



Murchison Hospital

SEPTEMBER 2015

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Honorable MEC Visits Murchison Hospital

On the 10 July 2015

Honorable MEC for health Dr Sibongiseni Dhlomo visited Murchison Hospital for a meeting on perinatal mortality. The MEC had noted that Ugu health District had a high number of maternal deaths and as a result wanted to find out the cause factor. A report was then presented to the MEC and his delegation. When the MEC took to the podium he stressed the need for going back to basic as health care workers and ensuring that all protocol are observed religiously when handling expectant mother. The MEC made mention of a pilot who double checks his aircraft before and after landing on his destination, so too should health care workers do when assessing



L-R HOM-Mr Bheki Nzimande, Honorable MEC Dr Sibongiseni Dhlomo

mothers to be.

The MEC also mentioned the fact that losing expectant

mothers and babies was unacceptable and that health care

workers should by all means try and prevent the unnecessary deaths of mother and babies, he also highlighted the key strategy in preventing avoidable maternal, neonatal and child deaths, as recommended by ministerial committee for 2015. The committee is made up of MOTHER NCCEMD, NEWBORN NPEM-MCO and CHILD COMMIC. The focal areas for interventions is to reduce maternal deaths by all health workers and this involves training the health worker and strengthening the health system. The strategy also look at the 3 pillars of improving quality of care and namely looks at:

1. knowledgeable and skilled health care providers
- 2 Rapid inter-facility emergency transport system
- 3 Appropriately resourced health facilities (including equipment and human resources).

Murchison Hospital Staff Part-take In A Healthy Lifestyle

Walk

Following the instructions of the office the MEC, Murchison hospital staff and DMT members participated in a 2,5km healthy-walk which started from the hospital parking lots to the corner of Oribi Gory. This was also part of the health MEC visit to the hospital. The walk was part of an awareness campaign on Dual Protection, where the youth of South

Africa are encouraged to use a condom and female contraceptives every time they engage in any sexual activity. Some of these contraceptives include implants, pills, injectables and IUCD. Men are also encouraged to circumcise.



L-R Mr. Ramharakh, Dr Amanambu, Mrs. Govender, CEO Ms. M Nxumalo



MDR TB AWARENESS CAMPAIGN AT NOBAMBA HIGH

Murchison Hospital TB team visited Nobamba high after discovering high incident of MDR-TB. The team held an awareness campaign, educating the school kids on the dangers of disease. The children were also screened for the disease and their sputum were collected for testing

What is MDR TB?

Multi-Drug Resistant TB (or MDR TB) is a form of TB caused by bacteria (germs) that are resistant to the usual drugs used to treat "ordinary" TB. In other words, the normal drugs that we use to treat "ordinary" TB will not work

What causes MDR TB?

MDR TB is caused by the development of TB bacteria, which have become resistant to ordinary TB drugs. This occurs as a result of inadequate or irregular management of "ordinary" TB, either by using inappropriate drug combinations or by using single drugs for "ordinary" TB, clinics running out of drug stocks, inadequate counseling of patients leading to patients not taking their treatment correctly (poor treatment compliance) or patients not returning for treatment (defaulting treatment).

Who is at risk of contracting MDR TB?

Anybody who is exposed to someone with MDR TB may be at risk of developing it. Most people who have strong immune systems will not develop the disease, as their body's immune system can fight the infection.

People who are at greater risk of developing "ordinary" TB are also at greater risk for MDR TB. These include the following persons:

- Babies and children under 5 years of age (They will need to have treatment to prevent TB disease if exposed to someone with TB)
- HIV infected persons
- Malnourished persons
- Persons living in overcrowded households/ public institutions like prisons
- Persons whose immune systems are not strong due to other diseases e.g. Diabetes Mellitus, cancer and some medications

Persons with substance abuse problems e.g. alcoholism or drug abuse.



