



Ezakwa Dinuzulu

NEWS

December 2020

World Prematurity Day

King Dinuzulu Hospital Commemorated World Prematurity Day initiatives aim to increase awareness to newly mother, staff members and patients, this campaign is celebrated since 2009, World Prematurity Day is an opportunity to call attention to the heavy burden of death and disability and the pain and suffering that preterm birth causes. It is also a chance to talk about solutions. The multitude of events organized around the globe on World Prematurity Day remains the heart of the effort.

Supporting families: Family needs to know the benefits of Kangaroo mother care which are: Decreased hypothermia, decreased infections, decreased stress, decreased pain, increased sleep, increased brain growth, increased feeding, increased growth and increased social behavior.

Bearing in mind that hypothermia kills to our premature babies.

KMC AND BONDING, facilitates the infants own growth and development. Fosters early social relations.

KMC enhances maternal behaviors , mothers demonstrate more sensitivity to their infants signals and to their early social behavior.

The is **ZERO SEPARATION BETWEEN MOTHER AND THE BABY.**



Inpatient



Dr. Mazibuko



Supporting families:

World Prematurity Day 2020



Promoting KMC to newly mothers



Inpatients from ward M listening to speeches



Paediatrics team



ANM Msibi in servicing patients and encouraging our patients to stay positive



Question and Answer session for patients ,also gifts were given to the patients



Opening prayer



HIV AIDS DAY Commemoration



HAST team and MOPD



Candle lighting procession lead by M&E Kubeka



Encouraging patients too subscribe to CCMD



Dr. Devjee doing opening and welcoming



Stage play by KHETHIMPILO STAFF (mama nyoka and Baba Nyoka)



Dr Sing leading candle lighting



HIV AIDS DAY Commemoration 2020

December 1st 2020, World Aids Day.... 32 years since this day was first commemorated... people around the world unite to show support for people living with HIV and to remember those who have died from AIDS-related illnesses.. Each WAD focuses on a specific theme, this year the theme is : **GLOBAL SOLIDARITY, SHARED RESPONSIBILITY.** We still need to increase the awareness of the impact of HIV on people's lives, to end stigma and discrimination and to improve the quality of life of people living with HIV. Today, we rededicate ourselves to the rapid and total eradication of HIV Aids with the knowledge that we can win this fight.

Good Morning Colleagues. It has been a long war and the casualties are many. There are none among us who has not been touched by the scourge of HIV Aids. We are witnesses to the pain, the suffering and the losses of families, friends and communities and the many helpless children who have been robbed of parents. Within this dismal picture, the light of hope is shining brighter and brighter, day by day. We will win this battle..... it needs us to soldier on with purpose and determination.

From the dark days of denial and leadership ambivalence, South Africa today has the largest number of people on ARV treatment. This is a major feat when one considers the burden of cost on what is a relatively small economy in global terms. The real success in the rollout of ARVs is that in 2019 we had an estimated 7.5M people living with HIV. 5.2M are on ART and 4.8M have suppressed Viral loads...i.e 64 %. Families and partners and parents and children and friends and communities have hope.

We have made significant progress since early 2000 but HIV remains a major public health issue. SA implemented a strict nation-wide lockdown on 27 March 2020 following the outbreak of a new global threat, COVID-19. HIV & TB prevention, testing, treatment and care services were all disrupted because of

COVID-19. New and ongoing research on HIV & TB prevention and treatment had been stopped as a result of the COVID-19 outbreak. These are major setbacks in the fight against HIV.

However the HIV & TB epidemics have benefitted the countries COVID -19 response from the use of the POC TB diagnostic test being used for COVID-19, the HIV VL PCR capacity is also being used for C-19 testing. The TB contact tracing teams were deployed for C-19. The CCG's did door to door screening for active C-19 case finding.

C-19 has been seen as an opportunity for improved HIV & Tb control provided by the C-19 response, laying the foundation for integration of HIV, TB and NCD's into the C-19 health programs.

