



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

FORT NAPIER HOSPITAL

FORT NAPIER

NEWS

STAY INFORMED

03/2021

FOREWORD FROM THE ACTING CEO

Year 2020/21 has been a very challenging year due to COVID 19 pandemic . Despite it all our staff shown dedication and commitment towards their work . Thank you . As a psychiatric institution , nursing the MHCUs need an extra special passion to nursing care .

I would like to convey our sincere sympathies to all the families who lost their loved ones .

Let us all continue to comply with COVID 19 regulations , together we can conquer the pandemic . Let us wash our hands, social distance and wear our mask .



Mrs. T.N Ngcobo (Acting CEO)



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CEO'S PASSING



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MR. MTHETHWA'S DEATH A GREAT LOSS

The death in January of Mr. S.B Mthethwa ,the chief Executive officer of Fort Napier Hospital , has left a huge dent in field of Mental Health.

There are a number of powerful words that can be used to aptly describe the late Mthethwa, popularly known as "Chief ." Words such as "Revolutionist"; "transformationalist"; "thinker"; "soldier"; and "people's person" come to mind.

Our beloved "Chief" was a foot soldier who would not think twice about putting down the hat of CEO and performing any role, without complaint. He did many wonderful things for his countrymen.

He only had one year as a CEO, but the transformation and energy that he infused into the environment at Fort Napier was amazing. He believed in the noble concept of Harambe, which, in Swahili, means "all pulling together", as adopted by Jomo "Burning Spear" Kenyatta, the father of Kenya.

He believed health professionals should, at all times, be advocates for the less fortunate.

Reflecting on a sports gala dinner, he wrote: "Sport is not just a mere physical exercise, but a project to promote mental health and social cohesion among our marginalised citizens. But also it is an opportunity for us to enhance collaboration among those stakeholders interested in the advancement of psycho-social rehabilitation for our patients, and to promote awareness about their conditions."



RIP Mr S.B Mthethwa : CEO

Mthethwa was involved in many inter-governmental and non-profit projects, promoting mental health awareness during every opportunity that he got.

He participated in projects with the Department of Transport, Community Safety and Liaison, the local municipality, and the South African National Cancer Association.

He was also involved in school health promotion activities, among others. He was a regular participant on many local radio stations, but mainly the local UMgungundlovu FM, advocating for people with mental disabilities. He will be sorely missed.

May his spirit of selflessness, and of putting people first, live on forever

Also in January 2021 , the nursing component lost two nursing staff , Mrs. H.P Majozi an Enrolled Nursing Assistant , who qualified on 1st of September 2015 and was employed at King Edward Hospital . She came to Fort Napier as a cross transfer on the 1st of October 2017. Mrs J.O Mlongo a Professional Nurse (specialty) , who qualified on the 1st of June 1999 and was employed at Edendale Hospital , she came to Fort Napier hospital as a transfer on the 1st of July 2006 . They were both dedicated nurses who always put patients first . In March 2021 the Systems Component also lost Mr. M.E Zondo who worked as a Kzn Security Officer . He started working at Fort Napier 1983 .He was a dedicated employee . May their Souls Rest In peace .



Mrs . H. P Majozi (ENA)



Mrs J.O Mhlongo (PN)



Mr. M.E ZONDO (Security Officer)

SELFHELP GUIDE TO DEALING WITH COVID 19 DEATHS IN THE WORKPLACE

On the 11th of February Fort Napier Hospital was visited by Dr. Brooker a Psychiatrist and Mrs P Buthelezi an Occupational Therapist from UMgungundlovu District to provide staff with psychosocial support . This is after the hospital experienced a number of death in the begin of January 2021. Dr Brooker and Mrs. P Buthelezi focused on following areas of psychosocial support :-

Mental Wellbeing

Dr Brooker encouraged staff to stay connected with family/friends and communities, to manage challenging emotions with acceptance, to practice mindfulness, relaxation, soothing or pleasurable activities. She encouraged the staff to avoiding unhelpful coping strategies like substance use and high-risk behaviors.

