



health

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

# FORT NAPIER HOSPITAL

# FORT NAPIER

# NEWS

## STAY INFORMED

10/2020

# CEO'S CORNER

Fort Napier Hospital, like all institutions started the new financial year 2020/2021 on the back foot due to the COVID -19 pandemic. In light of such negative narrative, it is important to salute all frontline workers who demonstrated high degree of professionalism and patriotism during the unprecedented scourge of the invisible enemy. Fort Napier Hospital Management also want to pay special tribute to our leadership collective at the provincial tier of governance, Umgungundlovu District and organized labour who provided guidance when needed the most. It would be naïve to ignore challenges encountered as we navigated such an unusual trajectory but the unity and solidarity that prevailed was instrumental in mitigating the extent of casualties. The current declining trend of COVID 19 infections are reassuring but it is not the time to lower our guards considering the possibility of a second wave of the pandemic.



**Mr S.B Mthethwa : CEO**

While as an institution we find these developments disagreeable, one must also appreciate the lessons learnt to improve our strategies in handling some of our stubborn governance challenges. The pandemic reminded the institution of the National Health Insurance imperatives and the urgency of fast-tracking its programs thus ensuring universal health. Another lesson relates to the importance of the 4<sup>th</sup> Industrial Revolution and the benefits thereof regarding its cost-effectiveness compared to traditional model of convening mass meetings. Indeed the storm isn't over but our resilience during the past months has lifted the spirits and resolve among the sons and daughters of the soil.

Fort Napier Hospital Management will continue to strengthen communication with organized labour, communities and all other critical stakeholders to ensure an enabling environment for better outcomes. Unfortunately COVID -19 pandemic robbed us of our traditional celebrations of Mental Health Awareness months in July and October but we used technology to reach communities with a theme: **"Mental Health for all: Greater Investment-Greater access"**.



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**IPC— PROPER HYGIENE DURING COVID 19**  
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# COVID 19 PSYCHOSOCIAL SUPPORT

The COVID-19 pandemic is a major threat both to the physical and mental well-being of entire societies who are currently facing these diseases.

During this difficult time, it's important to continue looking after your physical and mental health. This will not only help you in the long-term, it will also help you fight COVID-19 if you get it, below is a COVID 19 mental health support guide:-

- First, eat a healthy and nutritious diet, which helps your immune system function properly.
- Second, limit your alcohol consumption, and avoid sugary drinks.
- Third, don't smoke. Smoking can increase your risk of developing severe disease if you become infected with COVID-19.
- Fourth, exercise. WHO recommends 30 minutes of physical activity a day for adults, and one hour a day for children.
- Fifth, look after your mental health. It's normal to feel stressed, confused and scared during a crisis. Talking to people you know and trust can help.
- If your local or national guidelines allow it, go outside for a walk, a run or a ride, and keep a safe distance from others. If you can't leave the house, find an exercise video online, dance to music, do some yoga, or walk up and down the stairs.
- If you're working at home, make sure you don't sit in the same position for long periods. Get up and take a 3-minute break every 30 minutes.
- Supporting other people in your community can help you as much as it does them. Compassion is a medicine.
- Listen to music, read a book or play a game.

### You can reduce your chances of being infected or spreading COVID-19 by taking some simple precautions:

- Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water. Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.
- Maintain at least 1 metre distance between yourself and others. Why? When someone coughs, sneezes, or speaks they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person has the disease.
- Avoid going to crowded places. Why? Where people come together in crowds, you are more likely to come into close contact with someone that has COVID-19 and it is more difficult to maintain physical distance of 1 metre .
- Governments should encourage the general public to wear a fabric mask if there is wide-spread community transmission, and especially where physical distancing cannot be maintained.
- Avoid touching eyes, nose and mouth. Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and infect you.
- Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately and wash your hands. Why? Droplets spread virus. By following good respiratory hygiene, you protect the people around you from viruses such as cold, flu and COVID-19.
- Stay home and self-isolate even with minor symptoms such as cough, headache, mild fever, until you recover. Have someone bring you supplies. If you need to leave your house, wear a mask to avoid infecting others. Why? Avoiding contact with others will protect them from possible COVID-19 and other viruses.
- If you have a fever, cough and difficulty breathing, seek medical attention, but call by telephone in advance if possible and follow the directions of your local health authority. Why? National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.

## IPC– PROPER HYGIENE DURING COVID 19

To protect yourself and others against COVID-19, clean your hands frequently and thoroughly. Use alcohol-based hand sanitizer or wash your hands with soap and water. If you use an alcohol-based hand sanitizer, make sure you use and store it carefully.

- Keep alcohol-based hand sanitizers out of children’s reach. Teach them how to apply the sanitizer and monitor its use.
- Apply a coin-sized amount on your hands. There is no need to use a large amount of the product.
- Avoid touching your eyes, mouth and nose immediately after using an alcohol-based hand sanitizer, as it can cause irritation.
- Hand sanitizers recommended to protect against COVID-19 are alcohol-based and therefore can be flammable. Do not use before handling fire or cooking.
- Under no circumstance, drink or let children swallow an alcohol-based hand sanitizer. It can be poisonous.
- Remember that washing your hands with soap and water is also effective against COVID-19.

