

# JONGA

ISSUE 23

magazine

## COPC SUCCESS

Decline in teen  
pregnancy and TB

## INNOVATION

20 exciting projects



Inspire



Empower



Elevate

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### On the Cover

The 7 Winners of the  
Cecelia Makiwane  
Nursing Excellence  
Awards.

Photo Credit:  
FCB Agency



### TELL US WHAT YOU REALLY THINK

Let's make some corporate New Year Resolutions. What would you like to see change or improve within our department next year? Send your answer to [Lungile.mathupha@westerncape.gov.za](mailto:Lungile.mathupha@westerncape.gov.za) and let's make 2020 Better Together.



# COMPLIMENTS

## FALSE BAY HOSPITAL

I would like to commend Dr Stander on his professionalism and thoroughness. Since seeing Dr Stander, I feel for the first time that I am being treated as a patient and not as just another number. I understand that the workload is immense and for Dr Stander to be able to accomplish this is quite remarkable.

**Yours sincerely**  
**Glenn Conacher**

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## TYGERBERG HOSPITAL

I was a patient in Tygerberg Hospital from 15/05/2019 to 16/05/2019. It was indeed a pleasant experience because all staff were friendly and helpful.

I want to thank Drs Weich, Du Toit and Peterson and all staff for their help. A very special word of praise to DR DALE PETERSON for his special attention and commitment to his patients.

**Thank You**  
**Jannie Geldenhuys, Wolseley**

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## WORCESTER EMS

I would like to express my thanks to the Western Cape EMS team in Worcester for the quick response when I called them. To Mr Opperman and Mrs Africa, the emergency respondents, thank you for your excellent work. I am a proud Western Cape resident.

Keep up with the good work.

**Yours sincerely**  
**Franklin Kriel, Worcester**

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## GROOTE SCHUUR HOSPITAL

I am a patient at the Haematology department and I have Warnstroom's Syndrome which causes me to battle to breathe when I exert myself. I attended the Dental Clinic on the 11th of June and after walking up the hill, was totally out of breath when I got to the entrance of Out Patients.

That was where I met Xolile Lande and wow, I have to compliment you on such an awesome employee – he was absolutely amazing, he was very concerned about me and in my opinion went above and beyond in seeing that I was ok and helping me. I would really like for him to get some form of recognition for his outstanding service.

**Regards**  
**Bridgette**

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## LADY MICHAELIS DAY HOSPITAL

I would like to point out the AMAZING service rendered by M Prins at Lady Michaelis Day Hospital. I bring my parents for their medical care at this facility and I am yet to arrive where Mr Prins does not have a smile on his face. He is the most pleasant person and is the most kind with ALL the patients and especially the elderly and vulnerable. The staff in the prep room, even though firm, are efficient, friendly and kind especially to the elderly. I was at this facility a few years ago and can say that this was not always the case. Thank you for the efforts in this regard and especially to the staff for going the extra mile. It is APPRECIATED.

**Thank you**  
**Fadelah Jakoet**

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**“Whatever  
you do in  
this period  
DO NOT  
DRINK  
AND  
DRIVE.”**

## Message from Minister

We are about to embark on a festive period, a period where we rest and spend time with our families and loved ones.

This is a well-deserved break, this has been a long and gruelling year, we need this break.

In as much as this is a break, we cannot take a break in caring for our health and in making healthy choices. I would like to encourage you to keep making healthy choices even in the festive season.

Diet and nutrition are important factors in the promotion and maintenance of good health. Opt for healthier food choices, limit your alcohol intake, sit less and move more.

Excessive use of alcohol has not only proven to exacerbate chronic lifestyle diseases, it also negatively impacts your driving. Whatever you do in this period, DO NOT DRINK AND DRIVE.

In the coming year, I will be visiting all 5 of the districts and engage the statutory bodies and community members about the NHI Bill. I can imagine that the biggest question on everyone's mind is; whether the current NHI Bill will be able to achieve Universal Health Coverage, which aims at ensuring that all people who need health services have access to quality care without undue financial hardships.

I hope you will be able to join in these engagements in order for us to fully understand this Bill and together address the areas of concern.

*Enjoy your time with family and friends, come back in January refreshed and rejuvenated. I wish you love, peace, joy and happiness.*

### Department gets clean bill of health from the Auditor General

The Department of Health recently presented its 2018/19 Annual Report to the Standing Committee. During this financial year the Department spent R23.044 billion, which is 99.8% of its total budget and received a clean audit from the Auditor General – the first Health Department in the country to receive a clean audit outcome.

While the clean audit is a major achievement, the Department continues to invest in other good governance initiatives to transform and boost its system to meet the various public health system challenges. Such initiatives include training, leadership development, system design and working with multiple partners in whole-system development. This kind of system strengthening is an important preparation towards universal health coverage.





**“I wish to thank all individuals and teams, and their spouses who have contributed to our achievements.”**

May you have a blessed and peaceful festive season and may the new year fill you with hope, inspiration and new energy.



## Message from HOD

**L**ooking back at the year that has passed, it is filled with many highlights and new developments. The pages in this magazine will tell the story of some of the most recent achievements and milestones, actually too many to name individually. Noting the various sections (“Inspire, Empower and Elevate”) we wish to highlight some of these successes so that we may all draw collective strength from our highlights. I hope that you enjoy reading about some of these highlights and I hope it fills you with pride.

Notwithstanding the many health system challenges, I was reflecting how important it remains for us to feature the highlights, milestones and good stories in our health system. In 2016, as we embarked on the MEAP process, we were all inspired by the incredible performance of Wayde van Niekerk, our 400m sprinter winning the Olympics, gripping our emotions. He ran an amazing race despite the odds against him and being in the outside lane. His example inspired us towards better alignment, better efficiency and doing things differently. We have definitely progressed on our journey of doing things in a more connected and collaborative way, and to learn continuously.

We are equally inspired by the Cecilia Makiwane nominees and achievers as well as the many amazing staff members we have. Staff who are dedicated to a higher purpose of doing the greatest good. I am also acutely aware of the significant pressure experienced by our frontline staff, and of the moral injury our clinicians carry with them when they wish to do more for their patients.

Despite our growing challenges, we remain inspired by staff members who display leadership in various teams. We live by our philosophy that everyone who has influence over just one person is a leader. We salute staff members who apply our leadership values charter and pledge on a daily basis.

I have noticed how teams are improving their skills towards continuous learning. We are learning how to engage with kindness and respect; to strengthen our system through better connectedness, collaboration and adapting the way we do things and the way we show up; We felt the sense of achievement when we became the first Health Department in the country to achieve a clean audit. This is not an easy feat. Yet we have done it.

We have many champions who do exceptional things each day, and much inspiration can be drawn from their examples. This is what we are trying to show in JONGA.

As the year is wrapping up, I wish everyone a blessed festive season. On behalf of the entire TEXCO and management team, I wish to thank all individuals and teams, and their spouses who have contributed to our achievements.



## Women & Child Health

With breast cancer awareness in the spotlight during October, as well as First Thousand Days forming part of Premier Winde's Safety Plan, a women and child health event was held in Wellington on 26 October.

The event also highlighted the importance of partnerships in delivering healthcare services to our communities. WCGH worked with its NGO partners NoRSA and Right to Care, as well as our sister department DCAS' school sports team.

**More than 200 women used the available services, including breast exams, pap smears, and screens for chronic conditions.** Children could receive their immunisations and the importance of play and an active lifestyle were highlighted with dance competitions, soccer, basketball, and colouring.

