



FORT NAPIER

NEWS

STAY INFORMED

09/2021

INTERNATIONAL NURSE'S DAY

On the 12 May 2021 Fort Napier Hospital celebrated its International Nurses Day with the theme "Nurses: A Voice to Lead – A vision for future healthcare". The theme is set by the International Council of Nurses (ICN) and has the objective of showing how nursing will look in the future as well as how the profession will transform the next stage of healthcare.

This year's celebration was small and took place at hospital's boardroom in the form of a virtual meeting. The meeting was hosted by DENOSA in partnership with the Department Of Health. The meeting discussed the vision of the future healthcare system and how to overcome the current challenges it faces in light of COVID 19

The meeting ended with the lighting of candles and the reciting of the nurse pledge. The nurses also received goodie bags.



Candle lighting Session At The Boardroom For Nurse's Day



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NEW PRISON VACCINATION DRIVE

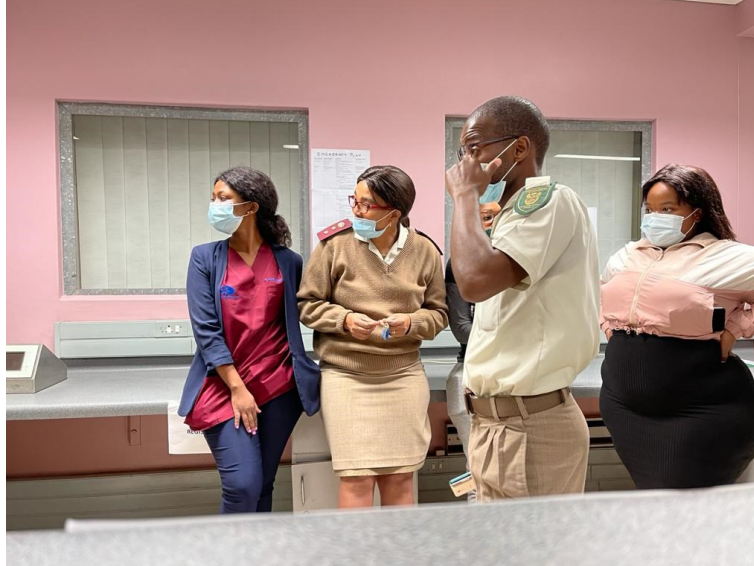


A Joint Multi Disciplinary Team Made Up Of Fort Napier Hospital and New Prisoner Staff

Fort Napier Hospital and New Prisons staff have been holding joint meetings and training on how they will go about vaccinating the Kwa Zulu - Natal prison population. Since the beginning of May to September 2021, the Fort Napier Hospital staff has vaccinated more than 2077 prisoners from different prisons throughout KZN. The table below will give you an illustration on the total number of prisoners vaccinated by Fort Napier Hospital staff. Well done Fort Napier Team.

Facility ID	Province	District	Subdistrict	Facility	Vaccine Site	Currently Closed	Total Vaccinations
53873	KwaZulu-Natal	uMgungundlovu DM	Msunduzi LM	Fort Napier Hospital	Fort Napier Hospital	No	224
53873	KwaZulu-Natal	uMgungundlovu DM	Msunduzi LM	Fort Napier Hospital	Covid-19 Vaccination Outreach 1 - Pmb Med A Corr	No	1787
53873	KwaZulu-Natal	uMgungundlovu DM	Msunduzi LM	Fort Napier Hospital	Covid-19 Vaccination Outreach 2 - Sevontein Corr	No	25
53873	KwaZulu-Natal	uMgungundlovu DM	Msunduzi LM	Fort Napier Hospital	Covid-19 Vaccination Outreach 3 - New Hanover Corr	No	20
53873	KwaZulu-Natal	uMgungundlovu DM	Msunduzi LM	Fort Napier Hospital	Covid-19 Vaccination Outreach 4 - Ixopo Corr	No	4
53873	KwaZulu-Natal	uMgungundlovu DM	Msunduzi LM	Fort Napier Hospital	Covid-19 Vaccination Outreach 5 - Pmb Med B Corr	No	17

VACCINATION DRIVE PHOTO GALLERY



 KwaZulu-Natal Department of Health

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**GROWING
KWAZULU-NATAL
TOGETHER**

HUMAN RIGHTS COMMISSION VISIT



(L-R) Mr N Mtolo (HRC) and Sr Naidoo (OM)

Hospital Managers and HRC team

The mission of the South African Human Rights Commission (SAHRC), as an independent national human rights institution, is to support constitutional democracy through promoting, protecting and monitoring the attainment of everyone's human rights in South Africa without fear, favour or prejudice.