### # JERUSALEM DANCE CHALLENGE

The #Jerusalem Dance Challenge began in February 2020, as the Covid-19 locked up most African countries. The Honorable President Mr. Cyril Ramaphosa called upon all south Africans to participate in this dance challenge .

Fort Napier Hospital’s dance challenge was organized and coordinated by our Clinical Psychologist Mrs A Kramers. The rehearsal took place at our staff parking area . Once we had perfected the dance move , we were ready to take a video and upload onto the department of Health web-site for the #Jerusalem Dance competition . The dance challenge was a good stress reliever for all and a good team building exercise .

In our district , Umgungundlovu we came in 5th place for the dance challenge competition with a score point of 105 votes.



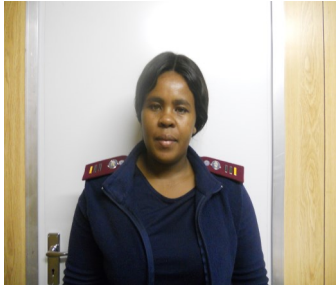
Clinical staff with placards practicing for the challenge



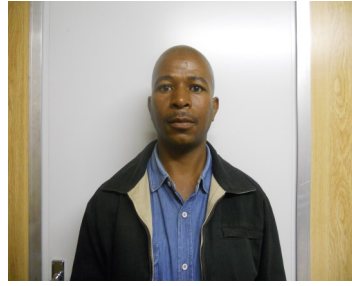
Nursing staff dancing to the challenge



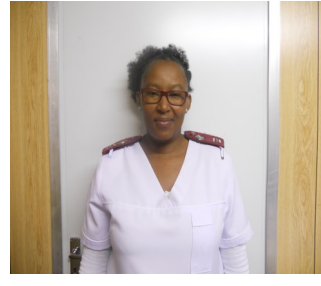
## RECENT APPOINTMENT



**Z.P Ngidi**  
(P/N)



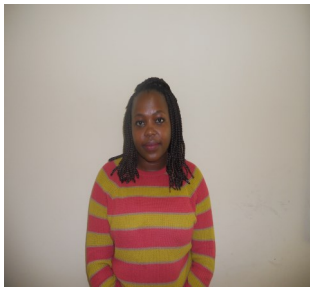
**S.R Madlala**  
(S.C.C)



**N.G Mbambo**  
(P/N)



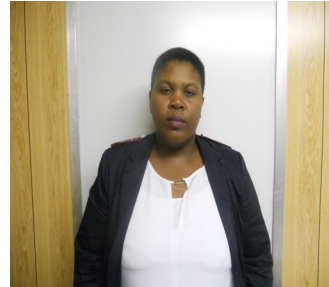
**V. Naidoo**  
HR Supervisor



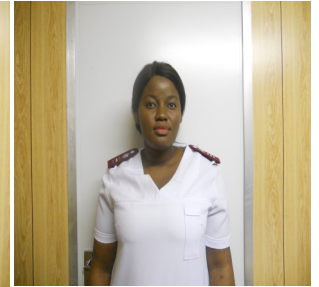
**P.N Duma**  
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**C.T Dlodla**  
(P/N)



**N. Shabalala**  
(P/N)



**N. Manyoni**  
(P/N)



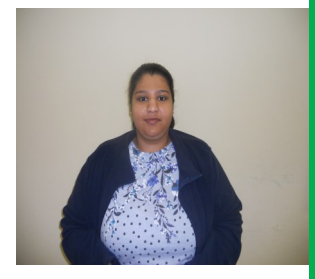
**N. Khanyile**  
(P/N)



**N. Kunene**  
(P/N)



**S.B Bhengu**  
(P/N)



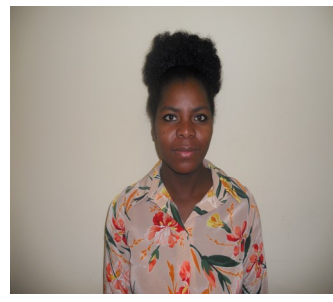
**S. Abdullah**  
Administration Clerk



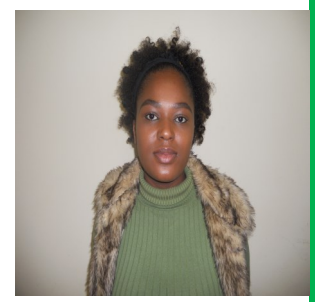
**S.S Moloi**  
Administration Clerk



**Z.P Makhaye**  
General Orderly



**N. Shezi**  
General Orderly



**S.S Mhlaluka**  
General Orderly

## RECENT APPOINTMENT



P. T Msibi

**General Orderly**



T.L Shezi

**General Orderly**

## MORE # JERUSALEM DANCE CHALLENGE PHOTOS





# ACKNOWLEDGEMENTS



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