



KWAZULU-NATAL PROVINCE

HEALTH
REPUBLIC OF SOUTH AFRICA

Newsletter

CATHERINE BOOTH HOSPITAL

NEWS

STAY INFORMED

July—Sept 2020

KZN HEALTH MEC VISITS CBH



From L-R: Mrs N.E Hlophe—District Director, Mr. T.R Nzuzza—Dep. Director: Human Resources, KZN Health MEC Ms Nomagugu Simelane-Zulu, Mr M.N Mbatha—Dep. Director: Clinical & Programmes and CBH Medical Manager Dr. N. Sunderlall. [READ MORE ON PAGE 1](#)



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KZN Health MEC Covid-19 tour at King Cetshwayo District.



From L-R: Mrs N.E Hlophe—District Director, Mr. T.R Nzuzo—Dep. Director: Human Resources, KZN Health MEC Ms Nomagugu Simelane-Zulu, Mr M.N Mbatha—Dep. Director: Clinical & Programmes and CBH Medical Manager Dr. N. Sunderlall.

The Catherine Booth Hospital (CBH) was honoured by the visit of the KwaZulu-Natal Health MEC Ms Nomagugu Simelane-Zulu.

The MEC visited the hospital as part of her COVID - 19 inspection tour at King Cetshwayo District (KCD) on the 30th of July 2020.

Alongside KCD executive members and CBH management, the MEC did a walk-about within the hospital. The group visited the Covid-19 ward, maternity ward, MDR-TB section and the newly built Pediatric ward, amongst others. The MEC and the executives were looking at new developments within the hospital, how CBH is handling Coronavirus pandemic and inspecting the hospital readiness to host additional Covid-19 patients.

The CBH was identified as a Covid-19 centre for the King Cetshwayo District. This facility will be used for both quarantine of Covid-19 patients that cannot self-isolate as well as

admitting those who have tested positive for Coronavirus and need medical attention.

“We are in a crisis. This is a pandemic that all of us are faced with. And the Department has a responsibility to ensure that it provides all the beds that are needed, so that those who are COVID – 19 positive get the assistance they need.” – Ms Nomagugu Simelane.

During the MEC’s visit, the country was still at the Covid-19 peak whereby around 3 000 new cases were recorded everyday in KZN. However, at the end of September the numbers had drastically decreased because less than 500 were recorded each day. This was evidence that the endless efforts by the department of health to fight Covid-19 was indeed yielding desired results.

The fight against coronavirus is not yet over, therefore, people must continue adhering to set regulations and measures.

PHOTO GALLERY



Inside the new pediatric ward



Pediatric ward play area



MDR-TB Section entrance



MDR-TB Section

KZN Health MEC visit at Catherine Booth



BENEFITS OF BREASTFEEDING



WRITTEN BY: M.P. MATSEPANE
DIETICIAN
CATHERINE BOOTH HOSPITAL

WORD BREASTFEEDING WEEK 2020

2020 Theme: “Support Breastfeeding for a healthier planet”

Breastfeeding is the optimal feeding practice for all infants and young children. It is a source of food security for young vulnerable babies. This security is started as soon as the breastfeeding is initiated during the first hour of life spent skin-to-skin with mom. And this support continues through exclusive breastfeeding during the first six months of life, and after 6 months, along with the inclusion of safe appropriate complementary foods at 6 months of age.

Breastfeeding benefits to the baby

Breastfeeding contributes significantly to the survival and good health of babies. Colostrum is the first yellowish milk the breast produces for the first three or four days after the baby is born. It is regarded as the first immunisation because it is rich in protective substances vital to protect your baby from various infections. Your baby at this age cannot get these protective substances from any other food – even from the most expensive infant milk formula.

Baby gets all the nutrients they needs to grow and develop healthily for the first six months. From six months to two years, breastmilk continues to provide most of the nutrients the baby needs. Breastmilk contains protective substances that help strengthen the baby’s immune system providing protection against common illnesses such as diarrhea and pneumonia.

Breastfed babies are less likely to have infections in their lungs (respiratory) than babies who are fed infant formula and other foods.

