DIARRHOEA

Every year between February and May we see a peak in the incidence of acute diarrhoea in children at the Western Cape. This is thought to be due to the high temperatures with increased bacterial replication. This results in an enormously increased burden on the Paediatric Health Services throughout the Metro and sadly, deaths and other complications.

There are 1.5 billion episodes of diarrhoea worldwide each year with 1.5 million - 2.5 million deaths in children under 5 each year. In South Africa, it is more common than pneumonia as a cause of death in young children. Children can die from dehydration from fluid loss, but there are other complications including electrolyte disturbances, malnutrition, septicaemia and brain injury. Children with prolonged diarrhoea, associated malnutrition, HIV-disease and pneumonia are the ones with the highest mortality.

Infants are particularly at risk, so children under 6 months need to be treated even more carefully.

The incidence of diarrhoea can be reduced with strict adherence to basic hygiene principles - this includes washing hands after going to the toilet or changing nappies and before preparing food. The incidence is also reduced by breastfeeding which should be actively encouraged if not contraindicated, as well as correct sterilization of bottles and use of boiled water for preparation of formula feeds.

If a child gets an episode of diarrhoea, it is important to prevent dehydration by replacing the losses with fluids – a solution can be made with 1 litre of water, ½ teaspoon of salt and 8 teaspoons of sugar and given to the child after each loose stool, in addition to their usual milk feeds. Parents must remember that the child does not stop diarrhoea but should prevent dehydration if the child does not vomit the fluid and takes enough to replace the losses. Parents should take their children to local clinics or after hours services for review to see if they have any complications and for advice. Danger signs in a child with diarrhoea include: lethargy, depressed level of consciousness, vomiting everything, not taking in any fluids, high fever, blood in the stool, reduced number of wet nappies, sunken eyes, fast breathing and these children must see a health practitioner immediately. Children under 6 months should also be seen immediately as well as those with diarrhoea lasting more than 5 days as they are especially at risk of complications.

At Tygerberg we have prepared for the diarrhoea season by opening 6 additional beds in the gastro Ward G7, and increased the number of medical and Nursing Personnel at the emergency ward G5/6 and G7. We have been out to the most CHCs that refer children – Delft and Eerste River CHCs – to update them on management of children with gastro as well as outreach to Helderberg Hospital, Eerste River Hospital and Noordhoek clinic with close liaison with the City Clinics and the Provincial Diarrhoea Campaign leaders. Despite this, in February we saw an increase in the number of admissions with diarrhoea by 25% compared with last year. The rest of the season will remain a challenge. It is hoped that with the introduction of the oral rotavirus vaccine there will be a reduction next year but this will unfortunately not prevent the large number of cases of bacterial diarrhoea that we see.

Dr Louise Cooke

MENINGITIS INFORMATION

Signs and symptoms

Meningitis and septicemia (blood poisoning) are not always easy to recognise, and symptoms can appear in any order. Some may not appear at all. In the early stages, the signs and symptoms can be similar to many other more common illnesses, for example flu. Trust your instincts. If you suspect meningitis or septicemia, get medical help immediately.

Early symptoms can include fever, headache, nausea (feeling sick), vomiting (being sick), and muscle pain, with cold hands and feet. A rash that does not fade under pressure (see 'The Glass Test' below) is a sign of meningococcal septicemia. This rash may begin as a few small spots anywhere on the body and can spread quickly to look like fresh bruises. The spots or rash are caused by blood leaking into the tissues under the skin. They are more difficult to see on darker skin, so look on paler area as of the skin and under the eyelids. The spots or rash may fade at first, so keep checking. However, if someone is ill or is obviously getting worse, do not wait for spots or a rash to appear. They may appear late or may not appear at all.

The Glass Test

Spots or a rash will still be seen when the side of a clear drinking glass is pressed firmly against the skin. A fever, together with spots or a rash that do not fade under pressure, is a medical emergency. Trust your instincts. If you suspect meningitis or septicemia, get medical help immediately.

