

DIFFERENT CULTURES ONE WORKPLACE



Inside this issue:

PMTCT 2-3

HERITAGE DAY 4

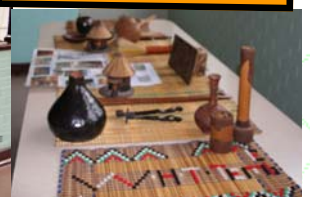
BIRD EYE VIEW 5

WOMEN'S MONTH PRAYER 6

BACKWEEK 7

PHARMACY 9

SPORTS 12



INCREDIBLE RESULTS OF PMTCT Dual Therapy

In February 2008, two years after the release of the dual therapy guidelines by the WHO, the South African National Department of Health followed suit with the release of guidelines that incorporated the use of AZT twice a day from 28 weeks and the use of single dose nevirapine and 3 hourly AZT at the onset of labor. The newborn subsequently receives a single dose of nevirapine at birth and either seven or twenty-eight days of AZT, thereafter. Prior to this date the standard of care for PMTCT in SA, was single dose nevirapine to both mother and baby.

The dual therapy role out, in April 2008, in King Edward was a rocky start. But with the support of the PMTCT 20 000+ partnership, KE8 Hospital was able to overcome many hurdles along the way.

The 20 000 Plus Partnership was launched in April in 2008 to improve PMTCT in hospitals and clinics in three districts in Kwa-Zulu Natal – eThekweni being one of them. Multi-disciplinary improvement teams involving both frontline workers and management were convened in health care facilities in various districts. In KE8H, fortnightly meetings are held in Antenatal Clinic, where statistics are discussed and problem areas are identified.

The KE8H task team (comprising of role players from the antenatal clinic, the labor ward, the postnatal wards and nursery) piloted multiple changes targeting key PMTCT processes occurring in these tar-



Dr Nadia Nair
P.M.O—Nursery Department

geted areas. Our goals focused on utilizing available resources more efficiently.

Below are examples of changes implemented:

One of the most challenging issues with the PMTCT Dual therapy programme was health care worker education. And with a dedicated

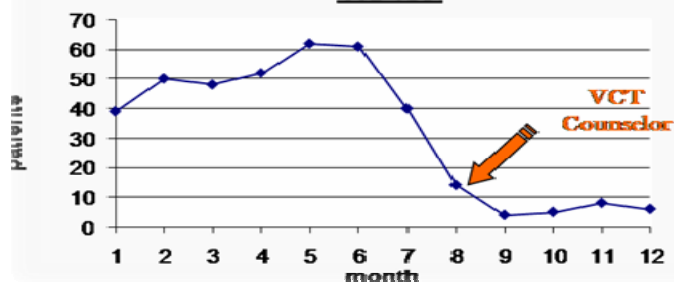
tently, receive orientation into the programme

Analysis of weekly statistics of AZT dispensation and newborn HIV exposure reflected that, for numerous reasons, a large number of babies had an unknown HIV exposure status and were not getting the full benefit of dual therapy. One contributing factor identified was that lay counselors were not being rotated through the nursery and through a well coordinated and integrated system that involved active VCT efforts by the all the Obstetric and Nursery lay counselors and nursing staff, HIV exposed infants were identified and salvage therapy was then administered. (Refer to Figure 1)

To assist with the prescription, dispensing and administration of AZT to infants, dose and duration specific pre-packs of AZT were requested for from our pharmacy. This also simplified the record

keeping of AZT dispensation, and improved data collection from both the nursery and postnatal wards.

Number of Unknown HIV Statuses in Nursery for 2008



team of doctors from the Paediatric Department, we able to train over 200 healthcare workers, from pharmacists to radiographers, over a period of 9 months. Training has been ongoing, and new staff members working in this field, consis-

PMTCT Dual Therapy...

One of the most important indicators of how the Dual Therapy PMTCT programme achieves its goal, in our hospital, is reflected in the number of babies that are infected with HIV at 6 weeks of age.

