



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA

King Dinuzulu Hospital Complex

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Ezakwa Dinuzulu

NEWS

October 2024

Heritage Day Celebration



Today, as we gather to observe Heritage Day, we honour the vast mosaic of cultures, traditions, and languages that make up our collective identity. Heritage Day is more than just a celebration of the past; it is an opportunity to appreciate the diversity that surrounds us and to recognize the importance of each contribution to our shared society.

Our heritage is a living generations while forging new pathways toward understanding and cooperation. Cont..P2

Dr. Z.F. Dlamini., Dr N. Misra, Mrs. D. Jackpersad Dr. N. Singh, Dr. S. Mkhize and Guest Speaker Prof. S. Ramlall



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Heritage Day Celebration.

"Dr. Dlamini, EXCO, and KDHC colleagues, thank you for the opportunity to commemorate Heritage Day. Our heritage celebrates not only material wealth but also values of sacrifice, perseverance, and selflessness. This year's theme, honoring heroes who fought for our freedom, reminds us to reflect on the sacrifices made to build our democracy. We each face daily battles—personal or professional—and our courage and resilience form a heritage that shapes those around us.

Change starts within us. As Gandhi urged, we must 'be the change we seek.' It's easy to find faults in others, but real transformation comes from self-improvement and focusing on kindness, patience, and gratitude. Gratitude is powerful—it enhances mental and physical well-being, boosts our relationships, and builds a stronger workplace. By recognizing our rich heritage, we're called to ask ourselves: what legacy will we leave?

Our work at KDHC mirrors our society, and by serving with integrity and dedication, we can create a 'mini-SA' that benefits patients and colleagues alike. It's in our power to create a positive environment, contributing to a legacy of service that will be celebrated long after we're gone. This approach also supports our mental health. Research confirms that gratitude and selfless service not only reduce stress but also improve our overall well-being.

As we approach World Mental Health Day, remember that prioritizing mental health is essential, especially as we spend so much of our lives at work. WHO and the ILO emphasize the employer's role in supporting mental well-being, but as individuals, we also hold responsibility for our own health. A recent study highlighted that although healthcare workers had access to psychosocial support, most felt unsupported—showing that taking advantage of these resources is vital. Let's remove the stigma around mental health and prioritize our well-being.



Professor S. Ramlall Principal Specialist Psychiatry.

To address mental health challenges, we should channel energy into solutions rather than worry. As Mandela said, 'A good head and a good heart are a formidable combination.' Viktor Frankl also taught us that we can always choose our attitude. If we find it difficult to change our environment, changing our perspective can renew us from within.

Finally, in honor of Heritage Day and World Mental Health Day, KDHC invites you to participate in the Mental Health Walk and Fair. Let's reflect on our legacy here at KDHC and embody a culture of gratitude, service, and resilience.

In closing, I leave you with Dr. Rachel Naomi Remen's words: 'Service is the work of the soul, and it renews us.' By serving others, we strengthen not only them but also ourselves. Thank you."



Heritage day Photo Gallery



Celebrating South Africa's rich cultural heritage: A showcase of traditional attire from various ethnic groups, featuring Imbongi Mr. Hlongwa in a powerful display of praise poetry.



Public Health Clinical Case Manager of the Year 2024

We are thrilled to announce that Mrs. Amanda Kinsley has been awarded the *Public Health Clinical Case Manager of the Year 2024* by the National Health Department. This prestigious accolade recognizes Mrs. Kinsley's exceptional dedication, expertise, and contributions to advancing public health standards in our community.

Mrs. Kinsley's work as a Clinical Case Manager has had a profound impact, as she continuously demonstrates a commitment to improving patient care and health outcomes. Her innovative approaches and compassionate leadership have set a new benchmark in clinical case management, making her a valued role model for her colleagues and an inspiration within the field.

Please join us in congratulating Mrs. Kinsley on this well-deserved recognition! Her achievement reflects the hard work and dedication that drive our team forward every day.