The Glass Test' below) is a sign of meningococcal septicemia. This rash may begin as a few small spots anywhere on the body and can spread quickly to look like fresh bruises. The spots or rash are caused by blood leaking into the tissues under the skin. They are more difficult to see on darker skin, so look on paler area as of the skin and under the eyelids. The spots or rash may fade at first, so keep checking. However, if someone is ill or is obviously getting worse, do not wait for spots or a rash to appear. They may appear late or may not appear at all.

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Duisende pasiënte wat oor die afgelope 35 jaar by Tygerberg Hospitaal behandel is, het hulle leersien as die ‘sonskyndames’ – die hospitaalhelpers in hul vrolike geel uniforms wat nooit te besig is om ‘n geselsie aan te knoop of ‘n helpende hand na ‘n bedlêende pasiënt uit te strek nie.

Om egter na lede van Tygerberg Hospitaal se Vrywillige Hulpdiens te verwys as die ‘sonskyndames’, is ‘n fout – daarvan kan die mans getuig wat vandag deel is van die span, sowel as die talle skoolseuns, dogters en studente wat ook hul deel bydra en vakansies opoffer om op vrywillige basis in die hospitaal te werk.

Die Vrywillige Hulpdiens is so oud soos Tygerberg self. Die Hulpdiens is in 1973 op eksperimentele basis by Tygerberg gelaat en ondernemingsvorming van die personeel se liefde vir die naaste. Vrywilligers help onder andere in sale, klinieke, buitepasiënte, SSVD, Melkkombuis, was pasiënte se hare, bedryf ‘n verversingsdiens en uniformwinkel vir die gerief van dië ter personeel.

Oor die jare het die Hulpdiens ontwikkel tot ‘n besig, innovierende en self-onderhoudende sakeonderneming met 11 voltydse personeellede wat deur die Hulpdiens self besoldig word.

Die afgelope finansiële jaar kon die Vrywillige Hulpdiens R108,000.00 bestee aan vervoergeld vir pasiënte, kospakkies en “Adopt a Child” projek, wat deur die Departement Maatskaplike Dienste behandel word.

Die hospitaal het verander en die omstandighede waaronder ons werk het verander, maar die Hulpdiens bly selfsamedig. Ons taak is vandag nog presies dieselfde as 35 jaar gelede toe Mev L van Zyl en Mev R Brink die diens tot stand gebring het, naamlik om ‘n medemens in ‘n tyd van siekte en krisis by te staan.

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**STROKE AWARENESS PROGRAMME**

On the 28th November 2008 a Stroke Awareness Presentation took place at the Occupational Therapy Department. 50 people attended which included patients, family members, care-givers, healthcare professionals and non-professionals (such as home-based carers) who work in this clinical field.

The programme included a very explicit role play presentation by a team from Somerset Hospital who addressed causes, precautions, risk factors and effects of a stroke. Dr Sammons from WCRC gave a presentation on the medical implications and care one can expect after a stroke.

The programme ended with presentations by two patients relating to their personal experiences. All attendees were asked to complete a questionnaire evaluating the day, and the feedback was very positive.

Fatima Peters  
**Chief Occupational Therapist**

Ms Denise Jefferies (QA Manager, TBH), Mrs Fatima Peters (OT Manager TBH), Mr Anthony Nelson (Stroke patient who attends Stroke Support group in Elsies River), Ms Celeste Julies (Senior OT and Skills development Committee Convenor of OT Dept.), Mrs. Dors Nelson (Mother of stroke patient), Mr. David Ludwick (Stroke patient who attends Stroke Support Group in Elsies River) and Dr Helen Sammons from WCRC.

