



FORT NAPIER

NEWS

STAY INFORMED

JUNE 2019

FORT NAPIER HOSPITAL'S NEW CEO

Every organization undergoes its phases of change either in the form of strategy or change of personnel. On the 1st June 2019, Fort Napier Hospital went through its own process of change in personnel regarding leadership but without altering its vision of ensuring the attainment of optimal health for the citizens of KZN Province.

Personally I am humbled by the confidence demonstrated by the Department of Health in assigning me such a noble role to serve our communities. A special salute goes to my experienced predecessors, Mrs. N. Nxaba and Mrs. T. N. Ngcobo who created an enabling environment to achieve health outcomes informed by national health indicators.

My first month of orientation and induction has been filled with a lot of positive energy where our leadership collective reiterated their commitment on the agreed strategic objectives and operational plans. Both clinical and corporate governance structures interrogated our situational analysis content resulting to progressive and transformational operational plans in line with National Mental Health Policy Framework and Strategic Plan.



Mr. S. Mthethwa

On behalf of our leadership collective in our institution, we can assure our communities of quality services without contradictions. We are not naïve of the realities on the ground regarding the burden of disease in relation to mental health but the resilience and character of our workforce is equal to the task at hand. We will consolidate our clinical governance structures and mobilize support with other external stakeholders to ensure seamless service delivery. Another focus area relates to ensuring high degree of ethical and professional conduct based on legal prescripts and respective professional bodies. Our guiding principles will be informed by our clients' experience of care and values of National Health Insurance imperatives.

World Aids Day Celebration



Fort Napier staff handing out World Aids Day gift hamper and a remembrance of those who have lost their lives

On the 6 December 2018 Fort Napier Hospital celebrated its World Aids Day. The day began with staff and visitors being offered a World Aids Day gift hamper at the main gate/entrance to the hospital. The day proceeded with a formal programme that was held at the 9c hall. Speakers from different sectors came to talk on the issue of HIV and Aids.

Dr Matshoba was one of our guest speaker who spoke so eloquently on the issue of HIV and Aids. She highlighted some of the ways males and females can protect themselves from the spread of HIV and Aids. Dr Matshoba spoke on the pre and post exposure prophylaxis medicine and how one can use it in the prevention of HIV and Aids transmission. Dr Matshoba said it was important that people take this medication in the right way, when ever exposed the virus.

A question and answer session took place where audience especially the male wanted to find out more about PREP. Dr Matshoba made it clear that it was important to condomize at all time when having sex and to be faithful to one partner. The current South African data seem to indicate that South Africa

has the largest ART programme in the world. In 2018, UNAIDS reported that 4.4 million people were receiving treatment in South Africa. This equates to 61% of the people living with HIV in the country.

South Africa's ART services have undergone dramatic expansion in recent years, in keeping with the World Health Organization's (WHO) changing guidelines. In 2016, South Africa implemented 'test and treat', whereby everyone with a positive diagnosis was eligible to start treatment. This has meant that the number of people eligible for treatment has increased from 3.39 million in the middle of 2015, to 7.1 million in 2016, more than doubling in just one year.

Studies have, however, highlighted other issues around treatment provision. They found that men were more likely to start ART at an older age and later stage of infection and had almost double the mortality rate than that of women. This again highlights the need to engage men in testing services.

Quality Day And Long Service Celebration

On the 29 November 2018 Fort Napier held its Long Service Awards and Quality Day celebration. The long Service Awards recognized staff that had a long service history at Fort Napier Hospital . The years of services were ranging from 10 to 30 years . All staff that had 10 to 30 years service history were awarded certificates .

The Quality Assurance Awards recognized staff/ wards that had performed well in the 6 priority area . The 6 priority area is a national department of health programme that looks at public health ,focusing on the following areas :-

1. Values and Attitudes
2. Waiting Times
3. Cleanliness
4. Infection control
5. Patient Safety and Security
6. Availability of medicine and supplies

All the staff/ department that performed well in the 6 priority area were awarded certificate and trophies . The Quality Day Awards also recognized employees of the year and special achievers .



Mrs E Nolte (M&E) awarding a certificate to ward 9B



(Left)Ms. V Govindasamy (QA) and (Far right) Mrs. S Roopan (M&E from Edendale Hospital)awarding a certificate to ward 9B



(Far right) Ms. SP Ndlovu HRM awarding a certificate of long service

Quality Day Award Photo Gallery



Wellness Day

A healthy lifestyle has both short and long term health benefits. Long term, eating a balanced diet, taking regular exercise and maintaining a healthy weight can add years to your life and reduce the risk of certain diseases including cancer, diabetes, cardiovascular disease, osteoporosis and obesity.

In the short-term it can also make you feel and look your best, give you more energy and help you maintain a healthy weight.

The key to reducing the risk of these health life style diseases is making small changes to your daily lives - eating healthier food, getting your 5-a-day, having treats occasionally, and taking more exercise. Improving your lifestyle with small steps in the right direction will have a big impact on your well-being.

On the 28 March 2019 - Fort Napier Hospital celebrated its Wellness day at the 9c hall

The day the began with speeches from different speakers. A dietician from uMgungundlovu District spoke on the importance of having a well balanced diet filled with vegetables and fruit . She also spoke on the importance of drinking 8 glasses of water a day. Another speaker spoke on the dangers of substance abuse and how it tears apart family structure.

The Day ended with training session from Planet fitness .



A staff checking her BMI



Staff attending the Wellness Day event



Fitness session conducted by Planet Fitness

Wellness Day Photos



ACKNOWLEDGEMENTS



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