



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA

FORT NAPIER HOSPITAL

FORT NAPIER

NEWS

STAY INFORMED

11/2024

MEET FORT NAPIER'S NEW HOSPITAL BOARD



Fort Napier Hospital Management and the new Board

KZN Health Act, 2009, Chapter 9 provides for the establishment of Hospital Boards in KZN . Hospital Board are appointed through a formal selection process. All applications are screened at Head Office HRM Unit, recommendation are made through a submission to the MEC for Health . The Appointment of Board is subject to the recommendation of the MEC for Health.

On the 15 May 2024 Fort Napier Hospital management warmly welcomed their new hospital board. The new board is made up of a wealth of experience, ranging from finance, legal, nursing , accounting , teaching and to policing. The primary function of the new board will be to provide hospital oversight. To oversee the administration of human resources, financial resources, assets, facilities and the general affairs of the hospital. To report any maladministration to the office of the MEC and to perform the functions and carry out the duties and responsibilities as imposed in the kzn health Act, 2009.

The First meeting was a great success , both the Hospital Board and Management agreed to make effort in ensuring the hospital achieves its goals.

WORLD MENTAL HEALTH DAY CELEBRATION



Exco with the Provincial management team



L-R Mrs. X Ngcobo (Social Worker) and Principle Psychologist Mrs. A Kramers .



Standing- Dr Hongo - thanking the hospital for taking exceptional care of our patients.

On the 16 October 2024 Fort Napier hospital commemorated World Mental Health Day . As a Forensic psychiatric hospital we took the opportunity to educate the members of the public , families of our patients and internal staff on the different kinds of mental health conditions.

In South Africa Mental health disorders share common features with the major non-communicable diseases as well as infectious diseases such as HIV/AIDS and tuberculosis, all being chronic diseases, often co-occurring and requiring continuous management and monitoring. The WHO therefore recommends an integrated healthcare system, catering for people's overall healthcare needs, as an efficient way of preventing and managing mental disorders and other chronic diseases

Our mental health day was planned as result of the many failed LOA. So It was important that we invite the families of our patients come into the hospital and to let our MDT educate them the management of their family members.

The programme began with a prayer and welcome from our CEO followed by presentations from the multi disciplinary teams . The multi disciplinary team were made up of our clinician psychologist , the medical officer , the pharmacist , the social worker, the occupational therapy and the nursing staff. The programme end with a testimony from one our patients who spoke on the importance of staying sober and behaving once you have been rehabilitated and discharged. He also emphasized the point about going out and find something to do with your life . He (the patient) now runs an internet café .

HOPE AND UNITY FILLED THE AIR AT HARRY GWALA NURSING CAMPUS



Fort Napier Hospital Management and Staff at Harry Gwala Nursing Campus



Students, staff and all visitors who attended the event participating in aerobic exercises.



Posters held by a participants during symbolic walk around campus grounds.

Mental health is a vital part of our well-being and a growing concern in South Africa. Around 60% of children and youth, and over 70% of adults struggle with stress and emotional difficulties. July is the Psycho-social Disability Awareness Month, it is important to recognize and bring awareness about mental health challenges and reduce the stigma of mental illness that affects millions of people not only in South Africa but worldwide.

On the 17th of July 2024, at 12 pm, the Harry Gwala Nursing Campus in Pietermaritzburg came alive with a powerful mental health awareness campaign. The sun shone bright as students, staff, and local organizations gathered to share stories, support one another and break down barriers surrounding mental health.

The day began with a lively aerobics session, followed by a symbolic walk that wove its way through the campus. The air was filled with laughter, music and the sound of footsteps united in a common purpose. As the crowd gathered the sense of unity was evident.

At the event, we sold items made by our patients at Fort Napier Hospital, including beautiful aprons, pillows, handbags and fresh organic spinach, each a testament to their creativity and resilience. As attendees explored the exhibits, conversations flowed freely, and connections were forged. Strangers became friends and shared an understanding that mental health affects us all.

The campaign was a beacon of hope, a reminder that we are not alone in our struggles. Mental health is a journey we all take together and together we can make a difference one step at a time. The event was a great success, leaving a lasting impact on all who attended. Story by Mmeliwezwe Masondo

CELEBRATING HERITAGE DAY



Hospital staff in their cultural attire



Matron Mabea presenting certificate to the Heritage day participants

Fort Napier hospital has a very diverse cultural heritage which includes Hindus , Muslims , Christians.

On the 25 September 2024 Fort Napier celebrated its Heritage day events. The event was planned in such way that all the wards and departments would have cultural items to perform and stalls to sell cultural food on the day . Ward 9B did ingoma , ward 15 did a Hindu dance , ward 5 did poetry , ward 9A prepared a traditional meal to sell , ward 8 did a Zulu dance and wards 1 ,6 ,7 ,10B all did a Zulu dance and some of them also had stalls.

Exco with the administration staff did a cultural dance item, the day was well spent . The wards with best cultural performance were all awarded certificates of participation .

The day ended with staff sharing meals that they had bought from

HERITAGE DAY PHOTO GALLERY



HERITAGE DAY PHOTO GALLERY



AWARDING CERTIFICATE TO ALL HERITAGE DAY PARTICIPANTS



WELLNESS DAY



Wellness Day attendees



L-R Noumsa Mtshali who the a price from Virgin active



Wellness Day aerobic session

Get at least 150 minutes of moderate aerobic activity. Or get at least 75 minutes of vigorous aerobic activity a week. You also can get an equal combination of moderate and vigorous activity. Aim to spread out this exercise over a few days or more in a week.

