



Western Cape  
Government  
FOR YOU Health

TygerNews  
December 2021



HAVE A SUCCESSFUL NEW YEAR

*Merry Christmas*



Wishing all our readers a blessed and safe festive season

# STAFF MENTIONS CONC



## EDITOR'S NOTE

It's been a busy year, and like 2020, it felt like another long one. And, despite everything we have been through and witnessed, we are extremely inspired by you, our colleagues. That's why we wish to thank you, for your gratitude and for your courage. It's been a pleasure working with you and we wish you all a peaceful, safe and relaxing festive season.

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**All letters, suggestions and articles**

**can be sent to the above email**

**or fax number. Please note that all**

**photos must be high resolution (good quality).**



## From the CEO...

**A**s the year is winding down, this is the opportunity to look back and reflect on the year that has been. Unlike in the past where one would have so many things to reflect on, this time our reflection is overwhelmed by COVID. We are aware of the impact that COVID has on all of us and on our health system. The resilience of our health system has been tested to its limit. The 3 waves of COVID thus far had a devastating impact on lives and livelihoods. We have lost so many lives in our country over the past 12 to 24 months. We also mourn the loss of our staff members who were so dear to us and their families. We pay tribute to them acknowledging that their legacy will live on. The words of Helen Keller ring true at a time like this, *“What we once enjoyed and deeply loved we can never lose, for all that we love deeply becomes part of us”*.

Amidst all challenges brought by COVID, there has also been so many opportunities and we have learned so many invaluable lessons. We have learned to treasure and appreciate each other more. It was very encouraging to see how various teams collaborated with each other so well. If we keep the same kind of attitude and spirit, we will be able to navigate through many storms that may still come our way.

At our recent Town Hall meeting (see photos on page 9), we emphasized the importance of building an inclusive Tygerberg Hospital where everyone feels part of the family. We should focus on what unites us rather than what divides us. We have embarked on an organizational culture

journey where we want all staff to feel valued, supported and appreciated. Everyone should be part of this exciting journey. We are all important pieces of the Tygerberg Hospital puzzle. My role as the CEO is to provide the vision and point us in the direction we should go, but we all have a role to play on how to get there. Your rank and level do not matter - we are all important in delivering quality healthcare to our patients, albeit at various levels.

Our quest to build the Tygerberg Hospital brand that we can all be proud of rests on the shoulders of each one of us. When you hear the name “Tygerberg Hospital”, you must be able to lift your head high feeling that it is a place you want to be associated with - a workplace of choice. You must be able to say, “I work there!”. Everyone wants to be associated with a successful brand. The historical legacy of Tygerberg Hospital was engineered by our forebearers who envisioned this hospital in a certain way. It is now our turn to rewrite our own history. We also need to share our story and showcase the service and the academic excellence of our institution. Remember, Tygerberg Hospital is about us. We can build it the way we want it to be and leave a good legacy for future generations.

As we approach the festive season, it is time for most of us to take a well-deserved break to rest and refuel to come back with new energy in 2022. Please enjoy it responsibly – maintain safe distance, always wear your mask, and sanitize your hands regularly. To our staff who will be working during the festive period, be safe and take care. I wish you a Blessed Christmas and a Happy New Year.

# COMPLIMENTS & THANK YOU'S

Goeiedag,

Ek is Moyrieda Steenkamp, en ek wil graag van die geleentheid gebruik maak en met 'n opregte dankbare hart Tygerberg-hospitaal se G Grond en saal G9 bedank vir hul puik diens die afgelope tyd dat my sewejarige dogtertjie, Micka-Joy Steenkamp, daar opgeneem was as 'n nuwe diabetes tipe 1-pasiënt.

Op 19 Augustus, nagskof, is ons deur die vriendelike personeel en Dr. Murray ontvang wat ons die beste diens gegee het aangesien mamma in daardie stadium nie geweet het wat haar getref het nie en ook nie besef het hoe ernstig my kind se toestand was nie. Dr. Murray is baie passievol oor haar werk en het my baie gerusgestel. Sy was die volgende oggend suksesvol om Micka-Joy na G9 oor te plaas. Dankie, Dr. Murray en die nagskofspan, en die suster wat die volgende oggend vanaf 7:00 tot 10:00 na haar omgesien het.