Women's Day Celebration 2024



Speakers of the day in many categories, including family planning,



finance, investments and wills, motivating training, psychological support, and GBV by SAPS.



Women's day celebration

King Dinuzulu Hospital Complex staff members celebrated Women's Day 2024 in an elegant and vibrant style, creating a memorable gathering to honor and uplift the women in the hospital community. The dress code for the day was sophisticated black with a pop of bright colors and traditional headscarves (dukes), symbolizing unity and cultural pride, adding a festive and stylish touch to the occasion.

The day's celebrations were officially opened by the Senior Medical Manager, who extended a warm welcome to all staff members and shared heartfelt wishes for a prosperous and fulfilling year ahead for the women of King Dinuzulu Hospital Complex. Ms. Funeka then led the gathering in a powerful prayer, infusing the event with a spirit of gratitude and reflection.

A line-up of impactful speakers delivered insightful and empowering presentations:

- **Dr. M. Panday**, a respected specialist in women's health, shared an informative presentation on family planning, women's health, and wellness, emphasizing the importance of preventive care and accessible healthcare options for all women. Her presentation encouraged proactive health management and awareness, resonating deeply with the audience.
- **The SAPS team** provided a detailed and enlightening talk on Thuthuzela Care Centres, highlighting the protocols and necessary support services available for handling sexual assault cases. Their guidance was invaluable, helping staff understand the critical steps to take when assisting patients in distress, ultimately reinforcing patient-centered care and safety.
- **Mr. Wele** captivated the audience with an enthusiastic and motivating speech that inspired courage, resilience, and self-belief. His words encouraged everyone to pursue excellence, take pride in their roles, and support one another in their professional and personal journeys.
- **Old Mutual Insurance** representatives enriched the day by offering a valuable financial education session. They discussed essential topics such as budgeting, savings, and the importance of wills for family protection, highlighting long-term security and the importance of being financially prepared for the future.

The celebration was further enlivened by energetic group songs, dances, and shared laughter, building camaraderie among colleagues and fostering a supportive environment. The day closed with a resounding sense of unity, gratitude, and inspiration, as everyone left with renewed purpose, pride, and solidarity.

This Women's Day celebration was a heartfelt and memorable tribute, leaving a lasting legacy of empowerment, awareness, and appreciation for the incredible women at King Dinuzulu Hospital Complex. The event not only honoured individual achievements but also reinforced the collective strength of women in healthcare, underscoring the critical role they play in uplifting their communities and setting an inspiring example for future generations.

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PATIENT SAFETY DAY CELEBRATION 2024



Leadership at King Dinuzulu Hospital expresses gratitude and renews the pledge to put patient safety at the forefront



Speakers from several professions, including family planning, family medicine, accident and emergency, psychology, paediatrics, obstetrics, and gynaecology, emphasized the necessity of improved diagnosis.



Hospital staff proudly showcase their commitment to patient safety through teamwork and innovation.



PATIENT SAFETY DAY 2024

Improving Diagnosis for Patient Safety at King Dinuzulu Hospital Complex

The World Health Organization's Patient Safety Day for 2024 centers around the theme *"Improving Diagnosis for Patient Safety"* with the slogan *"Get it right, make it safe!"* The theme underscores the fundamental importance of precise and timely diagnosis in safeguarding patient well-being and optimizing health outcomes. This year's commemoration aimed to highlight the roles healthcare professionals play in refining diagnostic practices and reducing diagnostic errors.

On 17 September 2024, King Dinuzulu Hospital Complex honored Patient Safety Day with a series of interactive presentations and role-playing activities led by clinical managers across departments, including Accident & Emergency (A&E), Family Medicine, Pharmacy, Psychiatry, Obstetrics & Gynecology, Pediatrics, MDR TB, and Psychology. Each department contributed valuable insights, strategies, and case examples focused on the critical factors and challenges in accurate diagnosis, sharing updated protocols, and reinforcing the importance of a collaborative, patient-centered approach to healthcare.

