



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA

NORTHDALE HOSPITAL

THE NORTH NEWS

NOVEMBER 2020

16 DAYS of Activism
for no violence against Women and Children

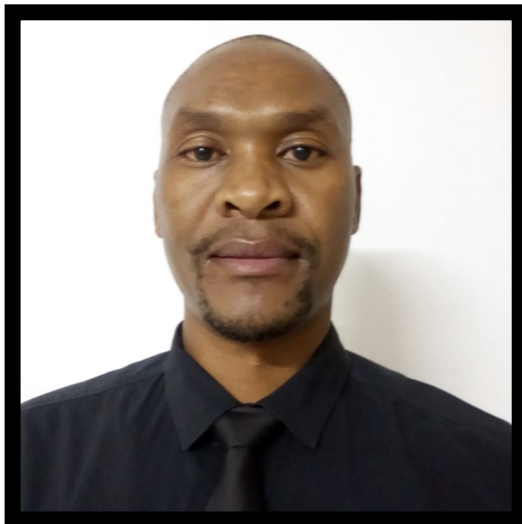


WEAR YOUR MASK

GQOKA ISIFONYO SAKHO

covid-19

Meet newly appointed EXCO members, Assistant director Finance and Assistant director Systems.



Mr. A. B. NGEMA
Assistant Director Finance



Mr. W. L. MALEVU
Assistant Director Systems



CANCER WEEK



HERITAGE DAY



PHYSIOTHERAPY TEAM



SAY NO TO ABUSE

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Together for babies

Born Too Soon

By definition a preterm/premature baby is a baby born more than a month early (before 36 completed weeks). Once they have reached term gestation (9 months/40 weeks) they are no longer considered premature.

In SA a baby who is born weighing 500g or more is considered viable but babies weighing less than 1000g at birth are likely to have lots of problems such as difficulty breathing and susceptibility to infection. However, if they survive they can spend as long as 3 months in hospital.

There are various reasons for why a baby would be born premature and sometimes it is impossible to know why the baby was born early. Most common causes are teenage pregnancy, Maternal illness or infection, maternal high blood pressure, and physical problems that make it difficult to keep the baby inside the mother (incompetent cervix) amongst others.

November 17 was a World Prematurity Day which is commemorated world-wide every year. This year's theme is "World Prematurity Day 2020, Together for babies born too soon—Caring for the future"

Preventing a premature birth is challenging but includes.

- Not smoking and drinking alcohol during pregnancy
- Improving a mother's health (especially if she has a chronic illness like TB and HIV since they carry an increased risk of prematurity)

Improving early and ongoing clinic attendance from when mother first knows she is pregnant (preferably before 5 months), and preventing selective caesarean section births before 9 months.

