



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

TOWNHILL HOSPITAL

TOWNHILL TALKS

NEWS

STAY INFORMED

January to June 2020

MESSAGE FROM THE OFFICE OF THE CEO



Hospital CEO Mr N.R. Hadebe

Warm greetings

This newsletter is delivered during a very challenging time in the history of our country, thanks to COVID-19. However, challenges are not only found in health sector. The country's economy is also down to its knees. In spite of all the challenges that we are facing as individuals and as a country we have to continue to offer the service that we are commissioned to offer. COVID-19 has complicated our lives, but what can we do? We have to soldier on. In order to be safe we must always wear masks, maintain 1,5—2m metre social distancing and maintain good hand hygiene. This is non-negotiable. If we work together we can beat COVID-19.

However, it look as if the worse is behind us. The movement of our country from level 3 to level 2 of lockdown is welcomed with both hands and an indication that we are slowly winning the war against COVID-19 pandemic. Nevertheless, we should not be complacent

and drop our guards thinking that COVID-19 has been beaten. We should continue to observe the golden preventative rules.

The hospital management take this opportunity to thank those staff that had to hold the fort while others were away from work quarantining and isolating because of COVID-19. Your efforts and contribution to this hospital will never go unnoticed.

COVID-19 has compelled management to make changes in the way the hospital is run. Some wards have been repurposed in order to deal with this pandemic. We know that many people, if not all people, do not like change. Unfortunately, management had to change the way things are done in order to comply with instructions from our principals. Word of wisdom, we must always be ready for change. It is the only thing that is constant. We assure our staff that the decisions management take are for the best interests of the patients and staff.

The hospital has been joined by many new employees in this new financial year and towards the end of last financial year. We welcome them! It is our hope that they will grow personally and professionally. We also hope that their presence in Town Hill hospital will add value.

We also wish those that left the hospital well in their journey. Unfortunately, some left the hospital be-

cause they departed to another world. May their souls rest in peace! We like to single out Mr Siyanda Mkhwanazi, our former IT technician intern. This young man was the only IT employee that the hospital had and he was very junior. However, he was always available to solve the hospital IT challenges. Those that he could not solve he escalated them to IT department head office. We have no doubt that he is a valuable asset to his new employer.

The hospital did well in the last financial year. We spent all the money allocated to us. All the projects planned were implemented. Bravo, to our Finance and SCM staff! They really came to the party last year. We also acknowledge the contribution of other staff members who contributed to procurement process and implementation of projects. It must be noted that we still function in a budgetary constrained environment. The moratorium on filling of non clinical posts is still with us. Let's hold on colleagues, for the sake of our patients. I can see the light at the end of this long tunnel.

I will be failing in my duty as a law-abiding citizen if I do not add my voice to a chorus of voices against abuse perpetrated against women and children. For some reasons that are unclear this cancer eating at our society seem to be increasing instead of subsiding. Like many social pathologies, we need to fight this pathology as a collective. As a CEO pf Town Hill hospital, I speak on behalf of everybody when I say people doing this are declaring war on us. ALUTA CONTINUA!

MEMBERS OF KZN LEGISLATURE VISIT TOWNHILL HOSPITAL



(From L to R) Honourable MPP Zungu, Honourable NPF Mavuso , Honourable S Thakur—Rajbansi and Hospital Acting CEO Dr Maharaj during walk about

On the 25th of June 2020 members of KZN provincial legislature visited Townhill hospital in order to assess the stride that has been made by the hospital in as far as readiness of covid 19 is concerned. The Honourable members made it crystal clear to hospital management that they are not here to find fault but to give support to hospital management and the entire staff during this difficult time. This is what the government of the people is all about. This support visit was done by Honourable Zungu, Mavuso Thakur—Rajbansi as well as Rodgers.

They visited the covid 19 ward in order to see if it complies with the covid 19 protocols. They were quite impressed with the progress that has been made by the management but expressed some concerns over certain issues which still need to be attended to.