Dankie, Prof. Zollner en sy doktersspan en suster April, julle is puik! Ek sien kans om die pad saam met julle te stap.

Ons het al die personeel van saal G9 ontmoet – nagskofpersoneel, en die susters wat in beheer was van elke skof. Almal het ons met soveel respek en liefde behandel. Hulle het 'n groot passie vir hul werk. Ek het baie respek vir hulle om elke dag om te sien na ander, en soms vergeet van hulself. Ek wil nie uitsonderings maak nie, want almal was goed vir ons, maar ek moet net dankie sê vir Sr. Coetzee – sy is 'n yster, Sr. Mburalana – sy het my positief gehou, Sr. Dudley, en al die ander wat ek

nie op die naam ken nie. Hulle dit vir ons soveel makliker gemaak met hul gesindheid. Weer eens, baie dankie aan een en elk in saal G9. Ons waardeer julle. Toe ons die eerste aand tuis is, het my sewejarige selfs gesê sy mis die suster. Toe ek haar vra hoekom, sê sy, “want hulle het mooi na my gekyk” en sy het veilig gevoel by hulle.

Laaste maar nie die minste nie, die dieetkundige Crystal Jacobs – die beste wat ek al ooit ontmoet het. Baie dankie dat jy my so mooi geleer het en wysgemaak het hoe om dit vir my sewejarige maklik te maak met haar nuwe leefstyl. Jy het elke keer by ons kom inloer terwyl ons in hospitaal was om uit te vind hoe dit gaan en of ons nog enige vrae het. Jy was altyd vriendelik en ek kan sien jy het 'n passie vir jou werk. My sewejarige het soveel vertrou in jou, want as sy iets wou weet, sê sy, “Mamma, vra vir die dieetkundige” voordat ons kan besluit of sy dit mag eet. So, jou woord is wet as dit kom by wat sy mag eet. Jy het ons so mooi geleer oor die “blokke” dat sussie self weet hoeveel blokke sy per maaltyd moet eet. Baie dankie, Crystal Jacobs, ek waardeer alles wat jy vir ons beteken en weet ons gaan 'n goeie pad saam stap.

Ek moes die e-pos skryf, want ons leef en hoor net negatiewe nuus en alles wat negatief is. Ons ervaring en die diens wat ons by Tygerberg-hospitaal ontvang het was net positief. Daar is soveel passievolle personeel tot by X-strale, en dis waarom ek die e-pos skryf.

**Baie dankie, met 'n opregte hart.**

**Vriendelike groete**

**Moyrieda & Micka-Joy Steenkamp**

Goeiedag,

Vandag wil ek net uit my hart uit baie baie dankie sê aan saal F1 en al die personeel van die Dokter tot die skoonmakers vir hulle goeie diens aan my seun Jacques. Hy was opgeneem vir 'n week vanaf 8 November tot 12 November 2021. Die personeel was die beste baie vriendelik en hulpvaardig. Nogmaals baie dankie.

**Groete**

**Madelein Stoltz**

I would like to thank Tygerberg Hospital, and especially Dr GE Parris, for his outstanding assistance at the Oncology Department. My wife, Danelle Campher, is being treated for stage 4 lung cancer. Dr Parris has also assisted with an appointment to have my wife's hearing tested without delay. Due to a shortage of stock, my wife can only receive the hearing device in January 2022. It became clear to me that Dr Parris and staff will indeed go the extra mile for their patients.

My wife and I have also experienced outstanding service from doctors and staff who are very professional, friendly and helpful. Therefore, I'd like to extend my sincere appreciation to Tygerberg Hospital and team. Thank you very much.