Breastfeeding benefits to the mother

Breastfeeding promotes the contraction of the uterus and helps to expel the placenta, thus reducing the risk of excessive bleeding after delivery. It is known to reduce the risks of breast and ovarian cancer later in life.

Mothers who breastfeed exclusively and whose menstrual cycle has not resumed, have protection against falling pregnant soon after delivery. However, this is only achieved if the mother feeds on demand day and night.

Initiation and frequency of breastfeeding

Breastfeeding should start immediately after delivery or within the first hour of birth. The mother and baby should be left together for at least an hour.

Babies must be breastfed between 8-12 times a day. This is, however, not an indication that breastfeeding should be scheduled, babies should be fed whenever they’re hungry.

Breastfeeding is the first practical step to not only protecting the health of mother and child but also the health of our planet by providing green and sustainable nourishment to babies.

BREASTFEEDING POSITIONS

Breastfeeding is a learned skill, therefore, mothers may require additional breastfeeding support when learning how to breastfeed. In particular, mothers may require assistance with learning how to position and attach the baby to ensure they are able to feed the baby comfortably and that the baby is able to successfully transfer milk.

There are many breastfeeding positions that may work for each mother. An important breastfeeding tip for mothers is that she should always feel comfortable. In general, the infant should be positioned so that they are facing the mother's body and their head, shoulders and hips are in alignment.

These are some of the most commonly used positions:

1. Cradle Position



The mother's arm supports the baby at the breast. The baby's head is cradled near her elbow, and her arm supports the infant along the back and neck. The mother and baby should be chest to chest.

2. Cross-cradle Position



The cross-cradle position uses the opposite arm (to the cradle position) to support the infant, with the back of the baby's head and neck being held in the mother's hand. Her other hand is able to support and shape the breast if required.

3. Clutch Position



The baby is positioned at the mother's side, with their body and feet tucked under the mother's arm. The baby's head is held in the mum's hand. The mother's arm may also rest on a pillow with this hold.

This position may be advantageous for mums who have undergone a caesarean section, since it places no or limited weight on the mum's chest and abdomen area.

Covid-19 & Breastfeeding

If you've tested positive or you're still a suspect, do not stop breastfeeding but practice the following hygiene measures to ensure that your baby is not infected.

- Wear a mask, and sanitise your hands regularly.
- Wash your hands thoroughly before breastfeeding.
- Regularly cleaning and disinfecting surfaces.

4. Side-lying Position



The mum lies on her side and faces the baby. The baby's mouth is in line with the nipple.

The mother may also use a pillow for back and neck support.

ROTARY CLUB OF BALLITO DONATION TO CBH

- Blessed Is The Hand That Gives.



From L—R: Megan Wade (Physiotherapist Comm Serve) & Maggie Wong (Occupational Therapist Comm Serve).



Some of the orthopedic assistive devices donated by Rotary Club of Ballito.



Rotary Club of Ballito, a NPO based in Ballito—North of Durban donated a numerous orthopedic assistive devices to Catherine Booth Hospital. The devices which were donated includes cerebral palsy wheelchairs, quadrapeds, moonboots and crutches, just to name a few.

These devices will help Catherine Booth Hospital's patients who are in need of such . Orthopedic assistive devices are used by people who have limited mobility and problems with coordination in the upper & lower extremities. They are designed to maintain or improve an individual's functioning and

independence to facilitate participation and to enhance overall well-being.

The cerebral palsy wheelchair, one of the donated items, offer numerous options to match the equipment to the child's height, weight, posture and support needs. This optimises the use of the equipment while also providing maximum comfort.

The Catherine Booth Hospital's management and entire hospital community send their appreciation and gratitude to the Rotary Club of Ballito for their continued support to the institution.

HANDING OVER OF THE FLU CLINIC



Catherine Booth's new flue clinic donated by Médecins Sans Frontières.

The Catherine Booth Hospital receive a flu clinic from Médecins Sans Frontières (MSF). MSF is a global network of medical and other professionals who specialise in medical humanitarian work. They work together with different organisations and institutions to respond to the medical needs of people affected by disasters and epidemics. The flu clinic donated by MSF will be used for screening of corona virus at the hospital.



