



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

Dundee Hospital

DUNDEE NEWS....

NEWS

STAY INFORMED

APRIL-JUNE 2016

OUR NEW MANAGEMENT

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undee Hospital would like to welcome all the new managers that have joined us. We have seen for the past few months that we indeed have a strong management team. Also a very warm welcome to the new staff and interns, we hope that your stay at Dundee Hospital will be fruitful and enjoyable.



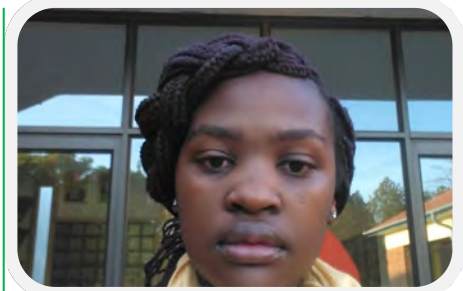
Dundee Hospital CEO—Mrs H.S.L Khanyi



Medical Manager-Dr P.P Dlamini



HRM-MR A.L Sokhela



Pharmacy Manager -Ms.Z Madide

FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE



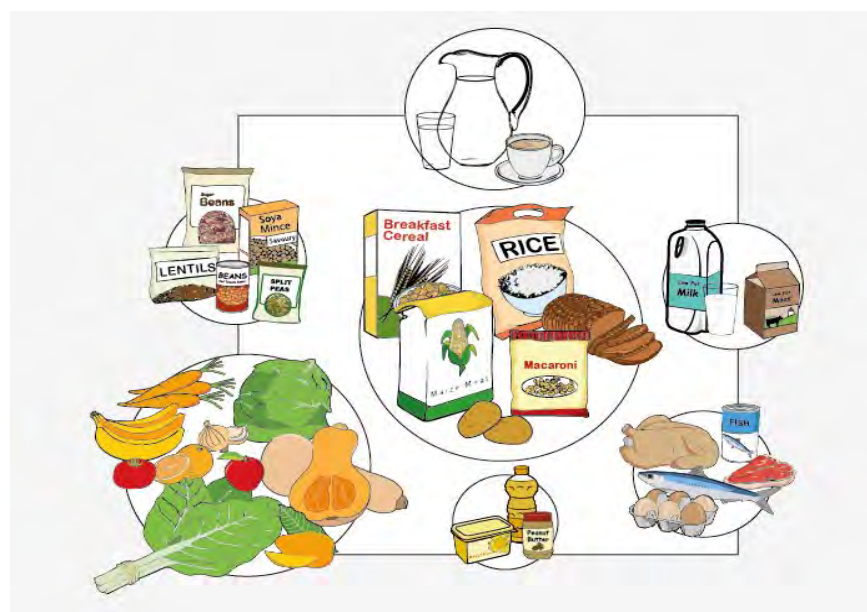
DR S. DHLOMO LEADING THE ANTI-ILLEGAL ABORTION MARCH

On the 22nd of April 2016, the KZN MEC: Health Dr Sibongiseni Dhlomo led an Anti-illegal abortion march. That sent a strong message to committers that are continuously conducting illegal abortion. The march was attended by various religious leaders, Dundee Secondary & Ethangeni Combined school learners, health professionals, love life members, and general community members who came in numbers to say **NO** to illegal abortions.



Dundee Hospital is not against Termination of pregnancy, what we are against is the procedure being done illegally which results to maternal deaths.

Making sense of the food based dietary guidelines “Enjoy a variety of foods”



Many of us have seen this food diagram, better known as the Food based dietary guideline diagram. But what does it really mean? In this series we will be looking at each of the food based dietary guidelines and breaking them down to make them easier to use and adapt into your life-style. This Month we will be looking at “**Enjoy a variety of foods**”.

One of life’s greatest pleasures is the enjoyment of food. We eat not only to satisfy hunger but also to celebrate social events and family

and friend time. It brings people together and often makes a special occasion just that little bit more special. Having a variety of different foods makes meals more interesting and helps to ensure that what you eat gives you all the nutrients you need to be healthy.

DIETICIANS CORNER: MONTHLY ARTICLE BY CONSERVE DIETICIAN MS C. L ARCHARY

This means including foods from all the different food circles above. A mixed meal includes a starchy food such as phutu or bread and other foods from the different food circles such as vegetables and beans. Every day you should include food from most of the food groups, most days of the week. Mixed meals are usually eaten three times a day (breakfast, lunch and supper). Eating regular mixed meals, of a similar size, is key to eating healthy.

Variety also means preparing foods in different ways. Avoid frying foods, rather try to bake, roast, boil, steam, grill or poach your foods. If you must fry use only 1 teaspoon of oil for every person in your household. Let’s learn a new cooking method:

How to poach an egg

- 1) Fill a pot with warm water and put it on the stove. Wait for the water to start simmering
- 2) Add 2-3 tablespoons of white or brown vinegar into the water and stir
- 3) Crack your egg on a saucer and make sure the yoke has not broken
- 4) Gently pour your egg into the water
- 5) Wait until the white of the egg has turned to a solid white. Remove with a spoon and dry on a paper towel



DUNDEE HOSPITAL HAND HYGIENE

INFECTION PREVENTION AND CONTROL DEPARTMENT

Hand Hygiene is celebrated globally on the 5th of May of every year.

The purpose of the National Hand Hygiene Initiative (NHHI) is to develop a national approach to improving Hand Hygiene and to monitor its effectiveness. This initiative is based on the World Health Organisation (WHO) - World Alliance for Patient Safety campaign – “Clean Care is Safer Care” launched in 2005. On the 5th May 2009 WHO relaunched their campaign as “Save Lives: Clean Your Hands”.