In a particularly memorable segment, the Psychology team, alongside clinical staff from Psychiatry and Family Medicine, performed a drama that simulated effective patient interactions. This presentation, set up as a real-life scenario, aimed to demonstrate best practices for clinician-patient communication, prioritizing respect, dignity, and empathy in every encounter. The dramatization showed the steps for building trust, listening carefully to patients' symptoms, and managing difficult situations with calm professionalism. It also highlighted how non-verbal cues and active listening can be instrumental in obtaining accurate patient information, ultimately leading to safer and more reliable diagnoses.

Feedback from the audience was overwhelmingly positive, with many participants expressing their appreciation for the emphasis on patient-centered care and interpersonal skills. The drama captured the audience's attention and offered an engaging way to showcase the ideal approach to patient interactions, demonstrating how compassion and attentiveness can directly influence the quality of care.

Following the presentations, a workshop was held to engage healthcare staff in discussions and exercises aimed at identifying common diagnostic challenges and exploring solutions to enhance diagnostic accuracy. Topics included:

1. **Reducing Diagnostic Errors:** Addressing common sources of diagnostic error, such as biases, communication breakdowns, and knowledge gaps, and implementing systematic checks to minimize these errors.
- 2.
3. **Use of Technology in Diagnosis:** Demonstrating the integration of tools such as electronic health records (EHRs), telemedicine, and diagnostic software to aid healthcare professionals in gathering complete patient histories and achieving diagnostic accuracy.
- 4.
5. **Interdisciplinary Collaboration:** Encouraging teamwork among different departments to ensure comprehensive diagnostic approaches, particularly for complex cases.
- 6.
7. **Patient Engagement in Diagnosis:** Reinforcing the importance of involving patients and their families in the diagnostic process, ensuring they have the opportunity to ask questions, provide input, and express concerns openly.
- 8.
9. **Continuous Education and Training:** Emphasizing the importance of ongoing education for healthcare providers to stay updated on the latest diagnostic guidelines, tools, and best practices.
- 10.

The event concluded with an open Q&A session where clinicians could share personal insights and experiences in diagnostic work. The day highlighted a commitment to continual improvement in diagnostic practices, with all participants re-affirming the hospital's dedication to a high standard of patient safety.

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SPINAL SYMPOSIUM 2024



On October 3rd, 2024, King Dinuzulu Hospital Complex proudly hosted the Spinal Symposium under the theme, “*Comprehensive Spinal Care, Through MDT Synergy.*” The primary objective was to enhance and refine the knowledge of multi-disciplinary team (MDT) members in providing comprehensive spinal care.

Attendance and Accreditation

The event saw representation from 15 hospitals, with a total of 91 healthcare professionals attending. The symposium was accredited by the University of KwaZulu-Natal (UKZN), awarding participants 8 Continuing Professional Development (CPD) points for their attendance.

Presentation Highlights

The symposium covered a wide range of essential topics in spinal care, including:

- *Ethics*: Maintaining the nobility of the healthcare profession
- *Pathophysiology and Diagnosing*: Comprehensive understanding of spinal disorders
- *Medical and Nurse Management*: Integrating care for optimum outcomes
- *Pain Management, Bowel, and Bladder Care*: Addressing complex patient needs
- *Enhanced Recovery After Operation (ERAS)*: Modern protocols for better outcomes
- *Rehabilitation*: Contributions from physiotherapists and occupational therapists
- *Dietary, Social, and Psychological Support*: Holistic interventions for spinal health

Empowerment for Comprehensive Spinal Care

This symposium empowered healthcare professionals with the latest evidence-based approaches to spinal care, emphasizing the crucial role of collaboration across disciplines. The comprehensive care strategies discussed will enhance patient outcomes, build a stronger MDT foundation, and promote continuous growth within spinal healthcare.



Mental Health Walk Campaign at beach front.

The ninth annual Mental Health Walk and Wellness Fair took place at North Beach, Durban, highlighting the importance of mental health and psychosocial well-being in the workplace. Organized by the KZN Mental Health Advocacy Group, the event gathered participants from various sectors, emphasizing the need for greater mental health support within work environments.

