



RH INDABA

NEWS

GROWING KZN TOGETHER

MARCH 2021

CEO'S NOTE

I would firstly like to thank Richmond hospital staff for the warm welcome I received ever since I arrived at the facility. The facility has been mandated to admit patients of UMGungundlovu district with covid 19. This project has come with a lot of stress and burden on our employees as we are continuing to work within a construction site and we apologise for this as there is no other way forward since we are rendering essential services.



Our EXCO team is also dominated by new members and I welcome them all and wish a good and professional stay together in ensuring great quality of work is done within this facility. I believe in the saying: “do things right the first time to ensure efficiency and quality of work”. EXCO members please let us work on “open door policy”.

Richmond Hospital has worked hard in preparing for the 3rd wave and we are ready to hit it head on. This pandemic that we face has cost many lives of our brothers and sisters, so we are calling upon all our employees to take this pandemic seriously and adhere to all the infection prevention protocols already set in place i.e. social distancing, hand washing and wearing of masks. Lastly I would like to plea with all our facility users to be patient with us as our facility is still undergoing major construction.

DIETITIAN'S CORNER

KEEPING HEALTHY WHILST IN ISOLATION OR QUARANTINE (COVID 19)

Whether you are in quarantine or self-isolation due to COVID-19, you will inevitably be spending more time at home. Following general healthy living advice such as eating a balanced diet, staying hydrated, being physically active, getting enough sleep, and managing stress are the best recommendation for staying healthy during quarantine or self-isolation.

1. Eat a balanced and well varied diet:

This involves including more fruit and vegetables in your diet of all kinds, increasing fibre and choosing whole grain products such as: brown or whole-wheat bread, brown rice or adding lentils & beans to normal rice and eating high fibre cereals and oats. Choose unsaturated fats over saturated fats, such as avocado's, nuts and seeds in your diet. Decreasing the quantity of oil and margarine you use and choosing low fat dairy products. Use cooking methods that require little additional fat such as boiling, grilling and roasting. Eat more fish and chicken instead of red meat, cut back on takeaways and already made and ready to use meals that are high in fat and salt. Limit intake of alcohol.

2. Introduce mindful eating at home to help control daily intake:

During long periods of stress we may find ourselves eating more than we need as well as staying at home for longer periods of time may lead us to snack more out of boredom. Practicing mindful eating can be a useful strategy to maintain a healthy diet and help us balance our energy intake. Here are some tips to help practice more mindful eating, sit down when eating

Resist eating straight from the bag/box. Serve your food – you'll be able to see and appreciate what and how much you're eating.

Remove distractions. Turn off the TV and everything else with a screen, like computers, phones, etc. while eating

Take small bites and chew well. Try to get 30 chews out of each bite.

Try putting your utensils down after each bite. Don't pick them back up until you've swallowed what you already have in your mouth.

Don't try to finish the whole plate. If you feel full, safely keep the leftovers.

3. Keep hydrated:

Try drink between **1.5 – 2L** of safe water daily. For a refreshing boost, add slices of lemon, cucumber, mint or berries. Other drinks such as unsweetened coffee & tea or Iced tea, or unsweetened, infused water are also good choices for hydration.

4. Stay Active at home:

Physical exercise benefits both the body and the mind, try aim for at least 30min a day

5. Get enough quality sleep:

A lack of quality sleep can negatively affect both our physical and mental health as well as reduce our immune system's ability to fight off infections. Adults should aim to get at least 7 hours of quality sleep per night. Here are some tips to help you improve your sleep:

Establish a regular sleep schedule (going to bed & getting up at set times), keep to this during weekends and on holiday. Limit alcohol intake and do not smoke, avoid caffeine before bedtime, exercise regularly, use comfortable bedding, keep your room quiet, dark and at a comfortable temperature, disconnect from all electronic devices before going to bed, try relaxation techniques such as meditation.

Compiled by: **Mrs C Martinuzzi (Chief Dietitian)**

PHYSIOTHERAPIST'S CORNER

Richmond Hospital inspires Research

Written by Reevana Mathura
B. Physio (UKZN), MPH (UKZN)

In 2015, during provision of community outreach services in surrounding Primary Health Care clinics the rehabilitation team faced many challenges. This inspired me to conduct a study exploring community outreach rehabilitation services in KwaZulu-Natal from 2018 to 2019.

Background of the study

The World Health Organization rehabilitation in health system guide mentions rehabilitation services need to be delivered to Primary Health Care facilities and in community settings. Outreach rehabilitation services increase the reach of therapy as most rehabilitation professionals are based in regional or tertiary facilities however the coverage of rehabilitation services outside of the hospital setting remains unclear.

Objectives

The study aimed to establish the settings of, explore the barriers to, and identify the facilitating factors in community outreach services rehabilitation in KZN.

Method

A qualitative research design was used and rehabilitation coordinators in KZN were individually interviewed to gain insight of community outreach rehabilitation.

Results

Objective 1: Settings involved

- PHC clinics
- Mobile points
- Home visits with community care workers
- Old aged homes
- Special needs schools

Objective 2: Barriers

- Human resources constraints
- Unavailability of transport
- Inadequate infrastructure
- Limited support from higher management

Objective 3: Facilitating factors

- Stakeholder support
- Involvement of community health workers
- The positive role played by senior therapists and rehabilitation coordinators
- The multidisciplinary approach

Conclusion

There are several barriers that exist, preventing the full use of community outreach rehabilitation services. Community outreach rehabilitation services can be facilitated to improve service delivery. However, a multi-faceted approach from all levels of management is required.

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KwaZulu-Natal Department of Health



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Batho Pele, QA and IPC Workshops

The office of the PRO,QA and IPC have conducted workshops from the 7th to the 14 April 2021 on Batho Pele, Quality assurance, hand hygiene and standard precautions. These workshops were targeting both clinical and non clinical staff. In the week of 19-23 April 2021 management team and allied staff will be covered followed by all other staff in the beginning of May 2021. The aim of conducting these workshops is to educate and update the employees in order to maintain good service delivery. The Below pictures show group discussion and role playing.



TB DAY 2021

On the 31 March 2021 Richmond Hospital embarked on a TB campaign. The institution decided to participate in a campaign this year to encourage people to test for TB and educate them about the basic symptoms of TB. This year's message was that even during this time of Covid 19, TB still kills and we still have to be aware of it's danger. The campaign took place at Richmond Primary school. The campaign was very successful as we manage to reach out to +- 150 scholars on this day. Richmond hospital would like to thank all staff that were involved in this life changing campaign. "TB is preventable and curable".



Pic taken during the campaign



NEW APPOINTMENTS



MRS. J.L. MLOTSHWA: NURSING MANAGER



MR. S. MKHIZE : INFECTION PREVENTION CONTROL



MS. M.N. MKHIZE : OPERATIONAL MAGER



MR SE NDELELA : AD:HUMAN RESOURCE



**MRS TP NZAMA: QUALITY ASSUR-
ANCE MANAGER**



**DR. JA FRYER: COM SERV :
MEDICAL OFFICER**



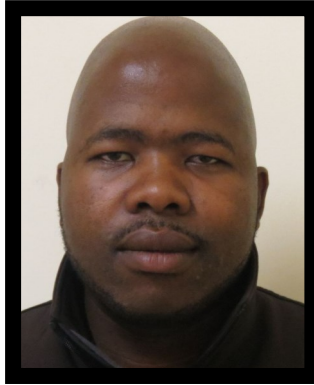
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MANAGEMENT OFFICER**

ACKNOWLEDGEMENTS

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