



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA

NORTHDALE HOSPITAL

THE NORTH NEWS

SEPTEMBER 2022



COVID-19 and Vaccine

VIKELA
INDODAKAZI YAKHO
KUMDLAVUZA WESIBELETHO:
YIVUMELE IGOMELE
I-HUMAN PAPILLOMAVIRUS (HPV)
MANJE!!!

AMADODA
MAWASONDELE ATHOLE USIZO
LWEZEMPILO UKUZE AGWEME
UKUFA ISIKHATHI SINGAKAFIKI

**YOU CAN PREVENT
HIV INFECTION
THROUGH PrEP**



NORTHDALE HOSPITAL HOSTED IMBIZO.

**FORMER MEMBER OF NATIONAL ASSEMBLY
ADDRESSING MEMBERS OF THE MEDIA
DURING NORTHDALE HOSPITAL IMBIZO
OPEN DAY. FULL STORY IN PAGE 2&3**



IMBIZO OPEN DAY



NURSES DAY



HERITAGE DAY



WOMENS MONTH



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Community Engagement at Northdale District Hospital Sport Field



The CEO
Ms. Nobukhosi Xulu
Addressing community

On the 13th of September 2022, Northdale Regional hospital hosted an Imbizo at Northdale hospital sports field. This was an Imbizo event which was organized by hospital Board members working hand in hand with hospital management led by the Chief Executive officer Ms. Nobukhosi Xulu. The board took an initiative to host Imbizo to address issues affecting service delivery in the hospital, this include long waiting times in some areas in the hospital. The hospital had previously received bad publicity where the patients raised issues about service delivery. The purpose of Imbizo was to open a platform of engagement on issues affecting the service delivery and to educate and share information with the community. This was also an opportunity for management to elaborate on challenges and share interventions as already implemented and these planned.

When the Chief Executive Officer Ms. Nobukhosi Xulu addressed the community she explained how the setup of a district hospital operates and what services the hospital provides. “Northdale is a district hospital which requires patients to be referred by local clinics; she indicated that as per the demarcation, Northdale is a mother hospital to seven local clinics which includes **Embo clinic, Baniyena clinic, Maguzu clinic, Injabulo clinic, Howick clinic, Balgowon clinic and Mpopomeni clinic**, however the hospital in turn is also receiving patients, who are not within the catchment area. This is one challenge which keeps this hospital having long queues , congestion and long waiting times”. “We however, appreciate our staff for the efforts that they continuously invest in ensuring that not a single patient is turned away without being attended to”.



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The CEO informed the public that it is important for patients to start at their local clinics before coming to the hospital. This will eliminate congestion in the hospital and reduce long queues. She appealed to the community to come forward and engage management of the hospital or the hospital board if there are negative issues or bad experiences not meeting their expectation as this assist a speedy resolve and our clients will leave the hospital happy and satisfied instead of going to media”.

Speaking to the community, Mr Hlalani Zondi Hospital board chairperson indicated that as board members they want to create more space for engagement between the hospital and the community. He said “As board members we want to engage and educate the community about processes and work flow of the hospital so that the community understands how they should utilize hospital services”.

During the event there were a number of services which were provided to the community from different stakeholders such as SASSA, DSD, and SAPS etc.



MR HLALANI ZONDI
HOSPITAL BOARD CHAIRPERSON



REV. S. SHANGASE
PROVINCIAL CHAPLAIN



COMMUNITY



QUESTIONS & ANSWERS SECTION



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International Nurse’s day is celebrated annually on 12 May to acknowledge the commitment of nurses as they save the lives of the society. This is the day where the whole world comes together and recognizes the efforts and the important role that nurses play in saving and caring for patients. On this day nurses are celebrated, recognized and honored for their commitment in rendering care with passion and saving lives, and in dedicating their lives even during difficult times to care for the sick.

Northdale hospital celebrated nurses’ day under the theme for year 2022 “A Voice to Lead – Invest in Nursing and respect rights to secure global health”

The CEO Ms. Nobukhosi Xulu addressed the nurses emphasizing that “Nurses are the backbone of the health care system. We recognize their effort and we have seen them during Covid-19 pandemic when they risked their own lives to serve the societies. A nurse does not only provide bedside care for patients but they also give education and psychological counselling. They always show integrity and compassion to patients and their families”.

Ms. Xulu expressed gratitude and appreciation to the nurses. She spoke about the importance of the nurses in this hospital. She pointed out that nurses sacrificed their own lives, their own families during Covid-19 pandemic to render health services to the community who were in need. They ensured that the patients were given all the care they needed, yet nurses were suffering from their own fear where everyone lacked the knowledge and appropriate responses at the time when the country was battling with Covid-19.