After visiting the ward they asked management to do the presentation on the entire progress with regard to covid 19 readiness as

well as challenges they are facing in meeting the covid 19 guidelines. Acting CEO Dr Maharaj explained to them that as much as hospital management is trying its level best to meet all the guidelines in as far as the covid 19 ward is concerned, the setup of the building makes it so difficult to fully conform due to the setup of the building. The members promised to take all the challenges raised by the hospital management and convey them to the legislature. They agreed that some of the challenges are beyond the control of the hospital management but need the intervention of the provincial department. They also advised management to give support to the employees and communicate with them on a regular basis. They indicated that there is a lot of anxiety and uncertainty amongst the staff particularly the clinical staff, that is why it is so paramount important to give them all the support they need.

Dr Maharaj thanked the Honourable members for their support visit and promised them that management will strive to attend to their concerns.

For our government to take time and give moral support to the various hospital institutional management proves that

indeed we have got the responsible government. Again, this is what the government of the people is all about. Our government understands that in order to manage this pandemic, it needs the motivated and well supported hospital management. Indeed our government cannot be perfect but it is trying its level best to ensure that the management of health facilities are given the support they deserve. This reminds me of one of the English club team slogan which says “You will never walk alone”. The institutional management must indeed do not feel walking this journey alone. They need the support of their principals.

Same applies to the institutional management, they must ensure that the staff members are given the full support during this difficult time. It is true that the mental status of health care workers has deteriorated due to this pandemic and it is understably so. The health care workers particularly the clinical staff should never feel that they walk this journey alone.

It is true that many people believe that the government has got the constitutional responsibility to protect its citizen from being infected, be that as it may, it is also an individual responsibility to ensure that they act responsibly. At the end of the day we are responsible for our lives.

TOWNHILL HOSPITAL ROUND CASE PRESENTATION



(From L to R) Dr L Augello, Dr m Durham Principal psychiatrist Dr k Jhazbhay, Dr S Van der Sandt, psychologist R Chidzonga, Sr R Chetty and professional nurse M Zuma

A grand round is a long standing tradition in academic hospitals. Grand rounds have been held at Townhill hospital weekly on a Friday for many years. As the name indicates, it is “grand” because it is a “big” gathering of colleagues from all clinical disciplines (Psychiatrists, Psychiatry registers, Medical Officers, Psychologists, Occupational therapists, Social workers, Nurses, interns and medical students.)

Interesting cases are presented by the multidisciplinary team involved in the clinical care of the patient. Theoretical knowledge is shared and discussion ensues. The main objective is sharing knowledge and experience. The Townhill hospital Child & Adolescent Unit (CAU) multidisciplinary team presented an interesting case formulation of a teenager mother who presented with mental health

difficulties. This case showcases clinical complexity and the interplay of psychosocial factors that impact on the mental health of an individual. It also highlighted the importance of doing comprehensive child and family centered clinical evaluation and to address holistically the underlying issues in the treatment plan.

The meeting was particularly special due to the fact that we had two guests, Dr M Durham and Dr Augello, both psychiatrists from the Boston university and medical center in United States of America. They were hosted for a week by University of KwaZulu Natal department of psychiatry who requested they spend Friday morning with us. Dr J Naidoo showed them around our hospital, and then they attended the

Grand Round Child & Adolescent Unit (CAU) case presentation, partook in discussion around the case. They then presented informally about the work that they do in Boston. We were able to ask questions that were of benefit to all. Interested clinicians from other hospitals and the private sector were also invited. A delightful tea was organized by Dr Bridgmohun and Andrea, where further discussion was held with the guests.

Overall, success was attained as the feedback from all that attended including our esteemed guests was positive in terms of knowledge and information sharing.

It was also reassuring to know that our Townhill hospital multidisciplinary

team's work with pride and passion, despite limited resources, and to excellent standards on par with first world countries, to provide best care for our patients.

