



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

Townhill Hospital

Townhill Talks

NEWS

January to June 2018

MENTAL HEALTH

A state of emotional and psychological well-being in which an individual is able to use his or her cognitive and emotional capabilities to function on in society, and meet the ordinary demands of everyday life.

Unfortunately they are many in our community that are incapable of achieving the above. It is now a challenge to use at Townhill Hospital as Mental Health Care Practitioners to rehabilitate these individuals so that they can return to the community and lead a meaningful life.

In the years that I have been at Townhill Hospital I have witnessed the dedication shown by our staff towards reaching this goal for all Mental Health Care Users. Over the years we have seen a drastic decline in the number of readmissions which shows that our commitment is fruitful and we are bringing a positive change to the lives of our Users.

I would like to quote a short story:

“Ubuntu is a very nice story from Africa.... An Anthropologist proposed a game to the Africa tribal children. He placed a basket near a tree and made the children stand 100 meters away. He announced that whoever reaches first would get all the sweet in the basket. When he said ready, steady Go.. Do you know what the children did ?

They all held each others hands, ran together towards the tree, divided the sweet equally among themselves and ate the sweets. When the Anthropologist asked them why they did so. They answered UBUNTU.

Which meant:

How can one be happy when others are sad. UBUNTU is their language means “I am because we are”

Lets us all always have this attitude and spread happiness to our community and families.

Staff at Townhill Hospital hold your head up high your selfless service to our vulnerable Users is indeed UBUNTU. God bless



Acting hospital CEO Dr SRH Maharaj

TOWNHILL HOSPITAL HAND HYGIENE CAMPAIGNE 2018

Townhill Hospital IPC Department under Leadership of Nokuthula Hlongwane embarked on a Hand Hygiene Campaign whereby THH staff were educated on Hand Hygiene. They also extended their campaign to the outside communities such as schools and other facilities to educate community about Hand Hygiene.

The main objective of the campaign was not only to spread a message but also to urge everyone to take part in Hand Hygiene.

On the 2nd of May 2018 THH staff was educated on the hand hygiene whereby various wards were requested to come up with innovative ideas as to how to keep their hands clean. SR Hlongwane first emphasized the importance of following the correct procedure of washing hands. She demonstrated the process of washing hands and asked the staff to make sure that they follow the procedure as it is. She also warned that the correct washing of hands its not only for nurses but for everyone who is working in the health facility. "If we do not wash our hands properly that could lead to outbreak which could be so costly to manage, said SR Hlongwane".

She asked various ward and departments to come up with creative activities as how to implement a correct Hand Hygiene, they came up with some fascinating ideas through songs, role play, dance



TOWNHILL HOSPITAL TEAM ON THE HAND HYGIENE DAY

and posters that incorporated this years theme "***its in your hands, prevent sepsis in healthcare***".

On the 3rd of May 2018 IPC Department also visited Wembley House to educate them on hand hygiene since they have patients and nurses in the facility and some of them require daily dressing to be done. A presentation on hand hygiene and demonstration of social and aseptic hand washing method was done.

On the 4th May they visited three schools in Imbali where they also educated learners and educators about the importance of hand hygiene. On the same day they also visited Mental Health Society in Temple Street to educate the Mental Health Users. At the end SR Hlongwane warned that the importance of hand hygiene should not only be practise at the workplace but at our households, by so doing we prevent so many diseases that affect us.



SR HLONGWANE DEMONSTRATING HAND WASHING technique during handwashing cam-



Part of the audience listening attentively during the campaign



Some of the nursing staff and the staff and Mental Health Care Users showing how to wash hands



Townhill Hospital wards and departments Presenting different activities that they came up with on how to implement a correct hand hygiene, The MHCU were part of this because there are also taught of how clean hands can save a lots of people from infections



Uitsig B in jubilation after receiving the awards



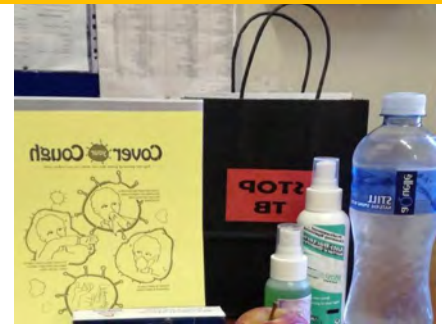
TOWNHILL HOSPITAL TB AND HAND WASHING CAMPAIGN

During the month of March 2018, the OPD staff commemorated TB awareness by providing MHCUs with hampers that contained information and product regarding the spread and prevention of TB. MHCUs were encouraged to maintain a healthy lifestyle, and included in the hampers were condoms, sandwiches, bottled water and fruits. The staff participated in health education talks with MHCUs were encourage to visit their clinic immediately if they suspected TB.