Sr Msizi Educating Students On MDR



Murchison Hospital TB team



OPERATION MBO AT KWANYUSWA



PRO Addressing The Community Of Kwanyusa



Kwanyuswa Community

South Coast Hospice Donates Clothes and Toys To mothers at Pediatric ward

Mothers of newly born at Pediatric ward were delighted when South Coast Hospice visited them bearing gifts for their new born. The non profit organization handed out jerseys, socks, blankets and dolls for the little ones. South Coast Hospice was established in Port Shepstone, KwaZulu-Natal, focusing on a home care programme for terminally ill people living between Mtwalume in the north to Port Edward in the south and as far inland as Harding in the Ugu District.. This NPO prides its self on assisting the less



Moms And Their Offspring At Pediatric Wards

DUAL PROTECTION LAUNCH



The Dual Protection approach promotes medical male circumcision and the use of female contraceptive methods such as Implanon – while using condoms during every episode of sexual contact.

unplanned pregnancies and the rate HIV/AIDS was still too high 80000 babies are born to teen mothers every year - “contribute significantly to the high drop-out rate at high schools and institutions of tertiary education”. "After falling pregnant, most of the teen mothers lose a sense of direction in life

“This ensures protection against both sexually transmitted infections - including HIV - and unwanted pregnancies.

and also have a much higher chance of dying from pregnancy-related illnesses.”



EYE AWARENESS— VISION 20/20

Vision 20/20 is the right to sight by the year 20/20, it has been discovered that every year 1-20 million of people in the whole world are turning blind, according to statistics and now World Health Organization has set some programs to reduce / prevent this accumulation of blindness. If these programs are not being implemented it means by the year 2020, 75% of population will be blind, where as that can be prevented and we can reduce the no to 20% by the year 2020, we only need co-operation. One of the programs set is to identify cataract since 50% of population turning blind due to cataract.

How to identify cataract ?

Firstly you shine the torch to the eye of a person and you will only see a white pupil or cloudy, as we know that eye has the whitish layer called sclera, and a brownish layer called cornea then at the center of the cornea you see a black round layer that we call a pupil, so if this is not black and you see it's white that is a cataract , what you need to do send the patient to local clinic and the sister there will contact us in our hospital (eye clinic) then we book the patient for cataract surgery.

Eye awareness

What is most important is that all systemic condition has an impact on eyes especially diabetes mellitus and hypertension so if very important that all people who are on chronic medication should screen their eyes at least every after 6 months to prevent condition called diabetes retinopathy and hypertension retinopathy , they also complicate to blindness especial is not stabilized properly by the treatment and also poor compliance and life style. Coming to squinty babies , as soon as you realize that the baby has got squint or eyes are not focusing straight in one direction that should be reported early to your local clinic and sister in charge will contact the hospital so as to book the baby for surgery it is very minor but only done by the ophthalmologist to align those eyes, what is most important is to be ensure the baby does not reach age 6-9 years because it cant be performed when the baby has turned 6-9 of age because eyes are fully matured at that age. So early detection is important.

BREAST FEEDING



Dietician Department

The Rehab Dept. was given a breastfeeding in-service which covered the following topics: Benefits of Breastfeeding, Dangers of Formula Feeding, 10 Steps to Successful Breastfeeding, and The Role of the Health Care Worker in the International Code Of Marketing of Breastmilk Substitutes. 10 Staff members attended the in-service and it was well received. Interestingly, the majority of questions came from the males who attended the group. Questions pertaining to breastfeeding in the context of HIV were the stem of most of the discussions. Milk banking was also asked about and discussed.

The topic for Breastfeeding Week, 01-07 August 2015 was Breastfeeding and Work – Let's Make It Work! The aim of the theme was not only to promote breastfeeding but also to be able to support and encourage sustained breastfeeding in mothers who were either returning to work or to school/college. Talks regarding sustaining breastfeeding even when mom is away from baby were given in Maternity Ward throughout the week. Advice on how to express and store expressed breastmilk was given as well as explaining the importance of family support during this time.



Murchison Hospital

Thank you for reading our hospital newsletter

If you have any questions, suggestions, complaints or compliments regarding Murchison hospital, please contact the Public Relations Officer, Mr [Siphamandla Buthelezi](mailto:spha.buthelezi@kznhealth.gov.za) on

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Health
PROVINCE OF KWAZULU-NATAL

