



**health**

Department  
Health  
PROVINCE OF KWAZULU-NATAL

**King Dinuzulu Hospital Complex**

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# Ezakwa Dinuzulu

# NEWS

June 2016

## Mercedes – New “party drug” on the local scene

During the month of March the Emergency Department attended to numerous patients presenting with side effects after using the illicit drug Mercedes. Mercedes is allegedly being sold at night clubs and at party's' and produces effects similar to ecstasy. The side effects are however serious and life threatening. Many patients needed admission to hospital after taking the drug.

A multidisciplinary task team, comprising the health department, social services department and police, has been set up to address the drug crisis. People are advised to avoid using the drug and, if taken and experiencing side effects, to report to their nearest health facility as soon as possible.

Three Durban teens have died and 32 were admitted to King Dinuzulu Hospital after suffering symptoms of poisoning allegedly from a new form of ecstasy also known as “Mercedes”.

Scores of teenagers in KwaMashu had been celebrating the end of term party and apparently spent the night drinking, smoking and taking drugs.

The social workers, said the MEC Weziwe Thusi for social development, would “conduct home visits as well as hospital visits to those who are still in hospital”.

“We want to understand what happened to ensure that we do everything in our power to avoid a repeat. We also want to assist the families in dealing with this tragedy.”



**HEAD - Accident and emergency Unit**

**Dr. Roshen Maharaj**

### Items to bring whenever your visit the Hospital

- Identity document
- Medical aid card
- Next of kin contact details
- Referral letter form your local Clinic
- Contact Details of the Next of Kin
- Pension card

Less than 18yrs must be accompanied by parent.  
 All patients are requested to pay fees on admission.  
 Visiting hours from Monday to Sunday  
 13h00 to 14h00p.m  
 17h00 to 18h00

FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE

International Nurses Day is celebrated around the world every May 12, the anniversary of Florence Nightingale's birth. The International Council of Nurses commemorates this important day each year with the production and distribution of the International Nurses' Day (IND) Kit. The IND Kit 2016 contains educational and public information materials, for use by nurses everywhere.

The IND theme for 2016 is : **Nurses: A Force for Change: Improving health systems' resilience**



**KDHC Nursing Management**



## Commemoration of 2016 Nurse day KDHC.



## TB Out reach Program

The team staged a short a play at **Rippon Primary School** which emphasized PTB signs and symptoms, mode of spread, diagnosis and the fact that anyone can get TB. We reached a total of 930 learners and 30 educators plus cleaning staff and distributed 1000 pamphlets, mainly in IsiZulu. The principal stated that there were TB suspects within the school and requested to have the learners tested for TB (with parental consent) next term. This initiative was promptly authorized by the Nursing Services Manager.

### 17 March 2016, 09h00-15h00- Makro Springfield

Plenary meetings were held with Match, Overport clinic for eThekweni Municipality, ward 25 Councilor, Mr. Ngcobo and Community Care Givers from Drum Aide, an NGO. (Copies of minutes and attendance registers are available on request)

Main goal: Establishing long lasting relationships with our community and to redefine referral pathways. We targeted the informal settlements of Jada Place, Punta's Hill, Kennedy and Foreman Roads and had to find a central venue. We settled for the park behind **Makro in Springfield.**

Organizations that came on board were Match, Overport clinic, AORAM IRD and Drum Aide.

Services that were provided on site:

1. Registration and information desk.
2. HCT
3. TB sputum collection-33, one tested positive
4. B/P and blood sugar screening-53
5. MMC

A special thank you to doctor Rathan for sponsoring catering for patients.



**Rippon Primary School**



**TB Coordinator Mrs. Mncwabe**



I started to work in the Kitchen Department of King Dinuzulu Hospital complex formerly known as King George Hospital from 1971, I was 17 years old. I was born at INkandla, I am illiterate I never got an opportunity to go to school, before I started to work at King George I was working in Durban North as Gardner .

My first wage I received was to buy all my needs ,we were using Boilers that we use to call it uBHAYELA in isiZulu to preparing breakfast that served at 07h00-08h00,lunch instances we used to serve beans for supper.

In 1971 food was prepared according to your race, Indians were only patients who ate curry, and blacks were given boiled cooked meal. From 1976 we started to follow correct measurements of ingredients, illiterate staff like me,



**Long Service Award for Mr. Thusi 45yrs of Service**

were guided by those who were literate to do what's correct. Kitchens were separated into two sections; there was a kitchen for blacks and Indians.