MHCUs happy to receive gift bags

In April 2018, the OPD staff conducted a hand hygiene campaign. The staff demonstrated the hand washing technique to adult and children. MHCUs were given hampers which contained information pamphlets regarding hand washing, tissues, wet wipes, liquid soap, hand sanitizer, hand cream, crayons, coloring charts and behavior modification charts with stickers for the children .



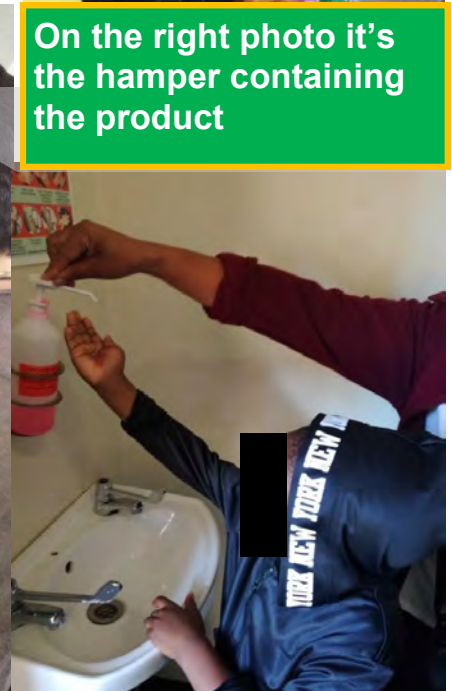
On the right photo it's the hamper containing the product



Children demonstrating the hand hygiene technique



Mrs Gregory teaching hand hygiene to children



Children practicing hand wash

TOWNHILL HOSPITAL CELEBRATING INTERNATIONAL NURSES DAY



The drum majorettes entertained the audience when they marched around the hospital premises before the event commences

International nurses day is celebrated on the 12th May annually around the world. It is celebrated on the day as that of birth Anniversary of Florence Nightingale who is widely considered as the founder of nursing. This may kind serves two people, first to spread the important roles played by the nurses and secondly to pay in tribute to the contributions of Florence Nightingale in the development of nursing.

THH joined the world in celebrating this day in order to acknowledge and appreciate THH nurses for following the footsteps of Florence Nightingale. Despite various challenges facing nursing component they continue to demonstrate that high level of caring.

The day commenced with the march throughout the hospital led by drum majorettes. Assistance Manager Nursing Mr D.Z Ngubane outlined the proceeding before the march its to what will happen before the formal programing starts.

Our Nursing Manager Mr M Ntombela welcomed everyone present and thank them for being part of the event. He reminded the audience that nurses day commemoration is not about the nurses only but for the entire Health Care Workers. "from now onwards this event should be attended by all THH workers, said Mr Ntombela". He conveyed his message to the nurses they should resemble the founder of this profession. He said the main purpose of this day is to say thank you to all nurses for their dedication and hard work in ensuring that our patients get best possible service ever. He urged the nurses to continue

To be advocate of our patients despite difficult conditions they sometimes work under.

hereafter the panel members who were asked to identify the best dressed male and female had a very difficult job to come up with the winner since most of the contenders were meeting the standard. The categories were as follows: the best dressed male in white uniform was won by nurse Mzila from Umngeni Hospital and female was won by N.M Dladla. The best dressed male in navy uniform was won by nurse J Rhamdwah and female by nurse Mehlape.

The guest speaker of the day was Mrs N Majola from Edendale Nursing Campus who emphasized that nurses need to look after themselves before they look after the patients. She said that nurses need to be physical healthy and have sound mind in order to be in a position to render the best services to our clients. She also thanked nurses for their professionalism and commitment. She advised the nurses that they need to be leaders and role models in Batho Pele.