To redouble our efforts, we commenced with the Universal Test and Treat Campaign. Since 1st September 2016 every person who tests positive for HIV will now go on treatment with ARVs. In addition, sex workers, MSMs, prisoners and LGBTI persons may avail themselves of preventative treatment through test and treat opportunities and pre-exposure prophylaxis.

We are winning this war!

We have come a long way. We started with the World Aids Day in 1988 having the theme of communication followed by themes for youth, women, stigma and discrimination, etc. Remember the ABC campaign? Our focus now is on the 95/95/95 campaign targeted for achievement by 2030. The objectives are to have 95% of the population Tested, 95% of those who test positive on Treatment and 95% of those on treatment to be virologically suppressed.

But all of this is concentrated on treatment. Let us be reminded that

South Africa is worst affected by HIV Aids and that we have the highest prevalence of HIV Aids in the world. There is a high level of understanding and awareness of the means of transmission and the methods of prevention, yet the new infections continue. We know, that until and unless we change our behavior, our way of life, we will have to continue fighting this war. The elements of poverty, economic disparity, gender violence and gender inequality, access to care, education and the empowerment of young girls and women must all be addressed side by side with the ongoing initiatives. We each have a role to play in educating the people around us, starting in our own homes with our children and families. Stigma and discrimination are still impediments to the uptake of testing and treatment, factors we can help to alleviate by leading through example.

HIV Aids remains one of the world's most significant public health challenges, especially in low and middle income countries. With the increase in access to ARVs, HIV positive people now live longer and healthier lives. Their virological suppression prevents the onward transmission of HIV.

The objective of 'Getting to Zero and Zero New HIV Infections, Zero Discrimination and Zero AIDS related deaths' looms large in our thrust to rid ourselves of HIV Aids.

'ITS IN OUR HANDS TO END HIV AND TB'

Let our determination and togetherness in our fight to the end continue with renewed vigour, this is a war that we will win!

Dr N Singh

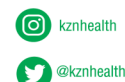
Clinical Manager HIV

King Dinuzulu Hospital Complex

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KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA



World Mental Health Day

Psychiatry unit dedicated to reduce stigma and to promote mental wellbeing. “We are striving to be champions for the rights of people with mental illness, reduce stigma and discrimination against people with mental illness.

Our current campaign to de-stigmatizes mental illness kicked on the 09 October 2020 with the energetic JERUSALEM DANCE. We are all vulnerable anyone can be affected but sadly so many are reluctant to seek help because of stigma that still prevails. We are grappling with the reality that there is an increase in the number of colleague that is burn out, depressed and anxious exacerbated by the CORON virus. Vulnerability is not a weakness; we need to understand ourselves without judgement. Building our own resilience begins by seeing yourself with the purest of eyes.

Let us learn on each other and share our challenges without fear of judgments. Identity someone who will know you well enough you understand you words, your silence and your tears. Our relationships are what sustains us and provide us with refuge through challenging times,

This is the time to commit to self-care and holistic wellbeing, the importance of regular exercise should never be under

estimated, it can have a profoundly positive impact on depression and anxiety. It relieves stress and boosts your overall mood, which also helps you sleep better.

Modest amount of exercise can make a real difference, no matter your age or level of fitness. It will improve your outlook on life.



Motto by Psych staff members— health isn't complete without mental health



Last dance Jerusalem

IPC -Hand washing campaign

The Global Hand Washing Day (GHWD) campaign which is celebrated annually across the globe on the 15 October is this year, 2020, at King Dinuzulu Hospital Complex IPC embarked on an in-services training and demonstration in clinical area and non-clinical areas.

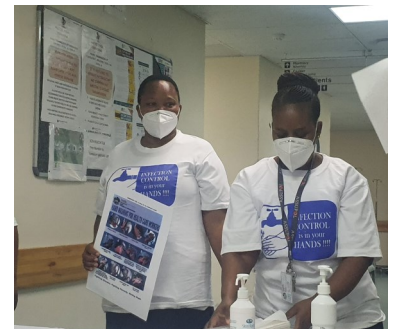
the consistent practice of personal hygiene, are effective ways to prevent infectious disease outbreaks including the coronavirus core message of washing hands with soap, comes at an excellent time when we are fighting against the coronavirus. Washing hands with soap, used together with social distancing have emerged as a powerful tool to combat the COVID-19. That is why we have in our institution, hand washing basin through the hospital, alcohol rubs, elbow taps, sanitizer stations and screening area before you enter the hospital. Clean Hands for all, follows the push to leave no one behind.



