



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA

NORTHDALE HOSPITAL

THE NORTH NEWS

DECEMBER 2022



END INEQUALITIES.
END AIDS.
END PANDEMICS.

YOU CAN PREVENT
HIV INFECTION
THROUGH PrEP

CONGRATULATIONS TO NORTHDALE HOSPITAL SPORT CODES!!!!



FULL STORY PAGE 2



NDH SPORT DAY 2022



HOWICK OPEN DAY



MENTAL HEALTH



RADIOGRAPHY DAY



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NORTHDALE HOSPITAL SPORT TEAM

Northdale Hospital soccer team “AMA CHEESE BOYS” claimed second place victory during Umgungundlovu District tournament. CHEESE BOYS played 5 games with different hospitals and they claimed a win in all of those competitive games and they managed to qualify to play in finals. The team played a final game against Grey’s hospital team where the game ended with a draw and proceeded to a penalty shout-out. Ama Cheese Boys lost in penalties to Grey’s hospital and ended up finishing at a second place, walking out with a silver medal. Although the soccer team finished at a second place, Northdale hospital athletic team managed to claim victory of position one.

Comrades marathon runner Mr Dina Naidoo a professional nurse at the Orthopedics department, Northdale hospital, won the race completion and led all athletes coming from 12 institutions participated during Umgungundlovu District tournament.

Management of Northdale Hospital congratulated the excellent performance of Soccer team, Athletics team, Netball team and all other sports codes active within the facility including employees who participated in the District Choir. The management is really proud of having employees who are active and participating in the wellness programme in the hospital to build physical health and mental health resilience.



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As a form of acknowledging and encouraging wellness and fitness of employees, the hospital managed to acquire sponsorship for a brand new soccer jersey for Ama Cheese Boys through support from stakeholder management structures.

The hospital management encouraged all employees to participate in the wellness programmes. Mr Sifiso Cele, the Human Resource Assistant Director at Northdale Hospital, indicated that it is important for every employee to take part in the programme because there are so many challenges faced by employees in their day to day scope of work. He mentioned that to keep employees in a good state of mind and being productive at work it is crucial for each individual to participate in the programme as this will promote healthy lifestyles among employees and influence team building.

Mr Sifiso Cele concluded by highlighting the following key primary objectives of the employee health & wellness programme in the hospital. He indicated that this programme is important because of the following:

- Promotion of welfare and well-being of all its employees.
- Enhancement of the corporate image of the department.
- Improving service delivery responses.
- Strengthening the quality of life for all the valuable assets (employees).
- Attraction, Retention and motivation of employees.



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HOWICK CLINIC OPEN DAY 2022

Howick clinic held an open day on the 09th of December 2022. The open day was held at Howick community hall and community was invited to attend the event. This open day was attended by management of Northdale hospital, officials from Department of Justice, Howick clinic committee, The Office of Umngeni Mayor and Umngeni Ward Cllr's. Services were provided outside the hall where the event was held.

The purpose of the event was to inform the public about services offered at Howick clinic. Howick clinic is a health facility which offers primary health care with services such as immunisation, family planning, anti-natal care, and treatment of common diseases, treatment and management of TB and HIV & Aids diseases.

The open was an opportunity for public to ask questions and get clarity on how the clinic operates on daily basis and how and when the clinic refers patients/clients to another level of care which is a district hospital.

Operational Manager Sister Mncwabe explained to the community that Howick clinic is under Northdale District Hospital and when the clinic does referrals they refer to Northdale. She informed the community that it is important to attend the clinic and to take chronic medication at all times as advised by nurses and the doctor.

Sister Mncwabe mentioned that there is a complaint policy which gives community a right to complaint, to make suggestion and to compliment good work. She explained in detail how the policy operates and plead with the community to come forward and raise their concerns whenever there is something they are not happy with. OPM introduced clinic staff members to the community and their role in the operations of the clinic. She requested staff members and the Howick community to work together with the clinic in bringing about quality improvement of all services provided.



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MENTAL HEALTH AWARENESS MONTH

In the month of October, Northdale hospital organized an awareness campaign focusing on mental health. This month has been declared as Mental Health Awareness Month with the intention of creating more awareness on mental health and to provide public education about mental health. The objective is not only about education but also to reduce the stigma and discrimination that people with mental illness are often subjected to.

The hospital celebrated this day by inviting patients and their families, those who are admitted and on treatment of mental illness to educate them on how to take care of their loved ones. Dr Kamal Rampersad speaking on the purpose of the day, he indicated that there should be more campaigns and awarenesses on mental illness to reduce stigma and discrimination surrounding mental disorders.