There was Ward 17 and 18 for colored people and ward 16 and 17 for Indians, the rest were for blacks, from 1985 all patients were treated the same, eating same

meal and using same wards as well.

We started to received bonuses in 1979 every year in September; unions were introduced to us same year. The good memories I would like to share are for those days where we were playing soccer in the hospital and competing with other institutions for tournaments. During Christmas days we use to organize ballroom dances to entertain the staff members.

My advice to those who would like to work in the kitchen department is that it's vital for them to go school to get cooking skills because now it's very challenging to work in this department without the knowledge of how to prepare healthy meal.

## Ante Natal Clinic

### Importance of antenatal clinic attendance

Despite the widespread availability of free antenatal care services, most women in rural South Africa attend their first antenatal clinic late in pregnancy and fail to return for any follow-up care, potentially leading to avoidable perinatal and maternal complications.

Our Ante-Natal Care at King Dinuzulu Hospital Complex is open from Monday to Friday.

We are open from Monday to Friday from 07h00 to 16h00

We receive pregnant mothers from our referral clinics which are the following and come to our facility for labour and delivery.

Newlands East /West  
Reservoir hills  
Westville  
Sydenham  
Clare estate  
Overport  
Sea cow lake  
Redhill

The main objective is to ensure a well mother and baby from conception, during pregnancy and labour as well as post-natal care. Regular visits to the clinic/ Gynae are very important as we are able to diagnose any risks/problems early and treat accordingly, and discuss with the pregnant woman the progress of pregnancy.

It is very important to book for your first ante natal visit early in pregnancy, i.e. as soon as one misses the first period at your nearest clinic. We as King Dinuzulu Hospital Complex urge the mothers to seek medical care before conception, during and after pregnancy.

Our hospital is a level 1 (DISTRICT) institution, therefore all high risk pregnancies are referred to level 2 which is Addington hospital (REGIONAL) .

Ultrasonic scan is offered in our clinic until 13h00.

Programs like EMTCT (HIV MANAGEMENT), TB SCREENING AND MANAGEMENT OF IDENTIFIED CASES, MOM CONNECT; CONTRACEPTION is incorporated in our comprehensive integrated antenatal and post-natal care.



Sister, Blose, Madlala, Naidoo, Mahaye



Out patient POPD



Sister Blose giving in-service training A.N.C

## Preventing Compassion Fatigue in the Health Care Worker

### Preventing Compassion Fatigue in the Health Care Worker

The term **burnout** has become part of our daily conversations. Have YOU stopped to ask where the phrase originates? It comes from the term when a space rocket has used up all the fuel to escape the force of gravity of the Earth and the empty tanks fall back to Earth.

A form of burnout called **compassion fatigue**, a deep physical, emotional and spiritual exhaustion accompanied by acute emotional pain. Whereas health care workers with burnout adapt to their exhaustion by becoming **less empathetic and more withdrawn**, compassion-fatigued health care workers continue to give themselves fully to their patients, finding it difficult to maintain a healthy balance of empathy and objectivity.

Those who have experienced compassion fatigue describe it as being sucked into a vortex that pulls them slowly downward. They have no idea how to stop the downward spiral, so they do what have always done: They work harder and continue to give to others until they're completely wiped out.

Compassion fatigue is flourishing today, due to the changing and increasing demands of health care which has caused some health care workers to stop taking the time to appreciate the love, respect and appreciation that their patients want to share with them.

### Self-assessment for compassion fatigue

Answering "yes" or "no" to the following nine statements will help you assess your risk for compassion fatigue:

[View Table](#)

Personal concerns commonly intrude on my professional role.	yes	No
My colleagues seem to lack understanding	yes	No
I find even small changes enormously draining	yes	No
I can't seem to recover quickly after association with trauma.	yes	No
Association with trauma affects me very deeply.	yes	No
My patients' stress affects me deeply.	yes	No
I have lost my sense of hopefulness.	yes	No
I feel vulnerable all the time.	yes	No
I feel overwhelmed by unfinished personal business.	yes	No

Answering “yes” to four or more questions may indicate that you're suffering from compassion fatigue.

### **Time is the enemy**

To those who are experiencing compassion fatigue, **time**, or more precisely the lack of it, is the enemy. To compensate, many people try to do several things at once (e.g., eat lunch while writing clinical chart notes and returning telephone calls). And to make more time, they tend to eliminate the very things that would help revitalize them: regular exercise, interests outside of medicine, relaxed meals, time with family and friends, prayer and meditation. And, no matter how much or how well they sleep, they still awaken exhausted.

