



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

St Aidan's Regional Hospital

The Voice

NEWS

STAY INFORMED

May 2016

INTERNATIONAL NURSES DAY

The 12th of May is the anniversary of Florence Nightingale's birth. This day is celebrated each year to mark the contributions nurses make to the society at large.

St Aidan's commemorated this day with a prayer that took place at St Aidan's Church Hall .

Mrs. K. Moodley (Acting College Principal) was the guest speaker on the day. In her speech she highlighted that *"Nursing has been a profession with high standards and a strong sense of public service for over 150 years. Nurses are the most respected professionals in the society."*



St Aidan's Nurses with the Florence Nightingale Lamp



INTERNATIONAL NURSES DAY
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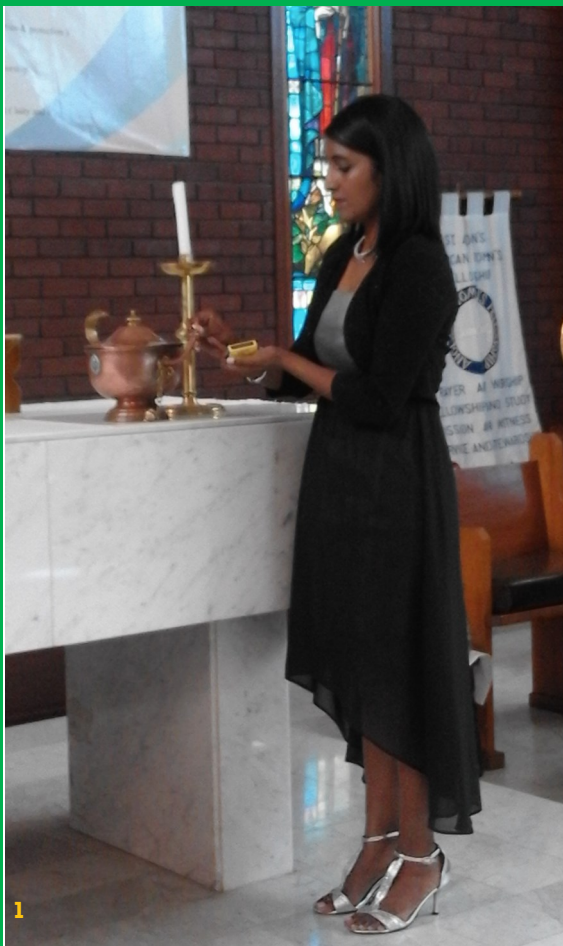


IPC HANDWASH CAMPAIGN
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WELLNESS CAMPAIGN
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FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE



1. Mrs K Moodley lighting the lamp. 2&3 Handing out of hampers to the luck draw winners

The nursing profession has come a very long way since the achievement of one of its greatest, Florence Nightingale .

The International Council of Nurses commemorates the International Nurses Day annually all around the world on the 12th of May as the birth anniversary to Florence Nightingale. It is celebrated every year by organizing a candle lamp service. A candle lamp service is handed over from one nurse to another symbolizing passing the knowledge from one nurse to another until it reaches the high altar.

It is celebrated to recognize the contributions and the commitment of all nurses among the public.

This day is very important because the world pays tribute to all nurses who give their best everyday to save lives and help patients, to put their patients health and wellbeing first.

When we go to a hospital the person who meets us first is a nurse. When people enter into a health care arena they have certain expectations, they are not always at their best infect, as nurses we see people at their worst and during the most intimate, challenging and frightening moments in their lives .

A nurse is the one who gently opens the eye of a new born and closes the eye of a dying man. It is indeed a high blessing to be the first and last to witness the beginning and the end of life.

On this special day may I dedicate this in your honour to all you nurses, may all the care and kindness that you give to others come back and warm your hearts and remember our job is to cushion the service and celebrate the joys everyday while just doing our jobs as nurses.

Thank you to all you wonderful nurses for your continued commitment and support to the nursing profession and for serving humanity daily”

The day was supported by Capitec Bank who handed out two beautiful hampers to the winners. They also gave out pens to all the attendees.



The BEST IPC display by : M&F Plastic Ward

The 05th of May is marked as the World Hand Hygiene Day, World Health Organisation works with many key stakeholders to make the campaign successful. This includes the WHO Collaborating Centre at the University Hospitals, Geneva (which Professor Didier Pittet leads), many national organizations, ministries of health, infection prevention societies and Private Organisations for Patient Safety.

This campaign was aimed at preventing infections and reducing an avoidable burden on health systems that is still critical around the world today and is part of making sure every health-care setting is safe for treating every single patient. Surgical patients are at risk of health care-associated infections, in particular surgical site infections and device-associated infections (e.g. catheter-associated urinary tract infection).