An audit of the HIV exposed infants in the KE8H neonatal follow up clinic, which runs every Thursday in POPD, has revealed that the rate

of transmission has dropped significantly in the Dual therapy era,

when compared to the single therapy era, in King Edward. The mother-infant pairs, that are followed in this clinic usually have multiple other problems and the infants are generally at a higher risk of HIV infection at birth. These rates of transmission though not as low as what is quoted in the litera-

ANC and deliver in our labor ward. (See Figure 3) It should be therefore be noted that the rates seem somewhat higher than expected. The rate of transmission dropped from 27% (when no ARVS were offered to positive mothers to 9.5% when dual therapy was offered.)

There are always ongoing challenges which our team faces on daily basis. But there is no doubt that the Dual Therapy programme has made a significant impact in HIV transmission in our setting - almost halving the rate seen during the single therapy era. It will be of great interest to see how PMTCT will evolve in KE8Hospital in the next few years, as policies start focusing of the treatment of the pregnant women with higher CD4 counts.

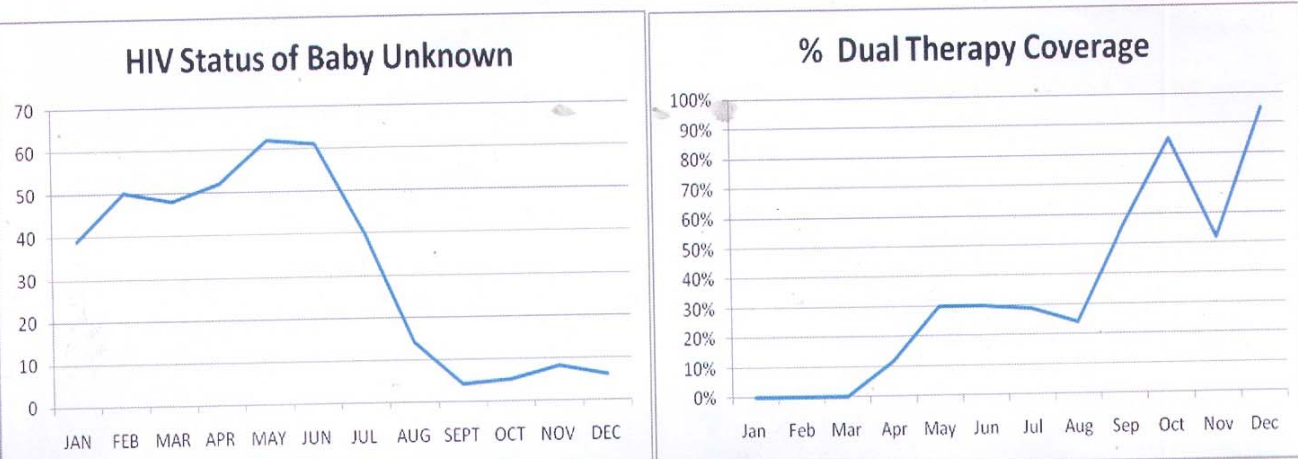
Figure 3. Infant Transmission Rates from The Neonatal Clinic for period ending Nov 2009

ARV Strategy	Rate of transmission (in 414 infants)
None	27%
Single (NVP)	16.9%
Dual (NVP and AZT)	9.5%
Mother received HAART	4.6%

ture, serves as a reflection of the very sick mothers that attend our

Incredible Results from King Edward Hospital!

Extract from UKZN Publication



The nursery at King Edward Hospital had many babies admitted to the nursery without a known HIV status. This prevented them from receiving salvage ARV treatment. The nursery team asked one of the counselors to come through and see that all moms had been tested. This simple change dramatically reduced the number of babies with unknown HIV status and increased those eligible for salvage treatment! When dual-therapy was introduced the staff in the Labour Ward noted there was no way to know which babies needed AZT post-delivery. The staff kept close stats of all exposed babies and worked with the pharmacy to pre-pack AZT syrup according to baby weight. This has improved DT coverage to 95%!!!