Dr Jhazbhay would like to convey her sincere gratitude to all those who attended Grand Round case presentation and made it such a huge success. She further acknowledges that without the support of attendees this presentation would not have been a success. She also extends her appreciation to Townhill hospital Child & Adolescent Unit for spearheading this gatherings

Article supplied by Principal Psychiatrists Dr K Jhazbhay and photograph supplied by medical officer Dr S van der Sandt

SOUTH AFRICA COMMEMORATES JUNE 16



Hector Peterson being carried by Mbuyisa Makhubu , whilst his sister Antoinette runs beside them

The above picture will always remain in the minds of people of South Africa particularly black people. It always remind them how cruel apartheid regime was.

The June 16 1976 uprising that began in Soweto and spread throughout the country changed the political landscape in South Africa. Events that triggered the uprising can be traced back to policies of the apartheid government that resulted in the Bantu Education. When the language of Afrikaans along English was made compulsory as a medium of instruction in schools, black students began mobilizing themselves. On June 16 1976 students marched peacefully to demonstrate and protest against the government's directive. On their way they were met by heavily armed police who teargas and later live ammunition on demonstrating students.

The main objective of the apartheid government was to oppress a black person through inferior education which was designed to deprive black people and isolate them from getting better education.

That is why it is so important for nowadays youth to utilize each and every opportunity that is at their disposal. The death of people like Hector Peterson must not be in vain. The struggle of young people still continues despite the fact that there is a democratic system in SA. The challenge of unemployment amongst the youth requires our government to up its game. Even though young people acknowledge the stride that has been made by our government in terms of providing food scheme at primary level, introduction of no fee school policy in some schools, financial assistants to disadvantaged tertiary students, providing accommodation and transport for students but there is still long way to go to address issues facing young people of this country.

In order to get views of young people about challenges facing them, Townhill Talks interviewed two Townhill hospital staff members who are still under youth category (below 35) and this is what they had to say



Mr S Mkhwazi

Mr S Mkhwazi believes that youth month is meant for young people where young people are being recognized .He said that this is done in order to remind young people of this country that this freedom did not come on a silver platter but some people died for this freedom we are enjoying today.

He believes that there is a lot that government had done for young people but there is a lot still need to be done. He said that there are some benefits that are enjoyed by the youth today which were not there prior 1994. He complained about corruption and fraud which deprive young people to prosper. He cited some good programme the

sometimes do not materialize due to corruption.

According to Mr Mkhwanazi the biggest challenge facing young people of this country is the unemployment. Many young people have completed their tertiary education but they are sitting at homes with their degrees due to high rate of unemployment He also mentioned that young people from rural areas are vulnerable in terms of getting knowledge and information as to what to do if they want to apply for tertiary education. He urged our government to prioritize the youth from rural areas and empower them with knowledge and information. He also complained about online application to higher learning which is not ideal for remote rural child who sometimes does not even have those resources to apply.

Asked whether is it ok for young people when they get job they start living a luxury life instead of further empowering themselves. He said it is up to individuals what their goals are. But he advised young people that whenever they get job they must make the right priorities. He advised that youth should try to develop themselves before thinking of luxury life.

He criticized those students and parents who can afford to pay fees but instead manipulate the system in order to avoid paying. He believes that this behaviour robs the needy child an opportunity to get financial assistance because of some greediness. He urged those who can afford fees to do the right thing and pay.

