SEASON GREETINGS
FROM THE CEO,
DR DIMITRI ERASMUS

We have come to the end of another busy year at Tygerberg Hospital.

I am proud to be part of Tygerberg Hospital as not only does the Hospital deliver excellent clinical services, but the staff have impressed me with their friendliness and loyalty to Tygerberg Hospital, as well as their dedication and commitment to serve in order to improve the welfare of patients.

On behalf of the Management of Tygerberg Hospital, I wish to express great appreciation for the contribution all staff have made in delivering such an excellent service to the patients who have been entrusted into our care.

I wish all staff and their families a safe holiday season and a really blessed and joyous Festive Season.

POSITIEWE NUUS

Geagte Redakteurise

My seun was die 1ste September 2010 in ‘n motorfiets ongeluk betrokke. Hy was ± 6:30 namiddag deur die ambulans personeel by julle hospitaal ingestoot. Vandat hy by jul deure in is, het hy perfekte behandeling gekry van die personeel. Die personeel was besig om skof te ruil en NIEMAND het teruggestaan om ons te help. Almal tot die vroujie wat die linne kom omruil het, was vriendelik en behulpsaam. Wat dit so uniek maak, is dat dit tydens die_staking_ was.

Weereens Baie Dankie aan Puik Menswees !!!

_estelle Muller (namens Armand)_

Van links na regs: Mnr Gert Valentyn & Dr Erhard Gerber wie se flinke optrede,’n pasiënt se lewe gered het, toe die persoon probeer selfmoord pleeg het. Me Marlene Makka poseer saam ons helde. _Bravo aan ons Helde!!!!_
TB Awareness Day

In September the Internal Medicine Module hosted a TB Awareness Day by exhibiting information regarding the disease Tuberculosis. Pamphlets were available for the public as well as the staff. Professional staff were more than willing to answer any questions and share their knowledge.

Sr N Windvogel

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Op 17 November 2010 het die Interne Module, ‘n Diabetiese Opedag gehou. Behalwe ’n gratis vingerprik, kon die publiek ook raad en opvoeding kry by die opgeleide span wat hulp verleen het. Nuut gediagnoseerde diabete is verwys na hulle plaaslike daghospitale en privaattendekters sodat hulle behandeling kan begin. Danksy Medic Alert, Lilly (wat die insulien voorsien het), ’n dieetkundige, ’n dokter en die verpleegkundiges was die dag ’n reuse sukses.

Sr Zelma Norman

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From left to right: Dr Dimitri Erasmus (CEO), Ms Sandy Skippers, Ms Sylvia Henry, Ms Florence Munyai, Ms Nora Windvogel, Ms Londani Tshilongwane

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The 3rd Annual Infection Prevention Control (IPC) Day was held in November at the University of Stellenbosch, Faculty of Health Science, Tygerberg Campus. Different topics were presented by various speakers. The purpose of the event was to create awareness and also to educate. Approximately 130 guests from the private and public sector as well as the correctional services attended the event.

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AWARENESS CAMPAIGNS

IPD DAY

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Above from left: Ms Maryna de Lange, Ms Retha Grebler, Ms Louise Gadrey, Ms Marilyn Leadsom who attended the event

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DIABETIESE OPEDAG

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Sr Zelma Norman

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Regs bo gee Me du Plessis vir Me Frank advies oor diabeties

Regs : Mnr Zubair Edwards, Me Zelma Norman, Me Ruth Goble, Dr Marli Conradie deel ’n ligte oomblik

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HCT MASS MOBILIZATION CAMPAIGN

Background:
On World AIDS Day, 1 December 2009, the President announced a massive campaign to mobilise all South Africans to get tested for HIV and to ensure that every South African knows his/her HIV status. The South African National Aids Council (SANAC) and the Department of Health hosted a media conference on 25 March 2010, detailing arrangements for the HIV Counselling and Testing (HCT) campaign which aims to reach 15 million people by June 2011.

