



WENTWORTH FOUNTAIN

NEWS

April-June 2023

KEEPING YOU INFORMED



WENTWORTH HOSPITAL MANAGEMENT & STAFF DURING THE HAND HYGIENE DAY

Thousands of people die everyday from infections acquired while receiving health care. **WHY:** Hand hygiene is therefore the most important measure to avoid the transmission

of micro-organisms and prevent Healthcare Associated Infections. Hands are the main pathways of micro-organisms during health care.

WHEN:

- 1) Before touching a patient.
- 2) Before aseptic procedure.
- 3) After touching a patient.
- 4) After body fluid.

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WENTWORTH HAND HYGIENE DAY

HOW: Clean your hands by rubbing them with alcohol-based solution if hands are not visibly soiled. Wash your hands with soap and water when hands are visibly dirty or in contact with body fluid.

OBJECTIVES

Ensuring standardized Hand Hygiene and Infection Prevention and Control education.

Promoting hand washing and the use of alcohol-based hand rub at the point of care.

Monitoring hand hygiene compliance and providing feedback as a part of a quality improvement approach.

Improving hand hygiene compliance.

Working together with staff in the facility towards the common goal of minimizing health care associated infections and the development of antimicrobial resistance.



Operational manager's demonstrating the steps of handwashing

Wentworth Hospital Hand Hygiene Day 2023 was a great success as management, staff and patients have gained more knowledge on the importance of Hand Hygiene, Health care Associated Infections and the spread of infection. Wentworth Hospital was honored to have the District IPC Manager, Mrs. W.N Ngcobo, to attend our Hand Hygiene Day. She served as one of the judges for the day and was also the guest speaker for the

day. Mrs. Ngcobo did a walk about in Nursery and Isolation A/B. Nurses were asked questions on hand hygiene and spread of infection. She then addressed everyone on Health Care Associated Infections, hand washing, hand rub and the 5 moments of hand hygiene.

Teamwork was demonstrated as not only the nursing component was involved in this event but other components were also very active.

After the different teams demonstrated the steps to do when using hand rub, the following teams were named the winners:-

The winning departments for the best demonstration of Hand Rub:

1. Mafiswana Cleaning
2. Intern Doctors
3. Data Capturers
4. Nursing Department

Congratulations to all the winners.

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FINANCIAL PERFORMANCE 2022/2023 & BUDGET ALLOCATION 2023/2024



Wentworth Hospital Management before the Meeting

On The 15th of June 2023, the finance department hosted the Financial performance for the previous financial year and the budget allocation for 2023/2024.

The finance department outdid themselves by hosting and coordinating a meeting of this caliber.

The meeting was a platform for the staff members to be informed about the institutional budget, how it was spent during 2023, where we overspent and areas of improvement.

The interaction also allowed staff members to understand the importance of generating accurate data and how data affects the budget allocation. This engagement was crucial in ensuring that the staff members are aware of the current budget and how to best utilize it for the benefit of our patients.



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NATIONAL Burns Awareness MONTH

National Burns Awareness Month aims to drive greater awareness of burns prevention and the correct first aid treatment for burns.

Burns awareness and safety at home

- Have working smoke alarms in your home
 - Have an ESCAPE plan
 - Use quick release devices on security-barred windows
- Learn at least two escape routes/emergency exits from each room.

ARM yourself with KNOWLEDGE

- Use the correct equipment (fire extinguishers in the kitchen, etc.)
- Keep Burn shield products for burns

Hot water or liquids can cause burns

When cooking with oil, have a lid nearby that can be quickly placed over any oil if it ignites. A wet cloth or baking powder can also be used to smother the flames • Never throw water onto burning oil, it can spread the fire and also cause an explosion • Have a fire extinguisher and a fire blanket available in the kitchen.

Electricity can cause fires or burns

- Do not overload electrical circuits, especially extension cords
 - Supplying other properties or buildings with electricity by using long extensions, especially if they cross streets, can lead to electrocution and fire
 - Never use electrical appliances with wet hands, in the bathroom or pool, as water conducts electricity
 - Always unplug heat-producing appliances when not in use, especially irons and heaters
- A heater must be at least 1m away from anything that may catch fire (clothing, furniture or curtains). DO NOT dry clothes on a heater.



