



**KWAZULU-NATAL PROVINCE**  
HEALTH  
REPUBLIC OF SOUTH AFRICA

# King Dinuzulu Hospital Complex

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## Ezakwa Dinuzulu

## NEWS

September 2023

# Heritage day celebration



**King Dinuzulu Hospital Complex staff members celebrated Heritage Day on the 22 September 2023 recognizes and celebrates the cultural wealth of our nation. South Africans celebrate the day by remembering the cultural heritage of the many cultures that make up the population of South Africa. Cont. page3**



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# HERITAGE DAY PHOTO GALLERY 2023



**PRAYERS FROM DIFFERENT DENOMINATIONS ,ZULU,ENGLISH,XHOSA,HINDU,ISLAM,SOTHO**



**BRING AND SHARE TRADITIONAL FOOD/DISHES**



**ENTERTAINMENT GROUP: INGOMA, AMAHUBO,INDLAMU, INDIAN DANCE .**



# Heritage Day Celebration

At King Dinuzulu Hospital Complex we celebrate Heritage Day each and every year, our aim of celebrating this day is to raise awareness of the important of tolerance, acknowledgement our cultural diversity and religion play in the society.

This day was intended to honor heritage and diversity as well as to unite the employees, On the 22 September 2023 staff members were incredibly beautiful in their traditional attires, from Sari, ibheshu, isidwaba, kurta, ubuhlalu, amabhayi, umcamo, Which refracted the diversity in our hospital. Traditional dishes were on display such puripata, Samosas, spring roles, amadumbe, isigwaqana, inyama yangaphakathi, inhloko, imifino, amagwinya, roast chicken, roast lamb, briyani, curry, savory, you were spoiled for choice when its come to feast.

District foyer where the event was held was decorated into India and African theme, The event commenced at 11h00 with different prayers from different religious groups.

- MR. KHAN ( MUSLIM PRAYER)
- DR. MISRA ( HINDU PRAYER)
- MS. LEBO SAKOANE ( SOTHO PRAYER)
- MS .SAMANTHA FAYERS ( ENGLISH PRAYER)
- MS.NONKOLISO LUNGUZA (XHOSA PRAYER)
- MRS. T.G. MSIBI (ZULU PRAYER)

Our event was featured with songs, dances, and poems from several ethnic groups. Ibutho stomped the venue, ululations, and dance were overwhelming. The program had to pause for the moment because ibutho liviliyele kwarnanzi phansi/ zulu drill. The event was graced with indlamu Dance, Amahubo, indian Dance, and inkondlo.

Mr. Paulo's Nhlonipho Human Resource Manager, composed a poet dedicated to all our staff members, emphasizing, Ubuntu, treating all client's with respect and dignity. He emphasized that all public servants should refrain from bad attitude, improve waiting time, improve good quality of care and away with Negative publicity away, phambili with good service delivery for the people of KwaZulu Natal phambili'.

## PUBLIC WORKS MEC MR. KK NKOSI CONDUCTION OPERATION SIYAHLOLA



Public works MEC Mr. KK Nkosi visited King Dinuzulu Hospital Complex to conduct an oversite also to check the progress status of all the finished and unfinished project such as Psych wards, Helipad construction, new parking's. He was accompanied by Dr. Z Dlamini Hospital CEO and EXCO members.

These project began in June 2023 and it is anticipated to be completed in April 2024



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# Woman's day celebration 2023



At King Dinuzulu Hospital Complex we celebrate Woman's day each and every year. this year we celebrated it on the 09th of August 2023 with the aim of supporting and encouraging every woman to have the confidence to be independent, mostly to promote gender equality, equal pay, and to stop violence, discrimination and harassment in our workplace.

Woman's day is a day where women are recognized for their achievements without regard to divisions, whether national, ethnic, linguistic, cultural, economic or political. We also celebrate woman's day as it marks the anniversary of the great woman's march of 1956, where woman's marched to the union buildings to protest against the carrying of pass books.