Objectives
The objectives of the campaign are as follows:
1. Mobilise people to know their status.
2. Support people with key prevention messaging in order to take proactive steps to a healthy lifestyle, irrespective of HIV status.
3. Increase incidence of health-seeking behaviour.
4. Increase the access to treatment, care and support.

The campaign itself
The target for the Western Province is to test 1,1 million people for HIV between July 2010 and June 2011 as part of this campaign. Members of the public are encouraged to go to their nearest health facilities for counseling and testing. This service is rendered free of charge at all public health facilities.

What is HCT?
HIV TESTING IS FOR EVERYONE
HCT stands for HIV counselling and testing. The counselling is given through small and large group educational talks in a very calm, non-threatening manner. HCT uses ACTS (Advise Consent Test and Support) to facilitate the counselling and testing. All clients are exposed to a talk covering general information about HIV, AIDS and TB. The session also allows for questions from the audience.

Testing is voluntary or could be initiated by the healthcare worker (doctor, nurse or counsellor).

Pre-test counselling …..is an individual counselling session between the healthcare worker and the client with the aim to assist the client in making an informed decision about whether or not to have an HIV test.

The test……this is a rapid test, normally involving a finger-prick where blood is tested for the presence of HIV anti-bodies. The test is done by a registered nurse.

Post-test counselling.....an individual session where the results of the test are given.

Testing negative.....what to do to maintain your negative status.

Testing positive.....Being HIV+ is a medical condition and not a death sentence.

Where could you be tested?.......At the staff health clinic.

Testing for non-staff members is available at the following clinics: Monday to Friday 07:00 – 13:00
3rd Floor - antenatal clinic for pregnant women only
3rd Floor - gynaecology clinic, TOP and cytology clinic
5th Floor - ENT and surgical clinic
6th Floor - orthopaedic clinic east and west
8th Floor - staff clinic for staff members only

Testing is also available on a Tuesday and Thursday on the 7th floor Respiratory and Diabetic clinic, and on the 8th floor Internal Medicine clinic. (Lifeline staff.)

The family-planning clinic will be added to the list in the near future. All the nursing staff at the clinics mentioned have received ACTS Training and rapid test training.

On Monday, 1 November, we started testing. In the first week, 65 people made use of the service. We are expecting the figures to increase. Tygerberg Hospital is one of the facilities providing counseling and testing as part of this campaign. Lifeline joined hands with Tygerberg Hospital in providing counseling and testing for HIV.

Contact persons at Tygerberg Hospital:
Mrs M Majiedt – 021-938 4340
Dr M Mukosi – 021-938 5966

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The Smile and Vodacom Foundation held its Smile Week at Tygerberg Academic Hospital during the week of 15 - 19 November. Twenty children with cranio-facial and cleft surgery were operated at our world-class theatres. Cleft lip and palate is the most common facial congenital anomaly in children.

This deformity affects the patients in many negative ways and needs long term specialist treatment. The operation remedies the condition, and a multidisciplinary approach which includes health care professionals, will continue post operatively at the Hospital, contributing to the best outcome for the child. Mr Theuns Botha, the Provincial MEC for the Western Cape, expressed his support for the Smile Week.

Far right: Fiesta, the clown with one of the patients, Chloe

The annual Nursing Pledge Ceremony of Tygerberg Academic Hospital Nursing School was held on 11 November 2010 in Disa Hall. There were 32 nursing students, some of whom started their training during February 2009 and completed it in June 2009, while others commenced their training in January 2010 and completed it successfully in May 2010.

Guest speaker Mr Dudley Govin (Acting Director: Nursing Services), gave a motivational speech and touched on career guidance for these students. Dr Dimitri Erasmus handled the official welcome and vote of thanks. (This was his first opportunity to attend a Nursing Pledge Ceremony since his appointment as CEO at Tygerberg Academic Hospital)

A musical interlude was performed by Hilton Adriaanse and members of the New Apostolic Church.