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What is Men's Health Week?

National Men's Health Week was established in 1994 as a special campaign to help educate men, boys and their families about the importance of positive health attitudes and preventive health practices. Today, the week is observed around the world as International Men's Health Week and begins on the Monday before Father's Day in June and ends on Father's Day itself.

The aims of the week are to heighten awareness of preventable health problems for males of all ages, to support men and boys to engage in healthier lifestyle choices and to encourage the early detection and treatment of diseases like cancer, heart disease and depression.

Recommended screenings for young men (18-39)

Men in this age range are encouraged to discuss the health concerns below with their doctors. These discussions can be part of a yearly annual wellness visit. While you may think you don't need some of these tests, establishing a base line can be useful for continued health monitoring as you age, or as more acute health concerns arise.

Physical exam: check blood pressure, screen for obesity and assess body composition (waist circumference). **Testicular exam** and testicular self-exam are important at this age.

- Metabolic screening: fasting blood sugar and fasting lipid profile based on risk and family history.
- Vaccines: influenza, COVID-19, Hepatitis A/B, HPV, Tdap and MMR should be considered.
- STI screening: HIV, Hepatitis B/C, syphilis, gonorrhea and chlamydia screening should be considered, and pre-exposure prophylaxis for HIV (PrEP) should be discussed.
- Assessment of risky behaviors: discuss any use of tobacco, alcohol, recreational drugs, anabolic steroids, as well as use of seatbelts and helmets and gun safety.

Family planning: "pre-conception" counseling to educate men that adopting a healthy lifestyle—exercising, eating healthy foods, and avoiding substances—at an early age improves the chances of conceiving and having a healthy pregnancy and a healthy child.

Men's Mental Health

Mental health is an important determinant of overall health and quality of life at every age. Although men are more likely to suffer "deaths of despair" including alcoholism, overdose and suicide, they are far less likely than women to seek out mental health services. Undiagnosed and untreated mood disorders in young men are associated with impaired learning, risk-taking behaviors, use of substances and violence. Adult men with chronic diseases like diabetes and cardiovascular disease have worse outcomes when they also suffer from depression, and **depression** is associated with decreased longevity in older men. Men should be aware of the symptoms of depression and anxiety and know when it's time to seek help as soon as possible.

June is Men's Health Month



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World Immunization Week 2022



World Immunization Week, which takes place from 24 to 30 April, is an opportunity to underscore the importance of immunization in saving lives and to encourage families to vaccinate their children against deadly diseases.

Through its convening power, WHO works with countries across the globe to raise awareness of the value of vaccines and immunization and ensures that governments obtain the necessary guidance and technical support to implement high quality immunization programmes.

This worldwide collaboration provides an opportunity to boost momentum and focus on specific actions such as:

- raising awareness on how immunization saves lives;
- increasing vaccination coverage to prevent disease outbreaks;
- reaching underserved and marginalized communities — particularly those living in remote areas, deprived urban settings, fragile states and strife-torn regions — with existing and newly available vaccines; and
- reinforcing the medium- and long-term benefits of immunization, giving children a chance to grow up healthy, go to school and improve their life prospects.



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PATIENT EXPERIENCE OF CARE SURVEY



Monitoring and evaluation team during the survey

On 18 July 2023, Wentworth Hospital was visited by Clairwood hospital team to conduct the Patient Experience of care survey better known as the “PEC Survey”. This survey was done in preparation for the annual PEC survey scheduled to take place during the month of August. The patient experience of care survey assists the facility to get a picture of the type of experience that patients have when they visit the facility. The Patient experience of care survey covers the following elements:- Waiting time, Access to care, Availability of medication, Patient safety, Cleanliness and Values & attitudes. Such a survey is vital in the facility knowing how the services that we provide are being received by the patients and also lets us know if there are any gaps that need to be attended to improve the overall experience of our patients within the facility.



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#ITISIN
YOUR
HANDS

#MANDELA
DAY2023



Wentworth hospital social workers with the members of the Robin hood foundation

International Nelson Mandela Day is an annual international day in honour of Nelson Mandela, celebrated each year on 18 July, Nelson Mandela's birthday. The day was officially declared by the United Nations in November 2009, with the first UN Mandela Day held on 18 July 2010.