The CEO believes that government prioritizes health care systems at all times. A health care system requires more budget in order for hospitals to purchase proper health care resources and to improve infrastructure for the provision of quality health care services to the communities.



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She highlighted that Northdale hospital infrastructure is too old and not in a good condition and required constant repairs, yet there are limited funds to maintain the infrastructure. She elaborated on critical vacant posts and made an example that there is no Health and Safety Officer, Occupational health nurse/EAP in the hospital and there are no funds to employ them. She concluded that nurses should create programmes that will transform the nursing profession irrespective of who they partly affiliate themselves with, look beyond the race and level of qualification but support each other and encourage unity and career growth. Create an environment that is safe for themselves and their clients. The management has a responsibility to provide support and care to the nurses in establishing an environment that nurtures emotional, psychological and physical wellbeing of nurses. Nurses should unite and fight discrimination and victimization of nurses so that nurses do not resort to substance abuse. She concluded by saying nurses should create listening forums and participate in debriefings daily.

The event was honored by the presence of the HOD, Dr. SC Tshabalala. The HOD appreciated nurses on their special day. Dr Sandile Tshabalala said; "Nursing career is not only a profession but also a calling, art and science" he quoted. Nurses are supposed to be celebrated on daily bases because of the important role that they play in all societies. They ought to serve the society but they do more than that. The HOD touched the very sensitive point of the safety of nurses. The nursing profession is at risk as we find many nurses being threatened by the patients or families of the patients. There are cases where we find nurses being killed within hospital premises. They are abused by the patients whom they ought to serve.

HOD indicated that government has not made enough effort to ensure the safety of the nurses in their workplaces. Workers go through serious mental breakdown on daily basis. "Nurses are experiencing bad behavior from the doctors, he added that doctors are not the employers but colleagues of the nurses" he said. Doctors should stop this stereotypic behavior that they have about nurses, as nurses are the backbone of the health system and some doctors are learning from them. He also emphasized that nurses should avoid chasing the patients away if they are not in their catchment area. The HOD also expressed his gratitude to the commitment and hard work of the nurses.

He concluded that nurses should continue enrolling in their field and developing themselves. They are all appreciated by the department of health.



NORTHDAL NURSING STAFF



HOD Dr Sandile Tshabalala with NDH Nurses during nurses day



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NORTHDALÉ HOSPITAL HERITAGE DAY

Northdale Hospital celebrated heritage day on the 20th September 2022. This day was celebrated in the hospital to embrace diverse cultures amongst employees of Northdale hospital. The day was staged as an opportunity for employees to showcase their cultures and to educate one another about cultural on different practices.

This was a beautiful day at Northdale hospital, employees were dressed in their beautiful traditional attires and there were stalls which were set up to showcase food for each and every culture existing in the hospital. During the programme employees came on stage to sing and dance to their own traditional music.

When Sister K. Reddy gave the purpose of the day, she highlighted that Northdale hospital is a very diverse hospital when it comes to cultures. She indicated that this day is important because it gives employees an opportunity to learn and understand cultures of other employees working within the institution. Ms Smangele Mngomezulu who also gave a talk on the purpose of the day indicated that this day encourages positive attitudes from staff to respect each other’s cultures. She added that heritage day celebration help to create team building in the work place; this would remove any negative stereotypes perceived by employees of other cultures.



Ms Smangele Mngomezulu



Pastor Miya



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NORTHDALE HOSPITAL HERITAGE DAY

The CEO Ms. Nobukhosi Xulu urged employees to take care of each other and create a conducive working environment in the hospital. She addressed following topics to the employees.

Discrimination

Culture diversity

Civilization

Racial segregations

“Public Health Culture: Caring environment, Respect, Humanity, Empathy and Compassion, Culture of fairness where all patients are treated the same and respected equally looking beyond our poverty lines, colour of skin, and culture or religions. Everyone must feel at home and be nurtured and supported to grow. No one must feel less important regardless of the jobs they perform”.

We should all feel equally important as some of us may be less fortunate from others, not by choice. The country is reeling with a high unemployment rate. Some had to settle for jobs they are highly qualified for so let us not discriminate people by the jobs they are employed in and continue to assist others to grow within their occupations. Experiences are a thing of the past, now is the time for us to unlearn some of the attitudes we have developed to make this place a better place for everyone.