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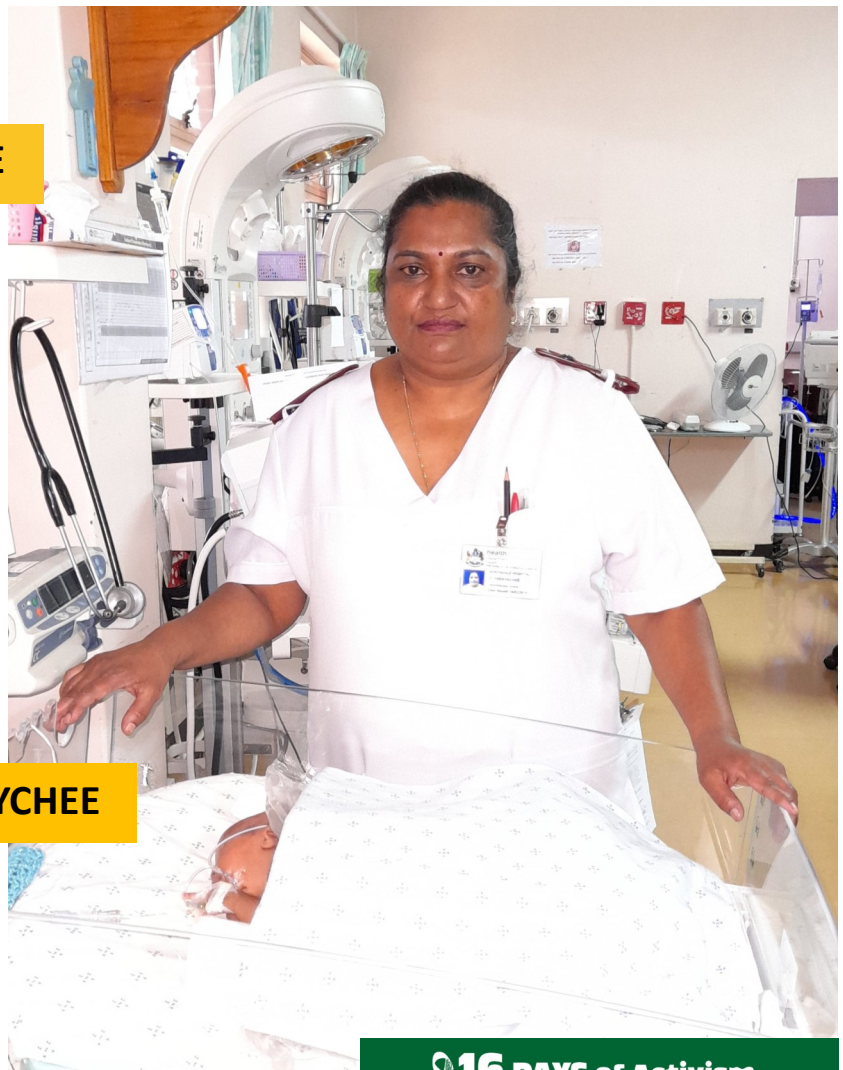


SISTER DHANALUTCHNEE PADAYCHEE

Sister Dhanalutchnee Padaychee, 54 years – old, said she has been working as a nurse for 30 years and has worked for 20 years of her experience as a clinical nurse in the prematurity ward at Northdale Hospital Pietermaritzburg.

Padaychee said premature babies were previously kept in an incubator, and now they are kept in an Intensive Care Unit or the servo warmer. “The clinical care takes a lot of our time. We have to monitor the babies’ temperature and oxygen. We try our best to keep them rolled with a shirt or blanket to keep them warm, even with a plastic, so that the baby won’t feel uncomfortable.” “As soon as the baby has been delivered,” she said, “We try to put the baby in the servo warmer and put a drip for 48 hours to see if the baby is coping and feed it with a tube until they weigh 1.35 kilograms.”

“We teach mothers how to do the mother care, the Kanga care and don’t allow breast feeding until the baby is 1.5 kilograms. We then discharge the baby when it is at least weighing 1.7 kilograms and do a follow up on their weight and if there are other problems; they can visit the hospital or the clinic any time for a normal check-up.” According to her, most preterm babies do well.



SISTER DHANALUTCHNEE PADAYCHEE

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TOGETHER WE CAN MAKE A DIFFERENCE TO BREAK THE SILENCE TO END GENDER BASED VIOLENCE.



On the 12th of November 2020, Northdale hospital joined hands with Thrive Foundation to mark 16 Days of Activism as well as create awareness on Child Abuse. This activity was in response to an appeal for urgent intervention by a mother of an 11 year old rape survivor in the Community.

This programme was taken to school children and the aim of the programme was to empower the students about the following:

- **Children's Rights and Responsibilities**
- **Self-Awareness**
- **Good Touch and Bad Touch**
- **Different types of abuse**
- **Where to report abuse**
- **What to do if you are raped**
- **How to report**
- **How to deal with Bullying**
- **Mental Health of Children**



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The goal was to ensure that children know how to identify abuse, and where to report. The emphasis was placed on how to love yourself and maintain your own Mental Health and Self-esteem.

Sister Sunitha Maharaj a Professional Nurse who works in Crisis Centre – Northdale hospital said “We strive to share knowledge during awareness campaigns, on the different types of abuse and where to report. Thus empowering women children and our males to take a stand of no violence against women and children not just for the 16 days but for 365 days. We strive on education empowerment and enabling our children to speak”.