The Stroke Team from New Somerset Hospital which presented a very effective practical presentation on strokes. Back Row from left: Ethel Mhambi, Bulelwa Mdledle, Milly Williams, Virgil Palm, Wendy Skorbinski. Front Row from left: Tamara Zungula, Sharon Adams, Larochelle Plaatjies, Venty Van Heerden, Olivia Kannemeyer, Mandy Philiander.
Tygerberg Hospital recently hosted the very first Western Cape Smile Week, with the support of the Johannesburg based Smile foundation and a Monaco based donor, Amade Mondial. The Smile foundation is a charity organisation, founded at the request of Madiba in 2001, and serves to help children suffering from various types of facial deformities. The foundation assists hospitals by obtaining sponsorships to host these Smile Week's during which underprivileged children have their facial deformities corrected without any cost to the parents. The programme has been running at Johannesburg General hospital for the past 8 years and the same model has been implemented at Tygerberg. During the past week 15 children were successfully operated on by Tygerberg Hospital’s plastic surgeons, Prof Frank Graewe, Dr Alex Zuhlke and a specialist from private practice, Dr Bruce-Chwatt. The cases performed were for children between the ages of 6 months to 18 years suffering from craniofacial deformities and cleft palates.

At a media briefing on Wednesday, 7 January, Mr Marc Lubner, the Chairman of the Smile Foundation, explained that the aim of the foundation is to raise an awareness around the treatment of facial deformities. One of the board members, former president, Mr FW De Klerk delivered the keynote address where he emphasized the importance of this week in allowing the children to lead normal lives. Also present were Ms Kerishnie Naiker, celebrity philanthropist, Prof George Ptasars (a world renowned Surgeon) who does facial reanimation surgery for a condition called the Moebius Syndrome, and Mr Francis Kasasa, Secretary General of Amade Mondial. A message from Premier Lynne Brown was read by our CEO, Dr Carter. Afterwards, the media and visitors attended a party for the children in D3.

“We are hopeful to make Smile Week a regular part of the Tygerberg calendar”, said Dr Julies
Our Annual Children’s Christmas Party was held on Friday 12 December 2008. This event caters for all the patients of the Tygerberg Children’s Hospital.

The main purpose of this event is to give the children an unforgettable Christmas. This event is made possible by our generous sponsors who not only donated money, food and gifts, but also their precious time.

Reverend September opened in prayer and our CEO, Dr Carter, officially welcomed our guests of the day. Guests included the Executive Deputy Mayor of Cape Town, Mr Grant Haskin. The MC was Miss Leigh Anne Williams, all dressed up as Mary Christmas.

The children were entertained by various acts which included the Parow Drummy Club and the clown who shaped animals out of blown up balloons. Also performing at the party was singer Wena Moelich.

Doctors Regan Solomons, Jack Murray, Marlene Maniel and Javany Reddy dressed up as cartoon characters portraying a Witch, Pirates, Troll and Batman.

Father Christmas delivered presents to the wards which had patients that were too ill to attend the party. This kind act made it possible for these young patients to enjoy the Christmas spirit even though they were surrounded by strangers and far away from their loved ones.

All the children including their mothers/carers received lunch and each child went home with a gift. Father Christmas delivered presents to the wards which had patients that were too ill to attend the party. This kind act made it possible for these young patients to enjoy the Christmas spirit even though they were surrounded by strangers and far away from their loved ones.

The day proved to be a success as the venue was packed and the performers managed to bring Christmas joy to the hearts of the children. Many thanks to the party’s organising committee and volunteers who worked tirelessly in making this a memorable day.

On the 2nd December, The Burns Unit treated their patients to a Christmas Treat. Father Christmas arrived and did what he does best, by handing out gifts.

From left: Jonathan Disa, Maria Le Roux, in the middle Father Christmas, Aviwe Nobango, Arno Adams

Far Right from left: Ms Roseline Stigling (Unit Manager); Ms Winnifred Otto; Father Christmas; Bradley Matthews; Ms Brenda Mentoor; Ms Sharlene Matthews
The first meeting of the newly formed TBH HIV Committee was held on the 28th January 2009.

