



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA

DUNDEE HOSPITAL

DUNDEE WEB

NEWS

Stay informed

DECEMBER 2020

Gender Based Violence March



Inside this issue:



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From the CEO'S office



Mrs T.T. Vilakazi- Chief Executive Officer

Third quarter of 2020(October-December) was very hectic to the sub-district. The institution experienced a lot of challenges like increasing number of admissions which then posed a challenge in terms of bed availability .

The institution ended up repurposing one renovated ward. Deaths for both staff and patients increased. The demand for oxygen also increased, thanks to District , Province and Afrox for the support given to the institution in ensuring that oxygen remained available at all times. The CEO also wish to extend gratitude to all staff members including organised labour for working as a team. Outreach teams also worked tirelessly everyday tracing and testing contacts as well as, supporting family members. The support received from the DOH principals of hiring additional staff is also appreciated.

The institution learned a number of lessons from both waves and that experience is used to plan for the possible third wave .

We thank God for recoveries

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HERITAGE DAY CELEBRATION

Every year Heritage day is celebrated in South Africa on the 24 of September. Dundee Hospital also celebrated this day on the 30th of September 2020. Even thou the year 2020 has had its challenges with the Covid-19 pandemic it is also importance to boost the staff spirits with such events.

Due to the pandemic it was only fair that the Heritage day competition included best Creative mask as one of the categories along side with the best dressed male/female and best displayed of stand from the departments .



Participants



Winners 2020



PHC Team



Pharmacy table winner for best table display



GBV MARCH

On the 2nd of October 2020 Empathe clinic hosted a memorial service for the late Community health worker that lost her life due to gender based violence. The memorial service was held at Empathe clinic followed by the gender based violence march which was held at Forestdale.

The main aim of the march was to raise awareness about GBV and its impact on our communities. Forestdale community members and other stakeholders were part of the March.

The stakeholders which were part of the March gave word of support and encouraged the community to speak up against GBV.



Breast cancer awareness

WHAT IS CANCER

Cancer is a disease where the body cells grow abnormally, out of control in a body part where it is not supposed to be. The cells that make up the heart, lungs, kidneys, muscles and skin are all quite different.

When these cells are uncontrolled and damaged, they start to grow in an abnormal way and form a lump called a **TUMOUR**.

Cancer can affect men, woman and children, young and old, rich and poor. One not gets cancer from someone else or transfers it to others. With new methods of treatment that is being used many people recover from it.

One can have cancer anywhere in the body part including the bones, skin.

HOW DO ONE KNOWS HAS CANCER

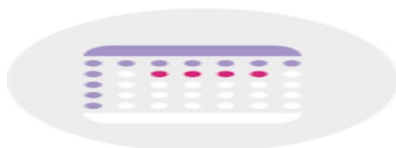
If you have one of the following problems for over three weeks and it is not getting better with ordinary treatment, seek medical attention by visiting a doctor or a clinic.

On breast self- examination

- Change in a skin texture
- Retraction or indentation of nipple
- Discharge from nipple

Atypical fullness and or puckering

How to conduct a Self examination



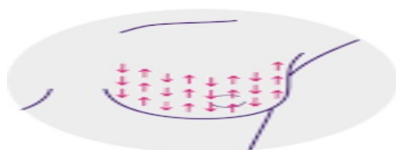
Once a month,
2-3 days after
periods



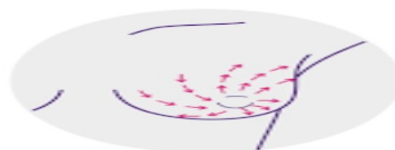
Examine breast
and armpit with
raised arm



Use fingerpads
with massage oil
or shower gel



Up and Down



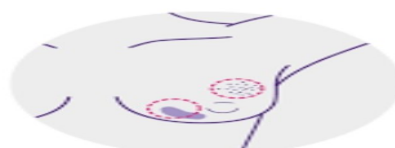
Wedges



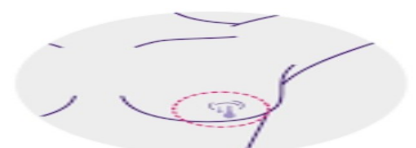
Circles



Examine breasts
in the mirror for
lumps or skin
dimpling...



...change in skin
color or texture...