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BREAST CANCER AWARENESS



The designation of October as "Breast Cancer Awareness Month" in South Africa reflects a nationwide drive by public and private healthcare structures to raise awareness of this debilitating disease across all races and class structures.

During Breast Cancer Month Northdale Surgical Out Patient Department (SOPD) created awareness to patient about danger of breast cancer. The purpose was to educate the public and share the information about early detection of breast cancer for early treatment.

It is important to know the signs and symptoms of what could potentially be breast cancer. Signs and symptoms of breast cancer: Early breast cancer usually does not show symptoms but as the tumor grows it can change how the breast looks or feels.



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A hard or painless lump or mass in the breast is often the first symptom to be noticed. Other symptoms or signs of possible breast cancer include changes to the shape of the nipple, a bloodstained discharge from the nipple, nipple tenderness or a nipple rash, a change in the texture of the skin of the breast, dimpling of the skin, an inverted nipple, or a lump under the arm.

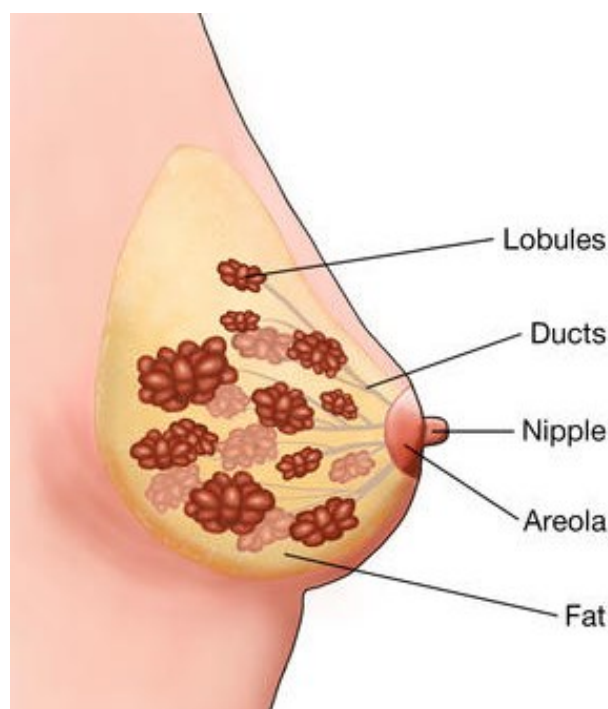
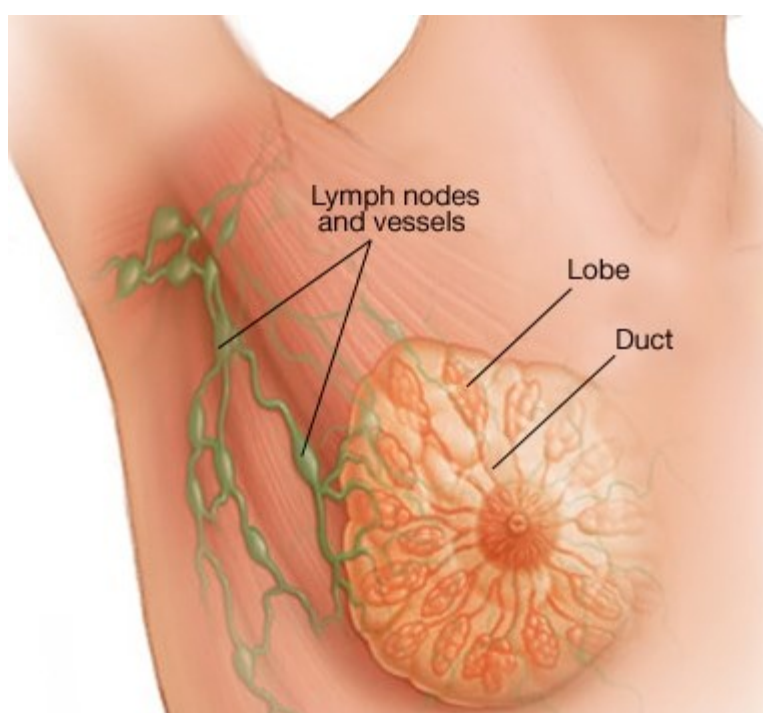
To help with this, it is important for everyone to do regular check up with health facilities and to be proactive about your breast health and help increase your chances of detecting breast cancer early.