This day was intended to recognize women while also bringing them together, the entire women's employees from various departments attended the event. The event brought people of all races together under one roof, our staff members were all quite excited, and everyone had the opportunity to offer words of encouragement.

Dr Dlamini, the CEO of King Dinuzulu Hospital Complex and the entire management team as a whole were also present. The crowd was fairly large as we have just come out of Covid 19 and it had been a while since we had an event like this that brought all the women's employees together. All the employees were incredibly gorgeous and stylish, as well as our venue was exquisitely decorated in tranquil and welcoming hues.

We had three guest speakers, our first speaker was Miss.Z.Khumalo who gave beauty tips encouraging women's to take care of them selves and always look beautiful. Second speaker was Dr Nirupa Misra she was giving words of wisdom she urged women's to stand up for themselves without fear as they have the ability to do so and not let other people let them down. Third speaker was Miss.A.Abdool she gave tips on how to feel good about your self as a women, she encouraged women's to love and take good care of them selves before they even love someone else.

Mrs. Khumalo and Miss.N.Singh were giving gifts as tokens of appreciation to our speaker and all individuals who participated in the occasion and some were offered with a body massage.

Dr Dlamini expressed her gratitude to all of the staff members and thanked the event committee members for arranging such a wonderful event, She also noted that the hospital should make it a standard practice to conduct activities that unite all women. The event went off smoothly and everyone had a great time.



# Patient Safety Day

King Dinuzulu Hospital Complex celebrates patient safety day each and every year under different themes. This year we celebrated patients safety day on the 15 of September 2023 under the theme “Engaging patients for patient safety” we hosted an event for this day with the purpose of sensitizing our healthcare workers which includes doctors and nurses on how they can integrate and hear the voice of patients even more, and also to empower patients themselves with their voice and make them aware of the importance of their role in our hospital.

Patient safety day is a campaign for all stakeholders in the health care system to work together and share engagement to improve patient safety, this day brings together patients, families, caregivers, communities, health workers, health care leaders and policy makers to show their commitment to patient safety.

We began this day by marching and shouting to “Elevate the voices of the patients” who were the focus of the day. We also encouraged them to use complaint boxes to express their concerns about our health care service. When patients raise their concerns, they help us identify and resolve potential problems at an earlier stage.

We encouraged our patient to take serious their treatment and ask questions if they don't understand what the treatment is for or tell if they experiencing any side effect on their medication. as this can give them better understanding and make more confident decisions about their healthcare. We believe that patient engagement and speak up is important to ensure that patients are actively involved in their treatment and that their needs and concerns are addressed. this will help improve the quality of healthcare and help ensure patients have a positive experience.

We then went to the location of our celebration, which was beautifully decorated in serene and welcoming hues. After everyone had seated themselves on the chairs we then started our program.

On this day we encouraged our staff members to elevate the voice of patients in order to enhance patient safety and reduce patient harm and also reminded our patients that they comes first to us, encouraged them to speak up as we are willing to hear their voices.



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# Patient Safety Day Photo Gallery



King Dinuzulu Hospital Complex staff members painted the Hospital Orange during the Patient safety day.



Speakers for the Day , led by Dr Dlamini, Mr. Khwela, District QA Mrs. S. Ntuli , Mrs. Mposula



## March proceeded to Psych and Dental assembly point



# PHARMACY MONTH

The 25th of September is World Pharmacist Day. Pharmacy staff hosted an event on the 29th of September which included talks to patients in the MOPD waiting area. Pharmacists and interns presented the following topics to patients: The role of the Pharmacist as part of the multidisciplinary team, the dispensing cycle and access to medicine, patient safety, medication errors and reporting of side effects, models of medicine collection such as adherence clubs and CCMDD, the importance of adherence and optimal use of antibiotics. Infection, prevention and control with a hand hygiene demo was presented by the IPC Manager. Presentations were interactive with patients asking questions and interacting with Pharmacy staff with prizes handed out. Water and apples were distributed to patients.