HERITAGE DAY CELEBRATION

“Different cultures one workplace.”

It feels good when you know where you come from and it makes it easier to know where you are heading. September was Heritage month, King Edward VIII Hospital embarked in a Heritage Day celebration on the 23rd September 2009. This event was held at the Jubilee Hall where every employee was during this celebration. Different cultures in the Hospital were celebrated. The main aim for the event was to highlight the importance of respecting each others cultures and knowing your roots, hence the term “back to my roots”. Different cultures had



Above: Sr. Mkhize rejoicing with colleagues. Below: Mr Bhekiswayo and excited staff members



their corner displayed with cultural decorations and indigenous foods. King Edward VIII Hospital staff and management had a glorious day, there was traditional dances and prayers through out the whole event. King Edward Hospital showcased all their talent and showed how we relate to each other each and everyday no matter which culture or religion you may fall under. To the events committee, staff and management of the Hospital we would like to extend our gratitude for making this event possible.

EDITORIAL TEAM

Welcome to another edition of Ezasekhangela, its been an amazing and challenging year for KEH. There has been activities that also made us wonder how did we achieve such in our hospital. This edition is filled with educational materials, events and lots more. These few months we focused more on pharmacy week and back week which was very educational to the whole institution. Then we focused on Heritage day which was a glorious day for our staff, it was a way of giving back to the staff since they are the ones who take care of patients and no one returns the favour to them. Here at King

Edward we always encourage respect of each other’s cultures and treat them as equal and important. EzaseKhangela has come a long way and we would like to encourage staff members to continue supporting, showing interest in the publication and thank all those who made this publication a success. If there are Events happening and any gatherings you consider to be newsworthy kindly inform the PRO’s office.

Noma Khoza: PRO-Intern

Please forward all your inputs, comments and suggestions to:

Public Relations and Communications Department.
Office No3, Admin Block
Corner of Sydney & Rick Turner Road
Private Bag X02, CONGELLA 4013
<http://www.kznhealth.gov.za/kingedwardhospital.htm>

BIRD EYE VIEW

The year 2009 has been a very challenging one for optimal health care service delivery in our hospital specifically and dept of health in general. We thank God that at least we are still alive to carry on with our demand which is **“together we can delivery a quality health care service”**.

The soul and spiritual festival we held this year organized by Hospital Christian Fellowship (HCF) reminded all of us about the importance and presence of God in our workplaces hence our motto **“ My workplace My responsibility”**.

During the month of September we together celebrated the recognition of different cultures and the promotion of cultural tolerance. In recognition of the diversity of our workforce we coined the theme **“ many cultures one workplace”**. It was so refreshing to see many of our employees enjoying the day. We encourage others to find time and be part of these celebrations because they significantly contribute to employee wellness.

Our quality assurance open day is fast becoming an eagerly awaited event in our

hospital calendar. The organizing team did not fail us; participants were marvelous in their different activities. Best performing depts., units and individuals were honored accordingly. Thank you very much to all those who sponsored the event and to the district quality assurance unit for their dedicated support.

Living is at all times controlled by some unknown forces of nature so we too as the employees of this hospital affected by these forces. We are ending the year with less staff members than we started. To all those whom the Almighty God have called to eternity we missed them and pray that their souls may rest in peace.

On 1st December we converged in our numbers to have a human chain prayer in remembrance of all those workers who passed on as a result of AIDS. **“ I am responsible, We are responsible , South Africa is taking responsibility”**. We thank the support group that is working with us at our Philani Clinic for the wonderful work they are doing. The care and support they give to all affected and infected individuals and families, is highly commendable.

One unknown writer once said **“ Treat your friends as you do your dearest possessions- place them in their best light”**. So as we plan our vacation holidays to rest with our families let us remember those who are less fortunate, do not have families, who have nothing in their grocery cardboards, sleep in cold floors of city pavements and parks by extending a hand of giving. Baba Mandela once wrote that **“We are born of a giving nation always ready to embrace others”**.