By taking healthcare services into communities, we are working towards a goal of patient-centred care

## Khayelitsha Hospital gets own blood bank

The Western Cape Blood Service (WCBS) in conjunction with the WCGH officially opened a Blood Bank at the Khayelitsha District Hospital on 18 September 2019. Mr David Binza, acting CEO of the Khayelitsha District Hospital, welcomed the Service to the hospital and believes that it will save lives in a hospital servicing a district with a high demand for blood in its trauma wards.

Dr Gregory Bellairs, the CEO of WCBS, said that it is a remarkable milestone to open their first blood bank in over twenty years. "There is no better place than here, at the Khayelitsha District Hospital. It is ideal to be situated in one of the larger state hospitals as it enhances delivery to the surrounding areas. The blood bank will be operational for 24-hours a day which will result in rapid availability of cross-matched

blood to this hospital and other, surrounding hospitals served by it."

Donated blood which has been tested and separated into components (plasma, platelets and red blood cells), are kept at blood banks. When blood is requested for a patient, a sample of the patient's blood is cross-matched against a sample of the blood in stock, to determine the most compatible match.

### Gift of blood this festive season

Donate blood this Festive Season. If you are older than 16 and younger than 75, weigh more than 50 kg, you are healthy on the day of donation and lead a safe sexual lifestyle you can be blood donor. To find out where to donate visit [www.wcbs.org.za](http://www.wcbs.org.za) or call 021 507 6300 or SMS 'Blood to 33507.'



## Integrity Idol

Helimamy Moeng is the Manager of Pharmaceutical Services at the Southern Western Sub-Structure in the Western Cape. Helimamy has been known for her transparency, honesty, responsibility and accountability. For this reason, she was nominated and chosen as one of the final five South African Integrity Icons.

She always knew she wanted to work in the health care system, and when the time came, she chose to train as a pharmacist. Helimamy started working as a public servant in Gugulethu Clinic, delivering much needed ARV and ART treatment to HIV positive patients. She now oversees the distribution of medication around the Southern Western Districts of the province.

Helimamy is motivated in her work in the public service by ensuring that people have continued access to medication, and is passionate about staff development in the pharmaceutical services.

**Integrity Icon** is a global campaign by Accountability Lab that is powered by citizens in search of honest government officials. It aims to generate debate around the idea of integrity and demonstrate the importance of honesty and personal responsibility.

## Rawsonville Clinic leads the way



Rawsonville Clinic rolled out the first prototype of a software system to capture patients information and to simplify record keeping, resulting in obtaining data much faster than usual.

**Patient visits to clinics and the services they receive are now captured digitally during their visit and the information is available immediately.** “This helps to create a demographic profile of patients and the services the clinic renders,” said Dr David Pienaar, one of the project leaders. “We now have less paperwork and save time as our notes are not made by hand and then captured at a later stage.”

This project was the first of its kind in the Province and the project are being rolled out to other clinics in the Breede Valley district. The aim is to use the more accurate data available when planning and applying resources.



# 2019 Nursing Service Excellence & Cecilia Makiwane Awards

Beyond commemorating the first African registered professional nurse in South Africa, Cecilia Makiwane, this year's award ceremony also recognised outstanding achievement, initiative and commitment to patients, the community and nursing profession.



Meet our 2019 winners from across the province that have dedicated their lives to go beyond the call of duty.



## General Nursing

**Moira Kinnes**

Groote Schuur Hospital

Sister Moira Kinnes started her career at Groote Schuur Hospital (GSH) and worked in Cardiothoracic Services. Later she was invited to work in Intensive Care Unit (ICU) for 10 years. She then joined Dialysis Services for another 10 years, and moved on to Outpatient Services where she volunteered to be the person that would greet patients that are waiting to enter the building at 05:30 every morning, explaining how the clinics and the numerical system work. In this way, patients know what to expect at the facility and understand that patients who are from rural areas, those who are severely sick and the elderly patients are given priority. This improvement process has seen reduced waiting time and numbers from over 100 down to 60. Moira remains proud to be a nurse because she maintains that "nurses are born, not made".



## Midwifery Nursing

**Lusanda Nduneni**

Tygerberg Hospital

Since 2012, Lusanda Ndumeni, has been making big strides working as a Professional Nurse: Gynaecology and Obstetrics at Tygerberg Hospital. Lusanda's achievements include being nominated as the postpartum family planning "champion" for the leading Safe Choices Initiative in 2018. This was a special pilot project with the aim to improve mother and baby mortality and morbidity rate in Southern Africa. With Lusanda's assistance, 18 midwives reached competency in intrauterine device insertion, and 529 devices were inserted the same year. She ensures that the patients going for caesarean sections are sent with the devices to prevent missed opportunities for insertion of IUDs.





## Speciality Nursing

**Fiona McCurdie**

Groote Schuur Hospital

Sister Fiona McCurdie was placed in the Intensive Care Unit (ICU) which would be the first stepping stone to her career as a Procurement Coordinator for transplants at Groote Schuur Hospital (GSH). Her first experience with transplants was in Cardiothoracic ICU, which enabled her to accompany transplant patients into theatres and attend to their individual needs. She describes the ICU setup in early 1983 meant that heart transplant patients would stay in isolation for a minimum of three months, and an estimated 30 heart transplants took place annually at that time. The world of a Procurement Coordinator in a highly specialised service at Groote Schuur Hospital is varied, from organising late night flights for doctors to liaising with donor families and giving them the care they need before and after making decisions regarding organ donation; as well as looking after her living donor patients.



## Community nursing /Primary Health care

**Thembisa Yekani**

Michael Mpongwana Clinic (MDHS: KESS)

Thembisa Yekani works with patients that are referred from Tygerberg Hospital, Red Cross War Memorial Children's Hospital, Khayelitsha District Hospital and sometimes private GPs for wound care. She volunteers to train community-based workers in wound management as she gives them supplies to use in patients' homes, which she has identified as a great need. As she interacts with the patients, she is able to identify social gaps, like nutritional facts, that cause patients to have difficulty in proper wound care. She then links the patients to a Social Worker and Dieticians to ensure that the patients get help, and educates family members on how to support the patient.





## Nurse Leadership and Management

**Catherine Love**  
Alexandra Hospital

Catherine has been working at Alexandra Hospital for 38 years and currently manages the Psychosocial Rehabilitation Ward, Outpatients Department and Forensic Services (Ward 11 and 12). The norm for an Operational Manager is to manage two wards, however Catherine has successfully been managing three wards and the Outpatients Department since April 2019 and is a great champion for all the clients at the hospital.



## Nursing Education (Formal)

**Dr Anso Truter**

Western Cape College of Nursing Metro West

Dr Anso Truter teaches Community Nursing Science for second (206 students), third (176 students) and fourth (184 students) year students at the Western Cape College of Nursing (WCCN). Through her diligence and hard work in the curriculum process of the WCCN and CPUT, the Western Cape Province has been identified as the leading province with regards to curriculum and submission of the proposed new qualifications for nursing to the Council of Higher Education and the South African Nursing Council. To the extent that other provinces are benchmarking against the WCCN.



## Nursing Education (Informal)

**Ms Theresa Wulff**  
Groote Schuur Hospital

Sister Theresa Wulff enjoys her management role, although she remains passionate about teaching and training. She has been actively involved in innovations at the hospital that include e-learning, the RN orientation initiative, and an interactive game to increase knowledge. As project leader of an innovation initiative, her team developed a board game to increase general nursing knowledge. This award-winning game is based on a combination of snakes and ladders, monopoly and trivial pursuit and has proved to be successful.