**Kind regards**  
**N J Campher**



# WORLD PREMATURETY DAY

**N**ovember is Prematurity Awareness Month, and World Prematurity Day is observed globally on 17 November. The purpose of this month and day is to raise awareness of preterm birth and the concerns associated with preterm birth. In South Africa, 15% of all births, or one in seven babies, are born prematurely. This may seem like an arbitrary number, but it means that for every seven babies born, there is one baby who will spend a long time in hospital and perhaps never make it home.

Tygerberg Hospital has one of the biggest neonatal units in the country with 124 neonatal beds. The designated drainage area has a delivery rate of 60 000 babies per year with an average of 800 babies weighing less than 1 500 g admitted per year.

A group of passionate medical officers working in the Department of Paediatrics, commemorated the day by honouring the bond between mother and baby and celebrating their hard-earned victories. As young mothers, who experienced the joy of babywearing and carrying their babies in wraps or slings, they wanted to share this opportunity with the mothers in their service.

As a result, all mothers were gifted with a handcrafted wrap, made locally in the Bo-Kaap, to encourage Kangaroo Mother Care (KMC). KMC is noted to improve the maternal-child bond, increase milk supply, and increase the mother's

confidence in caring for her baby. Babies weighing less than 1 000 g, who are not yet able to KMC for long periods, were gifted with a bespoke crochet rainbow octopus made locally in Simonstown. The tentacles of the toy octopus feel like their mother's umbilical cord, which has a calming effect, and makes it less likely for them to pull out their tubes. In addition, they were able also to gift every mother with a gift set of edibles and pamper kits.

*To our mothers: We are humbled by your strength. We salute you and we wish that your time with us has some happiness and joy.*

**Dr Sadia Murray, Community Paediatrics Medical Officer**



# OCCUPATIONAL HEALTH CLINIC STAFF FATIGUE



**Danielle Davids, Professional Nurse**

COVID-19 brought a heavy burden. We are happy to be of great service to our fellow healthcare workers. However, we are exhausted and have no choice but to push through as God has carried us thus far. From the public and staff, I would like to request not to let their guard down. Adhere and apply the rules, be conscious of your ways. Get yourself vaccinated, it decreases your chance of becoming severely ill. We will overcome this virus by the grace of God.



**Dr Fredrick Weinand, Occupational Medicine Registrar**

I feel exhausted, drained, distracted, however I will do anything that can add value in the fight against the pandemic. Patients' health and safety is my top priority. Sacrificing your life to save the life of one person is my optimal goal. What I request from the public and staff is to adhere to the preventative measures of COVID-19 and to get vaccinated!



**Dawn Arendse, Operational Manager Nursing: OCH**

It became very challenging facing the unknown to the extent where we became burnt out and got sick as well. Losing not only family members but staff at times becomes very depressing, as the follow up process that we provide is something one can never get use too. The human nature side kicks in and one's emotions run a high level of sadness at times. I want to appeal to the public to get their vaccination and heal our country. Stop having social gatherings, keep your distance, wash your hands continuously and mask up!



**Dr Geoffrey Tafaune, New Occupational Medicine Specialist**

COVID-19 has been draining but we are strong, we are going to conquer this challenge!

# AWARENESS MENTAL HEALTH

As we celebrated World Mental Health Day, an international day for global mental health education, awareness, and advocacy against social stigma, on 10 October 2021, we acknowledge the impact the COVID-19 pandemic has had on our health care workers in the Western Cape. Health care workers, the backbone of the health care system, are perilously close to burning out and without them the health care system would crumble. While there are internal measures in place to support health care workers in the Western Cape, they have made a call to the public to help and support them through this challenging time. When asked how the public could support the health care workers, a call to vaccinate was the most popular. According to the World Health Organization, the COVID-19 pandemic has had a considerable impact on people's mental health across the globe. Close to one billion people have a mental disorder and anyone, anywhere, can be affected. Depression is a leading cause of disability worldwide and is a major contributor to the overall global burden of disease. Globally, it is estimated that 5% of adults suffer from depression. With one in every 100 deaths is by suicide, it is the fourth leading cause of death for young people aged 15-29 years globally. If you, or someone you know, are showing signs of mental health challenges, including depression, burnout, or mental distress, please reach out.

