



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

STOP TB NOW



NGWELEZANA TERTIARY HOSPITAL NEWSLETTER

NEWS

February -April 2019

STAY INFORMED

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Remarks by the Chief Executive Officer



CEO's Desk:

Dr BS Madlala

Remarks contains highlights of critical aspects of Ngwelezana Tertiary Hospital in terms of the what the Hospital has achieved through collective of efforts.

Ngwelezana Hospital is rising and getting ready to take its place as one of the best Tertiary Hospitals in the Province of KwaZulu-Natal. We have been busy recruiting specialists so as to ensure that we are able to provide the complete package of care. Whilst we have lost others but our growth signifies a new beginning.

We are ensuring that the hospital senior management is completed. We were joined by Dr RS Moeketsi as the Senior Medical Manager. He has hit the ground running changing and augmenting many systems that were a gap in our functional machinery. He was however derailed by his health setback and we are hoping that he will be joining us so after recovery to continue where he left off.

We have also successfully recruited the Deputy Director: Systems. We welcome Mr PEZ Zulu to Ngwelezana Hospital and hope that he will continue to make the Systems Department shine as always. In the month of July we will be welcoming the new Deputy Director Finance to complete the Senior Management Team management team.

We also welcomed the appointment of Dr TC Nkonyane and Dr NA Shabalala as Head of Internal Medicine and Radiology

respectively. This includes the appointment of Dermatologists, Dr M Ntsele as Head Clinical Unit. The Heads of General Surgery Dr G Oosthuizen, Psychiatry Dr P Milligan as well as Head Clinical Unit Dr Cacala in General Surgery and Dr VS Radebe in Psychiatry

Critical Care (ICU) Dr B Netchandama and as well as Dr G Chalton who will be assuming his duties as of 1 June 2019. This will ensure that our clinical departments are poised to fight the burden of disease and provide care to our patients without having to refer them elsewhere in the province.

In the last financial year we ensured that a number of well needed medical equipment was procured and we will continue to procure needed tools for effective medical service to ensure that we are able offer cutting edge medical care to the people of region 4.

Most of our medical officers trained in our institution have been offered registrar posts to train as specialists in the province and beyond. This proves that we have been able to provide them with adequate training and teaching to allow them to pass their part 1 exams and be appointed as registrars. Whilst this can be seen as loss to us as we are losing experienced Medical Officers, we see it as a opportunity for the hospital as we continue to hope that they will be brand ambassadors of the hospital and that they will return to us once they have completed their specialist training.

Our Primary Health Care Facilities continues to make us proud as they have achieved status on the Ideal Clinic Realization and Maintenance Programme

(ICRM). All our facilities that have been assessed have passed making us the only institution with 100% ICRM record. We are proud of their efforts, dedication and hard work. We are also proud of our Waste Management Department that 2017 achieved 1st position and returned with a 2nd position on the 2018 MEC'S Service Excellence Awards (MASEA). ENT was not to be outdone on their Ear Surgery Outreach Project as they also receive recognition. We hope that more departments will enter in the 2020 MESEA so that people can realize that Ngwelezana Hospital is in action.

Commissioning of the new 192 bedded Surgical Wards ushered in a new era at Ngwelezana Hospital. We hope the new environment and the beautiful wards will galvanize all of us to provide the best surgical care to our patients. We soon hope to open our beautiful Ward B as the Paediatric Burns Unit all thanks to Carte Blanche' Making a Difference Foundation and South 32 for such a huge donation.

We are still constrained by the inability to employ more members especially at our Infrastructure Maintenance Department Allied health Services and Nursing Services to meet our service demands. We are hopeful that the tide is also going to turn on these units.

The successful hosting of the cultural day showed that we are indeed a rainbow nations full of cultural diversity and inclusive. We look forward to the Quality Day and our Service Excellence Day and hope that we will be together in recognizing the best achievers of our time.

Ngwelezana Hospital—Our patients! Our Priority!

TB Awareness Campaign



Health workers during TB awareness campaign

Tuberculosis (TB) remains one of the leading causes of death in South Africa despite the availability of effective treatment and Kwa-Zulu Natal is an area of high TB transmission.

What is Tuberculosis

Tuberculosis (TB) is a disease caused by germs that are spread from person to person through the air. TB usually affects the lungs, but can also affect other parts of the body, such as the brain, kidney or the spine. It is dangerous if you don't get treatment for it, and can spread to others.