# Conquering BREAST CANCER TWICE

A regular breast self-exam and mammogram saved Sr Leonelle Lewis' life twice.



Sr Leonelle Lewis (third from left) with her team of staff members at Darling Clinic. The team wear pink shirts in support of Sr Lewis' battle with breast cancer and has been an integral part of her support structure for the past decade.

“ I never thought I would be diagnosed with breast cancer for a second time, but I was, and in my heart I believed that I would also conquer a second diagnosis,” says Leonelle Lewis, Operational Manager of Darling Clinic, who was able to return to work on the first day of Breast Cancer Awareness Month in October 2019.

Lewis was first diagnosed with breast cancer in her left breast in 2009 after she discovered a large mass in her breast with breast self-examination. After chemotherapy, a mastectomy and radiation she was in

remission and lived her life with gratitude.

In July 2019, a decade after her first diagnosis, a small mass was found in her right breast with a mammogram, and breast cancer was confirmed with a biopsy. After another mastectomy, chemotherapy and radiation were not needed again and she is currently only on hormone treatment.

Lewis says that her own breast cancer path has definitely influenced her approach to female patients and that she approaches patients more holistically in terms of their health. “I encourage female patients and

staff members to examine themselves regularly and to also go for mammograms and cervical smears. Our patients at the clinic are increasingly informed and looking after themselves and their health."

With her first diagnosis the fact that her hair fell out was a big personal challenge for her. "Even though I knew it was going to happen because of the chemotherapy and radiation, it was still a big challenge for me when my hair started falling out in spots after the second chemotherapy session. It was the moment that confirmed my new reality."

However, she is convinced that her family's support was worth gold and formed part of a strong support structure which carried her. "The understanding and compassion of friends, family and colleagues with my situation was heart-warming and their positive energy helped me embrace the path that led ahead of me."

Her advice to people who are confronted by cancer, and specifically breast cancer, is to firstly accept that this is happening, to have faith that it will improve and that you can heal and to reach out for help when needed. "With the second diagnosis, I realised that everything that happened to me was causing trauma and that I couldn't handle it on my own. I received professional counselling as part of my treatment and was able to move out of the dark cloud. However, it is important to open up to your counsellor and to be honest with the person and yourself about how you feel and what you are going through. It could have turned out so differently, so today I am a proud conqueror with a grateful heart and I am just looking towards my future."

## Why is it important for women to examine their breasts every month?

Regular self-examination of your breasts can save your life. Many women detect breast lumps themselves. Not all lumps in the breast are cancerous. About 80% of the lumps that women feel are not cancerous, but it is important to be safe and secure.

The best time to examine your breasts is just after your periods when your breasts aren't so tender. If your periods aren't regular, examine your breasts every month on the same day.

## How to examine yourself?

1. In a mirror, look for anything unusual on your breasts. Stand upright with one hand behind your head. Use the other hand to gently search for lumps in the opposite breast.
2. Move your fingertips with in a circular motion over your breast. Start at a point on the outer part and move towards the nipple. Also examine your armpit. You can also do it in the shower or bath.
3. You can examine your breasts by lying flat with one hand behind your head.
4. Look for an excretion from your nipple. If you're not pregnant or breastfeeding, consult your doctor about an excretion, which could be a sign of infection or cancer.





\*This piece is sourced from an interview conducted and written by Asiphe Nombewu,  
Stellenbosch University Corporate Communication

# Meet the Teaching Excellence Award winner from Tygerberg

Dr. Karin Baatjes, a lecturer from Stellenbosch University's (SU) Departments of Biomedical and Surgical Sciences at the Faculty of Medicine and Health Sciences (FMHS), shares details about her teaching career after being awarded a Developing Teacher's Award for 2019. Beyond the lecture room, Dr. Baatjes cares for patients at Tygerberg Hospital's Breast Cancer Unit.



### **Why did you choose teaching as a career?**

Teaching is not my career, but it forms an integral part of my clinical practice as surgeon. It is a natural part of my work in a teaching hospital

### **How long have you been teaching?**

I have been teaching for 19 years.

### **What have been some of your career highlights?**

Completing the MMed and PhD in Surgery stands out as some of my career highlights.

### **What have been some of the biggest career challenges?**

Balancing academic career pursuits, clinical service delivery and personal life.

### **Why did you enter into this award?**

I saw the compilation of the teaching portfolio as a means to reflect on my teaching practice and to gain insights into where I should improve upon.

### **What does it mean to win the Developing Teacher award?**

It is a great honour and marks recognition by peers and seniors of the efforts that one puts in towards improvement of graduates and health care.

### **What impact will this award have on your teaching career going forward?**

The award serves as a boost to enhance my growth and development in the educational sphere.

### **When you are not busy teaching, what are some of your favourites hobbies and why?**

I spend time with my family and I am a social runner.

### **What do you hope to impart to students that you teach?**

I wish to impart more than just theoretical knowledge, I wish for students to recognise in my behaviour, an example of the demeanour and conduct of a medical professional.

### **Where do you see yourself in the next five years?**

I am hoping to establish a well-functioning division in the next five years and to see expansion in terms of capacity of the team as well as new research endeavours.

**\*Dr Baatjies will receive her award during a ceremony at the end of the fourth quarter.**

## **About the Awards**

Launched in 2017, the Stellenbosch University Teaching Excellence Awards acknowledge lecturers in two categories, 'Distinguished Teacher' and 'Developing Teacher', based on their experience and leadership in the scholarship of teaching and learning.

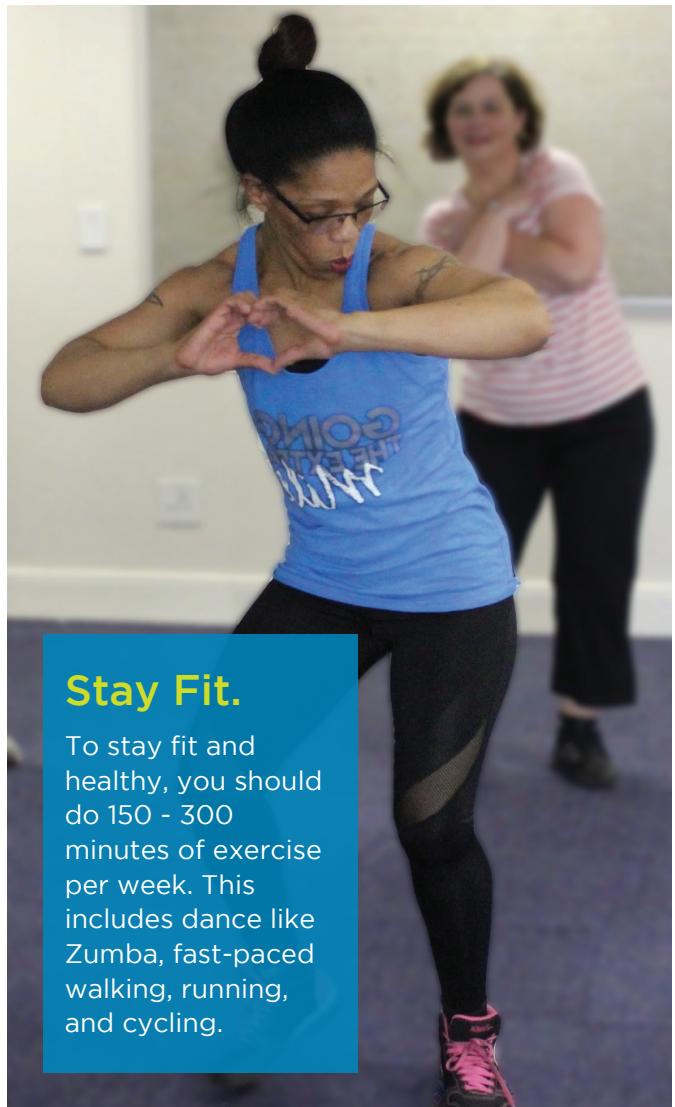
Applicants had to submit a portfolio that demonstrated their reflection on and evidence of four main components: context, students, knowledge and professional growth. They also had to indicate the lessons they had learnt on their journey to becoming excellent teachers.