We were called all sorts of names, all of us, we did not like it then, so let us not continue with such unnecessary attitudes and embrace each other, forgive and forget the past exposure that were distasteful to us. Unite as a nation for we all deserve to be treated with respect and dignity. Only then can we pride ourselves for that we represent. Let us model the change that we want to see and envision a workplace that is a demonstration of what we represent as a caring nation and an ideal Public Health Care facility.



Ms Nobukhosi Xulu
NDH Chief Executive Officer (CEO)



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HERITAGE DAY



MUSLIM CULTURE



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HEALTH EDUCATION IN WOMENS MONTH

South Africa commemorates Women's Month in August to celebrate the strength and resilience of women and their contribution to societies and the country. Women are facing many issues in the society such as domestic violence, discrimination and harassment in the workplace, lack of opportunities etc.

Northdale hospital celebrated Women's month 2022 by empowering women with health education. When August 2022 began, nursing staff from maternity section took an initiative to educate female patients who visited the hospital in August. The programme of educating female patients on women's health was not only focused on patients who visited the hospital but it was also done using various media platforms.

On the 31 of August 2022, Sister Sikhakhane Operational Manager at maternity department went live at Umgungundlovu FM where she gave a talk on women's health. She touched on many issues which affect women's health on daily basis. She spoke about family planning programme, teenage pregnancy, back street abortion, cervical cancer screenings etc.



OPM Sikhakhane giving Health Education at Umgungundlovu FM

HEALTH EDUCATION ON WOMENS' MONTH

She encouraged listeners to utilize health facilities for family planning services and women's health programmes.

She indicated that Family Planning (Contraception) services are offered for free at all primary healthcare clinics.

“We encourage you to visit one of our primary healthcare clinics and talk to a trained healthcare worker about the best options for you. Our Family Planning services include education, counselling and contraception/birth control options to help you decide when or if you want to have children” said Skhakhane.



UMgungudlovu FM Radio Dj, Henry Dlamini - PRO, OPM Sikhakhane, Mr Hlalani Zondi - Hospital Board Chairperson

Sister Skhakhane warned woman about the danger of backstreet abortion (unsafe abortion). She explains that the choice on termination of Pregnancy Act No. 92 of 1996 gives all women the right to a free abortion (termination of pregnancy) at a government hospital or clinic during the first 12 weeks of pregnancy. “According to the Act, the procedure can also be performed from the 13th week up to the 20th week of the pregnancy if seen by a medical practitioner”.

CONTRACEPTIVE METHODS



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LIVING HEALTHY LIFESTYLE



Mr Deena Naidoo



Mr Richard Mandla Majozi

The Comrades Marathon 2022, Northdale hospital had five staff members who participated in the marathon and all of them managed to cross the finishing line. This is the biggest race in the country which attracts runners from around the world. The hospital management congratulated staff members who took time and participated in Comrades Marathon 2022. This is a good motivation to other employees of the hospital and the department of health at large.

The CEO Ms. Nobukhosi Xulu said “I take great pleasure in congratulating all our staff who participated in the 95th Comrades Marathon.

I thank you for being great ambassadors for Northdale hospital. Your commitment and dedication in participating in one of the world’s greatest marathons is admirable and inspiring”.

Participating in marathon is part of living a healthy lifestyle. Eating a healthy diet, exercising regularly, keeping a healthy body weight, not drinking too much alcohol, and not smoking during adulthood may add more than a decade to life expectancy.

“To all our Comrade Runners, We thank you”



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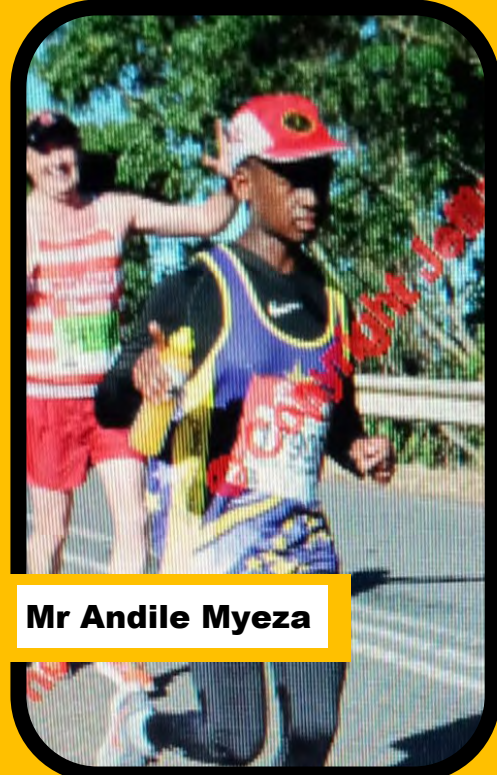
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Mr Xolani Mthembu



Mr Andile Myeza

NORTHDALE HOSPITAL SOCCER TEAM 2022 “AMA CHEESE BOY”



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NDH BREASTFEEDING CAMPAIGN

Bread feeding is one of the most effective ways to ensure child health and survival. This is the most recommended way of feeding a new born baby because it is healthy and safe to protect a child against any common childhood illnesses. Northdale hospital is a baby friendly hospital which promotes breast feeding to infants. The hospital promotes breastmilk because it provides all the energy and nutrients that the infant needs for the first months of life.