Nipple deformation,
colour change or
leaks of any fluid

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Breast cancer awareness cont

How breast cancer is identified by the doctor

Firstly the doctor collects the medical history and perform physical examination then use various methods to find out if it is cancer

The methods include:

Biopsy- a small piece of tumor is cut out and examined under a microscope to determine the type of cancer.

Endoscopy- A medical procedure where a doctor puts a tube- like instrument into the body to examine internal structures

CT scan or MRI scan: The instrument takes many pictures of the body from different angles.

These pictures are combined to give detailed picture of internal organs

Mammogram: is the special type of x-ray to detect breast cancer

Bloods markers: sometimes cancer cells can be detected in the blood

HOW DOES THE DOCTOR DECIDES WHAT TREATMENT IS BEST FOR ME

The doctor decides what treatment is best for

an individual based on investigation findings.

- The doctor thinks about few different things before he chooses the best way to treat your cancer.
- What type of cancer
- How big the cancer tumor is
- How fast the cancer is growing
- Whether the cancer has spread to other parts of the body, and if so, where it has spread and how far it has grown in these other places

Your age, symptoms and general health
How do I cope with cancer?

Shock is often the first reaction when a doctor tells someone has cancer:

- feel numb
- not believe what is happening
- be unable to express any emotions

ask the same information repeatedly
Denial

Do not want to know anything about cancer or treatment

Say that you have not been told by the diagnosis. This is a completely natural reaction.

You may need professional help from a psychologist

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Hand hygiene day

On the 5th of October 2020 Dundee hospital held their Hand hygiene day which is dedicated to increasing awareness and understanding about the importance of Handwashing..

One of the main goals of Global Handwashing Day is to create a culture of hand hygiene, highlighting that Handwashing with soap is an effective way to prevent diseases

This year's theme was "Hand Hygiene for All" calling for all of society to achieve universal hand hygiene now and for the future

The COVID-19 pandemic provides a stark reminder that hand-washing is one of the simplest ways to prevent the spread of any virus and ensure better health outcomes overall.

Like every year, Covid -19 pandemic did not stop Dundee hospital to conduct the Global Hand Hygiene campaign.

A tremendous number of Health Care Workers from the hospital and Endumeni clinics attended the event.

Different activities were conducted that all attendees participated on. Amongst the others were-:

- ◆ Test your skills; where participants were assessed on their skills on hand rub.
- ◆ Hand hygiene pledge –was drawn by a team and was signed by all attendees at the end of the event.
- ◆ Poem and a song on Hand Hygiene by one Operational manager.
- ◆ Word puzzles on IPC issues– One for clinical staff and the other for non-clinical staff; testing knowledge on hand hygiene
- ◆ Segregation of waste- which was done by both clinical staff and non-clinical staff.

Man made hand hygiene posters.



IPC Manager, Winner, Dr Nieto-Muniz, OM-Ms Mtshali



Participants



IPC Manager– Mrs Makhaye

Sanitizing demonstration

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Induction

Induction program was conducted to the newly appointed staff members

All heads of sections/ Exco did presentations about their sections.

This induction program is facilitated by the Human Resource Development department.



DONATION FROM SANLAM

Sanlam donated 1000 cloth masks which was distributed to the staff members. A special appreciation to Sanlam for the donation



World AIDS day build up

Endumeni sub-district embarked on the World AIDS day build up events from the 19th of November to 3 December 2020.

The PHC outreach teams went to the community to render services most PHC level services namely Covid -19 screening, TB screening, Mental health screening, Diabetes screening ,Hypertension screening ,HAST services, Referrals from household and immunization .

The community members came out in numbers . All COVID-19 protocol were implemented to ensure the safety of the community and the staff members



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MENTAL HEALTH AWARENESS



Sister Madela
Occupational Health Nurse

COVID 19 pandemic has severely impacted mental health and wellbeing of the society, therefore considered a priority that needs urgent attention. Many people are distressed due to the immediate impact the virus has caused and consequences thereof. Fear of infection, dying, losing family members, stress related to economic situation is very prominent.

Frequent information and rumours from various sources deepens uncertainty about the future outcome of the current situation. Severely high number of mental health related problem is anticipated across the globe mostly the front line health care workers, elderly and employees

with uncontrolled comorbidities.

It is very unfortunate that other people behavior prove to be irresponsible and worse part is, every step one takes either good or bad seriously affects others around and even fetal.