# Zumba changed her life for the better

Martie Williams (47) is a go-getter with a passion for Trauma and Emergency. She enjoys the speed at which things happen in the Emergency Centre (EC) and the opportunity to learn new things in this exciting unit. Williams has been a registered nurse at George Hospital for 24 years and was the first trauma nurse at George Hospital to intubate and insert an underwater drain, and to teach the newly qualified doctors to do this.

Although successful in ensuring the health of others the same has not always applied for her personally. Williams developed several health issues. Due to her health deterioration she decided to actively improve her situation in 2009 and made lifestyle changes, which included exercising. She lost 30 kg in the first year after the changes she made and has never felt better. In 2013 she qualified as a Zumba instructor and has empowered and inspired many staff during her classes at the hospital when space is available. Through her Zumba classes at George Hospital she has motivated many staff to invest in their health.

Williams is also actively involved in her community and hosted many successful Zumbathons. She also hosts Zumba sessions in Rosemoor, Thembalethu and Conville in George to get people more invested in wellness. She is a CANSA supporter and has raised money for the cause through her Zumbathons which has been an annual event since 2014. Williams is a brilliant example for the nursing profession in going the extra mile for patients, staff and the community.



## Stay Fit.

To stay fit and healthy, you should do 150 - 300 minutes of exercise per week. This includes dance like Zumba, fast-paced walking, running, and cycling.

# Keeping healthy this festive – YES we can!

These tips will help you eat healthy while still indulging

**Can't wait for the feasting ahead?** We hear you. But this is also the time of year when a lot of us get caught up in that all-or-nothing head space where you promise to get back on the health train in the New Year. Here's the thing though: it's possible to maintain a healthy eating plan while enjoying all the things that make the holidays so much fun. Keep these tips in mind...



## QUICK TIPS

### Invited to a party? Offer to bring a healthy dish

Including others in your healthy eating plans can make it easier to manage what you eat without feeling left out of the festivities. There are plenty of delicious and healthy recipes available through blogs and social media.

### Eat before you go

The likelihood of you overeating because you “kept some space” for the feasting is very real. So don’t skip your regular eating times just yet and you’ll still have energy after you’ve eaten.



### Start with vegetables

Whether you’re faced with a buffet or at a braai, seek out the vegetables first to take the edge off your appetite.

### Fit your favourites

Choose the dishes you really love and can’t get any other time of year, like Gogo’s trifle or Aunt Beryl’s slow roasted leg of lamb with all the trimmings. Slow down and savour a small serving.

### Careful with the drinks

If you do have alcohol, have it with food. Giving it a miss completely is first prize, but limiting your intake is better than overdoing it.



Taking care of your health can give you more energy to create lasting memories with your loved ones, which is after all the best bit about the season.

# BE BALLSY

Get checked for prostate and testicular cancer

By doing the #FafChallenge during November and going for a screening for testicular cancer, our Springbok Rugby World Cup Champions are highlighting how important it is for men of all ages to go for regular health check-ups.

All men, particularly those who are over 40 years old, should go for a check-up at least once a year. Prostate and testicular cancers, especially when not detected early, can lead to difficult treatment, sterility, and potentially a lifetime of hormone replacement therapy.

**Prostate cancer** is the most commonly diagnosed cancer in South African men. This form of cancer is life threatening if left untreated.

#### Symptoms of prostate cancer include:

- A need to urinate frequently, especially at night
- Difficulty starting urination or holding back urine
- Weak or interrupted flow of urine
- Painful or burning urination
- Difficulty in having an erection
- Painful ejaculation
- Blood in urine or semen
- Frequent pain or stiffness in the lower back, hips, or upper thighs

#### Symptoms of testicular cancer include:

- A lump or swelling in the testicle
- An increase in the firmness of a testicle
- A difference between one testicle and the other
- A dull ache or sharp pain in your testicles or scrotum, which may come and go
- A feeling of heaviness in your scrotum

**Testicular cancer** is the most common cancer in men aged 15 to 35 years old. It starts as an abnormal growth or tumour that develops in one or both testicles. There are several types of testicular cancer, but the most common is the germ cell tumour.

## Testicular self examination



1. Check one testicle at a time.



2. Hold the testicle between your thumbs and fingers of both hands and roll it gently between your fingers.



3. If you notice any of these symptoms....

- Hard lumps
- Smooth or rounded bumps
- Changes in size, shape, or consistency.



## Mopower to you Men!

By supporting the Movember initiative and our #EnoughisEnough pledge, men within our department pledged to take responsibility for their health to empower them to put a stop to violence against women and children.

**ICYMI:** Movember has been going strong annually since 2003, where men around the world grow mustaches in November to raise money and awareness for prostate cancer prevention.

During the month, they challenged men within the WCG to sign the pledge at Bellville Health Park and 4 Dorp Street, committing to focusing on their physical, mental and emotional health. The Department's various health initiatives throughout the month provided the opportunity for health screenings and checks, as well as awareness and assistance with mental health related issues.

By doing so they were able to demand an end to abuse against women and children, act in the best interest of women and children, and command dignity and respect for all women and children.



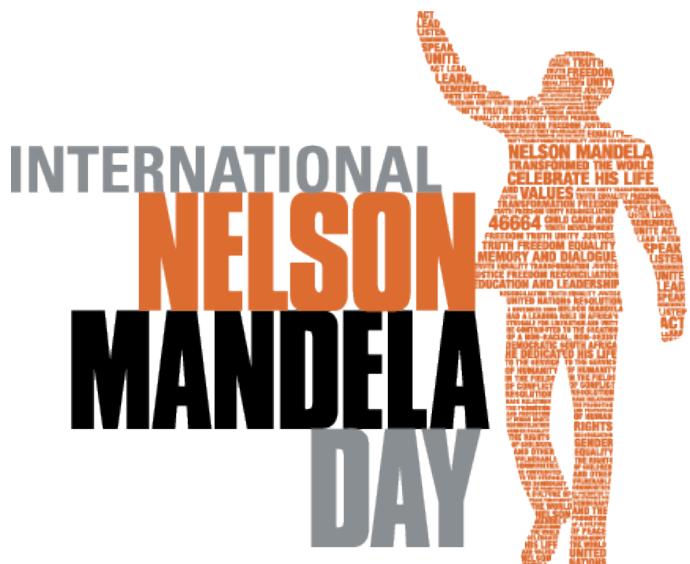
# MOVEMBER®

# Doing more with less: WCGH Mandela Day Surgeries project

In 2019, the project's aim was to perform 10 free life-changing procedures for every one year of our democracy – and we went beyond our target.

For the past three years, the Western Cape Department of Health and its valued partners, have brought life-changing experiences to the lives of hundreds of vulnerable people. And through the Department's commitment, further collaborations and innovations, this year's **250** patients target was surpassed and more than **400** patients received various health procedures.