**South African Depression and Anxiety Group:**  
**Suicidal Emergency contact: 0800 567 567**  
**24hr Helpline: 0800 456 789**



Lee-Shay Chindikano is a porter at Tygerberg Hospital. She started just before the COVID-19 pandemic and describes the anxiety she feels on a daily basis when wheeling the sickest patients to the COVID high care and ICU: "We don't know what happens next. We don't know if this patient is going to make it. We don't know if we are taking this virus home with us. We don't know if we are even going to see tomorrow."



"I literally cried on my way home – to work, I cried... People would die in front of you then you must just be okay. And then the next person comes in that same bed, but you haven't even mourned that previous patient yet. It was scary. It was beyond scary."

These are the heart wrenching words of Sr Laeeka Philander, one of the many health care workers facing mental health strain, depression, and heightened anxiety due to the COVID-19 pandemic.

# VACCINATION

## WHY YOU SHOULD TAKE IT?



**Dr Abu Mowlana:** I am exposed to it as I work at the hospital and I am 56- years- old. So, technically I am a high risk in terms of being overweight and having hypertension. I also don't want to go home and infect any of my family or friends. I have an elderly mother at home. The two main reasons are to protect myself and my family.

**Why should others take it?** Everybody should be eligible to take the vaccine. People at high risk should take the vaccine because this is what we saw at the last wave. Many people getting very sick and died. It will stop you from getting ill and being admitted to hospital. Basically it will save your life. The risk of COVID-19 is that it can kill you.

**Dr Nadiya Ahmed:**

So that we can stand a chance in fighting this disease. By taking the vaccine we collectively protect each other

**Why should others take it?**

Everyone who can should take the vaccine as it will limit severe illness and death from COVID-19



**Dr Jantjie Taljaard:**

No one is protected if everyone is not protected

**Why must others take it?**

It protects one from developing severe diseases

**Dr Neshaad Schrueder:**

We have to get through this together as one, as a united response

**Why should others take the vaccine?**

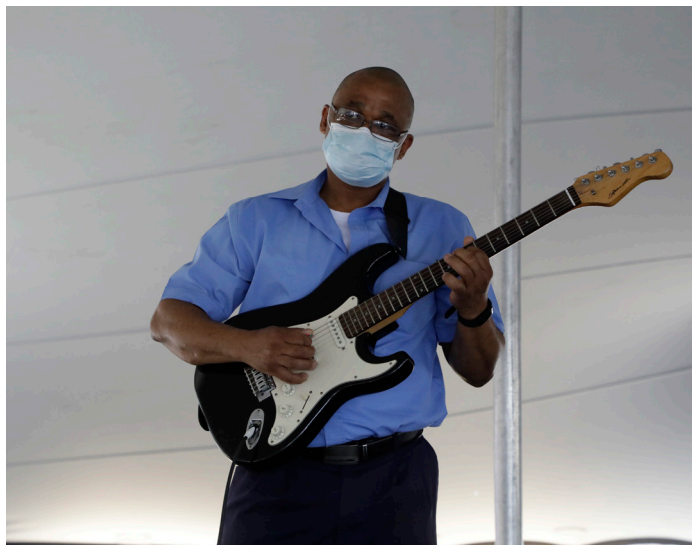
For the vaccine to work we all should be vaccinated to have its proper effectiveness





# TOWNHALL MEETING BUILDING AN INCLUSIVE TBH

On 27 October, staff were invited to an outside townhall meeting with our CEO, Dr Matodzi Mukosi and the FMHS Dean at Stellenbosch University, Prof Jimmy Volmink. The theme of the day was, Building an Inclusive Tygerberg Hospital. The celebrities for the day included local staff member Peter Keffers (guitarist) and celebrities comedians, Charles Tertiens and Mark Lottering. Master of Ceremonies was Mr Dirk Heyns and the beautiful Mrs Olivia Amsterdam. The event was very well received by staff.