On behalf of the senior management and extended management teams I take this time to say thank you to all our good employees for their dedication and selfless sacrifice they are making. Let us not be derailed by small/ unimportant things from main focus.

I wish all our patients speedy recovery.

To all our employees; have a wonderful Christmas holidays and all the best for the new year.

Food for thoughts

“Nothing is permanent in this wicked world- not even our troubles” Oliver Tambo

UMKHULEKO UNAMANDLA

Omama boMnyango wase gumbini lezingane (Paeds) esbhedlela sakwa Khangela bahlanganyele noMama bonke emkhulekweni wokukhala kunkulunkulu ngezinkinga ezikhungethe umphakathi kanye nezwe lonke. Kwezinye izinto ezazikhulekelwa kubalwa; izidakamizwa, izifo ezingalapheki, ukubhidlika kwemishado. Omama besililo bakwenza lokhu ngokuzinikela futhi okwajabulisa ukuthi benza njengoba lisho izwi ukuthi umama makafundise indodakazi yakhe ukukhala kuJehova, ngoba nodadewethu abanga bona omama babe khona kulombuthano.

"UMFAZI OHLAKANIPHILE UYAYAKHA INDLU YAKHE KODWA OYISIWULA UYIBHIDLIZA NGEZANDLA ZAKHE"

Lenkonzo yayinesibusiso ngendlela emangalisayo ngoba noma ubani owayekhona wayezizwela ubukhona bukaNkankulunkulu.



King Edward staff singing praises during the service



1. Women from the KwaShembe Church.
2. Pastor Ntshangase
- 3,4&5 Staff members Singing and praying.



"Blessed is the man who makes the LORD his trust."
Psalms 40:4

BREAK THE CHAIN OF INFECTION



Kimberly Clark rep showing staff member how to wash hands.

Infection Prevention and Control awareness was held on the 29 September 2009 at the Physiotherapy lecturer room. People were educated on the importance of washing hands regularly and how to prevent the spread of infections on a daily basis. King Edward VIII Hospital and the Infection Con-

trol staff would like to send their sincere gratitude to Kimberly Clark and Capitec Bank who



Sr. Mfeka during her educational talk.

helped during this event.

BACK WEEK AWARENESS



One very powerful way of controlling your back pain is to do daily range of motion exercises, putting your back through full movement several times a day. This prevents stiffness developing and stretches all the attached muscles, making them less vulnerable to sudden demands.



The Physiotherapy department embarked on a back week awareness campaign from the 7th to the 11th September 2009, these awareness's include awareness on Neck and Back Care/ Exercise Demonstrations/ Ergonomics / Correct Posture. Different departments participated.



TEN REASONS WHY YOU SHOULD EXERCISE REGULARLY

1. **Muscle Strength** - exercise helps to strengthen your muscles.
2. **Joint Mobility** - prevent stiffness in your joints.
3. **Fitness** - exercise increases your heart rate and can improve your fitness by enhancing the efficiency of your heart and lungs.
4. **Weight** - exercise increases the amount of energy your body burns up and in combination with a

- healthy diet, can help to control your weight
5. **Sleep** - exercise can improve your sleep by increasing your sense of well-being and improving blood and lymph circulation.
 6. **Osteoporosis** - exercise is important in the prevention of osteoporosis.
 7. **Balance** - exercise can reduce the risk of falling by improving your agility.

8. **Depression and anxiety** - exercise contributes to a general sense of well-being.
9. **Blood pressure** - exercise can reduce your blood pressure.
10. **It is fun!** - Invite some friends and make use of music while doing your exercise

STRETCHING TIPS

Stretching helps:

1. To prevent injury
2. To enhance performance
3. Maintain optimum muscle length

HOW?

1. Place the muscle to be stretched in an elongated position.
2. Stretch to the point of discomfort, not pain.
3. Try to relax the muscle being stretched.
4. In one session - hold the stretch for +-30 seconds, repeat 3 times
5. For the first 3 weeks of a program - repeat each session 3-4 times daily
6. Breathe normally
7. Don't bounce

Context taken from "The South African Society of Physiotherapy" educational materials.