Special Awards given to the students:
1. Leadership - Ms AV Bezuidenhout
2. Best Practical Achievement in SANC Practical Examination - Ms M Cox & Ms ND Rezant
3. Best Theoretical Achievement in SANC Final Examination - Ms M M. Faroa
4. Merit Theoretical Performance - Ms N D Rezant
5. Perseverance Award - Ms C Conradie Ms AV Bezuidenhout
Together with the Diarrhoeal Task Team of the Cape Town Metro, the Tygerberg Children’s Hospital is already preparing for the annual peak diarrhoeal season from February to March 2011.

What is encouraging is that for the first time since the task team was formed in 2005, there was a decrease in the total number of children seen with dehydration from diarrhoea throughout the city at clinics in 2010. However, hospital admissions were similar to those encountered in the past. This does not mean we should become complacent or expect numbers to necessarily drop further. As the population of Cape Town continues to rise, the impact of the measles epidemic which occurred at the same time in the last season is unknown, and the poor availability for the rotavirus vaccine means its impact on reducing severe disease burden will be less far-reaching than was hoped.

One major concern was that there was a 10 times higher number of children dying from diarrhoea with complications in the Metro East (which Tygerberg Hospital serves) compared with the Western Metro. More than 50% of the deaths were associated with malnutrition, and some with HIV-co-infection. We therefore have to fine-tune the process further to ensure these vulnerable children are being identified and referred early and managed appropriately.

**New interventions for 2011 will therefore include:**

1. An information pamphlet to be circulated to all GPs via email, highlighting appropriate management and referral pathways for diarrhoea. A major focus is on nutritional management, ensuring the old practices of interrupting or diluting usual milk feeds is no longer recommended as this has been shown to increase the chance of the children becoming malnourished and dying. The children who need immediate referral are highlighted, together with pointing out the danger of sending very ill children on public transport to receive treatment and indicating the means of contacting a dedicated paediatric Flying Squad for transfer of these very ill children.

2. Improved collaboration with the Integrated Nutrition Programme to look at aspects of prevention by encouraging breastfeeding, as well the improved management of children with prolonged diarrhoea and severe malnutrition. Vitamin A coverage rates will receive attention.

3. Identifying the child at risk in the community, especially one with prolonged diarrhoea or impaired growth. This includes a stamp to be put in Road to Health booklets to alert clinics to the fact that a child has had a hospital admission for diarrhoea and is therefore vulnerable.

4. Improved communication with environmental health authorities.

We anticipate a busy season again but hope that all the previous interventions as well as the new ones will continue to reduce rates of dehydration, especially death from diarrhoeal disease and malnutrition.

*Dr Louise Cooke*

**Below: Fight germs by washing your hands.**

1. Use soap and running water
2. Rub your hands vigorously for 10-15 seconds
3. Wash all surface backs of hands wrists between fingers under nails
4. Rinse well
5. Dry hands with a disposable paper towel
On 9 September the Hospital celebrated its annual Spring Concert. Various artists expressed their talents in song and dance to the delight of the audience. With the assistance of various sponsors the day was a huge success. The Communications Department would like to thank all the sponsors for their contribution that they have generously donated towards the hosting of the Spring Concert.

Below: “Rastafarian Sister” Caroline Ningiza entertaining the audience with her Reggae song.

Above: Mr Koopman impersonating “Aunty”
Below: Ms Afrika, Ms Malloy, Ms Fransman doing their steps

The Bikini Girls above from left: Ms Mimi van der Riel & Ms Madelein Stemmet celebrated casual day in their “colourful swimsuits”

Farewell:
Mr Winston Oliphant has been promoted to Senior Personnel Practitioner at West Coast District Office, Malmesbury

New Appointee:
Mr Ernest Tievlei was transferred from West Coast District Office, Malmesbury as the new Quality Assurance Manager
The Cape Eye Bank, functioning since 1974, has as its mission the procurement of corneas for blind patients. This Bank has a list of 600 eyes waiting for CORNEAL GRAFTING. The number of CORNEAL BLIND patients in South Africa exceeds perhaps 10,000, as waiting lists are not kept at many state hospitals, as it serves no purpose. In previous years this Eyebank harvested approximately 40 new corneas per month. Due to complex legislation the numbers have dwindled to 4 or 6 per month.