Sister Zulu demonstrating 12 steps



Staff members demonstrating hand wash and steps



Training admitting office staff members



World Quality Day -Creating Customer Value ,



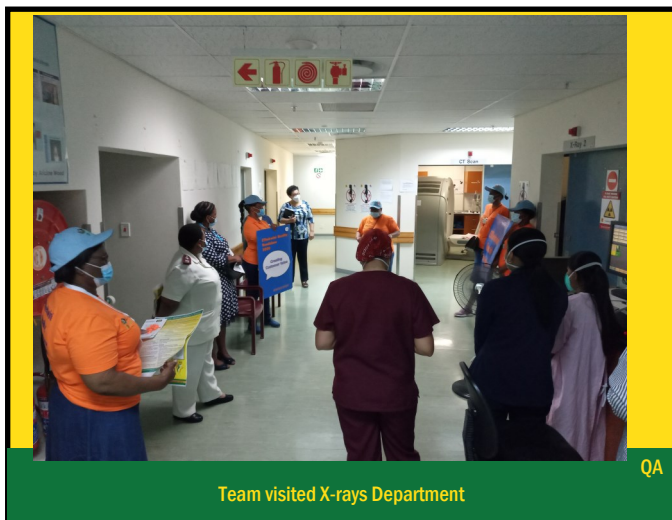
Quality team doing advocacy



QA Mr. THlongwa



QA visiting team was screened for COVID 19 at the flue Clinic



Team visited X-rays Department

QA

EThekweni district quality assurance road show was held on the 12 and 13 November .November is the world quality Month ,due to COVID 19 eThekweni district decided to conduct a road show , the aim was to give support to all hospital within the EThekweni district regarding quality assurance.

All quality coordinators participated in a road show, the theme was creating customer value. King Dinuzulu hospital was visited on the 13 November 2020 .



Diabetic Day



Sister Mdoda giving in-service training on diabetic



MOPD team entertaining the patients

The theme for World Diabetes Day 2020 is "The Nurse and Diabetes." The campaign aims to raise awareness around the crucial role that nurses play in supporting people living with diabetes. MOPD staff members commemorated the day by doing in-service training and a stage play for the patients to understand the importance of healthy life style

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. Blood glucose is your main source of energy and comes from the food you eat. Insulin, a hormone made by the pancreas, helps glucose from food get into your cells to be used for energy. Sometimes your body doesn't make enough—or any—insulin or doesn't use insulin well. Glucose then stays in your blood and doesn't reach your cells. Over time, having too much glucose in your blood can cause health problems. Although diabetes has no cure, you can take steps to manage your diabetes and stay healthy. Sometimes people call diabetes "a touch of sugar" or "borderline diabetes." These terms suggest that someone doesn't really have diabetes or has a less serious case, but every case of diabetes is serious.

What are the different types of diabetes?

The most common types of diabetes are type 1, type 2, and gestational diabetes.

Type 1 diabetes

If you have type 1 diabetes, your body does not make insulin. Your immune system attacks and destroys the cells in your pancreas that make insulin. Type 1 diabetes is usually diagnosed in children and young adults, although it can appear at any age. People with type 1 diabetes need to take insulin every day to stay alive.

Type 2 diabetes

If you have type 2 diabetes, your body does not make or use insulin well. You can develop type 2 diabetes at any age, even during childhood. However, this type of diabetes occurs most often in middle-aged and older people. Type 2 is the most common type of diabetes.

What health problems can people with diabetes develop?

Over time, high blood glucose leads to problems such as

- heart disease
- stroke
- kidney disease
- eye problems
- dental disease
- nerve damage
- foot problems



Operational manager sister Fayers and sister Mlotshwa giving tips to our patients.