Mr. Mapiye (MSF Representative) demonstrating to Mrs Mbonambi (Deputy Manager: Nursing) and Ms Vezi (CEO) how the patients will enter and exit the clinic.



Inside the new flu clinic.



Mr. Mapiye and Mrs Mbonambi during flu clinic hand over



Outer look of the flu clinic.

CATHERINE BOOTH HOSPITAL CHAMPIONS JERUSALEM CHALLENGE



The Catherine Booth Hospital won the Jerusalem dance challenge competition at the King Cetshwayo District. The competition was coordinated by the KwaZulu-Natal department of health which was aimed at bringing healthcare workers together, as well as bringing back hope and unity following a few rough months since the Coronavirus pandemic hit.

The Jerusalem Challenge firstly took off in February 2020, as Covid-19 caused lockdowns in the African countries just like in most parts of the world. The first Jerusalem video was made by a group of friends in Angola, soon after that similar videos surfaced from all over the world.

The KwaZulu-Natal department of health launched their own Jerusalem Dance Challenge whereby health facilities from the same district competed against each other. The competition was ran on Facebook whereby the facility with most liked video was announce as the winner. Catherine Booth Hospital was the winner at the King Cetshwayo District with more than 1000 likes. All health facilities that won the first round went through to the next level, provincial competition representing their districts.

**ENCOURAGING TOGETHERNESS
!!**



**CELEBRATING ALL FRONTLINE
HEALTHCARE WORKERS !!**

**REMEMBERING OUR LOVED ONES WE
LOST DUE TO COVID-19 !!**

UMGUBHO WOSUKU LWAMASIKO ESINTU.



Abasebenzi besina bededelana ngosuku lokugubha amasiko esintu esibhedlela. Enkundleni: uSebe, Nkanyiso, noNokuphila benandisa.

Ngomhlaka 29 kuMandulo isibhedlela iCatherine Booth sasibungaza usuku lwamasiko esintu. Usuku lwamagugu esintu lugujwa minyaka yonke eNingizimu Afrika lapho abantu bevunula ngokuhlukahlukana bekhombhisa ubuhle nokwazisa amasiko abo.

Emcimbini owawuse Dining Hall lapho abasebenzi babehlobe ngemvunulo enhlobonhlobo ngokuhlukana kwabo. Kwahutswa izingoma kusinwa kujatshulwe. OSondonzima, beholwa ngumphathi wesibhedlela umama uVezi, bangena enkundleni kwacwaza iholo lonke. NamaBhinca awafunanga ukuzibeka phansi, angena asina ingoma aphide ahlabelela ULugisani ongumculi kaMaskandi osamusha naye wangena neqembu lakhe banandisa.

Owayeyisikhulumi sosuku uMnuzane Smiso Khumalo, uSonhlalakahle wesibhedlela. Enkulumeni yakhe wachaza umehluko phakathi kwesiko nomkhuba kanye nokubaluleka kwazo zombili lezizinto. Waphinde wakuza ukuhlukunyezwa kwabantu besifazane nezingane ethi amadoda iwona okufanele avikela aphinde anakekele.

Emva komcimbi, abasebenzi badla baze bashaya esentwala izindlo ezinhlobonhlobo ezaziphekiwe. Okunye kokudla okwakuphekiwe inhloko, idombolo, isisu senkomo, ujeqe, isitambu nokunye okuningi.

INingizimu Afrka yaziwa ngenhlonipho, ubuntu nangokwazisa abamasiko ayo. Ngalokho, izinsuku ezifana nalezi kubalulekile ukuthi zibungazwe ngoba zisikhumbuza ukuthi singobani, sisukaphi futhi siyaphi.

IXOXWA NGEZITHOMBE



IXOXWA NGEZITHOMBE



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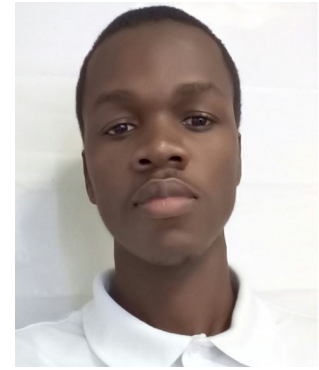
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