## Pharmacy staff members and IPC Coordinator giving health education at MOPD

The theme for 2023 is: **Pharmacy United in Promoting Healthcare for Patients: Promote, Provide and Empower.**

The Pharmacy Department promoted Pharmacists and Assistants as integral members of the Health Care Team by providing education to patients to empower them to know their diagnosis, participate actively in their treatment plan and adhere to treatment.

Healthcare workers were engaged to promote a multidisciplinary team approach to manage patients, improve patient safety, and strengthen antimicrobial stewardship, infection prevention and control.

The team consisted of pharmacists, interns, assistants and learners. The target patients were those in the hospital outpatient departments, children and caregivers, healthcare workers, the public and community.

## Daily Patient Engagement

The pharmacy staff engaged with outpatients throughout the month to inform them of the role that Pharmacists and Assistants play in their treatment journey. Patients were provided information on prevention of diseases, immunization, pregnancy and nutrition. Adherence and reporting of side effects was addressed. The Pharmacy team was joined by the PRO, Quality and Nurses as part of the multidisciplinary team approach.

## Patient Safety Day

Pharmacy participated in the patient safety day march and programme focusing on the safe use of medicine and reporting of side effects. Key messages on side effects to medicine and how to report them was shared during the March. Outpatients were addressed in patient waiting areas. Pharmacists participated in a formal programme, educating healthcare workers on medication errors as patient safety incidents and ways to mitigate the risk.

## Pharmacy Outreach

Pharmacy interns, assistants and pharmacist visited the Beth Shalom Old Age Home to engage with residents on how pharmacists can assist them, adherence to treatment and good nutrition. This was well received with many questions being asked and engagement with the residents. Residents were treated to a gift from pharmacy.



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# ORAL HEALTH MONTH



## Take care of your teeth

September was National Oral Health month. In order to create an awareness of oral health within our community the dental department held an open day in the foyer of the District Hospital on the 7th of September.

This initiative proved to be a great success since patients who ordinarily visit the dental department only when experiencing pain, were screened and educated regarding their dental health. Toothbrushes, toothpaste and pamphlets were distributed.

Dental therapy and oral health students from UKZN also assisted in the screening process - this served to further educate the public regarding their degree as well.

Awareness and education are key factors in disease prevention and oral disease is no different. So it is envisaged that many more such successful endeavors shall be planned for the future.



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# BREAST FEEDING AWARENESS



Teaching about importance of breast feeding



Question and answer session - prizes' give away



Breast feeding campaign march from ANTE-NATAL-CLINIC , POPD and MOPD.

Let's make breastfeeding and work, work! ', underscores the need for breastfeeding support regardless of the workplace setting

The 2023 breastfeeding awareness campaign started with a march from antenatal clinic proceeded to POPD, MOPD, Pharmacy then back to the clinic. The march involved patients and staff members, who were shouting slogan, singing song, dance in support of promoting breast feeding.

The program commenced at 11h00, led by Sister Ndlazi patient's participation was on a high note, during the question and answer session after a health education session. Patients were given an opportunity to asked question on the subject of Ante Natal and benefits of breast feeding.

Breastfeeding is crucial for the best growth and development. Evidence shows that breastfed infants have higher scores in intelligence tests, have lower risks of obesity and diabetes and are better protected against infections. Moreover, breastfeeding benefits mothers too, reducing the risk of breast and ovarian cancer. Overall, breastfeeding has positive lifelong impacts on building healthier populations and workforces in the long run.

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## SPECIALIST PROF SUVIRA RAMLALL PUBLISHES MENTAL HEALTH RESOURCE



At the Durban International Book Fair on 9th August 2023, Associate Professor of Psychiatry (UKZN) and Head of Specialised Psychiatry at King Dinuzulu Hospital Complex, launched a much-needed mental health resource—a workbook on how each of us can take responsibility to preserve our mental and emotional wellbeing and build resilience.

