



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

St Andrews Hospital

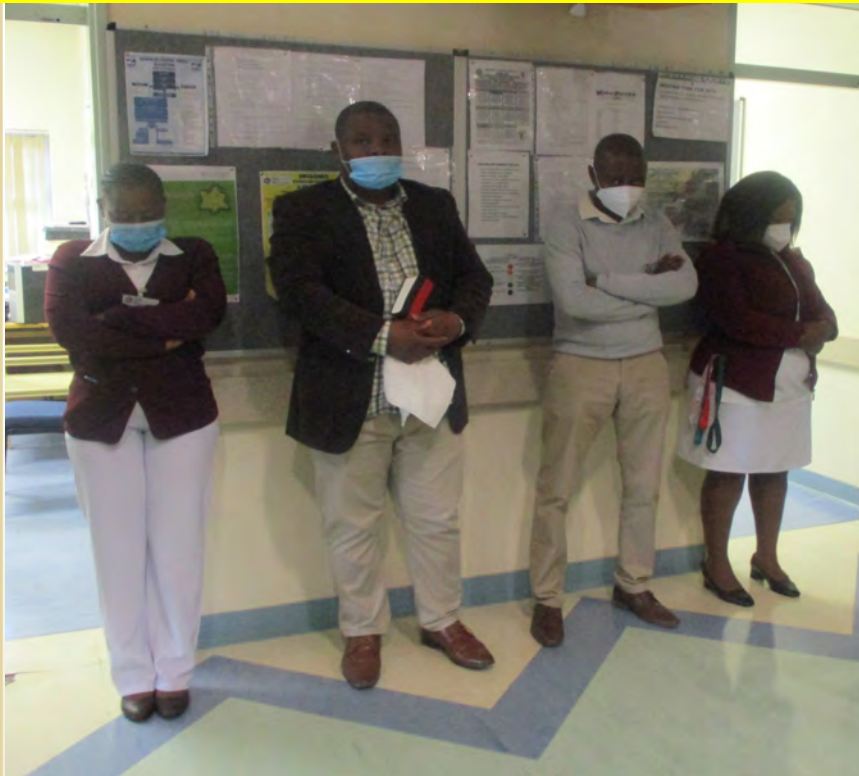
St and News

STAY INFORMED

JUNE 2020

OPD Staff debriefing session

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Umuziwabantu Sub-district Chaplain, Pst Nzama and some of the OPD staff during one of the debriefing sessions.



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COVID-19 UPDATE

What is COVID-19?

Human Coronaviruses are common throughout the world. There are many different coronaviruses identified in animals but only a small number of these can cause disease in humans. On 7 January 2020, 'Severe Acute Respiratory Syndrome Coronavirus 2' (SARS-CoV-2) was confirmed as the causative agent of 'Coronavirus Disease 2019' or COVID-19. The majority of the case-patients initially identified were dealers and vendors at a seafood, poultry and live wildlife market in China. Since then, the virus has spread to more than 100 countries, including South Africa.

Who is most at risk?

Currently, travelers to areas where there is ongoing sustained transmission of COVID-19 including Mainland China (all provinces), Hong Kong, Japan, Republic of Korea, Singapore, Vietnam, Taiwan, Italy and the Islamic Republic of Iran are at greatest risk of infection. Furthermore, the elderly, individuals with co-morbidities and healthcare workers have been found to be at a higher risk of death.

How is it transmitted?

While the first cases probably involved exposure to an animal source, the virus now seems to be spreading from person-to-person. The spread of the disease is thought to happen mainly via respiratory droplets produced when an infected person coughs or sneezes, similar to how influenza and other respiratory pathogens spread. Thus far, the majority of cases have occurred in people with close physical contact to cases and healthcare workers caring for patients with COVID-19.

DO NOT PANIC

There is no need to panic – 82% of COVID-19 cases are mild: patients only experience a slight fever, fatigue and a cough. Only about 6% of patients need intensive care. The vast majority of people can stay at home and get better without hospital treatment.