The initial target was to improve the lives of 250 patients requiring cataract removals, orthopedic surgery, ENT procedures as well as hip and knee replacements. Sterilisation and gastroscopy procedures were later added.



"We set ourselves a huge target this year knowing that it would take a collective effort in reaching it. We salute and thank our partners and our staff who volunteered their time and resources in making a difference in someone's life. By working together we can restore quality and dignity of life," said Dr Beth Engelbrecht, Head of Department.

Two patients who received surgery as part of the Mandela Day Project shared their stories on how their lives have been enriched through this project:

*Ivan Badja, a 10 year old boy received CO2 Laser treatment* after sustaining 60% flame burn when an older friend threw turpentine on an open fire. "The team at Red Cross Hospital and the community support has



been amazing. Every day we grow together and the laser treatment is helping a lot. He can bend his arms more and the scarring is softer, thinner and looks much better. Ivan turned 11 in August and enjoys playing cricket and soccer with his friends," says his mother, Emmerentia.

Mrs Nothobele Albertina Mathambo, a 62-year old was having difficulty at work due to her poor vision. Following a consultation with the doctor Tina was informed that her one eye was dry and partially blind, and that **cataract surgery** was recommended for her. "People hear the word 'operation' and they tend to be put off by it. In reality, however, it is a much simpler procedure. It only took about half an hour for the whole procedure to be completed. Cataract surgery really improved my life."

"This project speaks to the ideals and the values that Mandela embraced such as justice, equality and dignity. These life transforming surgeries have given our patients dignity and a new lease of life. Public Private Partnership is the cornerstone of the department our funders have contributed towards a healthy population and economic development, ours is to keep providing enabling environment that will make the private sector contribute more towards the realising the goal of a healthy population," said Dr Nomafrican Mbombo, Western Cape Minister of Health

## Did You know?

In 2017, the Department initiated this project to provide 67 additional surgeries to those vulnerable patients who wait long for hip and knee surgery. 27 hip replacements and 40 cataract removal procedures were done.

Then in 2018, the ambitious target of 100 operations, commemorating Mandela's 100<sup>th</sup> birthday, led to 195 people receiving life-changing procedures.



# Life after a spine injury

The Western Cape Rehabilitation Centre (WCRC) is a specialised rehabilitation centre for persons with physical disabilities and treats approximately 53% of patients suffering from spinal injuries per year in the Western Cape. "The main causes of spinal cord injuries treated at the WCRC are due to interpersonal violence, specifically gunshot and stab wounds. We receive several road traffic accidents and 'other' accidents such as falls. We also have some disease-related conditions such as TB spine or spinal cancer which affects the spinal cord," explained Jonathan Vaughn, CEO of the WCRC.

Babalo Brandon Pholosi (37), a former patient and WCRC peer supporter from Site C, Khayelitsha, contracted spinal TB, an infectious disease which spread to his spine, paralysing him for life. He contracted the disease in 2000 and was referred to the WCRC for rehabilitation treatment and support. "It was hard trying to adapt in society and an area which is not conducive for wheelchair-bound people. When I received treatment at the WCRC for four months, I was trained and given techniques by the physiotherapist on how to move my body from the ground or bed to my wheelchair and how to control my bowel movements," said Pholosi.

"I was frustrated at first, but the WCRC introduced me to ballroom and Latin dancing, which was taught at the facility by private instructors as part of the rehabilitation programme in 2002. I have come to love dancing over the past eleven years, and I get to travel and experience



new things," said Pholosi.

After Pholosi was discharged from the WCRC, he was approached by a staff member to become a peer supporter to encourage others to get through their spinal cord injury programme. Peer supporters are volunteers who are non-professional and non-clinical. "This disability has not stopped me," said Pholosi. He went on to compete in ballroom dancing competitions and won medals in the ballroom Latin dance category. Determination has allowed him to represent the Western Cape in ballroom Latin dance in 2014.

"There is life after a spine injury. Don't give up, push through, find healthy habits and dream again," said Pholosi.

## EVERY HEARTBEAT MATTERS

At least **80%** of premature deaths from heart disease and stroke could be avoided if the main risk factors, tobacco, unhealthy diet and physical inactivity, are controlled. **BE A HEART HERO** by making a simple promise to someone you love or care about. A promise to eat more healthily, to be more active, and to say no to smoking.

### BE A HEART HERO

We believe that every heartbeat matters. We want everyone to be Heart Heroes by making a promise:

-  A promise to our families to cook and eat more healthily, exercise more and stop using tobacco;
-  A promise to our children to help them to be more active and to say no to smoking; and
-  A promise as healthcare professionals to help patients give up smoking and lower their cholesterol, and to raise awareness.

**A promise for MY HEART, YOUR HEART.**



# Taking healthcare to the Streets

World Homeless Day was commemorated on 10 October 2019 with the purpose of drawing attention to the needs of homeless people locally and provide opportunities for the community to get involved in responding to homelessness.

In 2015, the Southern Western Substructure (SWSS) addressed the concerns about deaths of street-based people related to uncontrolled chronic diseases of lifestyle. Working in collaboration with NPOs focused on street-based people with chronic illnesses, they entered into conversations and undertook to do a survey as to why street-based residents were not accessing health care at facilities.

Providing patient-centred healthcare to the most vulnerable people in our communities, including street-based residents, remains a priority for the Department. The feedback from the survey meant rethinking the traditional healthcare service model and coming up with a service delivery model that takes healthcare to the streets.

Health related services were started at The Carpenter Shop, a second stage shelter, which also provided access to ablution facilities. The SWSS health team provided

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a social worker and counsellor and together with St. Johns, the model of health care was changed to provide the same health service package that traditionally community health care workers would provide in the homes of patients. These health services, which included the measuring of BMI, nutritional screening, screening for hypertension, diabetes, HIV and TB, as well as pap smear services were provided in the hall of the Carpenter Shop as it was deemed "friendly" by the street-based clients. Where the clients knew of their chronic conditions they would be referred to the nearest health facility and treatment would be provided. The team facilitated the referral and ensured that either the health care worker accompanied the clients on their visits or that the facility nursing staff were expecting them, avoiding any opportunity of discrimination by fellow patients.

The model has extended across the substructure and currently there are four sites running at various shelters and as testimony to the success of the new model of care, facility managers have reported a decrease in TB defaulters and an increase in street-based patients returning for care. Most importantly, since the programme was implemented, there have been no unexplained deaths.

# COPC shows decline in teen pregnancies and TB

The delivery of health care that filters into the gaps within specific communities is proving to be fruitful. Pilot projects following the Community Orientated Primary Care (COPC) approach have within a short timeframe started to show a decline in teenage pregnancies and curbing TB.

As part of this initiative in the Cape Winelands, projects were undertaken in the Langeberg, Breede Valley, Witzenberg and since November this year in Mbekweni.

Community Orientated Primary Care focusses on healthy living, disease prevention, early detection, and treatment of illness, community-based disease management and rehabilitation. A number of role-players are involved to see this through.



Healthcare workers going above and beyond the call of duty to alleviate the pressure in the Langeberg community



Community Orientated Primary Care (COPC) approach got teams collaborating and focusing on healthier communities.

## Langeberg

In rural settings where access to health care is often a challenge, the pressures to provide the appropriate services (services that speak to the particular community) are essential.

