



NORTHDALE HOSPITAL

Follow hand hygiene and food safety practices



Visual examples of mpox rash



YOUTH DAY
BUILD UP QUOTES



“We Promote Work And Play”



The month of April on the Health Calendar of the department is health awareness month. This is a month that reminds people about importance of practicing a healthy lifestyle and taking good care of yourself every day.

On the 30th April 2024, Northdale hospital organized a wellness day which was held in the sport field within the hospital grounds.

The purpose of the Wellness day was to promote the work and play together program in the hospital which encourages employees to be active and participate in sport activities with colleagues.

The work and Play programme aims to lower burnout levels experienced by employees due to workload over demand at work.

Ms Thuli – EAP of the hospital opened the programme of the day and highlighted that part of her scope of work as an EAP was to make ensure that employee’s well-being is prioritized. She spoke about the importance of employee’s participation in the sport activities offered by the facility.

She said “Being active in sport and doing regular exercise plays a huge role in ensuring a healthy body and mind. Sport reduces mental stress such as anxiety, depression as an example. The Play and work programme can help employees to improve their productivity and performance at work”.

Many activities were participated in, including soccer, netball, tug of war, fun run and aerobics. Much fun was had by all, leaving for home happier and connected to each other.

We look forward to more events like these.





HAND HYGIENE PROMOTION EVENT

On the 28th of May 2024, the infection prevention and control department (IPC) held the yearly hand hygiene promotion event at Northdale hospital. The purpose of the event was to create awareness and address the importance of hand hygiene practice in the prevention of infection in hospital. All wards participated and the importance of washing hand hygiene was emphasised. On this day, medical, surgical and maternity wards were visited by IPC team to assess the compliance of hand hygiene practices in these sections.

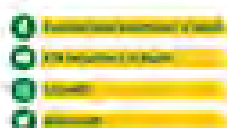
Definition of Hand Hygiene

What is hand hygiene? Hand hygiene means to reduce the growth of micro-organisms, by applying an antiseptic alcohol based hand rub or by performing an antiseptic hand wash.

The Importance of hand hygiene

Thousands of people die every day from hospital acquired infections all over the world. Hands are the main transporter of germs especially in the healthcare setting. Therefore, hand hygiene is one of the most vital measures to avoid the transmission of harmful germs between patients and to prevent healthcare associated infections. It is imperative that all health care workers are aware of their hand hygiene practise and ensure that they adhere to the 5 moments of hand hygiene, before coming into contact with patients.

It has been shown that it is better to use an alcohol based formula, rather than using soap and water as it is faster, more effective, and better tolerated by your hands.





OPM Hadebe (O Ward) celebrating award for good IPC practice.



OPM Mkhize explaining how the ward practice IPC protocols

Let's review the 5 moments for hand hygiene and the 7 steps on how to wash your hands effectively:

5 MOMENTS FOR HAND HYGIENE

- Moment 1 – before touching a patient
- Moment 2 – before a procedure
- Moment 3 – after a procedure or body fluid exposure risk.
- Moment 4 – after touching a patient
- Moment 5 – after touching a patients surroundings

7 STEPS OF HAND HYGIENE

- Step 1 – wet hands and apply soap
- Step 2 – rub the palms together
- Step 3 – rub the back of hands
- Step 4 – rub the back of fingers
- Step 5 – rub and clean the thumbs
- Step 6 – rub and clean the tips of the fingers
- Step 7 – rinse the hands

Now you have all this information at the tips of your fingers!





GATEWAY CLINIC OPEN DAY

Northdale hospital Gateway Clinic held an Open day event on the 06th May 2024. The open day event always creates a great opportunity for staff and patients to meet, to inform and to discuss the services provided in the facility for our community.

On this day, staff and management informed the community and patients about the importance of Gateway clinic in accessing the health system and the package of services it provides.

Guest speakers emphasised the importance of following referral pathway system.

The system is to start at their local clinic or Gateway clinic before presenting themselves to the hospital. This avoids the hospital from being overloaded.

The Gateway clinic is given the responsibility to attend and treat patients according to the primary health care package and to identify if there is a need for the patient to be referred for hospital treatment. The clinic will provide a hospital referral letter for the patient to attend the hospital.

Other services are provided such as HIV & TB screening.

Assistant Nursing Manager Buthelezi addressed the attendees about the CCMDD programme that was introduced to bring medication of patients to pick up points nearer to their homes.

This is a programme that makes life easier and cheaper for patients and decongest hospitals and clinics resulting in shorter waiting times when attending hospitals and clinics.

ANM Buthelezi urged patients to continue registering with the CCMDD programme as it benefits patients by saving time and reducing transport costs.

The day was informative and a great success.

WOMAN EMPOWERMENT

A woman's forum has been established for the first time in the hospital as initiated by the KZN MEC for health, Nomagugu Simelane whose goal is to have one in every health facility in KZN.

The intention of this forum is to open a platform for female employees within the facility to engage and support each other by sharing life experiences and ideas.