“KNOW YOUR MEDICINE, ASK YOUR PHARMACIST”



Pharmacy Interns at King Edward VIII Hospital coordinated Pharmacy week from the 7th to the 11th September 2009. They educated our patients on different sections of the pharmacy and the career in pharmacy.

This team visited old age homes such as the Natal Settlers old age home based in Glenwood and schools for their talks on different topics such as Diabetes, swine flu etc. They also had talks in the Hospital for Outpatients and they had competitions and people won prizes. “Know your medicine, ask your pharmacist” - clearly states that for the well being of your health and to stay informed you should know your medicine and feel free to ask your pharmacist about things you don't understand.

PHARMACY SAFETY PRECAUTIONS:

- Never throw your expired medication into the bin or where kids get a hold of it rather take it back to that Hospital (pharmacy) that gave you these.
- Never continue to make use of your expired medication.
- Keep Medication away from reach of children.

CLIENT SATISFACTION SURVEY



OPD STAFF CONDUCTING THE SURVEY

The Out patient department with the finance department conducted a client satisfaction survey in co-ordination with the Quality Assurance Manager. The main objective was to identify and take corrective measures regarding service delivery in Patient Administration Services at King Edward VIII Hospital in accordance with our vision, mission, core values and Batho Pele principles.

And to monitor client satisfaction, opinions AND recommendations by patients regards Patient Administration Services. Patients targeted included those attending the Out-Patient Department, General Admissions and Discharge Section, Maternity admission, discharge and ANC, Sections and staff attending the Occupational Clinic. 349 patients participated.

VITAMIN A CAMPAIGN

King Edward VIII Pediatrics Unit embarked on a Vitamin A Campaign from the 7th to the 18th September 2009. Areas covered within the institution were P.O.P.D Clinic and all Pediatric Wards i.e. N1A, N2A & N2B and I2A. The team consisted of five health professionals i.e. two registered nurses, one enrolled nurse, stationed at P.O.PD and one Registered and one enrolled nurse responsible for pediatrics wards. It started well with steady flow of patients especially in P.O.P.D. The target groups involved children from 12

months—59 months, non target groups being children from 6 months—11 months old also included a special non target group of children from 60 months—9 years old. This campaign also aimed at deworming children from 12 months 23 months with 200 mg Albendazole from 24—59 months with 400 mg Albendazole. The stock and material used for the campaign was collected from Cato Manor Clinic and it was sufficient.

WHY IS VITAMIN A IMPORTANT:

Vitamin A is important for growth,

health and good eyesight. It protects the body against infection and illness. All children must get Vitamin A capsule at 6 months and then every 6 months until the age of 59 months.

PURPOSE OF THE CAMPAIGN:

To create awareness about the importance of Vitamin A and the need to take children to the nearest clinic for their vitamin A dose every six months until the age of 5 years.

SIYANAMUKELE KWAKHANGELA

September 09' group



MRS HLATSHWAYO—PRINCIPAL FROM THE KEH NURSING COLLEGE

King Edward VIII Hospital Nursing College held its welcome celebration for students who have recently joined the college. We hope that they will have a fruitful stay here and that they will have all they wish for. Hard work always pays off so they should know focus on their studies. Mr. Bhekiswayo (KEH CEO) welcomed everyone into the institution and gave a few ground rules.

This celebration was hosted by the Senior Group welcoming the new students. There was a lot of singing and dancing going on as the different courses were represented with their HOD's and lecturers. The new LRC Committee was introduced.