Before attempting to address the high prevalence of teen pregnancies here, this area's team investigated what role-players like the local government and the Department of Education already offered. "A key component of COPC is building relationships with the community, but also all other stakeholders within that geographical area," said Ms Handri Liebenberg of the Cape Winelands District Office. "This positions us to prioritise the services rendered within the particular community to address the challenges. When our services speak to the health needs in the community, strong relationships can be forged – a key in ensuring better health and well-being in the long run."

After much liaising with the Department of Education and learners in the area, two wellness clinics were established at schools. Learners can visit these clinics with minor ailments.

This opportunity for interaction, as well as group discussions and collaborating with teachers to touch on certain topics in the classroom, naturally gives opportunities to engage on topics like:

- Self-care and respect;
- Menstruation; and
- Family planning and safe sex.

The wellness clinics are available on Mondays at one school and Tuesdays at the other, between 09:00 and 15:00 (as preferred by the learners). Wednesdays to Fridays the COPC nurse serves the broader community in Ashbury near Montagu.

## Breede Valley and Witzenberg

The prevalence of TB among young people and children in the Cape Winelands, and particularly two communities in the Breede Valley and Witzenberg sparked community engagements. It was decided to establish a Mobile Clinic service that would focus on preventative services. With the guidance of the community, stops for the Mobile Clinic were identified and adjusted with consideration of the high incidents of gang related violence in the area.

This service brought health care closer to people who often indicated that the nearest clinic to their particular neighbourhood was too far. The service complements what is offered at a container in the area where Stellenbosch University students offer rehabilitation services.

The mobile service gives more people access to:

- HIV/AIDS & TB screenings;
- Contraceptive care; and
- Reaffirms the First 1 000 Days focus.

In the Breede Valley improved TB adherence, and better immunisation and family planning coverage is evident for these specific geographical areas. The mobile service also strengthens Health's established relationships with this community.

In the Witzenberg teen pregnancies and TB is also

a concern. Partnerships have proven very effective to strengthen health care here.

The partnership with USAID TB SA Project has paved the way for identifying more people who have TB and to ensure that those with active TB follow through with treatment.

The COPC approach is further strengthened by partnerships with the Department of Education. Wellness talks at local schools resulted in more teenagers accessing health care at the places where the Mobile Clinic makes its stops and the COPC nurse's engagement at schools led to young boys coming forward for MMCs.

Partnering with the NGO delivering community based services in the area led to more children having access to Early Childhood Development Centres and the overall improvement of their health, as health services are extended to these centres. Through special events, like a focus on pap smears, relationships with moms have also strengthened.



# MENTAL HEALTH MATTERS

The 2019 Provincial Research Day unpacks mental illness and challenges in providing quality care.

The Western Cape Provincial Health Research Committee (PHRC) in conjunction with the Directorate: Health Impact Assessment (HIA) recently hosted the 9th Annual Provincial Research Day with a focus on mental illness challenges in health service provision.

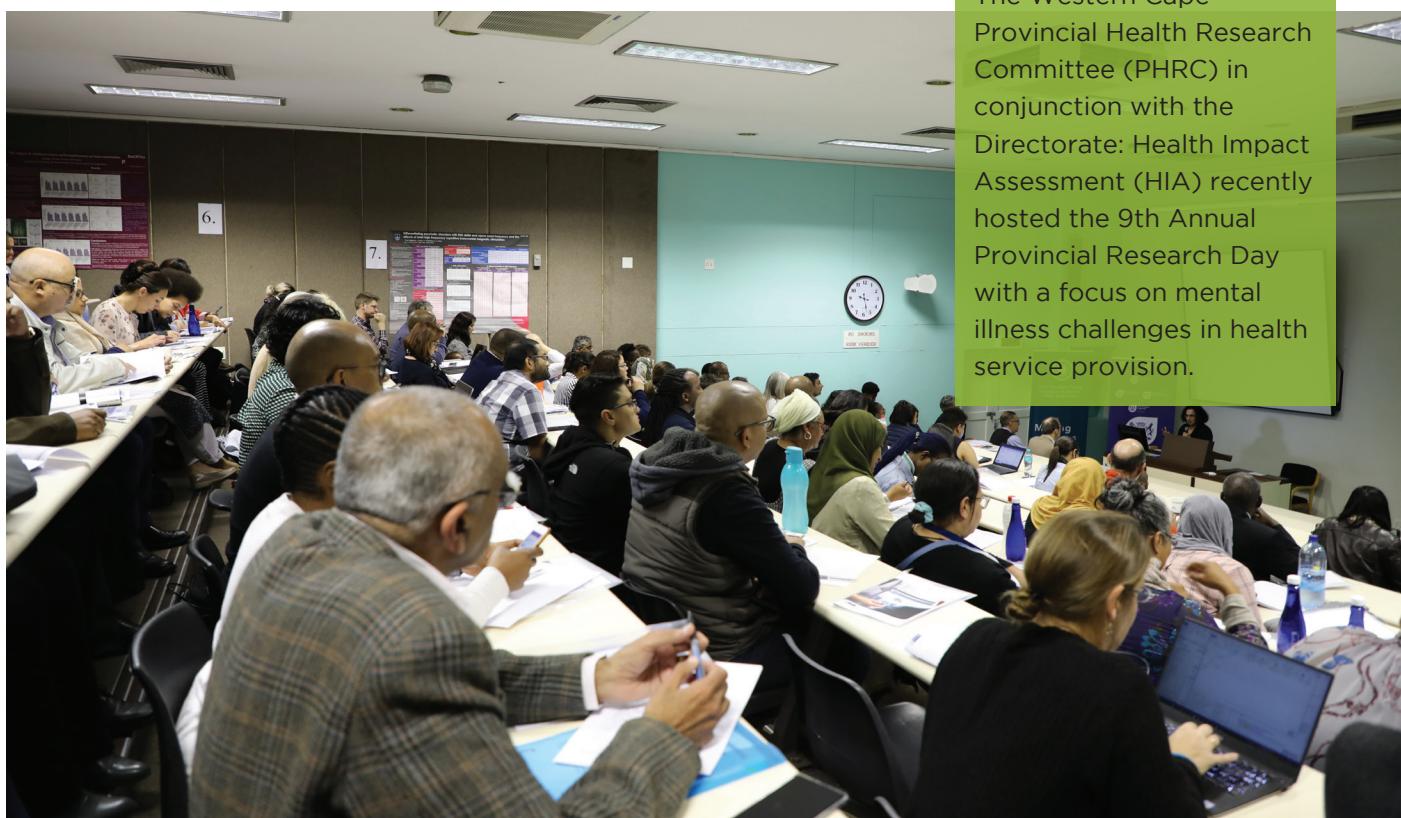
The day's keynote addresses were presented by UCT's Prof Crick Lund and Prof Sharon Kleintjies, guiding attendees through the discussion of The burden of mental illness in South Africa and Trans-cultural approaches to the delivery of mental health and psychiatry services in South Africa, respectively.

The interactive nature of the Research Day continued in the form of roundtable sessions, poster presentations and a panel discussion. Amongst other topics, attendees shared their knowledge and experience, while also questioning how the department, facilities and community tackle issues of mental illness during pregnancy, staff burn out, managing severe mental illness as well as depression,

anxiety & substance disorders amongst adolescents and young adults.

Is there a growing prevalence of mental illness in SA? The short answer... it's complicated. According to the first and only nationally representative study of common mental disorders in South Africa, the South African Stress and Health (SASH) Survey, 16.5% of the country's adult population suffered from some or other form of mental disorder over the 12 month period it covered. The common disorders that emerged included depression, anxiety and substance use disorders. The SASH survey was conducted between 2003 and 2004.