From the 01st of August to 07th of August 2022 the hospital had an awareness campaign on breast feeding. Patients were educated about the importance of breastfeeding and new mothers were encouraged to breast feed their babies. Mothers of new were also taught on how to breastfeed the baby.

The following are great reasons to breastfeed your baby.

Perfect nutrition

Breast milk is the best food to help your baby grow and develop. It is custom-made by each mother for her baby. Breast milk has the perfect amount of protein, carbohydrates, fats, vitamins and minerals, and it is easy to digest.

Protection

Breast milk helps your baby fight off sickness and disease. After birth, the first milk your breasts make is called colostrum. It helps to stop harmful germs that can make your baby sick. Breast milk helps to reduce the chance that your baby will have diarrhea, ear infections or lung infections, die of sudden infant death syndrome (SIDS) and be overweight or obese when they are older.

Builds a special bond

The closeness and comfort of breastfeeding helps you bond with your baby. It is one of the many things you can do to build a secure and loving relationship. Cuddling your baby can help your baby to be more trusting and confident as they grow older.

Ready and portable

Breast milk is always fresh and exactly the right temperature. It is ready for your baby whenever they are ready to eat. You do not have to heat it, boil water or sterilize bottles. This makes feedings so much easier since the milk is always with you, travelling and shopping with your baby is easier.

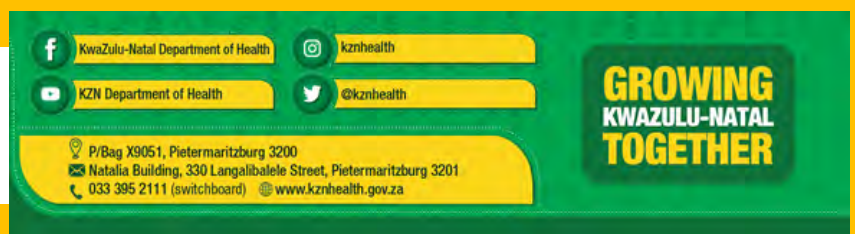
Easy on the budgets

Breastfeeding saves you money. Having a baby can be expensive, so it is nice to know that breastfeeding is not. Breastfeeding could save you money.

Good for mothers too

Research shows that breastfeeding can protect mothers from many diseases such as breast and ovarian cancer.

Sister Mseleku informs mothers that even if they are going back to work or school the baby can still be fed breast milk. She told mothers that they can express breast milk and leave it with their caregiver to feed the baby. She informs mothers that breast milk also can be frozen and used later.



NORTHDALE DISTRICT HOSPITAL

REACH TEAM "SIBEKA IMPILO YAKHO PHAMBILI"

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SEPTEMBER PHARMACY MONTH

September is the month that is celebrated to acknowledge the work pharmacists do in the facility for the community. The Theme for 2022 says "Woman and Youth Health - The Pharmacy is a safe and trusted place for advice and assistance". Pharmacy Month is the opportunity to market the pharmacy services of the hospital.

2022 Pharmacy month came during the period when the hospital is continuing to improve dispensation system and safe keeping of medical records. It is this reason that the hospital has implemented a new system called RX dispensing; this is an electronic system which is currently being used at NHD pharmacy.

Benefits of RX dispensation:

Ensure safe keeping of patient's prescription information.

The system is fast once the entire patient's demographic information has been captured, it will reduce waiting time in pharmacy department.

It will assist to retrieve patient's prescription information when there are challenges with locating the file.

To ensure the system is operational and to avoid duplication of patient information, all users of the Northdale hospital are encouraged to bring their identification when they visit the hospital to be captured on the RX system.

Benefits of CCMDD pick up point programme:

The hospital is continuing to encourage patients to use CCMDD pick up points.

This is a free service

Collection is easy and quick, at convenient pick-up points with extended opening hours.

Crowded hospital, clinics and long waiting time can be avoided

You can collect two – three months of medication at once

For more information please contact Mr Luthando Mbatha – Northdale Hospital Pharmacy Manager 082 463 7008



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