To address this problem Sister Shanaaz Kariem, has been appointed by the Eyebank, but delegated to the Tygerberg Hospital to act as a CORNEA Co-ordinator. She is and has to be a most tactful and sympathetic person, which she is, as she has to approach the bereaved family for permission to donate the corneas of the deceased person. Exclusions for Corneal donation include HIV, Hep B and C and septicaemia. Corneas need to be harvested in 14 hours. So, time IS of the essence!

And that is where you, the nursing staff come in. Keep in mind that 10,000 blind people depend on us to reinstate vision so that they can resume a fairly to normal life. And YOU are the VITAL link in the process!

Remember to phone Sister Kariem and inform her of the patient who has just passed away. What the EYE BANK does is a humanitarian mission with no profit motif.

Corneal grafting is the most successful transplant procedure that exists, 92% to 95% of corneal grafts being successful! In fact, it is the most gratifying organ transplant that exists. So, be part of a WINNING TEAM and SEE the Difference! YOU CAN MAKE THE DIFFERENCE...make a Blind child see again! Be Part of a WINNING TEAM! Contact details of Sister Shanaaz Kariem
Tel: 0219318728
Cell: 082 4491961
Bleep: 1001

Dr Hubrecht Brody

OPENING OF CANSA’S LODGING FACILITY

On the 20th September, a lodging facility for cancer patients was opened by CANSA at TBH. This facility is housed at the Protea Court, and it will accommodate the cancer patients who come from rural areas. It will be a home away from home for these patients. The MEC of Health Theuns Botha was the guest speaker and he officially opened the facility. The guests were taken on a tour of the facility.

Above: Sister Shanaaz Karriem

STAFF WELLNESS DAYS

The Public Relations Department in conjunction with Old Mutual and Gems hosted the annual Staff Wellness Days on 12 and 14 October. The purpose of these days is to promote health awareness and healthy living amongst the employees at the hospital. During these days the staff is treated to wellness screens and neck messages. The TBH’s Physiotherapy Department gave back care tips to all those who attended.

Above: Ms Yvonne Neluvhola having her eyes tested by Mr Moeketsi Tselane

Above from left to right: Dr Mukosi, TBH- CEO Dr Erasmus, Ms Joubert of CANSA, MEC Botha, Ms Kiewietz of CANSA, Dr Engelbrecht, Ms du Plooy of CANSA

NEW APPOINTMENT

Mr Ernest Tiervlei was transferred from West Coast District Office, Malmesbury as the new Quality Assurance Manager
ACSA donates to G9 a giant Zakumi

On the 30th September ACSA donated a giant Zakumi and toys to G9. Young and old alike could not get enough of the mascot of the World Cup. Soon everyone wanted to touch it and be seen with it. Staff as well as relatives took out their phones to capture this big moment. Everyone wanted their picture to be taken, to the delight of the ACSA team. Zakumi is now a honorary member of the Tygerberg Childrens Hospital family. Welcome home Zakumi!!!

DIFFERENT WARDS

Above: Staff of the Protea Hotel, Tyger Valley donated fruit to the different paediatric wards. Seen with Ms Shumani (2nd from the left) of G10 From left to right: Mr Dlamini, Ms van Niekerk, Ms Grange, Mr Stuurman

Above: Ms Hilario from The Foschini Group with the assistance of her colleagues donated toiletries to the Childrens Hospital. Here Ms Hilario (left) hands over the donation to Ms Pienaar (right)

Far Right:

Learners of Chesterhouse School with their teachers, Mr Mathee and Ms Puren donated hotdogs and chips to the Outpatients at C8A. Pictured with the learners are Sister O’ Brien who escorted them through the Outpatients department.