The CEO Ms Nobukhosi Xulu cutting the cake during women's forum event



NDH Women's Forum Committee

The District Office Employee Wellness programme coordinator, gave a key note address during women's forum launch, she highlighted that "this is a structure that is formed to accelerate the support to women in the workplace. It will provide life coaching, exposure to different experiences and access to networking with each other regarding issues affecting woman employee".

The CEO Ms Nobukhosi Xulu reiterated the importance of this forum and encouraged the committee to develop it to serve the intended purpose. The CEO invited the employees to join in and support and help each other in the forum.

The MEC supports this programme as female employees still face greater challenges compared to men in the work place.

These include gender biases, work-life balance, and a lack of professional networks and support.

Most of women are also facing household issues which affect their work performance, resulting in high absenteeism poor staff attitude and service delivery.

Child Protection Week

26 May 2024 – 2 June 2024



26th of May, marks the start of child protection week, which lasts till the 2nd of June. What is child protection you may ask? It is a system that has been put in place, to counter the abuse, neglect, exploitation and violence of children.

Child abuse together with gender based violence is a major dilemma in South Africa.

The impact of this abuse has major long-term cognitive, behavioural and emotional changes that last into adulthood. Victims also experience insomnia, phobias, aggression, low self-esteem, and impaired problem-solving skills.

Statistics suggest that due to the abuse many children were brutally killed, in the months of July to September 2023. The report also indicates that there were high numbers of rape incidents reported to SAPS between July to September 2023.

Gender-based violence and sexual abuse also lead to teenage pregnancy. Northdale hospital Crises Centre plays its role by reporting these cases to SAPS when victims present themselves in the clinic for help. The Crisis Centre clinic at Northdale Hospital work with all sectors of society to create safer communities and protect victims of abuse

Government has put various early intervention programmes in place that focus on sexual and reproductive health rights, such as an Integrated Programme of Action that responds to teenage pregnancy by coordinating the work of all stakeholders. This ensures that resources are directed to the hardest hit areas. The Child Care Act of 1983 that makes it a criminal offense if a person who's responsible for caring for a child doesn't provide the child with clothes, safe housing and medical care.

Government has since established a campaign that helps women and children voice their anger against GBV. Below are the following measures that government has taken:

The Department of Social Development has established the Gender-based Violence Command Centre with a toll free number 0800 428 428 and 'a please call me' number *120*7867#.

The Department of Justice and Constitutional Development has established 11 sexual offenses court in 2016/2017.

The Department of Social Development is funding 102 shelters for victims of gender-based violence and has also established 19 White Doors (safe houses) to provide safety and shelter services to mostly victims of domestic violence.





HEALTH EDUCATION ON FOOD SAFETY

World Food Safety day took place on 07 June 2024, this day draws attention to the importance of control measures to ensure the food we consume is safe and can play a role in preventing certain food borne illnesses. This year's theme was **'FOOD SAFETY: PREPARE FOR THE UNEXPECTED'** which underlines the importance of being prepared for food safety incidents whether mild or severe.

Food safety incidents are situations where there is potential or confirmed health risk associated with food consumption. These incidents may occur due to accidents, inadequate control measures or natural events. Being ready for food safety incidents requires dedicated efforts from policy makers in government, food safety authorities, farms, food business operators and consumers can play an active role.

As a consumer it is important to know what food safety guidelines a business should follow to provide food safe for consumption. You may ask the store you procure your food from for their certificate of acceptability for food premises which certifies they have been assessed by their local municipality and have the correct procedures in place and knowledge of how to handle food to prevent contamination and other food borne illnesses being passed onto the consumer.

Personal hygiene and food preparation hygiene practices are vital to protect yourself and your family from preventable food related disease. Always wash your hands with soap and clean water before any food preparation, this will help reduce the risk of bacteria and other pathogens being passed on into your food. Keep your kitchen and food preparation areas clean and keep all rubbish bins covered which helps prevent pest infestations.

Make sure all cutlery and crockery to be used are clean as well as all chopping boards and surfaces in your kitchen.

Food to be eaten raw and foods to be cooked should always be stored and prepared separately. Certain food borne pathogens may be killed when heated to a sufficient temperature, so always ensure that food is cooked thoroughly. Use separate chopping boards and knives to prepare raw food and food to be cooked to prevent contamination.

When storing food, always check expiry dates and discard expired goods, keep your dry storage areas free from moisture, check the temperatures of your fridge and freezer and again keep these storage areas clean at all times.

Immunocompromised people, such as those living with HIV and TB are at a higher risk for being affected by food borne illness due to their suppressed immune system. There for it is even more important they follow food safety guidelines to prevent these illnesses.

The food service units (kitchen) in a hospital setting must at all times adhere to these guidelines and take extra precautions to provide food that is safe for consumption as patients in a hospital are at a much higher risk to be affected by food borne illness as many diseases seen in a hospital impact the immune system and its ability to fight these illnesses.

The recent flooding in KZN and other parts of South Africa have also shown the importance of have clean, safe water for drinking, cooking, washing and bathing. Check with your local municipality about the quality control measures they have taken to provide water that is safe for use.





KWAZULU-NATAL PROVINCE

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