We also asked Ms Mncube as to how does she understand the youth month. What does it mean to a young person of this country. She said that youth month is commemoration of 1976 youth who died at the hands of South African police when they were marching against bantu education policy. Asked whether our government has done enough to empower the youth of this country particularly the previously disadvantaged black child. She echoed the same sentiment expressed by



Ms T Mncube

Something for the youth but it is not enough as most of the young people are still unemployed. She believes that our government does not prioritize the need

of the youth. Asked how can she say that because there is ministry responsible for women, youth and disability. She said that but still the youth is still facing huge unemployment and they engulfed by poverty. They are sitting at with their degrees

Ms Mncube does not have a problem with young people who entertain themselves with their hard earned salary but said it does not make sense when a young person drives a fancy car but he/she lives in a shack

NEW BROOM SWEEPS CLEAN

TOWNHILL HOSPITAL MANAGEMENT AND



Professional nurse B Booth



Professional nurse N.P.Khuzwayo



Professional nurse N.P.Ndima



Senior Finance Management Officer Mr N.E Sithole

HOSPITAL BOARD WOULD LIKE TO WELCOME THE FOLLOWING MEMBERS



Human Resource Officer Mr L. B. Makhaye



CEO Secretary Mrs S Hlongwane



Dr V. Juby



Dr R. Muthambi



Finance intern Ms B Budhram

FEEDBACK FROM OUR END USERS



Dr P Luthuli

On 10 March 2020 I was attended to by Doctor Luthuli and he was very awesome. Doctor Luthuli was a great listener and was so professional and dedicated to his job in his job. Doctor Luthuli is sure a blessing.

Thank you doctor.

Ms Morgie moodley



Part of Food Services Departmental

Compliments to the kitchen for providing a lovely spread” for the patients Uitsig B and Uitsig A . It was wonderful

Ngibonga sonke istaff saseTownhill indlela abaphatha kahle ngayo iziguli . Umfana wami usengcono kakhulu esimweni ekade eyisona. Ngibonga kakhulu uDr Ramnanan indlela amlaphe ngayo umntanami. She is a star. Thank you very much

Ms Fikile Dube

I Thusken Data don't have a complaint rather a compliment on Mrs Ramlucken who is a wonderful , igniting and outstanding nurse. She is completely dedicated to OPD and her duties towards the patients whether it be a White, Indian, Black or Coloured. She keeps OPD in order , clean and fresh and always a place where you go and be assisted. Even if you phone her she would HELP. She is very caring and teaches good values and morals to the team working under her. She is very kind, big hearted and extremely amazing in her work at



Sr Ramlucken

OPD. Taking her out of OPD will be like closing OPD down and making it a dark place to go to. PLEASE, PLEASE Don't take her out and put her else where. Mrs Ramlucken belongs to OPD. It makes us happy and feel secure to deal with her . We love Ramlucken, she is amazing

TO TOWNHILL HILLSIDE C.

From a mother's heart

I do not know where to start to thank you for everything you have done for Abdullah. When he first came , I was so worried about him. But as time passed I saw the wonderful staff you were. It felt like home because of being from so far from home I was at ease. You all were like my family. All I ca say is well done: (100% pass). You all are very dedicated . Great job done.

You all are very kind

Thank you for being there

God Bless



Operational Manager V Govender

NB: Please note that operational manager Govender represents hill side C staff who were not easily available during this publication due to being allocated to different wards. My sincere apology to you guys

Since I entered the hospital, the receiving staff made very detail queries about my previous mental history and treatment. This showed their concern that they treat me appropriately. Both doctors that handled my case were professional and extremely helpful not to make recommendations without the relevant blood test, weight measurements etc. The doctors were concerned about my sleeping patterns and quickly moved to resolve this. I am extremely thankful to this. The correct medication and dosage was prescribed and it has made such a different in my mood in these two months.

The OT staff were so professional and informative and helpful. The nursing staff are very professional under extreme condition. The office are available and are willing to accommodate requests. Those who hand out our medication are very careful and cautious to ensure they follow what is prescribed without deviation.

The social worker was very compassionate and quickly instituted a process with SASSA for a temporary grant.

The psychologist was professional, empathetic and went beyond the call of duty to listen to me. I honestly feel that my whole family should have attended these sessions. This would have saved my marriage



OT staff Ms. N Gabela, Mr T Zondo and Ms G Mchunu