The mandate of the Commission is to 1) promote respect for human rights and a culture of human rights 2) promote the protection, development and attainment of human rights 3) monitor and assess the observance of human rights 4) investigate and report on the observance of human rights 5.) take steps and secure appropriate redress where human rights have been violated 6) carry out research 7) educate 8) require relevant organs of state to provide the Commission with information on the measures that they have taken towards the realization of the rights in the Bill of Rights concerning housing, health care, food, water, social security, education and the environment; and carry out the additional powers and functions prescribed by national legislation.

On the 13 August 2021 the Human Rights Commission made an unannounced visit to Fort Napier Hospital . The purpose of the visit was to check if the hospital is compliant with Human Rights of the Mental Health Care Users . A meeting was held with Mrs. TN Ngcobo, acting CEO of the hospital, regarding the overview and the different classification of Mental Care Users at the hospital . Four area were identified to be inspected/ visited and those four areas were Wards 9A ,9B , 15 , the kitchen and pharmacy .

After the inspection the Human Right Commission had a debriefing with acting CEO Mrs TN Ngcobo to provide feedback. The Commission found that the hospital was compliant with the rights of the Mental Health Care Users . There were some area of concern. The kitchen had some broken equipment and there was a shortage of staff . The hospital had very limited internet connectivity .

EAP - STRESS MANAGEMENT



Wellness Day : Staff enjoying massage from Maima Spa

Stress is a feeling of being under abnormal pressure. This pressure can come from different aspects of your day to day life, such as an increased workload, a transitional period, an argument you have with your family or new and existing financial worries. You may find that it has a cumulative effect, with each stressor building on top of one another. During these situations you may feel threatened or upset and your body might create a stress response. This can cause a variety of physical symptoms, change the way you behave, and lead you to experience more intense emotions.

On the 02 September 2021 Maima Spa visited Fort Napier hospital to offer our staff massages. The massages was part of the stress management presentation . The event was a welcome stress reliever for staff during COVID 19 .

THANKING NURSES FOR THEIR HARDWORK DURING COVID 19

Fort Napier Hospital would like to thank Care For Life for donating gift hampers to our nursing staff . The gifts will inspire our nurses, that their fight against COVID 19 is appreciated.

Caring For Life is a Christian charity established in 1987 to "Share the Love of Jesus" with at-risk and hurting people, including those who are homeless.

Caring For Life provides for those who have "fallen through the net", often having no other supportive person or agency in their lives. They seek to meet a person's needs in a holistic way, rather than tackling one presenting need, such as homelessness. They have built up a comprehensive umbrella of support, helping people to adopt a more safe, settled way of life.



Ward 15 staff with their gift hampers from Care For Life

EAP - GENDER BASE VIOLENCE

SAFETY PLANNING FOR ABUSED WOMEN

Whether or not you're ready to leave your abuser, there are steps you can take to protect yourself. These safety tips might be the difference between being severely injured or killed and escaping with your life.

Know your abuser's red flags. Stay alert for signs and clues that your abuser is getting upset and may explode in anger or violence. Come up with several believable reasons you can use to leave the house (both during the day and at night) if you sense trouble brewing.

Identify safe areas of the house. Know where to go if your abuser attacks or an argument starts. Avoid small, enclosed spaces without exits (such as closets or bathrooms) or rooms with weapons (such as the kitchen). If possible, head for a room with a phone and an outside door or window.

Come up with a code word. Establish a word, phrase, or signal you can use to let your children, friends, neighbors, or co-workers know that you're in danger and they should call the police.

Be ready to leave at a moment's notice. Keep the car fueled up and facing the driveway exit, with the driver's door unlocked. Hide a spare car key where you can get to it quickly. Have emergency cash, clothing, and important phone numbers and documents stashed in a safe place (at a friend's house, for example).

Practice escaping quickly and safely. Rehearse your escape plan so you know exactly what to do if under attack from your abuser. If you have children, make sure they practice the escape plan also.

Make and memorize a list of emergency contacts. Ask several trusted individuals if you can contact them if you need a ride, a place to stay, or help contacting the police. Memorize the numbers of your emergency contacts, local shelter,

If you believe you can help your abuser... It's only natural that you want to help your partner. You may think you're the only one who understands him or that it's your responsibility to fix his problems. But the truth is that by staying and accepting repeated abuse, you're reinforcing and enabling the behavior. Instead of helping your abuser, you're perpetuating the problem.

If your partner is in counseling or a program for batterers... Even if your partner is in counseling, there is no guarantee that he'll change. Many abusers who go through counseling continue to be violent, abusive, and controlling. If your partner has stopped minimizing the problem or making excuses, that's a good sign. But you still need to make your decision based on who he is now, not the man you hope he will become.

If you're worried about what will happen if you leave... You may be afraid of what your abusive partner will do, where you'll go, or how you'll support yourself or your children. But don't let fear of the unknown keep you in a dangerous, unhealthy situation.

STOP
GENDER BASED VIOLENCE
against women

NURSES DAY PHOTO GALLERY



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**GROWING
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ACKNOWLEDGEMENTS



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