# NUTRITION PROTECT YOURSELF



## Vegetables and fruit for overall good health!

Research studies in different provinces of SA report a double burden of malnutrition at household levels, with undernutrition among children and overweight/obesity among the caregivers/parents. In addition to the double burden there is also the burden of micronutrient deficiencies amongst South Africans. Recent studies show a reduction in the consumption of vegetables and fruits and an increase in the consumption of processed foods, which leads to a higher prevalence of all forms of malnutrition. All of which are worsened by the current Covid-19 pandemic and food environment in SA.

## National Nutrition Week 2021

"Eat more vegetables and fruit everyday" is the theme for National Nutrition Week 2021.

This theme aims to raise awareness of the nutritional and health benefits of eating more vegetables and fruit daily. Eating vegetables and fruit daily provides many health benefits. These benefits include; strengthening the immune system, improving gut health, protecting against heart disease and decreasing the risk of obesity, high blood pressure, diabetes and certain cancers.

# SMILE WEEK

The Smile Foundation marked its 13th anniversary of partnering with Tygerberg Hospital. During this year's Smile Week, celebrated from Monday until Friday (8 to 12 November 2021), 15 children have undergone surgeries at Tygerberg Hospital proudly sponsored by BigShoe. The surgeries ranged from serial excision nevus (removal of skin lesions) to cranio remodelling (reshaping the bones of the skull), and patients' ages ranged from 3 months to 12 years. Smile Foundation's General Manager, Kim Robertson Smith, paid tribute to Dr Alex Zuhlke for overseeing his last Smile Week at Tygerberg Hospital and dedicating his skills to children requiring reconstructive surgery.



# INNOVATION

## PROSTATE PROCEDURE

A revolutionary procedure to relieve male urinary problems that was successfully performed for the first time in South Africa by a team from Stellenbosch University (SU) and our hospital last week, offers hope to the large percentage of men older than 40 who suffer from benign prostatic hyperplasia (BPH).

The procedure was performed on 4 November by Prof André van der Merwe, Head of the Division of Urology at SU's Faculty of Medicine and Health Sciences (FMHS) and renowned as the surgeon who performed the world's first successful penis transplant in 2014, and Dr Pieter Spies, also from the Division of Urology, on five patients at the hospital. This non-surgical procedure, which takes less than 10 minutes and has no sexual side-effects, offers hope to many men who experience problems due to an enlarged prostate, such as slowness of the urinary stream, difficulty starting to urinate, frequent urination, needing to get up at night to urinate or pain after ejaculation or while urinating. More than half of men aged 70 and older experience these symptoms.

Until now the only available treatment for South African patients not responding to BPH medication was surgery, with up to 40% of patients with symptomatic BPH requiring surgery. The most common surgery performed for BPH is transurethral resection of prostate (TURP) and laser enucleation/resection of the prostate. It is performed under spinal or general anaesthesia and usually requires the patient to remain in hospital for two to three days. Waiting time for this procedure in public hospitals is up to three years (there are 320 patients on Tygerberg's TURP waiting list), mainly due to a shortage of hospital beds and constraints on theatre time.

TURP surgery also has some side effects, including retrograde ejaculation, bleeding and even erectile dysfunction in a minority of cases. The procedure performed by Van der Merwe and his team is known as Rezūm water vapour therapy. It uses the natural energy stored in water vapour, or steam, to remove excess prostate tissue that is pressing on the urethra. It is the first non-surgical treatment option for BPH patients in South Africa whose medical treatment has failed or who don't want to be on medication for life. It has been used in Europe and the USA with great success over the past five years.

What makes this treatment so revolutionary is that it takes ten minutes or less and can be done in the outpatient setting. This allowed the SU team to perform the first five procedures at Tygerberg's urology day-theatre complex last week. Spies describes the experience as extremely positive, proving that it can be performed successfully in a resource-constrained environment in a day theatre-setting.