When the Chief Executive Officer, Ms Nobukhosi Xulu, addressed the audience and mentioned that “Mental health care users are an emergency which requires to be treated as a priority at all time in the facility especially in Patient Admin and Casualty departments”. The CEO spoke about families who refuse to accept back their family members admitted as mental health care users back when discharged from hospital treatment. The emphasis were put on the importance of integrating mental health care users into their social environment and the impact this has on mental health resilience. She argued that it could be because some families are not well orientated about mental illness. She called upon staff to ensure that families and relatives are orientated and given education on how to live and cope with mental health care user. The CEO touched on the issue of discrimination directed to mental health care users, “Staff and families must stop ridiculing mental health care users and calling them by names like “IZINHLANYA” since at various levels, none of us by nature, are 100% mentally sound, and these are our patients and our family members who deserve to be treated with the same respect and dignity that we all deserve”. In ending the CEO called for the collaborative involvement of community structures, relevant organizations and departments to mitigate mental health risks that deteriorate into mental health illnesses as the department of health cannot tackle mental health issues single handedly.



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Welcome to my PrEP.co.za

My choices to stay HIV negative are:

Using a condom

Taking PrEP

PEP when needed

Get STIs treated

Get circumcised

My HIV+ partner on treatment

Live healthy

Get to know my options

WE ARE
THE GENERATION
THAT WILL END
HIV



I choose to stay HIV negative - my choice, my power!!



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“EQUALIZE” - WORLD AIDS DAY 2022

In 2022 the term “EQUALIZE” was chosen as a Theme to celebrate World Aids Day in South Africa. The Theme is calling for action to eliminate continuous inequalities occurring within the life of those living with HIV & Aids. After so many years and efforts by government in ensuring equality for access to health care services to those living with HIV & Aids and Key populations, persistent inequalities, discrimination and stigmatization remain prevalent. This calls for action from all South African citizens and concerned groups or organizations.

The “Equalize” slogan is a call to action. It is a prompt call to everyone to work for the proven practical actions needed to address inequalities and help end stigma attached to AIDS.

These include:

- Increased availability, quality and suitability of services, for HIV treatment, testing and prevention, so that everyone is well-served with a full package of services at all points of services.
- Reform laws, policies and practices to tackle the stigma and exclusion faced by people living with HIV and by key and marginalised populations, so that everyone is shown respect and is welcomed.
- Ensure the sharing of technology to enable equal access to the best HIV science, between communities and between the Global South and North.
- Communities will be able to make use of and adopt the “Equalize” message to highlight the particular inequalities they face and to press for the actions needed to address them.

Northdale Hospital had a programme of World Aids Day and the public was part of the programme. Sister Sibongile Ngubane (Acting PHC coordinator) mentioned negative impact of the continuous stigma and discrimination around people living with HIV & Aids. She indicated that Stigma and discrimination can be as devastating as the illness itself and it may mean rejection by your partner and even your own family. She stated that it becomes worst when people are being denied equal opportunities of employment because of the positive HIV status.

The discrimination goes as far as lack of care and support in some areas. Consequentially, people are less likely to undergo voluntary HIV testing, disclose their HIV status to others, adopt HIV preventive behavior or access treatment, care and support. Sister Sibongile Ngubane concluded by calling all staff from Northdale Hospital and clinics to recommit themselves and unite with communities in the fight against HIV, Aids, STI's and TB.



NORTHDALE HOSPITAL WELCOMES NEW EMPLOYEES

Northdale hospital family would like to welcome newly appointed managers and supervisors at in the facility. The newly appointed employees will fill in critical posts in different department which were vacant within the hospital. Some of these posts were vacated a long time ago and could not be filled due to budgetary constraints. Management of the facility had to prioritize these critical posts to respond to the demand on service delivery.

Appointed employees have a responsibility to generate new and effective direction in their respective components and join in efforts to improve service delivery to our citizens. Their supervision and managerial skills will mitigate clinical and environmental risks in the hospital and ensure safe delivery of quality services to the communities.

THE FOLLOWING EMPLOYEES WERE APPOINTMENT:



MR N.P BHENGU
CHIEF ARTISAN



MS A.B NDLOVU
ASSISTANT NURSING MANAGER



MR S.C SITHOLE
SENIOR SYSTEMS MANAGEMENT OFFICER



MR N. CHILIZA
PATIENT ADMIN SUPERVISOR



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THE FOLLOWING EMPLOYEES WERE APPOINTMENT



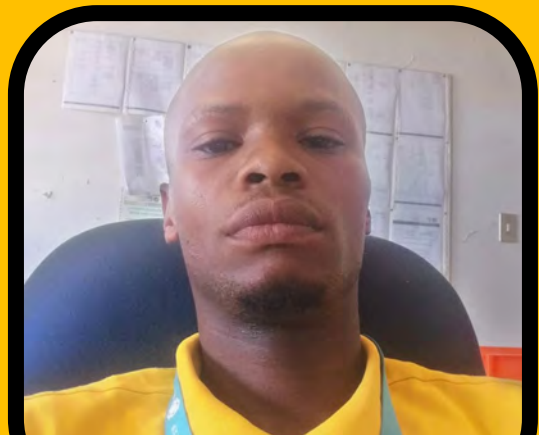
MR MANDLA MHLANZI
LABOUR RELATIONS MANAGER



