



TOWNHILL TALKS

NEWS

STAY INFORMED

January_ June 2016

TOWNHILL HOSPITAL NURSES DAY 2016 “A FORCE FOR CHANGE:IMPROVING HEALTH SYSTEMS RESILIENCE”

Townhill Hospital hosted international nurses day on the 18th of May 2016 in order to acknowledge and commend the hospitals dedication in taking care of our mental health care users. The theme for Nurse day 2016 was: Nurses –A Force for Change: Improving Health Systems Resilience. The day kicked off with the opening and welcome address done by Hospital CEO Ms Z.G Mfeka where she welcomed all who were present during the event.



Mrs Hlobisile Langa from District office addressing her key note address.



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TOWNHILL HOSPITAL NURSES DAY



Operational Manager Sister B Zondi leading a candle light ceremony and nurses pledge

She also thanked all the sister Hospitals around uMgungundlovu District for being part of this event. The Hospital board member Rev Ntshangase asked the almighty to bless the event and let the holy spirit be with all who were part of the event. The purpose of the day was done by Mr Clinton Pillay who reminded the house as to when and how international Nurses day started. He also talked about the 2016 international Nurse theme “ **A FORCE FOR CHANGE:IMPROVING HEALTH SYSTEMS RESILIENCE**”. Mr Pillay also told the house that the objective of such day is to remind all nursing personnel about their calling to take care of those who cannot take care of them selves due to various illnesses. Our guest speaker Mrs H Langa from UMgungundlovu district started by defining what nursing is all about. Mrs Langa reminded the nurses of their call and the oath they made in the form of nurses pledge.

“the nurses pledge is the biggest prayer of all the verses and you must ensure that you uphold the principle of the prayer” said Mrs Langa . She made an example of a person who begs for a job. But once she/he got the job she starts saying “I will not do this and that because it is not my job description”

NURSES DAY CONTINUES



The audiences that was the part of Nurses Day, listening attentively to Mrs H Langa

“As nurses we need to resemble the likes of Florence Nightingale who devoted her entire life helping sick people and ensuring that this Profession is recognized.” She also emphasized the importance of treating our own patients with care and dignity. Treating patients with care gives hope to the patients which can lead to speed recovery. But if patients is ill- iterated his/her mind get disturbed which can lead to prolonged recovery. The psychological aspect of patient management is paramount importance in the nursing care. She advised the nurses to look after themselves and develop resilience strategies. If nurses and organizations in health care cannot care for themselves, how can they care for the population and communities they serve, asks Mrs Langa.

In conclusion she reminded them that nurses must play an integral role in leading change. With redesigned Heath systems and full participation of nurses in policy development. The nurses will be better equipped to provide quality care for all, even in times of difficulties .

To signify that Townhill Hospital nurses will provide comfort and light in a place of darkness for patients. Operational Manager B Zondi led the candle light ceremony as well as the nurses pledge



A competition for the best dressed Nurse was also part of the event.

NURSES DAY CONTINUES



CANDLE LIGHT CEREMONY MOMENT

Operational Manager Mr D Chetty did the vote of thanks where he thanked all stakeholders who made the event a success. From the communication component and management we wish to thank the organising Committee for its sterling job. To all staff members who were part of this event. Officials from our sister hospitals, members of Hospital Board, the sponsors of the event such as Bluff meat supply formerly known as Victoria Mndeni meat, Willowton oil, Raisthorpe Sasol garage, Raisthorpe car wash, as well as ward Councillor Mr Ryder

Everyone was keen to listen to Mrs Langa as she was putting that spirit to the nurses. The words were encouraging.

GREATFUL TO ALL THE EVENTS COMMITTEE MEMBERS FOR SUCH SPLENDID JOB. WITHOUT THEM AT TOWNHILL THERE WILL BE NO SUCH SUCCESSFUL EVENTS



TOWNHILL HOSPITAL 6 HOUR DASH HAND WASHING CAMPAIGN 2016



TOWNHILL IPC TEAM CONDUCTED OUT-REACH PROGRAMS AT ST ANNES, DAYMED, EAST BOOM CLINIC AND SUNNY SIDE HOMES

As part of Townhill Hospital 6 hour dash campaign the following facilities were visited:

- ◆ St. Anne's Private Hospital
- ◆ Day-med Private Hospital
- ◆ East Boom clinic
- ◆ Sunnyside homes

These places were purposefully selected. The private hospital deal with a lot of surgeries and pre and post op cases so we wanted to promote the theme of hand washing in safe surgical care at these facilities. We wanted to show case that IPC teams and surgical teams must work together to reduce surgical sites and associated infections. East boom clinic was chosen as they are an extremely busy clinic so we wanted to teach staff aseptic technique hand washing and we wanted to reach many clients that are there to promote hand washing to them. Sunnyside was chosen as they are an old age home and retirement Centre hence with elderly they are prone to falls, injuries, surgeries

- ◆ Posters were distributed at the various facilities
- ◆ Education was done
- ◆ Demonstrations were done
- ◆ Interaction with staff was promoted.
- ◆ It was an extremely successful out-reach
- ◆ It was clear from the "out-reach" conducted that initially that these facilities were not familiar with the WHO posters, and on the aseptic technique hence at the end of the "out-reach" great insight was obtained.
- ◆ Out-reach teams were reached in two teams: IPC teams and Surgical teams: with the aim of bridging the gap between the two.

NO ACTION TODAY NO CURE TOMORROW !

05th MAY 2016: INTERNAL HAND WASHING CAMPAIGN



District IPC Coordinator Mr Khumalo together with Townhill hospital IPC coordinator after getting the 1st place in the hand washing poster competition.



INTERNAL CAMPAIGN: c2c (COMMITMENT TO CARE INITIATIVE).