Compassion fatigue takes a toll, not only on the worker, but also on the workplace, causing decreased productivity, more sick days and higher turnover.

### **There is hope**

To recharge your batteries you must first learn to recognize when you're wearing down and then get into the habit of doing something every day that will replenish you. That's not as easy as it sounds. Old habits are oddly comfortable even when they're bad for us, and real lifestyle changes take time (some experts say six months), energy and desire.

Overcoming compassion fatigue means coming to terms with the anger, fear and self-doubt that some health care workers have suppressed. This requires honest self-reflection, a process that some find quite painful. Yet, if you're compassion fatigued, getting back in touch with yourself is perhaps the most important step in the recovery process. Without it, the lifestyle changes you're trying to make may not be enough to sustain you.

It helps to have someone to talk to who is a good listener, understands compassion fatigue, and with whom you feel a connection. This person is usually a professional counselor, but a colleague with firsthand knowledge of compassion fatigue, a pastor, or a partner or friend who can listen without judging or offering solutions to your problems are other alternatives.

### **Warning signs of compassion fatigue**

Although symptoms vary, the following red flags may indicate that you have compassion fatigue:

- Abusing drugs, alcohol or food
- Anger
- Blaming
- Chronic lateness
- Depression
- Diminished sense of personal accomplishment
- Exhaustion (physical or emotional)
- Frequent headaches
- Gastrointestinal complaints
- Increased irritability
- Less ability to feel joy
- Low self-esteem
- Sleep disturbances

- Develop interests outside of medicine.
- Identify what's important to you.

●Finally, understand that the pain of compassion fatigue is uncomfortable but normal, and that it will dissipate once you start caring for your physical and emotional needs.

### **Develop your own self-care plan**

The lifestyle changes you choose to make will depend on your unique circumstances, but three things can speed your recovery.

**Spend plenty of quiet time alone.** Learning mindfulness meditation is an excellent way to ground yourself in the moment and keep your thoughts from pulling you in different directions. The ability to reconnect with a spiritual source will also help you achieve inner balance and can produce an almost miraculous turnaround, even when your world seems its blackest.

**Recharge your batteries daily.** Something as simple as committing to eat better and stopping all other activities while eating can have an exponential benefit on both your mind and your physical body. A regular exercise regimen can reduce stress, help you achieve outer balance and re-energize you for time with family and friends.

**Hold one focused connected and meaningful conversation each day.** This will jump start even the most depleted batteries. Time with family and close friends feeds the soul like nothing else and sadly seems to be the first thing to go when time is scarce.

### **DO:**

- Find someone to talk to.
- Understand that the pain you feel is normal.
- Start exercising and eating properly.
- Get enough sleep.
- Take some time off.

## **CEO'S REPORT 09/06/2016**

### **Hospital Revitalization Programme:**

TB Surgical – pre-final delivery took place on 31/05/2016.

Psychiatry Closed Unit – commissioned for occupancy on the weekend of 28-29/05/2016

TB Complex/Psychiatry Phase 2 – the tender goes out in November 2016. The contractor will be on site in June 2017 and the work is scheduled for completion in December 2018.

Satellite waste disposal site – final delivery on 10/06/2016

### **Hospital Finance:**

Refer to budget for 2016/17 report

### **Events:**

International Nurses day was celebrated on 12/05/2016 which was a success. The guest speaker was Mrs Chinniah the CEO of Ekuhlengeni Care Centre.

Open day – to be held in September 2016. Date to confirmed.

Women's day celebration – preparation on track. To celebrated on 02/08/2016

### **MEC's Annual Service Excellence Awards (MASEA):**



## **CEO DR. K. NAIDU**

The MASEA was held on 03/06/2016 at Durban Exhibition Centre.

The Neonatal Nursery at KDHC was accredited with a Gold Award for service excellence and passion shown for improvement in the Neonatal outcomes at District Hospital Level.

### **KDHC Eli-Lilly Project:**

Funding of \$144 000.00 was received for the second year for implementation of the project.

Funding to be utilized by 30/09/2016 – project plan in place.

### **Audit of Equipment by Auditor-General:**

Received 100% outcome.

### **Operational Plan/Strategic Plan Workshop:**

A workshop was held on 25/05/2016.

A Risk Management and Operational Plan was developed.

Copy will be available by the 17/06/2016.