Symptoms

Cough
Fever
Sore throat
Shortness of breath



Preventative Tips

- Wash your hands regularly with soap or an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Avoid close contact with people who are sick.
- Cover your cough or sneeze with a flexed elbow or a tissue, then throw the tissue in the bin.
- Clean and disinfect frequently touched objects and surfaces

source: sacoronavirus.co.za

Staff Debriefing session



Casualty Staff and Mrs Cele during a debriefing session

After receiving a directive from the head office to offer support the staff members during the COVID-19 pandemic, the EAP of St Andrews Hospital, Mrs Cele enlisted the assistance of the Umuziwabantu Sub-district chaplain, Pastor GD Nzama. Mrs Cele stated that she requested the chaplains presence during the debriefing sessions with the staff because she had noted that most staff members were anxious and afraid. She then decided that it would be of help to have Pastor Nzama share a few words of encouragement with the staff members and to also revive them spiritually.

During the debriefing sessions staff members are given a platform to voice out their concerns as well as the challenges that they encounter during the fight against the COVID-19 pandemic. These debriefing sessions have been instrumental in allaying most of the staff member's fears and anxiety, also assisting in resolving issues such as the staff members over the age of 60 being moved to areas that are considered to be of less risk.

The staff debriefing sessions are planned to continue until the COVID-19 pandemic is over. Mrs Cele further stated that the staff members are at the forefront of the fight against this pandemic and they need constant emotional and spiritual support because as much as too like the rest of the country are afraid of the virus, yet they are the ones that manage patients on a daily basis.

St Andrews hospital management thanks the staff members for being relentless during this national pandemic and for their dedication and commitment to serving the community of Umuziwabantu.



OPD staff during one of the debriefing sessions

LOCKDOWN LEVEL 3

ALERT LEVEL 3

SAFE
PROTECT SOUTH AFRICA



WHEN CAN I LEAVE MY HOME?

You must remain at home at all times, except to:

- **Travel** to and from work
- **Attend a school** or learning institution once these are opened
- **Purchase goods** or **obtain services** that are allowed at Level 3
- **Exercise**, between 6am and 6pm, and not in groups
- **Move children between homes**, where permitted
- Attend a place of **worship**

You must wear a cloth face mask whenever in public



WORKPLACE PROTOCOLS

To keep workers safe, employers must:

- **Minimise the number of employees** at the workplace at any given time through rotation, staggered working hours, shift systems, remote working arrangements or similar measures, to **limit congestion in public transport** and at the workplace
- Make arrangements for **social distancing** at work
- **Provide sanitiser** or facilities for hand-washing
- **Sanitise surfaces** regularly
- **Screen employees** for symptoms daily and assist those at risk to **seek treatment**



ECONOMIC SECTORS

- All **economic sectors** are permitted to operate, except for high-risk activities that remain restricted

THE FOLLOWING RESTRICTIONS WILL REMAIN IN PLACE:

- Consumption of food and alcohol in **restaurants**, bars, shebeens and taverns
- **Personal care services** where social distancing is not possible
- **Hotels** and **accommodation** for leisure
- **Domestic air travel**, except for essential work travel
- **Conferences**, events and gatherings
- Cinemas, theatres, museums and other **entertainment venues**
- Gyms and **fitness centres**
- **Beaches**, **public parks**, **sports grounds** and swimming pools



WHAT GOODS CAN I PURCHASE?

- **All retail outlets** will be open, with stringent health protocols in place
- **Alcohol will be sold** under strict conditions, from Mondays to Thursdays between 9am and 5pm
- **The sale of cigarettes and other tobacco products remains prohibited**



PROTECT YOURSELF AND OTHERS

- Most people who are infected with COVID-19 have **no symptoms**
- You may be spreading the virus **without knowing it**
- Wear a **mask**, **wash your hands** regularly and keep your distance from others at all times

SAH COVID-19 Preparedness



From the first time that the novel coronavirus pandemic was announced in the country, the department of health began working around the clock to implement strategies to assist to contain the virus. St Andrews hospital management has also implemented changes in the facility in line with the directive from the Minister of health.

- * Screening for COVID-19 at both facility entry points as well as all Umuziwabantu PHC facilities.

- * All persons entering the facility

are to wear a mask at all times. Those who do not have a mask, will be provided with one.

- * Patients on Chronic medication are given two months supply.
- * Social distancing is implemented.
- * No escorts are allowed for stable patients. Those patients needing escorts are permitted to only have one escort.
- * Staff members have been trained on COVID-19
- * Visiting of inpatients has been halted, with an exception to those patients who are critically ill and Paediatric as per CEO's authorization. There is a limitation of one (1) visitor per patient for 15 minutes.
- * Processes have been put in place to convert D-ward into an isolation ward.