How to do a Breast Self-Assessment:

Stand in front of a mirror and look closely at your breasts in the following three positions, viewing from the right and left as well as facing forward. Check for changes in the following:

- **Shape:** Compare one to the other. One breast may normally be larger than the other, but sudden changes in size should not occur.
- **Skin:** Check for rash, redness, and puckering, dimpling, or orange-peel-textured appearance.
- **Nipples:** Check for any physical changes such as a sudden inversion, scaliness, redness, itching, swelling, or discharge.

Vein patterns: Look for a noticeable increase in size or number of veins compared to the other breast. Let's come together as one nation and fight against cancer.



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Physio Department Team



Back pain is one of the major disabling health conditions among older adults aged 60 years and older. Many causes of lower back pain are age-related with physical and psychosocial changes. There is a distinct lack of awareness, especially in older adults to the causes and effects of back pain and pain management.

During National Back care week 2020, Northdale hospital physiotherapy department took a stand and educated patients and health care workers about back care. This was done with the aim of creating awareness on the back care.

It is so important for every human being to understand what is Back Pain? This is not a specific condition but rather, a symptom that may occur from a variety of different processes, E. g Injury, mechanical or inflammatory conditions of the spine.

What are the causes Back Pain?

- Injuries
- Poor ergonomics (Posture)
- Poor lifting techniques
- Poor lifestyle habits (Smoking habits)

There are common symptoms that a person can notice or feel if he/she develops back pain. A person can feel a pain in the lower back, pain radiating down the leg, pain becoming worse with activity or change of posture and pain getting worse after waking up and easing after moving around. It is important for an individual to visit health facility at an early stage of the above mentioned symptoms.

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TAKING CARE OF YOUR BACK:

At work:

Proper lifting- Stand close to the object. Keep your back aligned straight from head to hips. Grip the object firmly with both hands. Keep the object close to your body. Use the strength of your legs to push up slowly and smoothly.

Push-Pull- pushing is safer than pulling if you have a choice. Whether you push/pull, you must follow safe back work rules: Wide stance, tuck chin in and arch back slightly, push/pull close to your body.

Carrying- hold the object close to your body. Keep your chin tucked, and your back straight. Make sure that you can see over the load.

Sweeping/mopping- use a mop/broom that allows you to stand up straight. Keep the elbows close to your body. Take steps with your feet to move with the mop/broom. DO not swing the broom side to side with your arms and by twisting your back as this increases pressure on your back, shoulders and wrists.

Body mechanics and posture:

Body mechanics are the ways you use your body, and posture is the way you sit or stand.

- Stand or sit tall without slumping or arching your back too much. This increases stress on your back.
- Avoid sudden or unplanned movements. E.g. twisting to reach for an object behind you.
- Use a chair with armrests for lowering and raising yourself.

Try not to sit in the same position for more than an hour at a time. Get up or change positions every 20 to 30 minutes. Physiotherapists use a combination of treatment strategies including: Physical modalities, massage, joint mobilization, exercises, and education to make people aware of back problems. BUT exercise is a key to recovery!



Good



Bad



Good



Bad



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“Celebrating South Africa’s living human treasures”



Northdale hospital commemorated Heritage Day on the 30th of September 2020 as recognition and celebration of different cultures amongst different employees in the institution. The 2020 theme for Heritage Month was “**Celebrating South Africa’s living human treasures**”.

This celebration was organized with the intention of bringing back team work in the institution. The goal is always to nurture and acknowledge cultures of employees for what it truly is, accepting all races and genders. The day was celebrated in a period where the Corona Virus pandemic is continuing to affect communities in South Africa.

Acting CEO Mr. R.E Manyokole used the Heritage day activity to appreciate the staff for their dedication and their effort in fighting the Corona Virus pandemic. He acknowledged the work of doctors, nurses, all supporting staff including cleaning services and security personnel.

The Acting CEO urged the staff to be united and work together all the time and he emphasized the important of giving quality patient care to patients in a language that is understandable and make sense.

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