## **Carol Henriksen Knitting Club gifts for needy new born at King Dinuzulu Hospital Maternity ward.**





## Mental Health

According to the National Health Calendar for 2016, the period from 15 May to 15 June was designated as Elderly Awareness Month. Operational Manager W Robinson from the Psychiatric department at King Dinuzulu Hospital took it on herself to facilitate a Dementia Seminar.

The target group was Professional and Enrolled Nurses from the local Old Age Homes and clinics. Natal Settlers Homes kindly agreed to host the seminar.

In total there were 46 delegates to the seminar, with the following old Age Homes being represented:

Aryan Benevolent Home, Bill Buchanan, Bartle House, Nazareth House, Twilanga, Tuinsig, Issy Geshan Home, Natal Settlers Homes, John Conradie Home, Tafta On Ridge and Muthande Society For The Aged.

Addington Nursing Campus was represented by a nurse educator and students. Sr W Robinson was assisted by a team from King Dinuzulu Hospital Psychiatric Dept, consisting of Professional Nurses,



**Sister Dlamini**

S Bechan, S Mathe and C Majola.

The programme consisted of a talk by Alzheimers Society South Africa, KZN Branch and lectures and videos were presented by SR Robinson. Sr S Mathe ably assisted Sr Robinson with demonstrating how to do a Mini Mental State Examination

Positive feedback was received in writing at the end of the seminar.

Catering was done by the KDHC Staff, with the KDHC nurses contributing towards sandwiches, teas and coffees. A folder, paper and pen were handed to each delegate on registration.



**Sister Wendy**



**Sister Singh**



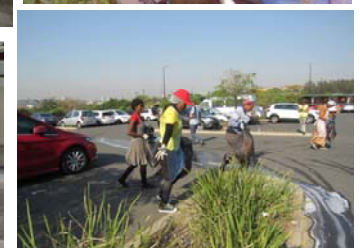
**Sister Mathe**



# MANDELA DAY

On the 15 July 2016 King Dinuzulu Hospital management and staff members commemorated the Nelson Mandela day by Cleaning up the Hospital observing 67minutes.

This effort by health care workers indicates inspiration influence Mandela has had on all of us, long Live MADIBA!!



## WOMANS DAY CELEBRATIONS 2016

### OUR THEME



WOMEN OF KING DINUZULU HOSPITAL COMPLEX CELEBRATED WOMEN'S DAY ON THE 2<sup>ND</sup> August 2016 at the hospital dining hall. DRESS CODE :LIKE A LADY!

The highlights of the programme was MR MAVUSO, the singer from IZQHAZA, 'YOU RAISE ME UP,!' POWERFUL VOICE. LAUGHTER YOGA BY MS. SHARON CHETTY HAD THE LADIES LAUGHING FROM WITHIN THEIR SOULS. DAYS GONE BY AND THEY STILL LAUGHING. AN AMAZING STRESS RELIEVER. THE IMPORTANCE OF A MAMMOGRAM DONE BY Ms. LEE CAMPBELL OF LAKE SMIT AND PARTNERS, INDEED INFORMATIVE. MONTHLY SELF BREAST EXAMINATIONS WAS STRESSED. "TIPS FROM EVEREST," BY MS. R. BENIMADHO, INSPIRATIONAL. SURVIVING LIFE'S CHALLENGES ONE BREATH AND ONE STEP AT A TIME. A REAL LIFE EARTH QUAKE SURVIVOR FROM MOUNT EVEREST. THE HOSPITAL CHOIR REMINDED WOMEN OF THEIR STRENGTHS. THE SESSION CONCLUDED BY GOODY BAG HANDOUTS, A BLESSING AND OFF COURSE "ALL ABOUT THE BASE" BY MEGAN TRAINOR" HAD THE LADIES DANCING.

THANK YOU TO THE ORGANISERS, SPONSORS MANAGEMENT AND STAFF OF KING DINUZULU HOSPITAL COMPLEX.

TOGETHER WE HAVE EMPOWERED WOMEN!



# ACKNOWLEDGEMENTS



**Akhona Brown –PR Intern**

Good day

My name is Akhona Brown, I am a 23 year old young lady and have been granted the honour to undergo my 14 months in-service training Programme at King Dinuzulu Hospital. I commenced my duties as from the 01 August 2016 as a Public Relations Officer (In-service trainee).

I am looking forward to work for this prestigious hospital and fellow colleagues as well. I am prepared to gain knowledge and skills needed to executive my duties as an intern. I wish King Dinuzulu Hospital all the best for the future.