Ngwelezana Hospital HAST unit hosted a successful TB awareness day on the 2nd of April 2019 at the hospital's Auditorium. The purpose of this event was to educate staff on TB prevention, management of TB and importance of positive living. Strengthened periodic and exit review by our hospital staff to ensure that we turn the tide of our staff members being infected by this debilitating infection. Ngwelezana Hospital Acting CEO Ms. RM Sithole emphasized this to the staff in attendance.

She mentioned the chilling facts that a number of staff members have been diagnosed with TB and are on treatment 5 of which are on MDR-T treatment. It has been established that there are more staff members that are on TB treatment who are treated privately.

Services that were rendered on that day were as follows;

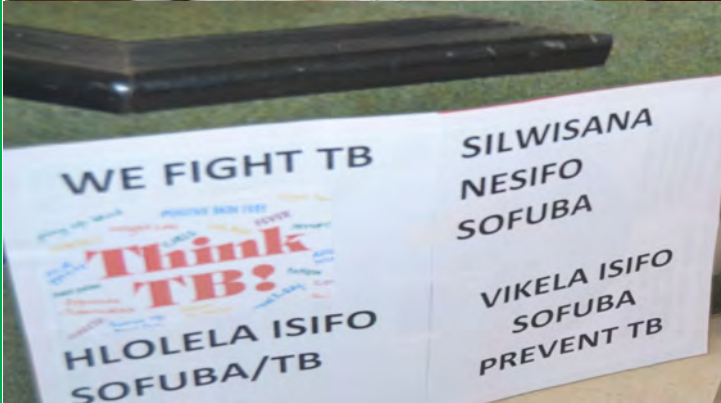
- TB screening and Testing
- HPT and
- Diabetes

The awareness also included guest speakers from King Cetshwayo Health District, Mr M Mbatha (TB Coordinator) and Ngwelezana Hospital Health and Safety Officer Mr. Simphiwe Sibiba.

The HAST Staff rendered an item on TB awareness. Questions were allowed to be asked by staff members and answers provided.



TB Awareness Gallery



World Kidney Awareness Day



Above: Renal failure patient Mr. Cyril Dlamini and Ms. Silindile Mthembu (Ngwelezana Organ Transplant Coordinator)

Diabetes, obesity, high blood pressure are among the factors contributing to this silent and growing burden of disease. It has been estimated that 1 in 10 people worldwide (an estimated 850 million people) are suffering from this fatal condition.

BACKGROUND

The kidneys are vital organs in our bodies, removing waste and excess water and controlling the blood pressure and acid and acidity of our body. Chronic kidney disease (CKD) is the gradual loss of the kidneys abilities to perform these essential functions, and can be caused by high blood pressure, diabetes, obesity, smoking and other risk factors. One in three people in the general population is at an increased risk of CKD and although an estimated 10% of people worldwide have CKD, estimates suggest that 9 to 10 of those are unaware of their condition.

One third of the global population is at increased risk of CKD because they have one or more of the risk factors associated with the condition. These include high blood pressure, diabetes, obesity, smoking, being 60 years of age or over, having established cardiovascular disease. Also having a family history of

kidney failure, being from a high-risk ethnic group or having a AKI. Infections, dehydration or damage from medications or ingesting toxic drugs are all causes of AKI.

On this year's World Kidney Day Thursday 14 March, advocates led by the international Society of Nephrology (ISN) and the International Federation of Kidney Foundation aimed to spread the message on prevention of CKD.

The theme for the World Kidney Day 2019 was "Kidney Health for Everyone Everywhere" and was all about encouraging countries to invest in health care to help treat the million affected.

On the 14th of March 2019, patient Cyril Dlamini a 30 year old male was interviewed and explained about what happened to him and helped in advising people to take care of their kidneys in order to prevent kidney diseases and to keep themselves healthy.

Mr Dlamini mentioned that World Kidney Day is not just about awareness: the experts behind the initiative are keen to emphasize that simple lifestyle changes can have a huge impact on CKD development and progression.

Simple lifestyle advice including a healthy diet, low salt and high in fiber, more physical activity, stopping

smoking and good control of diabetes.

The importance of organ transplant was also raised with staff members and attendees encouraged to be organ donors to help those in need of new organs. Taboos on organ donation were also dispelled.

A huge Thank you goes to all those that attended the event as well as KZN1 TV that also interviewed the participants as well as Mr Cyril Dlamini on the day.