**Empowerment: Building Mental & Emotional Resilience**, provides a lucid approach to understanding and navigating mental and emotional health challenges, together with pragmatic self-help techniques for overcoming them. It is both an approachable workbook, that encourages the reader in a loving and compassionate way, to take an active role in their own journey of self-growth, and an empirically supported guide to a variety of ways to enhance health and foster resilience. The book offers the reader clear building blocks and a holistic toolkit to interact with the material in a unique and meaningful way, at their own pace. It also gives the reader, as an active participant, the opportunity to embark on a profound inner journey that enables them to reflect upon their behaviours, beliefs, and attitudes in service of mental and emotional wellbeing.

The workbook affords the readers an opportunity to travel inward and acquaint themselves with mental, emotional, and spiritual resources. Small 'bytes' of scientific, psychological, and spiritual wisdom are included for those that may be sceptical of the merit and benefits of the seemingly basic activities that are promoted. Readers are invited to work through the activities in their 'inner gymnasiums' so that they can develop mental, emotional, and spiritual 'muscle' that will serve them through the challenges and demands of daily living as well as those traumatic and sometimes catastrophic natural or humankind-made disasters.

Resilience and psychological 'immunity' can be lovingly cultivated by investing in the self-science through the simple and practical activities that are so simply and eloquently described in this book.

Topics covered are: Crises, Psychological first aid, Burnout, Leadership during Crises and Stress Intelligence. The activities to build resilience are organised into eight domains: Nourish, Feel and Heal, Rest and Recharge, Sleep, Move, Cleanse and Detoxify, Breathe, and Connect (inward, outward, and upward).

Both prior to and following the pandemic, the world has been beset with an increasing number of challenges that impact on us at every level of society; healthcare workers have been identified as an especially vulnerably group who, daily, contend with the suffering of others, while they themselves have to find ways of coping with their personal and professional difficulties.

Engaging joyfully and sincerely with this mental health toolkit will help to create a loving, nurturing 'inner' environment and a holistically healthy outer lifestyle, promoting self-growth and resilience to embrace both the little and larger challenges of life. This investment in building inner resources or 'muscle', is the journey of Empowerment. The book can be ordered on [www.madeindurban.co.za](http://www.madeindurban.co.za)

## Over 850 people join the KZN MENTAL HEALTH WALK

Despite wet and windy weather conditions, 850 people turned up to support the annual mental health Walk on Sunday, ahead of World Mental Health Day on October 10.

The event was started by King Dinuzulu Hospital staff members, Professor Suvira Ramlall and Suntosh Pillay. Each year they organize the Walk in their personal capacities as community activists.

Pillay is a clinical psychologist at KDHC and says that the walk "continues to grow every year as the flagship community-driven mental health event in the province, if not the country. We are probably the biggest, free, mental health walk in South Africa right now."

Nwabisa Tsita, who joined the walk, said that "as a service user, the walk is more than just an event but an important act of advocating for awareness and better mental healthcare services for all."

A wellness fair on the lawns had 30 organizations to interact with the public, including the KZN Department of Health, the South African Depression and Anxiety Group (SADAG), Mondia Health, Medis Medical Software, and Joint Medical Holdings.

Pierre Buckley, from the Global Interfaith Network (GIN), is an LGBTQ+ activist in the faith space and said that "being present and supporting the walk adds our voice and presence to support the urgency to address mental wellness in society. This was a meaningful event."

Simone Gray, who began the Happy Lawyer's Project to combat depression, anxiety, and burnout in the legal profession, agreed. "Having such a big gathering of people in spite of poor weather is an act of advocacy in itself. I feel very proud to be part of a community who are taking their mental health seriously. It's amazing to see so many people here!"

The walk was covered by SABC News, Independent Media, Caxton Community papers, Isolezwe, and the Sunday Tribune.



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## **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**



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