33 ML SULTAN ROAD

DURBAN

4001

**Postal Address: PRIVATE BAG X1
OVERPORT**

Web Address:

www.kznhealth.gov.za

SWITCHBOARD:

031 314 2200

SWITCHBOARD FAX NUMBER:

031 – 309 2200