MR S.J MALINGA
NDH GATEWAY CLINIC OPM



MS N. MADLALA
HUMAN RESOURCE SUPERVISOR



MR THOBAN THUSI
SENIOR FINANCE
MANAGEMENT OFFICER



DR M.P NGELEKA
CLINICAL MANAGER - PEADIATRICS



MS N. MASIKANE
HUMAN RESOURCE SUPERVISOR



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WORLD RADIOGRAPHY DAY 2022

World Radiography Day is observed annually on the 8th of November, to commemorate the anniversary of the invention of X-rays. On this day in 1895, German scientist Wilhelm Conrad Rontgen completed the discovery of X-radiation, also known as X-rays. X-rays are used to diagnose or treat patients by recording images of the internal structure of the body to assess the presence or absence of a disease, foreign objects, and structural damage or anomaly. During a radiographic procedure, an x-ray beam is passed through the body.

The Theme of 2022, “**RADIOLOGISTS AND RADIOGRAPHERS SUPPORTING PATIENTS**” is the theme of World Radiography Day 2022. All radiologists, radiographers, radiological technologists, and specialists in other related fields are encouraged by this theme to come together on this day to recognize and promote the crucial part that radiology plays in the patient journey.

World Radiography Day aims to raise awareness of the value that radiology contributes to safe patient care, as well as to improve understanding of how radiologists and radiological technologists contribute to healthcare. X-rays, MRI scans, and other imaging techniques aid in the detection of health-related problems. The day also recognizes the critical role of radiographers and radiologists in the medical field. It recognizes their hard work, dedication, and numerous contributions to modern healthcare.

Northdale Hospital Radiology team celebrated this day through dissemination of information to hospital clients and relatives. Information on Radiography was displayed in strategic areas within the radiology department. Pamphlets were handed out and informative talks given to the visiting clients



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PREMATURE BABY DAY

Northdale Hospital celebrated premature baby day on the 17th of November 2022. The Theme for the year 2022 was, **“A PARENT’S EMBRACE: A POWERFUL THERAPY”**. The purpose of celebrating this day was to raise awareness on preterm birth challenges and to shine a light on the risks and impacts faced by preterm infants and their families. The hospital nursery department invited 30 mothers with premature newborns to celebrate this day together. The day was used as an opportunity to educate mothers about premature babies.

Northdale neonatal nursery has a history of babies delivered with a weight of 580 grams whom had progressed with all the risks and discharged safely to their mums. The hospital succeeds with preterm birth because there are well trained, experienced staffs handling life and health of babies. Following the call of World Health Organization the hospital has also implemented Kangaroo mother care whereby the practice of skin to skin contact is encouraged between the mother and the baby from the moment of birth.

Kangaroo care is when you hold your baby to your bare chest so your baby has direct skin-to-skin contact with you. The baby is held upright with their head to one side between the mother’s breasts or against the partner’s chest. One hand should support the baby’s head and the other over their bottom. Often, a blanket is placed over the top of the baby to help keep the baby warm.



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Mothers were educated on how a premature baby will look like. Babies born at 36 to 37 weeks usually look like small full-term babies. Very premature babies will be small (perhaps fitting in your hand) and look very fragile. A mother can notice the following signs on a premature baby:

Skin: Your baby's skin might not be fully developed, and may appear shiny, translucent, dry or flaky. Your baby may not have any fat under the skin to keep them warm.

Eyes: The eyelids of very premature babies may be fused shut at first. By 30 weeks they should be able to respond to different sights.

Immature development: Your baby might not be able to regulate their body temperature, breathing or heart rate. They may twitch, become stiff or limp or be unable to stay alert.

Hair: Your baby may have little hair on its head, but lots of soft body hair (called 'lanugo').



Genitals: Your baby's genitals may be small and underdeveloped.



SOME COMMON ISSUES FOR PREMATURE BABIES INCLUDE:





- Breathing problems
- Heart problems
- Problems in their digestive tract
- Jaundice
- Leukaemia and anaemia
- Infections

Northdale Hospital nursery encourages involvement and support of family members to a mother of a premature baby. Mothers are encouraged not to miss their baby checkup appointment with local clinics following discharged. At Northdale hospital, we encourage exclusive breastfeeding as a safe feeding method that assures adequate amount of feeds at a time, supports immune systems and growth and development of body organs, protects babies from contaminated feeds and unwarranted diseases or illnesses that are a risk with other types of feeding. We wish all our premature babies health and growth, the mothers to premature babies, love and support.



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THE GAME OF SPORT



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