Mental health assessment

Health

-The WHO constitution states: "Health is the state of complete physical, mental and social well-being and not merely the absence of disease or infirmity

Mental illness

-Are health conditions involving change in the emotions, thinking or behavior (or a combination of these)

-Anxiety disorders including panic attack disorder and mood disorder such as depression and bipolar mood disorder

Mental health Bill of Right

Equity of access

-direct or indirect unfair discrimination against anyone is prohibited.

- They have equal right to COVID 19 health care

Right to health care

-They should not be excluded in admission criteria

-Everyone has the right to have access to health care services

-They should not be refused emergency medical

The ethical principles in mental health care

✦ Fairness and justice

✦ Confidentiality

✦ Truthfulness

Loyalty

Why mental health should be identified

-Mental health problems are very common and affects all ages

-Only half of those affected receive treatment often because of stigma attached to mental health

General signs of mental health

✦ Changes in sleeping pattern and appetite

✦ Mood changes

✦ Withdrawals

✦ Drop in functioning

Thinking problem

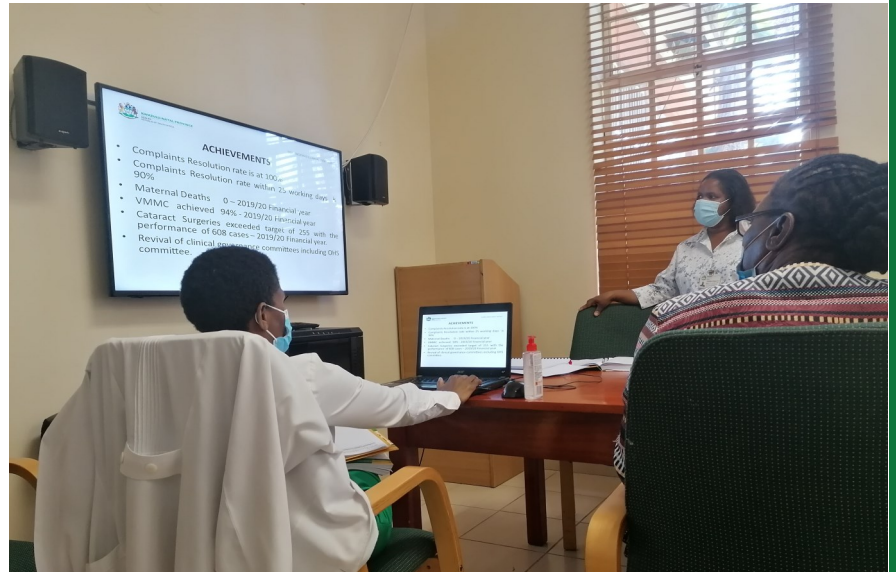
Provincial visit

Dundee hospital was visited by the provincial commission team . The decision to upgrade four hospitals including Dundee Hospital was taken during the strategic planning meeting.

The main aim of this decision is to increase access to health services especially in rural areas.

The purpose of the visit was to do feasibility study which included obtaining desktop information (Profile) current referral pathways , performance, optimal use of available resources etc

Presentations were done by the institution, District Office, Provincial infrastructure followed by engagements and walk about.



Mrs T.T. Vilakazi- Presenting the Endumeni sub-district profile



Provincial office with Management doing rounds



16 days of activism @ PHC

As the country went into lockdown and people were expected to remain inside their homes in the efforts to curb the spread of COVID-19 pandemic, reports showed an alarming increase in the already existing pandemic of violence against women and children. In efforts to prevent and address such issues, social workers from Dundee Provincial Hospital together with the forensic nurse, went to the clinics whose areas showed an increase in gender based violence cases.

16 days of activism against women and children awareness campaign was held from the 23 November 2020-24 November 2020 at Sakhimpilo clinic, Siphimpilo clinic and Empathe clinic. The awareness campaign was a success as people's concerns were addressed. Topics on the different types of abuse, signs of abuse, effects of abuse, reporting procedure for abuse cases as well as proper management of abuse cases were discussed.



Social Workers engaging with the community



16 Days of activism

On the 9th of December 2020 Dundee Hospital Crisis Centre team which consisted of the Social workers from Lifeline and the institution held the 16 days of activism campaign.

The event was held at kwa-Sithole area, as it was identified that , Kwa-Sithole is a rural area, characterized by poverty ,crime and gender based violence issues, such as rape, domestic violence, murder etc.