Thank You.

For enquiries kindly contact Public Relation Officer

**Mr. Thami Chizama**

Public Relation Officer

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**Thami Chizama PRO**

King Dinuzulu Hospital Management , would like to welcome all the newly appointed staff members and Interns in our institution and we greatly appreciate your contribution towards improving service delivery in our institution, under constrain environment.

We promote ,Positive Caring , organizational ,culture, and we serve.

We also promote treatment of patience with respect and dignity.

### **Tips for Patients:**

1. Patients are advised to first go to the clinic before coming to the hospital. The clinic is the first primary care unit and is cost free to everybody.
2. Tired of waiting in long queues JOIN **CCMDD!**
3. The Central Chronic Medicine Dispensing (CCMD) is a programme launched by the department of health.

### **How to join CCMD programme?:**

1. You need to register
2. Ask your prescriber today & choose you pickup point

### **The benefits pertaining the CCMD are :**

1. Patients can choose a venue of their choice to collect medication, e.g. any clicks or dischem pharmacy nearest to patients home.
2. The patients need not to wait in long queues.
3. The patients need to show their ID documents and collection card in order for them to receive their medication.
4. The CCMD initiative saves time and money for patients.

# Breast feeding Day



King Dinuzulu Hospital commemorated the Breastfeeding Awareness Day. The event was to celebrate women's day and alert all women about the importance of breastfeeding and taking care of one's health.



Operational Manager (O/M) N. Madlala, the programme director welcomed and thanked the patients and staff of King Dinuzulu hospital to avail them for this prestigious event.



Mrs N. Ngcwabe presented the importance of knowing how to hold the baby in order to breastfeed the baby. Mrs N. Ngcwabe further added that there was a survey that was conducted by the World Health Organization (WHO) which stipulates that breast milk is good for the baby since the breast milk gives essential nutrients for the baby's development. The survey shows that babies who are fed formulae they tend to be infected with diarrhea, pneumonia, obesity etc.



The O/M N. Madlala told the staff and patients of King Dinuzulu hospital that women who work or attend school can also express the milk to feed their babies. It is important to check breast cancer since it is breast cancer awareness month. Prizes were handed out to all patients. It was a good event with the nurse's choir entertaining the crowd.



# Are you tired of waiting in long queues join CCMDD TODAY !

## Tired of waiting in LONG QUEUES?



KEEP CALM AND WHY NOT?

Join CCMDD today???

**WHAT IS CCMDD?**  
Central Chronic Medicine Dispensing and Distribution Programme.  
(A NHI initiative of the Department of Health).

**Who is Eligible for CCMDD? YOU ARE, YOU ARE,**  
ask your prescriber.

**Benefits of CCMDD?**  
Collect at a venue of your choice.  
No more Queues!  
Show your ID and collection card to receive your meds.  
Save time and money.

**NOTES:**  
\* You will need to return to your health facility:  
1. Every 6 months, only for a review and script renewal.  
2. If you do not feel well.

**How to Join CCMDD?**  
Ask your prescriber today.  
Choose your Pick-up Point (PUP)  
Sign Registration & Consent form (RAC)  
Get Collection Card with dates.



## Jkhathele ukulinda emigqeni emide ukuze uthole imithi yakho?



KEEP CALM AND WHY NOT?

Joyina i-CCMDD namhlanje???

**Yini i-CCMDD?**  
Central Chronic Medicine Dispensing and Distribution Programme.  
(A NHI initiative of the Department of Health).

**Abanjani abajoyina i-CCMDD? UWENA**  
Buza Umhlangikazi wakho.

**Imivuzo yokujoyina i-CCMDD?**  
landa imithi yakho endaweni eseduze nawe noma ethandwa uwe  
Abekho olayini!  
veza UMazisi wakho nekhadzi lokulanda imithi ukuze uthole imithi yakho.  
Onga isikhathi nemali

**AMANOTH:**  
\* Buyela emholampilo wakho  
1. Buyela emvakwezinyanga ezyisithupa, uma uzovuselela noma uzolanda incwadi kadokotela.  
2. Uma ugula.

**Ungajoyina kanjan i-CCMDD?**  
Buza umhlangikazi namhlanje  
Khecha indawo la ungalanda khona imithi yakho  
Gwalisa amafomu akugunyazayo  
Thola ikhadi lokulanda imithi elinezinsuku zokulanda imithi



\*Qinisekisa ukukhumbula ukubonisa izinsuku zakho!