The main function of TBH HIV Committee is to implement and drive the HIV workplace programme. The workplace programme will entail the following:

- Provision of information and education through Peer Educators’ courses and Group training.
- HIV awareness programmes.
- Promote prevention by encouraging the ABC of Prevention (Abstain, Be Faithful, and/or Condomize)
- Implementation of measures to ensure prevention and management of Occupational transmission of HIV.

The composition of the HIV/AIDS Committee is as follows:

1. HR representative / EAP personnel or Social worker
   W. Van Zyl
2. Senior Hospital Manager
   Dr M.A. Mukosi (Chairperson)
3. Employee living with HIV/AIDS
   IMLC member
4. Union representative
   IMLC member
5. Clinician - Pediatric
   Dr H. Rabie
6. Clinician - Adults
   Dr J. Taljaard
7. Nursing representative
   Sister O’Brien
8. Religious group representative
   Father September
9. Psychologist
   Dr. D. Alexander
10. OHS representative
    Mr. Rautenbach

The launch of the workplace programme is scheduled for the 30th April 2009 at 10:00 in the Disa Hall on the TBH grounds.

This will be followed by Peer Training and Skills Development Programmes as well as Voluntary Counselling and Testing (VCT) opportunities which will take place on the following dates:

- 09 March 2009
- 30 April 2009
- 27 May 2009
- 24 June 2009
- 29 July 2009
- 26 August 2009
- 30 September 2009
- 28 October 2009
- 01 December 2009 between 09:00 and 16:00 in E8, room 50, 8th floor and between 19:00 – 22:00 for Night Staff.

The TBH HIV Committee from left:
Dr Debbie Alexander, Ms Wilieta van Zyl, Mr John Rautenbach, Rev Arhur September, Ms Vivienne O’Brien and Dr M Mukosi, including two members who are not in the picture: Dr J Taljaard and Dr H Rabbie
**EVENTS**

**Moeder en kindergesondheid seminar**

Die verloskunde en ginekologie departement het op 30 Oktober ‘n Moeder en Kindergesondheid seminar gehou. Die doel van die seminar was om moeder en kindergesondheid te bevorder. Met die hulp van uitstaande sprekers kyk ons terug op ‘n baie suksesvolle dag. Hospitale, klinieke en privaat instansies soos Worcester het die seminar bygewoon.

*At the Seminar from left: *
Mrs Jennifer Sapto Nursing Area Manager, Mrs Andrea Jacobs Nursing Area Manager, Mrs Ellie Warrington and at the back Mrs Anna Fourie.

*Doing a practical presentation from left:*
Nurse Maureen Jilba, Mrs Jennifer Sapto and Nurse Hendriek October.

**Paediatric Strategic Planning Day**

On the 22nd of January 2009, the Nursing Management group of Paediatrics held a successful planning session at C11 East. This session was attended by Unit Managers and Representatives of the Managers who couldn’t attend. The presentations were conducted in a professional manner by the Managers, and meaningful discussions followed after each presentation. THB Nursing Area Manager, Mrs Jacobs coordinated the day’s proceedings, and two nursing clerks were given the task of recording the proceedings.

The sessions consisted of some feedback on 2008 and then at looking at 2009. Goals for the year were set, and they will be monitored throughout the year. A job well done to all the unit managers. A feedback session will be held later during the cause of the year. Setting the goals helps keep the Nursing staff focussed.

*Back row from left:*
Mr Moropane, Ms L Hammers, Ms Lyners, Ms L Kuhn, Mrs A Jacobs, Ms R Goss, Ms M Hartzenberg, Ms M Cloete

*Front row from left:*
Ms C Pietersen, Ms S Bredekamp, Ms E Bantam, Ms L Cloete, Ms A Kotze, Ms H Opperman, Ms A Dyk

**Nursing Students of 2008**

Excitement and tension was equally displayed on the expressions of the 29 finalists’ faces. These were the candidates who wrote their South African Nursing Council Regulation 2175 (Nursing Assistant to Staff Nurse) external examination on 30 January 2009 at the Tygerberg Hospital School of Nursing.