During the identification of the area it was noted that the most affected and easy target group are woman and children. The area has a high rate of unemployment, many due to school dropout. The area is also encountered with high level of alcohol and drug abuse.

The main aim of the event was to conduct an awareness campaign about Gender Based Violence (GBV). Informing the community about types of abuse, where to get help, who are the stakeholders of GBV prevention? Inform the community about the precautionary measures that they can be taken in order to decrease stats of GBV, such as be vigilant to your surroundings, don't walk alone, and don't trust easily or strangers and meet a stranger in a public place.

Mobilization was conducted with



the target group of women and children since they are the most vulnerable group of GBV.

Stakeholders that were present

Department of social development ,Department of Health , SAPS/FCS,Cogta, Endumeni

Municipality,Siphuthando Organization who all said word of support.

The event was a huge success as the targeted group came out in numbers. A huge thank you to the stakeholders and the Ward Councilor



UPGRADE

Covering of Passage



SOUTH AFRICAN NATIONAL BLOOD SERVICES DRIVE



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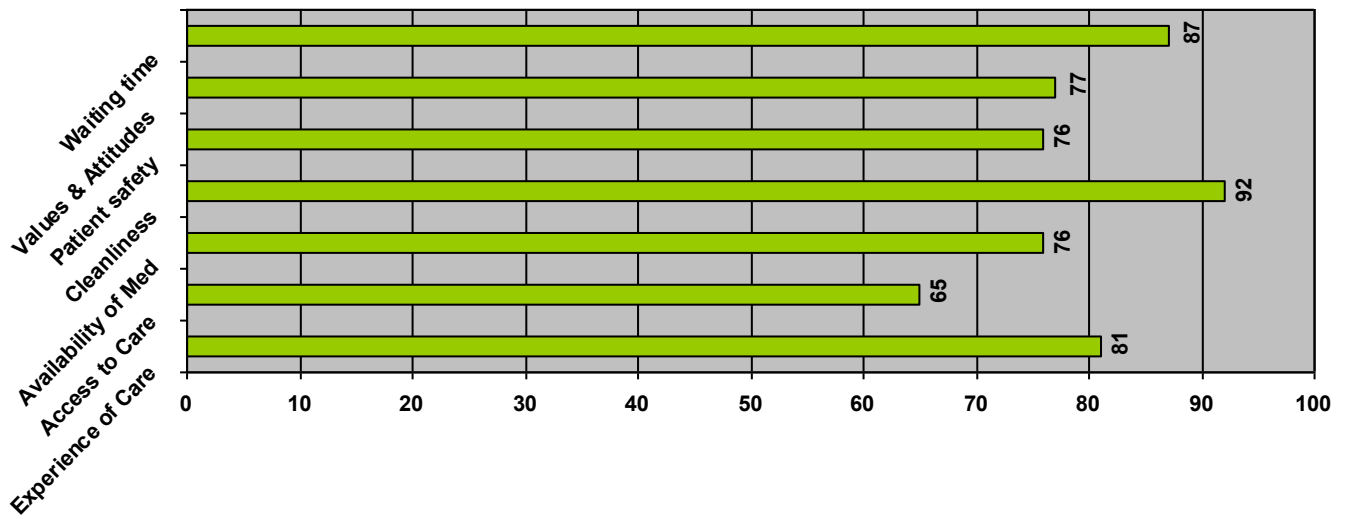