St Aidan's Hospital was amongst the government health institutions that commemorated this day by refreshing the 5 moments for HAND HYGIENE in all its departments.

Nurses were requested to design displays for Hand Hygiene. The stands were evaluated by the Operational Managers and the Public Relations Officer.

The employees proved that they clearly understand the 5 moments of HAND HYGIENE judging from all the displays that took place on the day.





Staff queuing for eye test

In promotion of the Employee Health and Wellness programme, the office of the PRO organised a Wellness Day for all the employees. The aim of this day was to promote a healthy lifestyle in all aspects of life.

The day was sponsored by Virgin Active, GEMS Medical Aid, Optometry Clinic, Old Mutual, Nedbank Bank and Capitec Bank.

The employees came in numbers and their queries pertaining to health, fitness, finances, as well as reflexology were attended by the above mentioned service providers.



Nedbank Hamper Winner



Employees queuing for Capitec services



Health examination



Old Mutual consultants attending to staff enquiries

SPIRITUAL UPLIFMENT



This month's motivational message is provided by Mrs. Husheila Gordhan : EAP Practitioner, based on her complex complicated and deadly illness and her road to miraculous recovery.



Mrs. Husheila Gordhan : EAP

“Most of you knew me, knew me as an active, vibrant and energetic individual.

Besides working full time, I was studying, working part time for UNISA, registered as a private Practitioner and running courses for corporate companies on Saturdays and some weeknights. I was a busy home executive

and was also indulged in entertaining guests with lavish meals. I was also raising 2 teenage girls and a loving wife. I was driving, cooking and baking etc.....

However, in 2009, my life came to a complete standstill... I contracted TB Meningitis. This was devastating as it had affected all my functioning-as a wife, mother and employee.

Also, physically, emotionally, psychologically, socially and ways I can't even describe.

I could not walk, bathe, do any household chores or even come to work. This was really shocking, overwhelming, disturbing and demoralizing for me and my family.

However, gradually over a period of 3 years, I slowly recovered and was able to do most of my household chores and even come to work.

But, in 2013, I had a major relapse. The shunt that was inserted from my head to my tummy because of the TB Meningitis got blocked. The impact of this was a zillion times more upsetting, shattering and distressing than the first time.

I wanted to die. I prayed to GOD that I was saved from such a complex and complicated illness but I was going through the worst nightmare. I should have been better off dead. I was contemplating suicide.

But somehow, GOD gave me the strength to overcome the thoughts of suicide.

I then use to pray to GOD all day and night, to take my life. That I didn't want to live because the pain and suffering was too much to bear. The doctors also could not help me with what I was going through.

I returned to work. Lots of employees were amazed at my state of recovery and asked me what my secret is.

Well I tell them it's because of 3 strong forces.

1stly, the most important one is GOD. The importance of prayer to GOD cannot be underestimated. God saved me from the hands of death twice. All the specialist Doctors consider me a miracle, as they say I should have been dead, or paralyzed, or even a cabbage, considering the complications and seriousness of my illness have to do and he comes through for me.

So I want to firmly state no matter what one is going through, turn to GOD and GOD will heal you from your pain and suffering. Sometimes not immediately, but GOD knows the perfect timing.

2ndly, being POSITIVE is also very essential. However, when you are very ill, it can be very difficult to have a positive attitude. Don't give up before the miracle happens

3rdly, FAMILY can also heal in an overpowering way. The love, support and care that a family can provide, can help you to heal or minimize your situation.

So dear colleagues, use these 3 life forces to help you minimize and remove the pain in your life

In conclusion, I would like to quote an important extract from a prayer that holds special meaning for me on a daily basis.

There is no problem, no circumstance, and no situation that is greater than GOD

For GOD is greater in all, GOD is greater through all
And GOD is greater upon all, For GOD the most high GOD of all the universe, Is truly the Greatest of All.

So always remember no matter what circumstance you are facing

GOD, BEING POSITIVE and YOUR FAMILY can make a difference in your life.

May GODs BLESSINGS BE UPON EACH AND EVERY ONE OF YOU.”

Article by: Husheila Gordhan

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HLENGIWE HLOPHE
WRITER
DESIGNER
PHOTOGRAPHER



DR M MAZIZI
APPROVAL

EDITOR

Mrs. Husheila
Gordhan



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

CONTACT DETAILS

Physical Address:

33 ML Sultan Road Durban
4001

Postal Address:

Private Bag x1 Overport

Web Address:

www.kznhealth.gov.za

SWITCHBOARD:

031 – 314 2200

SWITCHBOARD FAX NUMBER:

031 – 314 2213