



health

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

# THE FORT NEWS



, Issue 4

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## INFECTION PREVENTION AND CONTROL DAY

Fort Napier hospital celebrated Infection Prevention and Control week from 15th to 18th October 2012. The IPC team conducted an awareness campaign by visiting all wards and departments in promoting and encouraging adherence to good IPC practices.

Hand washing techniques according to IPC guidelines were assessed to all staff visited. On the 18th October 2012 the IPC Team and the wards organized an event where all wards and department showcased their stalls in terms of IPC. The team devised a tool to measure all participants, those who got a high percentage were given trophies and certificates for their hard work. Sister hospitals such as Umgeni, Townhill and Midlands Hospital were part of the event. The IPC team would like to



Jovial Staff From Ward 9A with a trophy

extend their deepest gratitude to the above mentioned hospital for availing themselves on the event as they played a vital role in scoring the best IPC stall. Furthermore the team thanks management and everyone who availed themselves to the event and contributed to its success.

## From The C.E.O's Desk



Mrs. N.T. Nxaba , C.E.O

We have thank all FHN staff for come to the commitment and the end dedication towards improving the quality of life for our MHC users therefore and our community. May 2013 mark the tidal wave of love,

Happiness and Bright future. Merry Christmas and a Happy New Year.



# Continuation of IPC day Pictures.....



Ward 6 received a certificate for Hand Hygiene



Ward 7 received a certificate for Safe Disposal



Ward 9A received a certificate



Ward 1 staff received a Certificate



Stall from ward 6



Ward 15 staff in their stall



Mr. Chule from Laundry received a certificate



Housekeeping was awarded for participating



# BREAST CANCER AWARENESS

On the 25th of October 2012 Fort Napier Hospital staff members were dressed in pink making an awareness of Breast Cancer. The Health Promotions committee gave pink ribbons to staff members on the day.

## More Information about Breast Cancer:

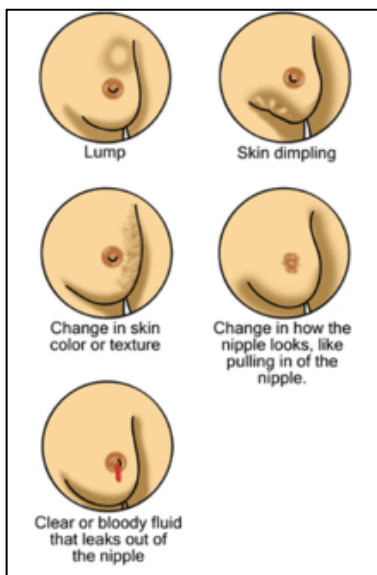
Breast cancer is a type of cancer originating from breast tissue, most commonly from the inner lining of milk ducts or the lobules that supply the ducts with milk. Cancers originating from ducts are known as ductal carcinomas, while those originating from lobules are known as lobular carcinomas. Breast cancer occurs in humans and other mammals. While the overwhelming majority of human cases occur in women, male breast cancer can also occur.

The size, stage, rate of growth, and other characteristics of a breast cancer determine the kinds of treatment. Treatment may include surgery, drugs (hormonal therapy and chemotherapy), radiation and/or immunotherapy. Surgical removal of the tumor provides the single largest benefit, with surgery alone curing many cases. To increase the likelihood of cure, several chemotherapy regimens are commonly given in addition to surgery. Radiation is used after breast-

conserving surgery and substantially improves local relapse rates and in many circumstances also overall survival.

Some breast cancers are sensitive to hormones such as estrogen and/or progesterone, which make it possible to treat them by blocking the effects of these hormones. Worldwide, breast cancer accounts for 22.9% of all cancers (excluding non-melanoma skin cancers) in women. In 2008, breast cancer caused 458,503 deaths worldwide (13.7% of cancer deaths in women). Breast cancer is more than 100 times more common in women than in men, although men tend to have poorer outcomes due to delays in diagnosis.

## SYMPTOMS OF BREAST CANCER



Management leading by example in making an awareness.



Pink was the color of the day



The Health Promotions Committee

## MENTAL HEALTH AWARENESS CAMPAIGN

The Department of Health focuses on making awareness programmes on Mental health, Breast Cancer and other illnesses affecting our community during October each year. On the 10<sup>th</sup> and 12 October 2012, Fort Napier Hospital embarked on outreach programs which was aimed at highlighting Mental Health Awareness. The Health Promotions Team visited Copesville Secondary School located in Copesville township and Gobindlovu High School in Elandskop. Mr Mthethwa

and the team gave talks to learners on various topics such as mental illness, depression, stress management etc. Stalls were set up on the school grounds where the team conducted blood pressure checks, and screening for diabetes and TB.