The researchers also found that around 30.3%, or a third, of the adult population would suffer from some form of a mental disorder over a course of a lifetime. It is also evident that more resources are needed to find up-to-date stats and create studies that are conducted over longer periods for year-on-year comparison.



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The Health Care Climate Challenge Awards are an opportunity for Health Care Without Harm to recognise hospitals, health systems and health organisations that are at the forefront of transformation to climate-smart health care around the world.

# WCGH named 2019 Climate Champions

**O**ur department was recently awarded double gold in the categories of Climate Resilience and Climate Leadership in the 2019 Health Care Climate Challenge Award for challenging the ongoing water scarcity in the province.

The global winners alongside WCGH include Mohammed VI University Hospital (Morocco), Uniting Care (Australia), and Netcare (South Africa) amongst others. These institutions have goals that seek to achieve carbon neutrality and power hospitals on 100% renewable electricity amongst other ways of defining what truly sustainable and innovative health care can be.

For these accolades, WCGH had to showcase how they have analysed local disaster risks due to

climate change and how existing systems are able to address these risks, as well as the potential to foster resilience and reduce carbon footprint simultaneously. A Multi-Hazard Assessment Report, plans developed to address health impacts of climate change in the future, and education on the health impacts of climate change and healthy solutions all formed part of the work done.

Over the past 30 years, WCGH has eliminated fossil fuel boilers at all but Groote Schuur and Tygerberg Hospitals and Lentegeur Laundry. Once the ongoing power failure problems with the national power corporation, ESKOM, are overcome the goal is to completely phase out the fossil fuel boilers. Beyond the environmental considerations, the financial savings have been considerable.

# Exciting innovations

 **Electronic Continuity Of Care Record (eCCR)**

The electronic Continuity of Care Record (eCCR) aims to support the patient's journey between hospitals and primary health care, through a web-based application designed by Western Cape Government: Health (WCGH) and Health Systems Technology (HST), with the support from the Centre for Innovation.



 **The Data Centre**

The data centre allows us to integrate provincial health data, which we can use to generate actionable information, giving managers a powerful tool for improving healthcare. The potential is incredible and it is possible to develop tools for almost every medical condition.



 **Family Planning And Immunisation Services**

This initiative was implemented to provide effective and efficient services as well as formalize partnerships, improve access to health care services for all, improving governance of resource management between the Department and private healthcare practitioners to family planning and baby immunization services in both the metro and rural communities.



 **Eye Care Service**

The eye care service initiative is to improve accessibility and management of Ophthalmology service on PHC level, also To establish a structured Ophthalmology program and district team to minimize the prevalence of preventable blindness by identifying those persons on the APL with interest and experience in ophthalmology.

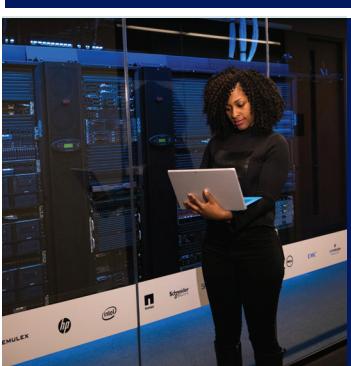


 **Engineering The Flow Of Healthcare Technology**

The objective of the innovation is to ensure a proper inventory of medical equipment is created and updated for planning of CAPEX; preventative maintenance and to assist Asset department with DICU audits. Lastly we want to improve end user/patient experience by reducing downtime of equipment and ensuring that there are safe, functional equipment at New Somerset hospital.

 **Post Exposure Prophylaxis (Pep)**

This initiative is created to provide an easy to use Post Exposure Prophylaxis Box to help with access to PEP for health facility staff after occupational exposure such as sharps injuries. Our team adapted our facility's PEP policy and related processes to develop the PEP Box – a physical box that contains everything needed for the PEP process, including drugs, forms, and sampling tubes, in one place.



 **Folder Cycle' and Electronic 'Visit Capture'**

The objective of the project is to ensure that all patient visits followed the same basic logic.



 **Paediatric Guidelines**

This initiative aims to provide paediatric guidelines and protocols in a user friendly and readily available format. However Local Paediatric guidelines are needed to ensure standardisation of care, evidence-based medicine and care in line with Essential Drug List and Standard Treatment Guidelines for Paediatrics. Therefore protocols are not always readily available and the use of mobile devices could improve the availability and use of protocols.

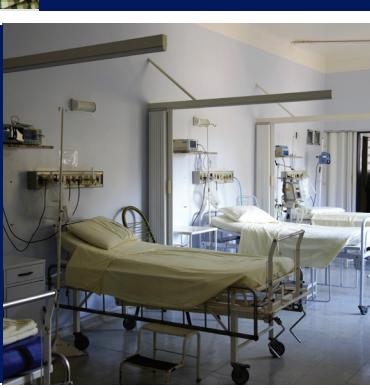
 **Integrated Theatre System**

The Integrated Theatre System of George hospital is unique system that the entire peri-operative multi-professional team contributes to the electronic record, by capturing their respective parts of the patient encounter, with single data field utilisation across multiple document outputs, thereby eliminating duplication of data entry and facilitating automated reporting.



 **Theatre Administration Project**

This initiative was created to administer and capture data for emergency theatre services. This project aims to facilitate optimal functioning of emergency theatre.





**Saving Blood, Saving Lives**

This innovation aims to ensure responsible, safe and appropriate and rational utilisation of blood products in the institution.



**Asset Management Team**

All our institutions have only one asset clerk or none, therefore the District Office was innovative to start with an asset management team to take responsibility and ownership of assets to account for. We established an asset team networking environment where asset clerks from different Sub Districts can communicate on a standardized asset guide to be innovative on asset management and the improvement of quality.



**Paying It Forward: Community Outreach**

The objective of this innovation is to reach out to under-privileged section of the Paarl community. It is clear when the goal is to enrich the lives of others, team-building truly becomes meaningful.



**Public Private Partnership (PPP) Between Du Toit Agri (Pty) Ltd**

The Objectives of this project is to improve access to health services for patients living and working on farms in the Witzenberg sub district, to improve continuity of care of patients, to strengthen partnerships between private and public health service providers and to avoid the duplication of health services within the same geographical area.

**Library And Playroom For Paediatric Ward**

The innovation is established to provide children admitted to hospital with books to read and a safe area to play. There is a play area with tables to sit and draw and colour in. This has markedly improved the patient experience in the ward and decreased the stress that children and parents endure in hospital. Children's minds are taken from the stressful environment to have a more joyful experience.

**Mapping All Existing Electronic Systems**

The mapping of all existing electronic systems over the past 4 years according to clinical activities (per FBU) was to ensure quality data at the institution and enable informed management decision making.



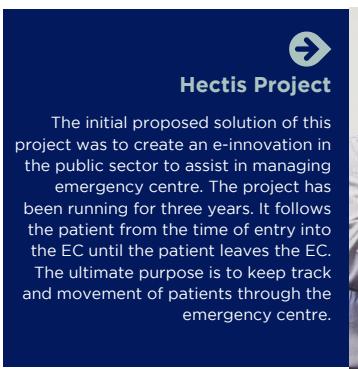
**Acute Cervical Spine Reduction Table**

The objective of this project is to design and create a unique purpose-built cervical spine reduction table that would achieve timely, efficient reductions that were reproducible and safe. It was envisioned that such a table would prevent unnecessary delays in treatment and prevent potential neurological insults secondary to spinal cord injuries.