NATIONAL BurnsAwareness MONTH

Burns in South Africa: Who is at risk?

There is a high incidence of burn injuries in South Africa. The root causes of this need to be addressed, but simply being aware of the risks is enough to increase vigilance and prevention.

Fast Facts

- Children aged six and younger are at particularly high risk for burns.
- Toddlers, followed by infants are at greatest risk.
- Infant burns are most commonly from hot liquids such as tea, soup or water prepared for cleaning.
- Toddler burns (of two and three year olds) most often occur when pots, kettles or heating equipment are found on the floor or low tables. They also use electrical cables to pull themselves up, which results in hot liquid spills."

Pay attention to the following:-

- Hotplates - especially if these are placed on the floor or a low table. It is very easy for a crawling child to reach for a hotplate or fall onto one on the ground. Try to keep hotplates out of reach or behind a barrier.
- Kettles. If these are on the floor, the risk of injury is the same as with a hot plate. When these are placed on a low surface, especially if the kettle cord dangles, a child can easily overturn the kettle over themselves.
- Any electrical wires that lead to heating devices. Small children see electrical cords as helpful ropes to pull themselves up with. Always make sure that cords lie against the wall with furniture against them, and never dangling off the edge of a table or cupboard.
- If your child is in the same room as a fire or heater, never leave them alone and never stop watching them. Remember that a child doesn't have to be walking or even crawling to be mobile.
- Keep lighters, matches and any flammable liquid like paraffin out of your child's reach. From a very early age, teach them that all these items can hurt them.
- Teach your children to Stop, Drop and Roll if their clothes catch on fire as if these steps are taken quickly, they can prevent bad burning.

source: www.arrivealive.co.za/burns-awareness-launch



Meet the Public Relations Intern

My name is Mandisi Cotiyana, I have a national diploma in Public Relations Management from Walter Sisulu University of Technology. Growing up I had always been interested in influencing behavior and opinion and later in life when I was deciding what career to pursue I learnt that PR was my best fit and the fact that it is a multifaceted discipline and couldn't be boxed made it more interesting for me.

My dream is to one day own and run a multinational Public Relations agency that will help big corporates and government departments build and maintain good rapport with their clients. Every Organisations whether big or small needs good Public Relations and therefore there will always be a need for people with my skill sets and so the prospects look good.

I am hoping that my stay in the department as a Public Relations intern will be mutually beneficial to me and the department and that the experience I will acquire will help me propel my career to greater heights.



Mr. Mandisi Cotiyana — Public Relations intern



JOB ADVICE
#4 THERE WILL BE SOMEONE YOU WORK WITH WHO SUFFERS FROM AN ILLNESS KNOWN AS STUPIDITY. SHOW THEM PITY.

COMPLIMENTS RECEIVED

Nurses they are very kindly to patients and they make sure that every one is taken care. They is very clean here and works they make sure that every room is clean and toilet bathrooms. food is good and sometime people they does not like this food. Security is very tight and they make sure that every one is safe when she/he is inside the hospital.

Usuku okwenzeka ngalo lokhu okhalaza ngakho:
Sister Ncayiyana. Undiphathe kanie necebiso ezintle
Nokululeka okuqambile.

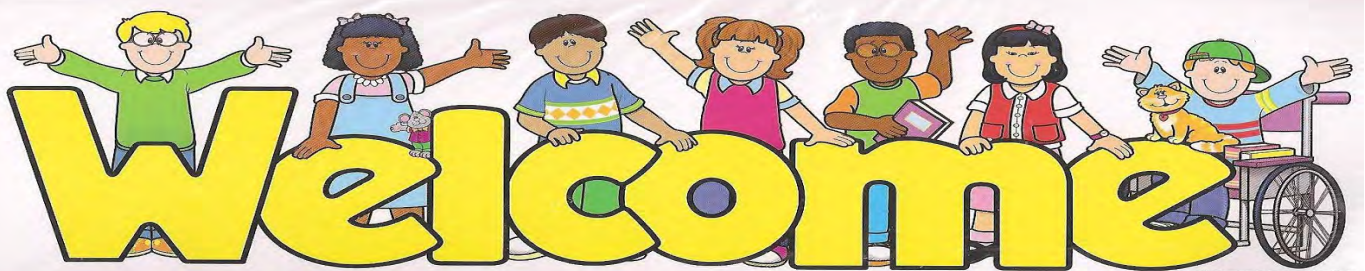
I am happy with every things inside and out side of the hospital. Nurses are protecting me good and they even treat me in a good condition. The St Andrews Hospital is having a good cleanliness. They also know how to talk with their pershance. I will like to thanks all the staff of the hospital for there good care. Thank you.