Assistant Manager Nurse Ms M.B Dlamini lead the nurses Pledge with the Candle Lighting .

Our PRO In-Service Trainee Mrs Nondumiso Ncalane thanked all the Stakeholders who made this day possible including the sponsors.

Thank you to the following sponsors: Raisthorpe Sasol Garage, Raisthorpe Quality car wash, True Fruits, Derby Place Butchery, Bidvest Royal Mnandi, Inspect –A– pest, Mrs Mpume Thusi for decoration and Mrs Molly Naidoo for cooking food.

Other Stakeholders were as follows: Exco members, our guest from Umngeni hospital, the entire audience hospital choir, Mondli and Themba, Drum majorette, our guest speaker Mrs Majola and above all thanks to the Event Organizing Committee. Special thank you also goes to the nursing manager Mr Ntombela for his monetary contribution towards the logistics

Thereafter lunch was served.



Our Guest Speaker Mrs Majola from Edendale Nursing Campus



Nursing Manager Mr Ntombela outlining the purpose of the day and welcoming the guests



THH Contenders in white uniform



Photos of the winners with Mrs MaJola and Mr Ntombela Top right nurse Mehlape female winner in navy uniform, middle left nurse Mzila winner of best male winner in white uniform bottom left Drum majorette and bottom right N.M Dladla best female winner in white.





Townhill hospital choir entertaining the audience



Assistant Manager Nursing Mrs N Tshungulwana introducing the guest speaker



Attendees during the nurses day ceremony



Moment of Candle lighting ceremony and the observing of the nurses pledge



Our guest speaker Mrs Majola receiving gifts from nursing manager Mr Ntombela and AMN Dlamini



Mondli and Themba singing



TOWNHILL SHINES BRIGHT AT THE 2018 MASEA AWARDS



4TH PLACE AWARD FOR THE BEST IMPLEMENTED CLINICAL PRPGRAM/PROJECT 2017/2018

Townhill Hospital under the UMGungundlovu Health District has done it again. The hospital performed extremely well receiving two awards at this year's MEC'S annual service excellent awards. The hospital won 1st place (GOLD) in the National Core Standards Category for Specialized Psychiatric Hospitals in the Province. The hospital performed extremely well in the NCS audits for 2017/2018 obtaining 97% which was an improvement from the 93% obtained in 2016/2017 financial year.

The hospital also received A 4TH PLACE AWARD FOR THE BEST IMPLEMENTED CLINICAL PROGRAM/PROJECT FOR 2017/2018. This was a major achievement as this category includes all clinical aspects (TB, HIV, Medical procedures). It is a very proud moment for psychiatry to be acknowledged in this section. The project that was entered related to a Reduction in Patient safety Incidents through the development and implementation of a Risk Assessment Management Programme especially with regards to Aggressive Patients. The programme resulted in a drastic reduction of patients safety in the institution.

The program was implemented in ward Hillside C, which is an acute ward in the facility.

MANAGEMENT at the hospital would like to thank all staff in for the all the excellent work done in 2017/2018. All the hard work is really appreciated. The team work demonstrated is highly commendable. We hope that the hospital strives even higher in 2018/2019.



1ST PLACE: NATIONAL CORE STARNDARD SPECIALIZED PSYCHIATRIC HOSPITALS IN THE PROVINCE

ACKNOWLEDGEMENTS



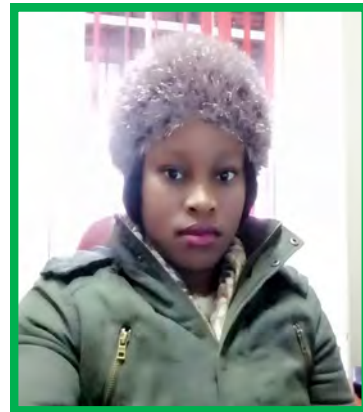
Acting CEO Dr Maharaj



**M&E Manager Mr
Ruthanum**



PRO Mr Hlongwane



**PRO In-Service Trainee
Mrs N.P Ncalane**



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