**Sinjani Automation**

This innovation systematically designed to reduce the amount of data that must be recaptured on Sinjani to Reduce transcription errors and Reduce workload. The reason for this project is that capturing data from one system to another is time consuming and inefficient.

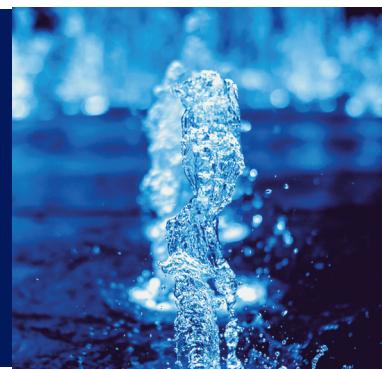


**Hectis Project**

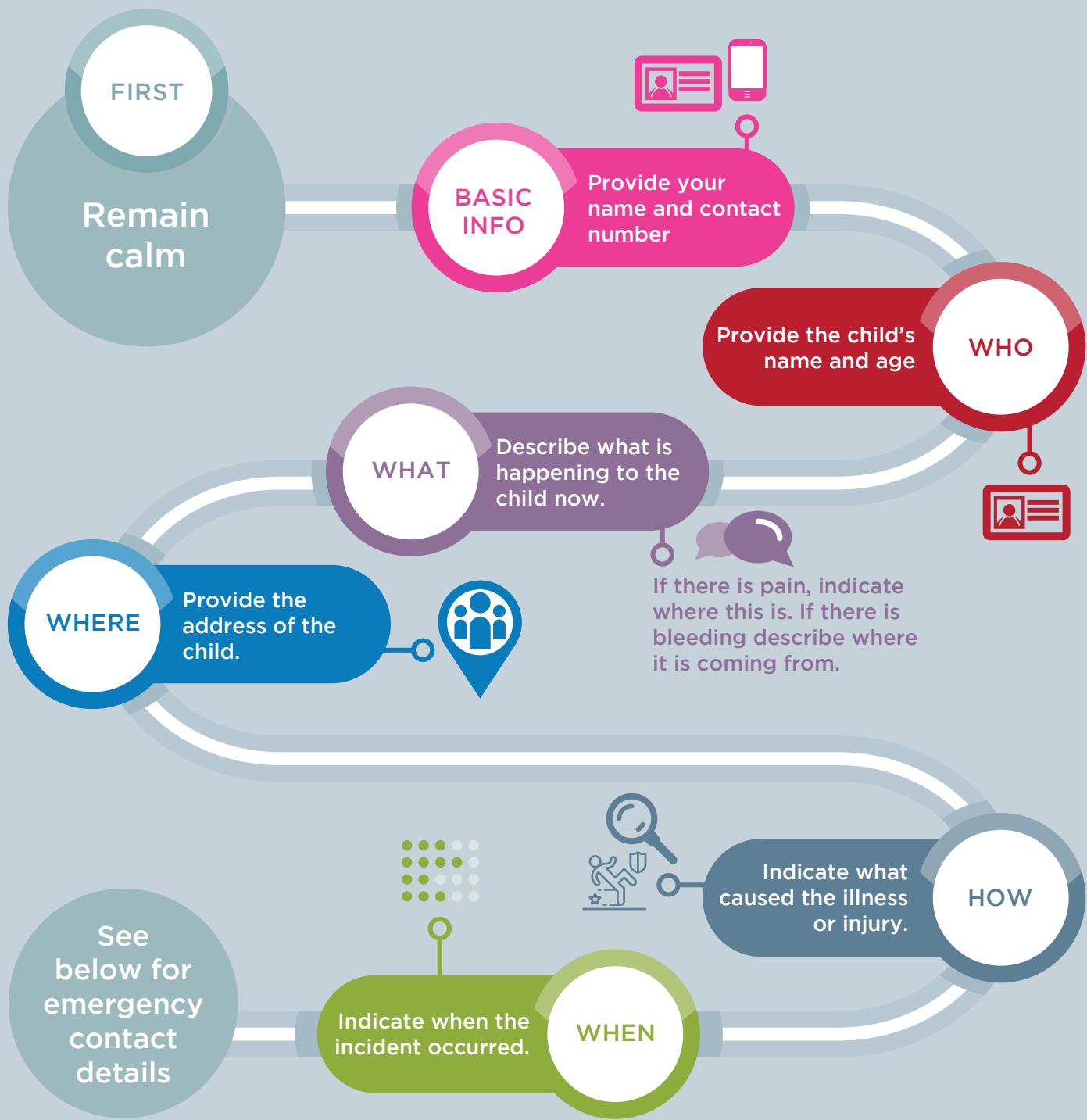
The initial proposed solution of this project was to create an e-innovation in the public sector to assist in managing emergency centre. The project has been running for three years. It follows the patient from the time of entry into the EC until the patient leaves the EC. The ultimate purpose is to keep track and movement of patients through the emergency centre.

**Water Saving Project**

Globally, healthcare delivery in a cost effective way is challenging and balancing the cost of Maintenance with the ever-increasing cost of Utilities is a challenge. In order to make some extra funding available of Hospital Maintenance the Engineering Department noticed that there was a general wastage of Utilities throughout the Hospital as a whole.



# What to say to health care staff when your child needs emergency care:



If the clinic is closed or you cannot transport your sick child to another health facility, call an ambulance urgently.

Toll-free calls:

- 10177 from a landline
- 112 from a cellphone

# BARRETT SURVEY

Share your thoughts about living our values & culture.

**Date:** 19 Nov-20 Dec 2019 | **Time:** 10 minutes tops!

**Check your inbox to get started.**



Caring



Competence



Accountability



Integrity



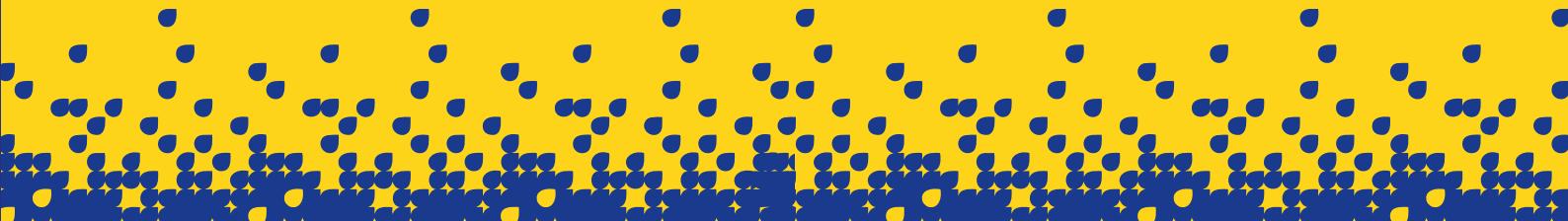
Innovation



Responsiveness



Respect



## THE VALUES:



### **Innovation**

To be open to new ideas and develop creative solutions to challenges in a resourceful way



### **Caring**

To care for those we serve and work with.



### **Competence**

The ability and capacity to do the job we were employed to do.



### **Accountability**

We take responsibility.



### **Integrity**

To be honest and do the right thing.



### **Responsiveness**

To serve the needs of our citizens and employees.



### **Respect**

To be respectful to those we serve and work with.

## THE VISION:



### **Internal Vision**

We are committed to the provision of  
“Access to Person-Centred Quality Care”



### **External Vision**

Open opportunity for all.



### **Better Together**

The Western Cape Government has a duty to provide opportunities.  
Citizens have the responsibility to make use of them.