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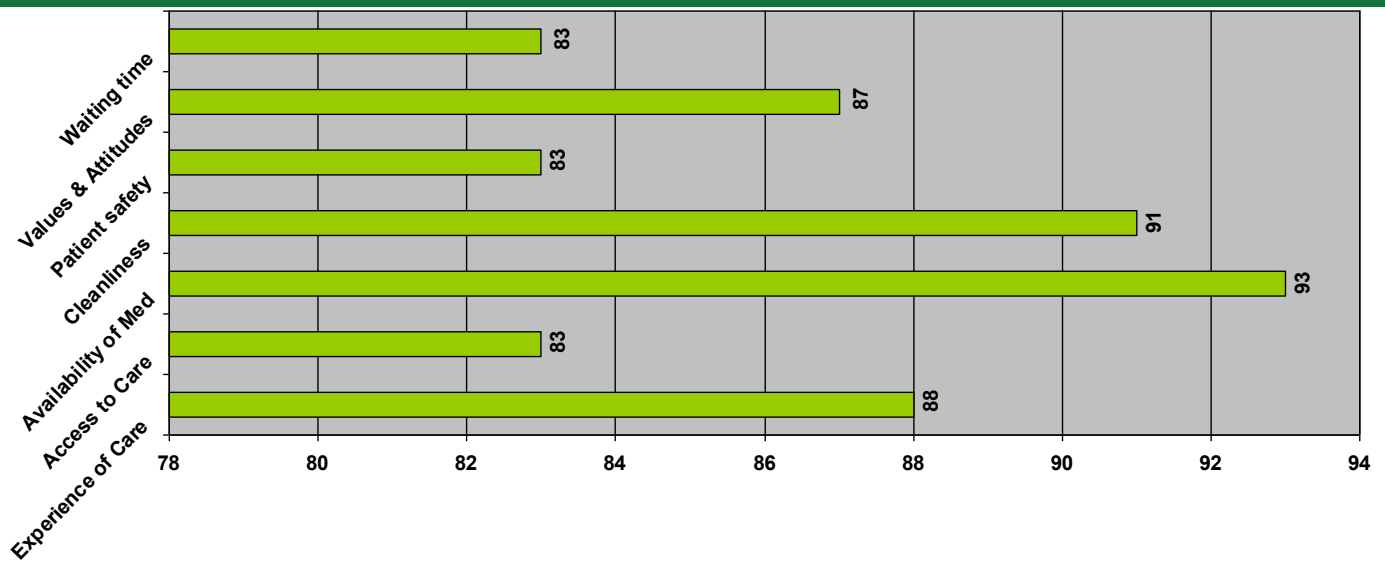
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SURVEY'S

PEC IN PATIENT 2020-2021



PEC OUT-PATIENT 2020-2021



WAITING TIME SURVEY SEPT 2020

TOTAL HOURS SPENT IN THE FACILITY	OPD CLERKS/ RECEPTION	VITAL SIGNS	DOCTOR /OPD	PHARMACY
1 Hour 42 min	15 Minutes	7 Minutes	13 Minutes	5 Minutes



PHOTO GALLERY



Participants



GBV MARCH



Mr Magubane and Mrs Vilakazi receiving his certificate of long service award at his farewell function. Mr Magubane has been in the institution for 30 years



PHC team



STAFF APPOINTMENTS

OCTOBER

Surname	Initials	Occupation
NTSHINGILA	SH	PROFESIONAL NURSE
SITHEBE	PN	PROFESSIONAL NURSE
DHLAMINI	SP	PROFESSIONAL NURSE
SIBIYA	Z	PROFESSIONAL NURSE
THOMPSON	NE	PROFESSIONAL NURSE
NED	KT	ADMIN CLERK
BIYELA	NB	ADMIN CLERK
SHABALALA	S	ADMIN CLERK
NYEMBE	SP	GENERAL ORDERLY
DLOMO	BS	GENERAL ORDERLY
SITHOLE WE	WE	GENERAL ORDERLY
BUTHELEZI	M	GENERAL ORDERLY

NOVEMBER

MCHUNU	NP	ENROLLED NURSING ASSISTANT
NGCOBO	JP	ENROLLED NURSING ASSISTANT
SIKHAKHANE	BZS	ENROLLED NURSING ASSISTANT
MOLOI	THS	ENROLLED NURSING ASSISTANT
LUVUNO	N	ENROLLED NURSING ASSISTANT
MAZIBUKO	SP	ENROLLED NURSE
NDEBELE QG	QG	ENROLLED NURSE

DECEMBER

MADONSELA	NH	ENROLLED NURSE
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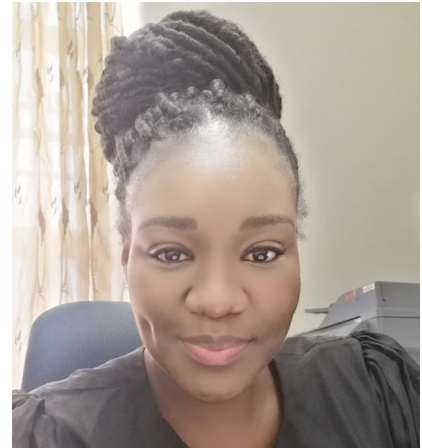
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ACKNOWLEDGEMENTS

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Editor



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Public Relations Officer
Writer/Photographer

Thank you to everyone who contributed to making the newsletter newsworthy and informative

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