Psychological First Aid

Psychological First Aid is like Medical First Aid, it aims to stabilize the person and prevent injury and further complications. Psychological First Aid provide immediate support when a person presents with overwhelming thoughts. Psychological First Aid recognizes when a colleague seems to be in distress. Dr Brooker encouraged the staff to speak calmly to someone who asks for help , acknowledge the person's concerns and fears without being dismissive and to repeat back what you have heard so that the person feels like their concerns are understood , to name the feelings that you see the person displaying and try to reflect how these may be normal under the circumstances and lastly gently encourage the person to say what they think will help them best to function at this point.

Exercise and daily Routines

Dr Brooker also encouraged staff to maintain a daily routine , take walks , make a dance on video. Build awareness , keep perspective on things you can control . Try meditation , they are a number of meditation apps . Write a daily gratitude list , do something kind for someone . Pre plan your day and create a calming playlist , note what you are achieving and lastly make time for human connection .

NEHAWU PAYS TRIBUTE TO THE LATE CEO MR S.B MTHETHWA



Fort Napier Hospital Management and Trade Union NEHAWU

On the 24 of February 2021 Fort Napier was visited by the National Education , Health and Allied Workers Union to pay tribute to the late CEO Mr. S.B Mthethwa .

The ceremony started with the laying of flowers and putting up a photo of the late CEO at entrance of the hospital and than the lighting of candles in remembrances of him . Mr. Mthethwa was remembered for his role and contribution in the advancement of workers rights .

The ceremony ended with Mrs V Hlope System Manager thanking the Union for their support at this difficult time.



NEHAWU Members

VACCINATION ROLLOUT



Fort Napier Hospital staff at the waiting area post inoculation

On the 8 March 2021, 53 Fort Napier Hospital worker boarded a kombi to Edendale hospital where they were to receive their COVID 19 vaccine .

The inoculation against novel virus was their first jab since the start of COVID 19 .

After the inoculation the staff had to wait for 15 minute in a designated waiting area to ensure no negative reaction was experienced.

All staff the members who took the vaccine were well and presented with little to no side effects.



Fort Napier Hospital staff waiting to be vaccinated at Medic Clinic Hospital

Again on the 30 March 2021 a further 70 staff from Fort Napier Hospital were inoculated at Medic Clinic . They too presented with little to no side effects . They were all back at work the following day .

The vaccination campaign is on going nationally for all healthcare workers . Each hospital has a coordinating committee , where all the staff that have been vaccinated are captured on hospital database , so far the total number of staff vaccinated at Fort Napier hospital is 123.



Fort Napier Hospital staff waiting to be vaccinated at Medic Clinic Hospital

The vaccine the staff members took was the Johnson & Johnson Vaccine , which has a 64% efficacy rate against moderate to severe/critical disease in the country and 82% efficacy rate against severe/critical COVID 19 .

The rest of the staff are patiently waiting for their turn to get the jab.

HOSPITAL FAREWELLS

In December 2020 Hospital Management said their farewells to colleagues who had spent their lifetime in the service to Fort Napier Hospital. Due to COVID 19 no farewell celebration were held at the hospital . The hospital management would like to thank retiring staff for their contribution and would like to wish them a long life and a happy retirement.



Hospital Management (without Arrows) with staff member exiting the service with arrows above their heads

From left back to Front Mr CK Zondi , Mrs. C.N Mthiyane , Mr. J.M Dlamini
Mrs J.T Mkhize , Ms. V Govindasamy



Mr Q.D Mgobhozi (In the centre)the retiring staff member.



Mr S.D Simelane (ANM) handing gift to exiting Staff Ms Z. Zondi



Mr S.D Simelane (ANM) Handing a gift to exiting staff Mr. S Zondi

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