For even more health benefits, the guidelines suggest getting 300 minutes a week or more of moderate aerobic activity. Exercising this much may help with weight loss or keeping off lost weight. But even small amounts of physical activity can be helpful. Being active for short periods of time during the day can add up and have health benefits.

On the 23 April 2024 Fort Napier hospital held its wellness day. The day began with a presentation from our guest speakers from Virgin active , uMgungundlovu and Old mutual .

The staff there after had tense aerobic exercise with Samkelo Ndlovu from Virgin Active .

There was also a talk from Njabulo Madlala from uMgungundlovu district office. He did a presentation on mental health and breaking the stigma among staff in the workplace. He encouraged staff who are having challenges with mental health to seek professional help early.

The day ended with Virgin Active awarding staff prizes who did well in the aerobics training exercise.

HEALTH AND SAFETY EVACUATION DRILL



Fort Napier health and safety audit team with Mrs. N Mkhize (center) from the Msunduzi Fire department



Health and Safety audit team

Fire drills allow staff and patients to practice evacuation procedures in a simulated situation to ensure they are fully aware of how to safely exit the building in an emergency.

The more familiar staff and patients are with fire drill procedures, the higher the chance that staff remain safe and well during an emergency. Regular fire drills will help to underpin the correct procedures, removing panic and uncertainty for all concerned.

Fire drills are also an important opportunity to analyze how effective the evacuation procedure is and how effective the exit routes are, so that changes can be made to improve the strategy in the future.



Fort Napier staff during the evacuation drill

On the 24 July 2024 Fort Napier hospital conducted its mock ward and department fire drills. The drill was led by our health and safety officer Mr. Mkhaliphi and Mrs. N Mkhize from the Msunduzi fire department. The drill started at ward One and moved to medical department and ended up at pharmacy. In both the ward and departments staff and patients were successfully evacuated within specified time frame.

The health and safety officer would like to thank management and staff for participating in this exercise.

GLOBAL HAND HYGIENE DAY CELEBRATION



Sr Reddy IPC Manager giving a talk on the importance of Hand Hygiene



Winner of the Hand hygiene poster



The judges of Hand Hygiene posters

Health Care Associated Infections are among the most frequent adverse events occurring in the context of health care delivery . The washing of hands saves millions of lives every year when performed at the right times in health care . The 5th of May annually marks global hand hygiene day.

All facilities/ hospitals must participate in the global hand hygiene day. The theme for this year is promoting knowledge and capacity building of health care workers through innovative and impactful training and education on infection prevention , including hand hygiene.

On the 15 May 2024 Fort Napier hospital celebrated its Global Hand hygiene day. Each ward was to design an informative , innovative poster/ reminder that promotes hand hygiene for staff and patients. Poster were to be presented on the 15th May 2024 Presentation of the poster had be a maximum of 5 minutes only . External judges were present and awarded the top 3 posters which best represented in this year theme.

CELEBRATING SPRING DAY

1st September 2024 Fort Napier staff celebrated spring day and this was part of a fund raising drive to raise monies for the fort Napier events committee. The staff were dressed very beautifully .



Management and Staff celebrating Spring Day

WOMEN'S DAY CELEBRATION



L-R the Hospital CEO Ms F.N Mokwena with Ms S.P Ndlovu HRM (far left hand side handing over a token of appreciation to Ms Happy (center) the women 's day guest speaker.



Women attending the Women's Day Celebration



Event committee with the winner (center)of woman's day raffle

Wellness is a holistic concept referring to physical , psychological , emotional, so- cial , financial and spiritual wellbeing .

Wellness is not a destination but a continu- ous journey of your life time.

These are the critical point to note to set motion in your life

•**A. Have insight of your wellbeing:** Be mindful of your state of being.

•**B. Physical Wellness:** Nourishing your body through healthy eating, exercise, and self-care.

•**C Mental Wellness:** Cultivating a posi- tive mindset, managing stress, and protect yourself from negativity.

•**D Emotional Wellness:** Understanding and expressing emotions, building resili- ence, and fostering meaningful relation- ships.

•**E. Spiritual Wellness:** Connecting with your values, purpose, and beliefs, and finding meaning and fulfilment. GRATI- TUDE

•**F. Social Wellness:** Building strong rela- tionships, communicating effectively, and contributing to your community.

•**G Occupational Wellness:** Finding pur- pose and fulfilment in your work or activi- ties, and maintaining a healthy work-life balance.

•**H. Financial Wellness:** Managing your finances effectively, reducing stress, and achieving financial security.

D Self-Care is an individual decision, and we are responsible for our self care.

Women Day was held on the 22 Septem- ber 2024 and 98 employees attended.

MATRON GIBIXEGO FARWELL PARTY

The 26 June 2024 Fort Napier hospital management and staff bid farewell to Matron Gibixego. It was a great celebration. Fort Napier management and staff would like to wish her all the best in her future endeavors.



DR A.L MBHELE FARWELL PARTY

The 31 October 2024 Fort Napier hospital management and staff bid farewell to Dr A.L Mbhele. It was a great celebration. Fort Napier management and staff would like to wish him all the best in his future endeavors.



ACKNOWLEDGEMENTS



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