Improving hand hygiene practices in all surgical services through the continuum of care, from surgical wards to operating theatres, to outpatient surgical services, is the primary focus of this year’s 5 May campaign.

Hand hygiene is part of an infection prevention and control programme in all settings that support surgery, prevents patient infection and reduces an avoidable burden on health systems.

Dundee Hospital celebrated this day in supporting infection prevention and control implementation, coordination, and communications; in the context of Surgical Site Infection prevention through hand hygiene.

The Facility IPC Co-ordinator with the support of the District IPC Coordinator led a walk throughout the hospital. The participants were holding posters and singing songs that promoted Hand Hygiene. A relay was conducted whereby the participants practiced Hand Hygiene using Alcohol rub.

A presentation on the importance of Hand Hygiene was conducted and one of the participants had a poem.

A pledge was also signed by the staff including the Heads of departments. ***IXOXWA NGEZITHOMBE***



BLOOD BANK DONATION— SAVE A LIFE!!

Dundee Hospital is once again glad that it is part of the most significant contribution that one can make towards the society.

On the 18th of May 2016, SANBS came to our institution for blood donation, and we are proud to say that our employees came out in numbers to donate blood. As Dundee Hospital staff, we believe in saving lives of many South Africans out there, and a big Thank You to the blood donation team for encouraging the staff to eat balanced meals everyday.

Blood donation is extremely valuable because every blood donation is giving life to a person. We as the society need to know that blood is not be manufactured it only comes from generous donors. Blood donation is a safe process and there is nothing to be afraid of when donating blood. Be a good citizen and lets help make our nation a better nation.



Dundee Hospital had the honour to be welcomed by Honourable Mayor Lindokuhle Ngubane.



ISIBAYA SAMADODA HOSTED BY DUNDEE HOSPITAL AT UMZINYATHI DISTRICT MUNICIPALITY



As part of the Department of health, Dundee Hospital in partnership with Umzinyathi District Municipality welcomed Men's Month in a distinctive way.

On the 27th of May 2016 Dundee Hospital in partnership with Umzinyathi District Municipality took the initiative of standing up and hosting "Isibaya Samadoda" at Umzinyathi Municipality, which was a huge success. The purpose of isibaya Samadoda was to urge and educate all men to develop a sense of leadership not only for themselves but their families' as well.

Dundee Hospital had the honour to be welcomed by Honorable Mayor Lindokuhle Ngubane and Municipal Manager Dr. E.M.S. Ntombela in the uMzinyathi Municipality (Princess Magogo Mayoral Offices) buildings.

This event was graced by the presence of Dr Ndaba from MMC program in Pietermaritzburg DOH, KZN, who lead a discussion on men's health and men's issue and was accompanied by Mr. Goji. Four (4) different types of talks were given on the day: Prostate Cancer which was led by Dr. Gumbi, TB management led by Mr. P Madela, STI Management led by Mr. MJ Shabangu and HIV/AIDS in the workplace which was led by Mr. J Thabede.



ZAZI GIRLS CAMP 2016



On the 17th of June 2016, Mrs PAW Mlambo took the initiative of hosting the Endumeni Sub-District ZAZI GIRLS CAMP 2016.

The girls were welcomed by the CEO of Dundee Hospital Mrs H.L.S Khanyi, she also briefly explained about the purpose of the day. There were several speakers that spoke to the girls about certain diseases such as: family planning, Teenage Pregnancy, Substance abuse, Sexual transmitted disease, HIV & AIDS and so on. Discussions took place and the girls engaged in topics discussed. All in all it was a beautiful day with the girls and the event was successful.



UMZINYATHI HEALTH DISTRICT SPORTS TOURNAMENT



On the 1st July 2016 the Umzinyathi District Sport Committee organised a district tournament at the Oval sports grounds. The following Hospitals Participated : Dundee Hospital, CJM Hospital, Greytown Hospital, COSH, as well as District office and EMS. The day kicked off with an hour of aerobics by Mr "Shaka" Ndlovu (Dundee Fitness) ,where all players participated. Thereafter the following sport codes: Soccer, Netball and Volleyball commenced at

their respective grounds throughout the day. The fixture started with Dundee Hospital versus CJM Hospital, COSH were the winners of the day, scooping the first position trophy in both Soccer and Netball. The day was filled with fun and entertainment with staff socializing and interacting together.

Management would like to thank all staff, especially those who participated and those who supported this event in making it a success.



Nonkuliso Mthombeni
Public Relations Officer Intern



DR Ehtishaan Goolan-Amod



Dayne Goetsch
Community service physiotherapist



DR Philani Dlamini



Ashni Pillay
Community Service Pharmacist

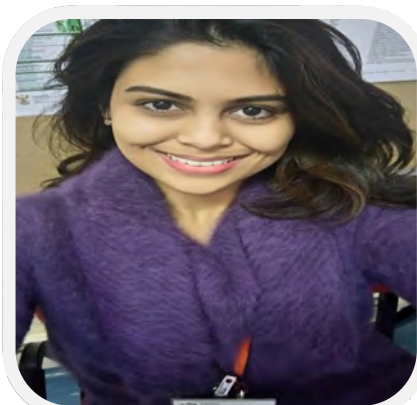


Ntombifuthi Mthethwa
ENA Intern

INTERNS AND COMSERVES OF DUNDEE HOSPITAL



Lionel Saman
Pharmacist Assistant Intern



Chanel Archary
Community Service Dietician



Sharon Steijl
Communication Service Audiologist



Nomvuyo Buhlalu
Enrolled Nurse Intern

Dr Nabila Vejay

Nabeel Patel
Community Service Pharmacist



Amber Keating
Communication Service O.T

ACKNOWLEDGEMENTS



Compiled By: Nonkuliso Mthombeni
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Mrs. H.S.L Khanyi– CEO
Editor

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