Mental illness affects many people at different times in their lives. In this day and age it is sad that we are not more open minded or well informed about the illness.

During *Mental Health Awareness Month* professionals, organizations, schools, communities, hospitals and even media outlets must join hands in an effort to raise awareness about mental health and attempt to decrease the stigma that prevents people from getting the help they need.

### **BELOW ARE PHOTOS OF THE EVENTS**



Left: Ms ZP Matiwane and Mrs DB Sabela checking Blood Pressure  
Right: Mr S Mthethwa conducting health education.

Continuation of the pictures





# HERITAGE DAY

Heritage day is a day to celebrate our rich and varied cultural heritage. The day is celebrated throughout the country by staging special events noting our diversity as South Africans. The day is also important in bridging and healing the painful past of apartheid era where South Africans were divided by the government of the day. In celebrating Heritage day Fort Napier Hospital staff conducted an event which showcased our different cultures.

On the day staff members were dressed in their traditional attire. The day was filled with different activities such as Zulu dance, Asian dance and a modeling competition. MHCU's enjoyed the day as they took part in the in a modeling competition and worn some gifts. A day was a true celebration of contributions made by all South Africans in building diverse South African culture which is a rainbow nation.



Zulu Dancer's



From left to right : Sr Govender, Matron Jugmohan, Matron Nolte



It was all about celebrating our different cultures



The winner of the Modeling





Gifts were given to the winners



Musical Item



Attendees to the events



Different traditional food



Modeling Competition participants



Zulu dance by Ward 15 staff



Ladies looking good in their different cultural attire



Judges to the modeling competition



## QUALITY DAY CELEBRATION

On 29 November 2012 Fort Napier Hospital held a Quality Day. Department and Wards actively participated by arranging stalls which reflected their inputs in ensuring quality service delivery, On the day we were graced by the presence of the Hospital Board member, Pastor Anthony as well as Mrs. R Munro, Mrs. M Dlamini from Northdale Hospital who were our guests.

Mrs. R Munro gave a speech which highlighted the importance of quality assurance. She encouraged all departments to play their part in ensuring that quality assurance in uplifted and maintained at a high standard. Department and wards were awarded in different categories after they were judged by the panel of judges.

Management salute all wards and departments that took part to the event and further encouraged all staff to deliver quality care.

**Below are picture of the events:**



**Mrs. V Hlope and Mr. Simelane programme directors.**



**Mrs. N.T Nxaba facility C.E.O**



**Sr Vani Govisamy introducing our guest**



**Mrs. M Dlamini giving results to participants.**



**Our honorable guest receiving a present**





**Attendees to the event**



**Musical item by patients**



**Dr N Raymond giving a vote of thanks**



**Attendees to the event**



**Ward 15 took all trophies**



**Ward 7 received a certificate**



**Stage play by Ward 9 B**



**Ward 1 received two trophies**



**Ward 9A also received a trophy**



**Psychology dept received a certificate**

## World Aids Day Commemoration



World Aids day observed on 1 December every year, is dedicated to raising awareness of the aids pandemic caused by the spread of HIV infection.

The theme for 2012 is "GETTING TO ZERO", which simply means Zero New In-

fections, Zero Discrimination of people living with HIV Aids and Zero Aids related deaths. In ensuring that the national vision is realized, Fort Napier Hospital commemorated World Aids Day on 6 December 2012. The event was organized by the Health Promotions Committee. On the day Dr Gasa gave a speech about HIV/Aids which had an emphasis on abstinence, safe sex, and good nutrition. She also advised all attendees to get tested which will help them to get treated earlier.

Ms Myeni gave a speech which focused on giving hope to people living with Aids or affected by HIV/ Aids. She also encouraged attendees to get more information about the importance of HIV /AIDS support groups. Ms Myeni supported Dr Gasa's speech by emphasizing that good nutrition and exercising is very important to people living with AIDS.

A stage play was conducted by the Health Promotions members which showcased how HIV AIDS can be easily spread if people are negligent. Attendees also lit candles in commemorating all people who have lost their lives through HIV/AIDS.



**Dr Gasa receiving a gift from Mrs. Khumalo**



**Mrs. Sikhosana giving a gift to Ms T Myeni**





Pic1: Mrs. Wilkes opening the event and welcoming guests, Pic 2: Dr. Gasa delivering a speech about World Day, Pic 3: Ms T Myeni delivering a speech, Pic 4: Mr. Pillay from Gift Of the Givers.



HEALTH PROMOTION COMMITTEE



A play was showcased on how HIV/AIDS is spread



WE MUST ALL STRIVE TO REACH ZERO INFECTION