Question and Answer session on diabetics



Baby Hope House, is a safe haven for vulnerable babies



Handing over of 11 boxes full of clothing to Quality Manager Sir Hlongwa



Nice goodie bags for needy patients



Newly delivered young mother received her hampers full of baby cloths



Baby Hope House staff members Sonia Swinton & the late O.M sister Kunene

Baby Hope House, is a safe haven for vulnerable babies, co-founded by Sonia Swinton and the late Lynne Pieterse in 2007. It is situated in Pinetown, KwaZulu-Natal. We are a registered non-profit home, caring for up to 12 abandoned babies from new-borns to toddlers.

The home was started as part of the Pinetown Prebyterian Church outreach ministry. Sonia who is our foster mother lives with the babies 24/7, and with the help of very dedicated staff and an amazing group of volunteers, nurture, love and care for these babies until they can be placed into their forever families via adoption.

I took on the position of administrator after Lynne's passing in 2019 and soon realised that some mothers abandon their babies out of pure desperation as they have nothing to give the child. I also discovered that some of these babies go home wrapped in newspaper as mommy has no clothes or even a blanket for the baby. I then started to get clothing from amazing donors and started to put together 'Fish 'n Chip' baby packs for these mummies in need.

I met up with an amazing lady, Sister Norma who assisted in getting these packs to the most needy in the hospitals. She introduced me to the PRO Mr. Thami Chizama, who welcomed this initiative with open arms.

I am so grateful to the donors for the packs, to Sister Norma and to Mr. Thami Chizama for having a heart for the most vulnerable in our society. If these packs help 1 mommy to reconsider abandoning her baby, then my heart is full.

God bless all the mummies and their new bundles of joy.

16 days of activism campaign

On the 10th of December 2020 fourth-year student social workers from the University of KwaZulu-Natal placed at King Dinuzulu Hospital Complex commemorated the 16 days of activism through an awareness campaign that was held at MOPD. Among the guest speakers, Captain Van Der-Walt from the Sydenham Police station, Mrs. Masango from FAMSA, and Miss Nokubonga Ngubane from psychology department were invited



The purpose of the program was to create awareness about Gender Based Violence to the population of King Dinuzulu Hospital Complex and the community at large-. It also aimed to educate the people on the resources that are available in the community to help those who are victims of Gender Based Violence.

GUEST SPEAKERS

South African Police Services

Captain Van Der-Walt classified all the types of violence. She addressed to the public all the different causes of violence, stating alcohol and substance abuse to be taking the most. Captain Van Der-Walt presented Sydenham Police Station to be promoting gender equality, and the community receiving the services from the gender of their choice. She advised the audience to speak out, reach for help to the closest police station so that the perpetrator can be caught immediately. She added that the Sydenham Police Station takes the matter of gender based violence very serious, they are aware that it affect all genders and people should visit the station and report for help.

Mrs. Masango from Family South Africa blessed us with her presence as well. She described FAMSA as the organization that offers professional counselling services including trauma containment and domestic violence, marriage counselling and mainly providing social development programs for South Africans who want help with relationship issues. Mrs. Masango portrayed GBV as arising from relationships, it begins with controlling partner, the way he/she dresses, choosing friends for partner and demanding phone passwords. She added that children are not protected if parents are always in conflict while it is their duty to care and protect their children. To avoid GBV, Mrs. Masango gave the details of all their offices where people can reach out for help and encouraged everyone to fight against Gender based Violence.

Miss Nokubonga Ngubane, intern psychologist at King Dinuzulu Hospital addressed the audience about the psychological impacts that are caused by Gender-based violence. She classified her department to be dealing with victims for Post-Traumatic stress disorder, anxiety, flashbacks and depression brought by violence. She added that victims often feel humiliated and have fear to face their community, and she ensured that the psychology department is available for stress management. Miss Nokubonga Ngubane also encouraged people to report Gender Based Violence.



Captain Van Der-Walt from Sydenham police station



Student social workers, Dlamini Sikhanyiso, Dlamini Noluthando, Maphanga Bongeka, Ndlovu Bongiwe, Zimtyele Mthuthuzeli