St Andrews hospital received 153 compliments during the 1st quarter. Above are just a few compliments received from our clients. Keep up the good work St Andrews hospital family .

NEW APPOINTMENTS



NAME	RANK	DATE OF APPOINTMENT
PL Gumede	Data Capturer	01 May 2020
MB Dlamini	HRO Intern	01 May 2020
M. Cotiyana	PR Intern	01 May 2020
MMS Mtshali	Finance Intern	01 May 2020
DSW Ngcobo	PM Intern	01 May 2020
PP Mthembu	OM (Kwambotho Clinic)	01 May 2020
SC Mvundla	Clinical Nurse Practitioner	01 May 2020
TE Myeni	Clinical Nurse Practitioner	01 May 2020
ZS Madlala	Enrolled Nurse	01 May 2020
JN Mbambo	Clinical Nurse Practitioner	01 May 2020
NE Mpangase	Admin Clerk	01 June 2020
EC Khatlisi	PN Speciality	01 June 2020
LB Dlamini	Pharmacist assistant	01 June 2020
N Macingwane	Professional Nurse	01 June 2020





CHUCKLES



A woman's husband had been slipping in and out of a coma for several months, yet she stayed by his bedside every day.

One day he told her, "You have been with me through the bad times. When I got fired, you were there. When my business failed, you were there. When I got shot, you were there. When we lost the house, you were there. When my health started failing, you were there. You know what?"

"What is it, dear?" she asked.

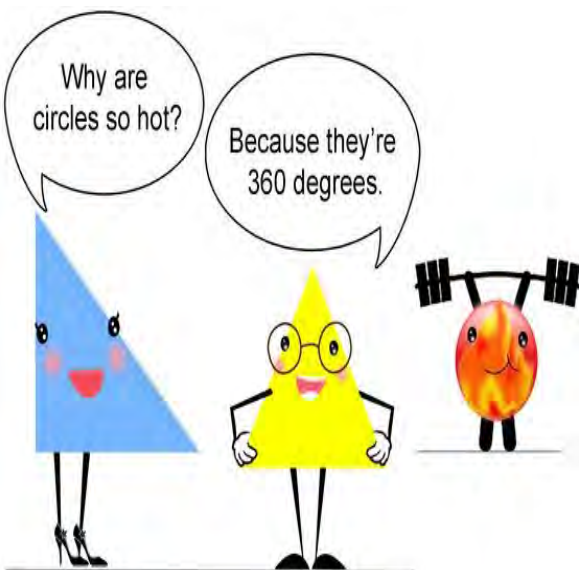
He responded, "I think you bring me bad luck."

The doctor says to the blonde nurse, "Nurse, did you take the patient's temperature?"
The nurse replies, "No, is it missing?"



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**ARGUING WITH A
WOMAN
IS LIKE GETTING
ARRESTED.
EVERYTHING
YOU SAY
CAN AND WILL
BE USED
AGAINST YOU.**



PICTURE GALLERY



20/05



20/05



03/0

COVID-19
Online Resource & News Portal
SAcoronavirus.co.za

  **health**
Department of Health
REPUBLIC OF SOUTH AFRICA

Emergency Hotline: 0800 029 999



02/06/2020

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Mrs. T P Nxumalo (PRO)
Writer & Photographer



Ms. MM Vane (CEO)
Editor



health
Department:
Health
PROVINCE OF KWAZULU-NATAL

CONTACT DETAILS

Physical Address: 14 Moodie
Street

:Harding

:4680

Postal Address: P/Bag X1010

: Harding

:4680

Email: thandeka.nxumalo@kznhealth.gov.za

Tel: 039 433 1955 Ext 301