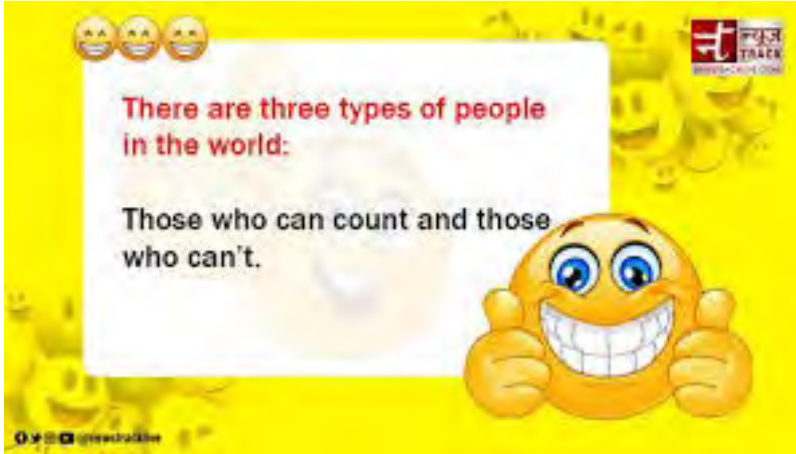
Wentworth hospital had to jump in on commemorating this day. With the assistance from the wonderful ladies of the robin hood foundation, the social workers were able to visit the children's ward and revamp the play room. The toys were donated by the Robin hood foundation. The foundation did not only come with a box full of educational toys for the children's ward but they also came with some treats to give to the inpatients to brighten up their day.

Wentworth management would like to thank and appreciate this organization for all the donations that were made towards the patient.



Chuckles

LAUGH A LITTLE



"I hope this email finds you well"
How the email found me:



What did the shark say when he ate the clownfish?

This tastes a little funny.

When your boss tells you that you have to actually come into work everyday



Since You Asked

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What's Cooking Good Looking?

MACARONI & CHEESE

Good old Mac & Cheese !!!

Ingredients

100 g macaroni pasta

1 tbsp butter

1 tbsp plain flour

1 cup milk



No-one can resist a creamy and cheesy Macaroni and Cheese. Here's how you can whip up this hearty meal in a few minutes;-

Prep Time: 10 mins

Cook Time: 20 mins

4 servings

Method:

1. Cook macaroni in boiling water according to pack instructions. Drain well.
2. Melt butter in a small saucepan. Remove from heat and stir in flour. Gradually stir in milk. Return to a medium heat and stir constantly until boiling. Lower heat and simmer for 2-3 minutes, stirring occasionally.
3. Stir half the cheese into sauce. Mix macaroni with sauce and pour into a lightly greased 2-cup capacity oven proof dish. Combine breadcrumbs and extra grated tasty cheese, sprinkle over macaroni. Bake at 200°C for 5-10 minutes, until golden brown and hot.



PHOTO GALLERY



MOPD Clinical Manager during the Hand Hygiene Day



Medical Interns demonstrating hand washing



Financial performance & Budget allocation



Financial Performance & Budget allocation



PHOTO GALLERY



PEC Survey



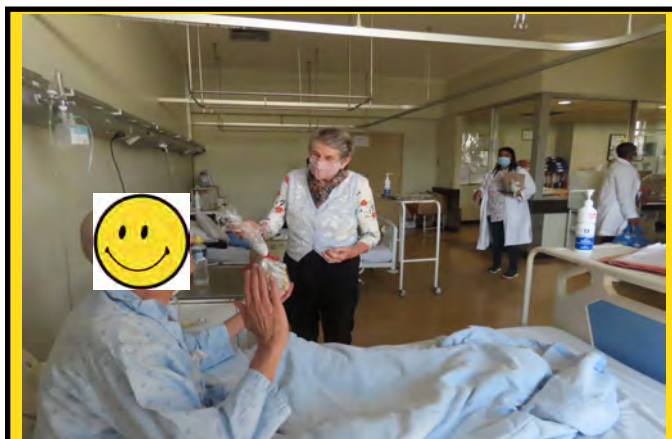
PEC Survey



PEC Survey



Mandela Day



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