Traditionally, the junior learners prepare a breakfast to wish the candidates good luck for this major step in their academic growth. This year was no different. There were tears aplenty from those who completed the course as well as those who stayed behind. The finalists were sad to leave the Nursing School – especially those who were from other hospitals within the Western Cape region. In the words of one student, Mr Isak Visagie, who hails from Alexandra Psychiatric Hospital who said that he never thought that “general nursing in a hospital such as Tygerberg could be so fulfilling.”

However, with all the tears dried, reality settled in. The examination paper waited. The Lectures at the Nursing School will miss the students who completed their training, even though they look forward to welcoming the new students.

*Lorna Jeftha Lecturer Tygerberg Hospital School of Nursing*

**Pregnancy Education Week**

On Monday the 9th of February 2009 Johnson & Johnson celebrated the 50th birthday of the “No more Tears” product range. As part of these celebrations, Johnson & Johnson decided to host a launch for the TBH Antenatal patients. Tygerberg hospital was one of the fortunate Institutions that the company decided to spoil for the day. The patients received goody bags, they were also taught some relaxation techniques and how to use the Birthing balls. The patients enjoyed all the activities of the day and the goody bags came in handy for the expectant mothers.

*Below:* Ms Anthea Jooste, Ms Linden Warnick, Ms Nontsikelelo Mbuthana and Ms Yolanda Links received gift packs from Johnson & Johnson.

*Above:* Ms Anita Roberts of Johnson & Johnson doing a demonstration with Ms Noxolo Diza.

Ms Anita Roberts and Ms Karen Hansin doing a massage demonstration for the expectant mothers!
**PACS/RIS PROJECT UPDATE**

**IT**
- The Imaging network has been upgraded
- The Hospital network will be upgraded within the next month
- IT is busy to install the Radiology system on all existing and new computers (both TBH and US)
- The new desktop computers are being installed
- We are waiting for the security brackets to be delivered before we install the wall-mounted computers (We already have the wall-mounted computers), this will be before the end of March.
- We are waiting for the wireless network to be up and running, before we install the COWs (We already have the COWS), this will be before the end of March.

**Imaging**
- New X-ray rooms are being installed on 1st floor, 4th floor, 6th floor, X-block, 1st floor ICU and 9th floor ICU.
- We have tried to do the work in stages to minimize the impact on service delivery, but inevitably it will have an impact. I would like to request your patience during this period.
- Once these rooms are functional you will be able to view the studies done at these new rooms digitally as well.
- You will also find that we have configured the system so that all projectional imaging (plain film X-rays, e.g. CxR) are now immediately available under the Patient Directory and you do not have to go to iQuery.

**Marketing / Communication**
- You will note that we have printed posters to get everyone excited about the project.
- Recently we had a photo shoot and within the next few weeks you will see posters depicting TBH and its people.
- We have established a two-weekly information sessions with the departmental heads and champions, giving us the opportunity to share information with them and them the opportunity to raise questions with us.
- I also have monthly information sessions with all the medical superintendents
- Within the next month I will invite you to a demonstration of the complete system

**Helpdesk**
- Within the next months we will establish a new 24/7 helpdesk to answer and solve all IT problems (hardware and software) for all clinicians.
- I am very excited about this helpdesk, because I believe it will provide the final link in the chain, namely 24/7 accurate and timely IT support to the clinicians.

Please contact us if you have any questions, comments or feedback on: tbhpacs@gmail.com or 5945.

*Dr Otto Schultz*
FAREWELL

Francois Brandt who was an Administration Clerk HRD has been promoted to Senior Administration Officer HRD. He has commenced his new duties on 2 February 2009 at Eben Doring Hospital in Worcester. Francois has worked at TBH for the past two years.