The internal campaign comprised of the following:

- A workshop held on the 4th of May 2016 to promote hand washing especially the aseptic technique.
 - A presentation was done on Hand washing using WHO material.
 - Various games were used to promote hand washing and to create a fun atmosphere: hand washing cross word puzzles and word games.
 - Demonstrations were done to show case the different type of hand washings.
 - A representative of Supra-latex gave a talk on the types hand washing liquid soap available and conducted hand testing using a special machine to see how clean staff hands.
- The different posters associated with this year's theme were discussed and show cased. The WHO 5 MOMENTS of hand washing relating to post-operative care, Urinary catheters, central and peripheral lines, endotracheal tubes were show cased. Since most surgical clients will have any one of the above mentioned devices it is essential that staff know when to do hand washing when handling these devices.
 - A sound recording of the WHO tele-class by the WHO Prof. Didier Pittet and Dr B. Allegranzi was listened to by staff. Townhill IPC Manager is registered with the WHO tele-classes hence all staff received the hand out of the tele-class.
 - A ward round was conducted, where staff was audited on aseptic hand washing, the various posters were distributed to all sections.

The WHO frame work audit was conducted

TOWNHILL HOSPITAL FUN RUN –WALK TO VIRGIN ACTIVE

The KZN MEC Dr Dhlomo always emphasized the importance of healthy living to all citizens of this province. He therefore requests all health department employees to lead by example by ensuring that they exercise, eat healthy and stop smoking.

Dr Dhlomo believes that if people keep on living a healthy life style the burden of diseases can be reduced which can reduce the burden of work to the department of health employees. In other words he emphasizes the importance of " Preventing than curing a disease. It is for this reason on the 25th of May 2016 Townhill hospital staff had a fun walk from Townhill to Virgin active. This walk was organized by our Employee Assistant Practitioner Mr S Mthimkhulu. Even though it was a chilly weather that did not stop the participants from taking part in that walk. There is a believe that you must preach what you do and lead by example.



Some of Townhill Hospital staff walking from the Hospital to Virgin active.

Mr Mthimkhulu indeed belief in those two principles as he exercises everyday in order to keep himself fit. When they got to virgin Active they had an opportunity to get tips from the fitness instructors as to how to keep themselves fit and healthy eating habits. Thereafter they had some training exercises which took more than an hour before they were allowed to use the gym machine for free in order to instill that moral.

GALLERY



The workout that was performed led by instructors from Virgin Active

TOWNHILL HOSPITAL LADIES WINNING TEAM

The winning team ,
Townhill
Hospital
ladies the
"champs"

They have
out done it
therefore it
either you
join them or
you suffer
the loss..



On the 1st June Townhill Hospital Netball team hosted Northdale hospital netball team where they out played them convincingly. This game was part of UMgungundlovu institutions soccer and netball league .



Prior to that game they have already played six games. They have beaten the likes of District office, Bruntville Fort Napier Hospital, Richmond Hospital, they only lost to Imbalenhle clinic

The girls are so eager and motivated to win the Mini League in order to be the champions of uMgungundlovu Health District and follow the suit of Townhill Hospital soccer team which was crowned as champions of last season. They know that in order to achieve such objective they need to work as a team and make sure that their performance is superb.

The Hospital management is grateful for these achievements and it shows that the staff is motivated and has built a successful team. Indeed working together we can achieve more. keep up the good work.



Join the winning team or suffer the loss

COMMENTS FROM THE COMMUNICATIONS OFFICE

Allow me to take this opportunity to convey my profound appreciation to all Townhill hospital staff for tying their level best to ensure that we advance the programmes of the department.

The fact that we always put our clients first before any thing else is the clear indication that indeed our clients are in good hands.

There is a perception that working in psychiatric hospital is much better than working in general hospital. That is far from truth. The psychological impact of working with mental health care users is so much traumatizing to an extent that some of us might even require some psychological help.

Despite all those challenges you encounter on a daily basis you continue to render world class services to our clients.

Our corporate culture is to ensure that we do good even if no one is watching us. Recently we had a nurses day where we were reminded that our patients are our priorities. In fact without them we do not have salary or job.

On a sad note, it is true that life has got its own ups and downs. It is very unfortunate that we have lost some of our soldiers who were part and parcel of this Townhill hospital family. But who are we to say no when the Almighty has said yes? Be that as it may, we believe that they have done their part and life should continue. May their souls rest in peace.

Lastly, let us continue to be united despite some hostile conditions we sometimes find ourselves under.

Hospital PRO

Mr RT Hlongwane



Miss Londeka Ndawonde PRO
inserve

Good byes are always sad to say but for me it is that time to say "goodbye"

My words of gratitude will never be enough for everyone. My stay at Townhill Hospital was an experience of a lifetime event, I arrived at Townhill on 05 January 2015 and I will be leaving on 05 July 2016. It been a year of restoring.

To My mentor-My father it was not easy for me to always say Mr Hlongwane I always felt it would be like I am calling him with his name therefore I preferred "MR" your efforts and support have made me a driven individual, I am sure without you my skills and knowledge would have gone with me to a grave, to tell a truth I have learnt so much in him, I did things I thought this would never be my opportunity because I am just an intern not until I have seen how he trusted my opinions, he engages me in every thing he does so that I know in future if I encounters such situation. Thank you is a small word, under your guidance I have learned so much" *izandla zidlula ikhanda nkosi yami' ukhule Ngwane*. Colleagues I am so grateful, for your support and respect when ever I was doing surveys in wards I felt I am indeed in my mentor's shoes I was respected and given my time in a way that I felt special. Nursing staff, the OM's Thank you.

The Event committee members I am out of words thank you for your support and thank you for trusting my opinions and engaging me through all events.

ACKNOWLEDGEMENTS



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