CRITICAL CARE UNIT STUDENTS WITH THEIR LECTURER



I AM A NURSE: *By Nomzamo Sidumo*

Empathy humanity sympathy
Are the roots of my profession
I belong to a profession that calls me
To smell, to touch, to listen, to observe
And to reach out
For the total health of my profession
Is my first consideration
I am a nurse
I am a nurse that owns the first touch
At birth before maternal bonding
I'm a nurse she calls me my nurse

For caring well done is worth healing a nation
I am a nurse
I'm the reason why emotional scars
Do heal
I'm the reason why a bleeding heart stops oozing and a fragmented bone
Regains union
I'm the reason why failing organs re-gain tissues perfusion
I'm the reason why organ transplant is a gift of life

When all is exhausted, I solemnly, peacefully
Sacredly accompany my patient as the
Last breath is journeying through
I'm the reason for carrying this body
Of knowledge from generation to generation
I'm the reason why a decision is taken about
A nurse of a nurse by a nurse
I'm so doing I remain proud
I deserve to be proud

"You may be disappointed if you fail, but you are doomed if you don't try."

Beverly Sills

IT TAKES A WHOLE VILLAGE TO RAISE A CHILD

King Edward Management and staff would like to extend their sincere gratitude to organizations that give out to the children in the wards. These organizations are mainly NGO's and give out jerseys, scarves, blankets, toys etc. We would like to thank them for their time and commitment distributing these items. Among these organizations there is **Reach for a dream** which lets these children make a wish, the **Rotary Ann's** is a group of ladies that make time to give out clothing to baby's and play with these kids and **Zaks Stationers & The Paruk family** give out jerseys, toys and little baby's clothing. Keep up the good work and May GOD bless you all. **BELOW ARE THE SNIPPETS OF THESE ORGANISATIONS**

REACH FOR A DREAM



ROTARY ANNS



ZAKS STATIONERS & THE PARUK FAMILY



“TOGETHER BEATING THE DRUMS FOR SERVICE DELIVERY”

Our nursing Department had a tough time when they needed to bid farewell to some of their senior staff. As the term “Together beating the drums for service delivery” these ladies delivered service to the community. These ladies have worked in the Hospital for a long time and they were very dedicated. The farewell of Mrs. Mbhele from the Medical Directorate and Mrs. Mathomane was held at the Jubilee Hall. [PICS OF THE EVENTS BELOW](#)

MRS MBHELE



MRS MATHOMANE



FAREWELL MESSAGE— PLAY ON

By Sthembile Hlatsbwayo

If today were the last day I should be with you, let us cherish every moment as they are but too few. If today were the last day I should hear you cry let them tears of happiness that on your cheeks do dry. And if today were the last day we should be together. Let it play on

If today were the last day we should talk, speak eternal words that will last

beyond the departing walk. If today were the last day I should hear your voice, Let it play on

If today were the last day I should hold your hand, let the grip be bond to last the run of the sand

If today were the last day we should say hello, then say no goodbye for I never wanted to go, if today were the last day we must share this space

of time together

Let it play on.

For we have known each other for some time, yet it is time that takes us away, how can I express what I feel to say goodbye and yet long to stay.

But in reality things must come to an end, in mortality or departure and to you my friend until we meet again, Let

EZEMIDLALO

"Let the Games begin"



KING EDWARD VIII HOSPITAL NETBALL PLAYERS



ESCOURT HOSPITAL NETBALL PLAYERS

King Edward hosted Escourt Hospital, St Aidans Hospital and Plascon on Saturday 3rd October 2009. All the players were welcomed by the PRO and then we headed to the grounds. The games started out with a bang when our girls gave the Escourt team some lessons in netball, when they beat them 8-6/8-4. After that everyone headed to the Umbilo Sports Ground for the guys to show us what they got. KEH and Escourt ended up with a draw, penalties were played by still no one wanted to loose so our guys let the Escourt Players play the finals since they were our visitors.

SCORE BOARD

St Aidans VS Plascon

1 - 4

King Edward VS Escourt (ended in penalties and KEH let Escourt play the finals)

FINAL:

Escourt VS Plascon

0 - 2



1



2



3

1. King Edward VIII Hospital soccer players.
2. Escourt player trying to score a penalty against King Edward Goalkeeper.
3. St Aidans vs. Plascon and plascon won.