Below: John Joseph has worked for Tygerberg Hospital for 38 years; he went on early retirement in December 2008. A Christmas lunch was held in honour of Mr Joseph.

At Mr Adonis’s farewell party from left: seated around the table Mrs Charmaine Jacobs, Mrs Jennifer Jooste, Mr John Joseph (service), Mr Reyno Mounton, Mrs Sharon Petersen, Mr Rowan Donges. Younger: from left to right: Mrs Brenda Williams, Mr Edward Adonis, Mr John Joseph (service), Mr Erwin Donges.

NEW APPOINTEES

TBH’s new IT Expert

Mr Darryl Visagie started working at TBH on the 1st January 2009 and comes from Valkenburg Hospital where he worked for the past two years. Darryl specialises in Patient Statistics.

Rozau Botes joined the Public Relations Department on 2 March 2009. She was transferred from GF Jooste Hospital, where she worked for 12 years. Rozau is currently busy with her Diploma in Public Relations at UNISA.

DONATIONS

From left to right: Mrs Andrea Jacobs, Malcolm King and Gerry Smeda at the official handing over of the money Mr Smeda collected in aid of Tygerberg Children’s Hospital.

Back row from left: Ms Laticia Pienaar, Ms Wilma Koopman, Ms Louise Cloete, Ms Geraldine Segelaar, Ms Amanda Bezuidenhout, Ms Therescher Kannemeyer and Mr Percival Kiwiets.

HAPPY BIRTHDAY!!!

The Nursing personnel who celebrated their birthdays between January and February 2009.

Back row from left: Ms Lee –Ann Benson, Ms Sandra Prince, Ms Chryssie Theunis, Ms Piona Arendse, Ms Theresa Magel, Rosemary Vloojen.

Front row from left: Ms Connie Jacobus, Ms Geraldine Segelaar, Ms Amanda Bezuidenhout, Ms Therescher Kannemeyer and Mr Percival Kiwiets.

THANK YOU TEA PARTY

Work Department. Afterwards the visitors were divided into 3 groups and taken to different health facilities. Mrs Jillene Johnson took the first group to the Huis Andre van der Watt Old Age Home at Kari Bremer Hospital and also to the Elsies River Day Hospital. Mr Khulile Dyamara took the second group to the Michael Mapongwana Day Hospital as well as to the Delft Community Health Centre. Mrs Latica Pienaar escorted the last group to the Western Cape Rehab Centre and also the GF Jooste Hospital.

The day ended where everyone met at Mapors in Nyanga, to enjoy a delicious lunch.

DISASTER MANAGEMENT TRAINING

Staff Members who attended the Disaster Management Training on 5 March at C11.

WORLD KIDNEY DAY

On 12 March 2009 TBH Renal Unit celebrated World Kidney Day with an Open Day. The visitors included different school groups and the Media, where they were taken on a tour of ward A7. The visitors could interact with the staff and patients.

UWC DONATES CURTAINS

Above: Mr Thabo Mkhorsa, Mrs Andrea Jacobs, Ms Jessica Gawachab and Mr Stanley Christian. Mrs Jacob received the donation on behalf of the Children’s Hospital.

Peoples’ hobbies

Mrs Ebbie Esterhuizen, a Network Technologist at Tygerberg Hospital, enjoys painting in her spare time. She started out with limited painting tools, using her fingers and sticks for the finer detail. Living alone in a flat, Essie keeps herself occupied by painting as it is very relaxing. She paints anything that comes to mind. This picture was inspired by the thought of her school holidays spent on the farm.

’Some people tell me they cannot even draw a stokkiemannetjie, well you will never find out if you do not try. Never say you ‘cannot’. Use your talent that God gave you, believe in yourself and you will succeed.”

Ebbie Esterhuizen.

Please feel free to forward your comments to the editor, Latica Pienaar, at Lcpienaa@pgwc.gov.za or contact the Communications / Public Relations Office at 021 938 5454 / 5608.