"The longest procedure took ten minutes. We used general anaesthesia just to be safe, but from now on we will use conscious sedation. We also kept the patients overnight to be on the conservative side, but from now on they will be discharged on the same day." Van der Merwe says trained surgeons will be able to perform the procedure with ease. The only concern is the cost-effectivity of the product.



# ENTERTAINMENT HOPETOBER BUS

On 28 September, celebrities with the Sponsors of Brave HOPeTOber bus showcased a concert to the staff of Tygerberg Hospital bringing HOPE and JOY applauding the health care workers for their tireless work and commitment on the frontline.





# AWARENESS

# WORLD CEREBRAL PALSY DAY

**6 October marked the global movement which highlights cerebral palsy (CP).** In South Africa, it is estimated that for every 1 000 babies that are born in a specific year, about 10 babies will have CP. World Cerebral Palsy Day celebrates the achievements of individuals who live with CP. It is a developmental disability that affects children's capacity to control their movements and posture. Children with CP have weak muscles during their first few months of life and later these muscles stiffen. They can also have repetitive movement, shakiness, and problems with balance. CP occurs when there is injury to the developing brain either during pregnancy, during birth or during the first few years of life, especially less than two years. This injury causes problems with brain development in parts that are responsible for muscle movement in different parts of the body.

normal things, like eating by themselves, picking up a toy or even talking. These movements can be worsened by anxiety or pain. This is the second most common type of CP.

- Ataxic CP: These children have shaky and unsteady movements. They struggle to balance. They may also have tremors.

Detecting early signs of CP in a child that has had brain injury is very important. Studies have shown that children that have been diagnosed with CP before the age of one year, have a better prognosis than those that are identified later. This is because the children who have been diagnosed early have the benefit of starting therapy early. As a result, these children may not have severe CP compared to children that have started their therapy later. CP can be confirmed from as early as 6 months. It is therefore essential that children with suspected CP are assessed early so that they can start their therapy promptly.

## Some examples that may result in CP:

- The foetal brain does not develop properly during pregnancy.
- A baby is born prematurely when the brain is not fully developed.
- An expectant mother is exposed to certain infections during pregnancy.
- A baby has a stroke during pregnancy or shortly after birth.
- A baby gets a severe brain infection shortly after birth.
- A baby does not get enough oxygen and blood flow during birth.
- A child experiences injury during the early years of life, i.e., the child is involved in a motor vehicle accident, the child nearly drowns in a pool or falls from a height.

## Types of Cerebral Palsy

There are different types of CP. Most children with CP usually have a combination of two or more types:

- Spastic CP: These children have stiff and tight muscles. This stiffness results from the failure of messages from their brain that instruct their muscles on how to work smoothly. The messages are not properly delivered. This is the most common type of CP.
- Dyskinetic CP: These children have lots of involuntary movements, either twisting or writhing, that are often repetitive. This makes it challenging for these children to do

## Symptoms of CP in babies (3 to 6 months) include:

- Delayed development – these babies tend to be slower than other babies of the same age when it comes to e.g., holding their head up or sitting on their own.
- Poor head control – the head falls back when picked up.
- Feeding problems.
- Early hand preference
- Overextended back and neck when cradled, stiffening.

## Symptoms of CP in babies (more than 6 months) include:

- No rolling over
- Cannot bring hands together
- Continued single hand preference
- Fisting of hands
- Scissoring of legs when lifted

When a baby has any of these features, it is important to take them to your nearest clinic so that he or she may be assessed.

**Dr Katangwe, Paediatric Neurologist**

# EVENTS

## INTERNATIONAL NURSES DAY

The Nurses received a rejuvenation bag to thank them for their immense contribution during the COVID-19 pandemic. The lives of the 7 Nurses who succumbed to COVID-19 was commemorated with a candlelight ceremony. The Director of Nursing Mrs. Marthinus encouraged staff to mourn the loss of colleagues who became friends over the years. Some of them worked at Tygerberg Hospital for more than twenty and thirty years. The rejuvenation packets had messages of encouragement to help the Nursing staff grieve and heal. Mrs. Marthinus expressed her gratitude to every frontline worker for fighting the COVID-19 battle.