A 30 year old Cyril Dlamini in an interview on the 14th of April 2019.

Glaucoma Awareness Day



Above :Ngwelezana Hospital Optometrist Ms. Samke explaining to patient about spectacle's for their eyes at Ngwelezana Eye Clinic. **Below left :** Sister NY Zulu explaining about the types of eye drops and tablets used for glaucoma **treatment and management.**

Glaucoma is a group of eye diseases characterized by damage to optic nerve usually due to excessively high intraocular pressure (IOP). This increased pressure within the eye, if untreated can lead to optic nerve damage resulting in progressive, permanent vision loss starting with unnoticeable blind sport at the edges of the field of vision, progressing to tunnel vision, and then to blindness.

Ophthalmology Department hosted a Glaucoma Support Group which was held on the 20th of February 2019 in the Eye Clinic. The main aim was to teach patients about glaucoma condition and give support on the importance of using medication, as it is known that glaucoma is one of the top 5 leading causes of blindness in South Africa.

The programme was directed by EN R.V Skhakhane, who also opened with prayer, Sr N.I Nxumalo also explained what glaucoma is, its causes, signs, symptoms and the importance of using the prescribed medication. Sr N.Y Zulu explained the types of eye drops and tablets used for glaucoma and how to use them. Sr NI Nxumalo mentioned that treatment for glaucoma should be diagnosed and treated by a doctor who

would then prescribe glaucoma eye drops for patients. She emphasized the important of a visit to ophthalmologist regularly.

Patients were also given an opportunity to ask questions and to verbalize their concerns and challenges. The programme was very successful. Patients were very much positive and showed interest on the support group and also

appreciated what the Eye Clinic Team did for them.

Refreshment were served with proceeds that were raised by the Eye Clinic Fundraising Drive.

Halala Ngwelezana Eye Clinic Halala!!!!!!



Glaucoma Awareness Gallery



PUBLIC RELATIONS CORNER

Quality Care for Every One

Going to the hospital can be stressful. Patients and their loved ones might be worried about an illness, anxious about recovery times, or concerned about what a procedure will cost. Today more than ever, patients have a great number of choices to make about the type of medical care they receive. We know that patients need to have reliable and understandable information about the level of care our hospital provides in order to make the best decisions possible.

I would like to emphasize that whether you are aware of it or not, we all communicate and our communication is interlinked and can destroy or build our hospital and the lives of our clients. We communicate with each other as employees, with other health care users, and their families as well as other professionals from outside our hospital. The list is endless.

Whether you communicate in writing or verbally or use body language, an effective communication is a well planned and carefully thought one. As a healthcare workers, we have a task of informing the community and making them aware of important issues even if they did not physically come to the facility, we communicate with them as our patients and we act as their advisers.

This year marks 25 years of freedom and democracy. We need to enjoy the freedom to choose the health facility we want to be attended to. The freedom of being treated with care, passion and kindness. As we will be celebrated the Freedom Month, let our celebrations offer us an opportunity to reflect on progress made thus far in transforming our society, while also examining our challenges.

Like it or not, communication is not a one department responsibility, but its everyone responsibilities. A miscommunication of any kind can have severe consequences to a persons life.

Before choosing or ignoring to let words out of your mouth, display body language or putting pen to paper, take a second and think if you are positively or negatively affecting somebody's life.

I've come to believe that each one of us have a personal calling that is as unique as a finger print. The best way to succeed is to discover what you love and then find way to offer it to others in the form of service, working hard, and also allowing the energy of the universe to lead you. Ngwelezana Tertiary Hospital strives to offer the best care to all of our patient.



Ngwelezana Hospital should therefore be a platform to introduce us to the best service of our patient in order to put meaning to our motto.

“Our Patient! Our Priority!”

**We should all ask ourselves—
Do I- CARE? (Innovation,
Compassion/Courage,
Accountability, Respect and
Efficiency) These are the
Ngwelezana Hospital's
Objectives**



**NGWELEZANA T. HOSPITAL : MS
SIZOPHILA DLAMINI PRI OFFICER**



**Silwa Nezifo,
Silwa Nobubha
Sinika Ithemba**

HELP ME WELCOME OUR NGWELEZANA NEW MANAGERS



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Mr. B Ntamo
QUALITY MANAGER



Mr. PEZ Zulu
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ACKNOWLEDGEMENTS



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