Dr. Suvira Ramlall, a prominent mental health advocate, underscored the necessity for employers and employees alike to prioritize mental well-being, pointing out that work stress and emotional strain can significantly impact one's health and productivity. The event featured various activities such as Zumba, yoga, and educational sessions on managing stress and promoting mental resilience.

Participants were encouraged to engage in physical activities and to better understand mental health challenges, such as dementia, which was highlighted by Madanda Mabizela, who raised awareness on early symptoms and the importance of compassion in care. The event succeeded in uniting attendees around a common cause: fostering a supportive, mentally healthy workplace environment.



United for Mental Health: Overwhelming Support at the 9th Annual Celebration



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2024 Pharmacy Week Celebration at King Dinuzulu Hospital



Kicking off Pharmacy Week 2024 at King Dinuzulu Hospital with a commitment to excellence in pharmaceutical care



King Dinuzulu Hospital marked its 2024 Pharmacy Week with an engaging and educational celebration aimed at promoting the essential role of pharmacy services in patient care. This year's theme, "Empowering Patients Through Safe Medication Practices," highlighted the importance of collaboration between healthcare providers and patients to ensure optimal medication safety and efficacy.

The event commenced with an inspiring opening speech by Pharmacy Manager Dr. Misra, who emphasized the hospital's ongoing commitment to medication safety and patient education. Dr. Misra reminded attendees that "pharmacy services are at the heart of patient safety," and stressed the need for clear communication between pharmacists and patients to prevent medication errors.

Throughout the week, the hospital organized various activities designed to engage both staff and patients. Interactive booths showcased best practices in medication management, safe storage, and the responsible use of over-the-counter drugs. These displays provided valuable information to visitors, who left equipped with practical tips to enhance their medication routines.

One of the standout moments of Pharmacy Week was the series of health talks led by experienced pharmacists and guest speakers. Topics ranged from understanding prescription labels to the importance of adherence and potential side effects of common medications. These sessions encouraged open discussions and allowed patients to ask questions and clarify doubts about their treatment plans.

Educational workshops were also held, offering hands-on demonstrations on medication dispensing processes, the role of pharmacists in healthcare, and strategies for preventing drug interactions. The workshops emphasized empowering patients to take an active role in their treatment and highlighted the support available from the pharmacy team.



Pharmacy outreach
to Collegerale
Primary



ORAL AND DENTAL HEALTH MONTH.



Dental students conducting in-service training



INSERVICING UKZN DENTAL THERAPIST

On 27 September 2024, King Dinuzulu Hospital Complex collaborated with dental students from the University of KwaZulu-Natal (UKZN) to host an Oral and Dental Health Campaign. This initiative provided an opportunity for patients to receive free dental screenings, advice, and essential education on oral hygiene, ensuring that everyone who visited could take advantage of these services.

Throughout the day, dental students conducted assessments for all interested patients, focusing on identifying common dental issues and advising on preventive care. Patients waiting at the Main Outpatient Department (MOPD) were also given health education on the importance of oral hygiene, proper brushing techniques, and the benefits of regular dental check-ups.

In addition to free screenings, Colgate partnered with the campaign, generously providing promotional items such as toothbrushes and toothpaste to all patients who visited the screening table. This small gesture aimed to encourage ongoing dental hygiene beyond the day's event, reinforcing the message that oral health is an essential part of overall well-being.

The campaign was a resounding success, with patients expressing gratitude for the free services and valuable knowledge they gained. King Dinuzulu Hospital Complex, along with UKZN and Colgate, hopes that this initiative has sparked greater awareness and commitment to oral health within the community.

Editorial



Mr. Thami Chizama PRO

Important items to bring when you come to the hospital:

- **Identity document**
- **Proof of address**
- **Pension card**
- **Medical aid card and next of kin contact details**
- **Referral letter**
- **Under 18 must be accompanied by parent .**
- **all patients are requested to pay fees on admission.**
 - **Visiting hours**
 - **13H00 14H00**
 - **17H00—18H00**

For further information kindly contact our office



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