## MIDWIFERY DAY

**A**cross the globe International Day of the Midwife is celebrated on 5 May every year. This year the Midwives of Tygerberg Hospital partook in this special occasion by hosting an Midwifery event. The purpose was to remind them of the important role they play in the family and in individual women's lives every day without fail. Although it is recognized that substantive changes have been made to maternal and childcare in the world, having significantly reduced mortality and morbidity. With great sadness it is also acknowledged that the positive change has not been equally distributed throughout and that many unnecessary and preventable deaths occur amongst mothers and their new-born babies in poorly developed countries mostly due to a stark lack of resources. It is an assertion in the results of much academic research and a conviction held strongly in the hearts of Midwives the world over, that educated competent caring Midwives can & do improve the death toll of our women and children every day. It is to this end that the vocation and individual contribution of each midwife must be celebrated on the Day of the Midwife. The White Ribbon Alliance declares "Everyone has the right to healthcare and to the highest attainable level of health" in their Respectful Maternity Care Charter.



# AWARENESS

## WORLD HAND HYGIENE DAY

**W**orld Hand Hygiene Day is celebrated annually on 5 May. This year, the World Health Organization (WHO) SAVE LIVES: Clean Your Hands campaign is using the occasion to bring focus on **achieving appropriate hand hygiene action at the point of care**. This means that at each area (point) where we give care to patients we have to practice hand hygiene when it is needed (5 Moments for Hand Hygiene), in the most effective way by using the right technique with readily available products (alcohol hand rub, liquid soap, paper towels) to prevent transmission of infectious microorganisms during the sequence of health care delivery.

### WHO Calls to Action

- **Health care workers:** Now more than ever - clean your hands at the point of care!
- **IPC practitioners:** Be a champion and mentor for clean hands at the point of care.
- **Facility Managers:** Ensure hand hygiene supplies are available at every point of care.
- **Policy Makers:** Invest now to ensure hand hygiene for all.
- **Patients and families:** Help us to help you: please clean your hands.
- **Vaccinators:** Clean your hands with every vaccine.
- **General public:** Make clean hands your habit - it protects us all!



# EVENTS

## FLIP FLOP DAY

Operational Manager Nora Windvogel and her team from Ward D8 supported the CHOC Childhood Cancer Association Flip Flop day, an annual event celebrated on 12 February.

From left to right: Ms Sandra Daniels, OPM Ms Nora Winvogel, Ms L Grootboom, Ms Dillan Damons, Ms L Adonis, Ms B Yawa, Ms Z Mzindle, Ms N Betana, Ms N Shabalala



## HERITAGE DAY

With the 2021 Heritage Day Theme "Celebrating South Africa's Intangible Cultural Heritage", the People Management Department and others celebrated their culture and diversity of their beliefs and traditions.



## DONATIONS

On 16 July, Astron Energy donated 400 care packs to the healthcare workers at the COVID-19 ICU wards as a token of appreciation for their tireless work since the outbreak of the pandemic. Far right are some of the staff who received the goody bags





# AWARENESS WORLD KIDNEY

**W**orld Kidney Day was celebrated on Thursday, 11 March 2021. The theme was “Living well with kidney disease”. Staff of the kidney unit and kidney outpatient department tested the blood pressures of staff and visitors at the hospital entrance.

Concentrating on education and awareness about the effect of high blood pressure on kidney health. Visitors and staff were also educated on how to keep their kidneys healthy.



Avril Houlis (RAN) and Wynona September (Transplant Coordinator) with some staff taking part in the wellness screening



Mr Vincent September getting his blood pressure checked by the Transplant Coordinator, Ms Shirley Coetzee



Jennifer Juta (Unit Manager), explains how to keep your kidneys healthy

# HR MATTERS FAREWELLS



**Mr Desmond vd Linde**, Assistant Director Supply Chain Management retired on 30 April after 33 years of service



**Ms Lorraine Davids**, Administration Clerk Finance retired after 32 years of service



**Ms Patricia Khafagy**, Operational Manager Paediatric Department retired after 42 years of hard work and dedication



**Ms Shirley Van Rensburg**, Operational Manager Emergency Services retired after 40 years of service



**W**e can measure time, but we cannot measure loss. It has been a year, but there is no way to set a milestone or a limit on the grief we have suffered as a Tygerberg family. A year's worth of little moments and reminders has passed. Those moments are testament to our loss, but they also show the depth of our love for the ones who have lost their lives whilst in service. ***"Grief is a solitary journey. No one but you know how great the hurt is. No one but you can know the gaping hole left in your life when someone you know has died. And no one but you can mourn the silence that was once filled with laughter and song. It is the nature of love and of death to touch every person in a totally unique way. Comfort comes from knowing that people have made the same journey. And solace comes from understanding how others have learned to sing again."*** ~ Helen Steiner Rice

08.01.2021	Leonore Michelle Manuel	Professional Nurse
10.01.2021	Xoliswa Xhorile	Nursing Assistant
14.01.2021	Ntombodidi Theodorah Ntanjana	Administration Clerk
14.01.2021	Yoliswa Mirriam Mdabuka	Staff Nurse
21.01.2021	Zamile Sydney Mpondo	Administration Clerk
22.01.2021	Pauline Matthys	Nursing Assistant
22.03.2021	Mervin Johnson	Staff Nurse
14.04.2021	Nomathamsanqa Sinky Rasayi-Makadi	Administration Clerk
01.05.2021	Gertruida Wilhelmina Linnen	Professional Nurse
07.05.2021	Nokwanele Gloria Fosi	Nursing Assistant
09.05.2021	Marietjie Donaggi	Professional Nurse
28.05.2021	Ncebakazi Verinica Gwele	Nursing Assistant
26.07.2021	Maylene Ronell Jacobs	Staff Nurse
03.08.2021	Nomveliso Gqozo-Msileni	Administration Clerk
08.08.2021	Edwina Elizabeth Stephen	Administration Clerk
13.08.2021	Joseph Dreyer	Handyman
26.08.2021	Elizabeth Briekwa	Nursing Assistant
26.08.2021	Rosemary Eknestine Van Der Westhuizen	Professional Nurse
01.09.2021	Desiree Hartzenburg	Nursing Assistant
06.09.2021	Colleen Francis De Maar	Professional Nurse

For colleagues who may be feeling overwhelmed we acknowledge your emotions and urge you to seek counsel and support from the Employee Health and Wellness Programme grief counsellors by calling their toll-free number 0800 611 093 or dial \*134\*664\*39# from your cell phone to find some comfort.

# HR MATTERS

## FAREWELLS



**Ms Audrey v.d. Bergh**, Assistant Manager ICU retired on 31 October after 35 dedicated years of service. We wish her well with her future endeavours!



**Ms Hester Doreen van Schalkwyk**, Operational Manager ICU retired after 41 years of service



**Mr Philip Wolfaardt**, Deputy Director People Management and Support Services retired on 30 April after 46 years of service



**Ms Charmaine Bruintjies**, Professional Nurse retired after 40 years of service

# AWARENESS

# WORLD RADIOGRAPHY DAY



World Radiography Day marked the anniversary of the discovery of X-rays on 8 November 1895. According to the International Society of Radiographers and Radiologic Technologists, on this day in 1895, Professor Roentgen was working with cathode rays using evacuated glass bulbs. He noted that when a current passed across the bulb, a barium platino-cyanide screen fluoresced and furthermore he noted the effect of the phenomenon on photographic plates. He termed this new discovery 'X-rays'. He further asserted that, with the use of these 'X-rays' he was able to see through the body. Within three months of Roentgen's discovery, radiographs were generated in major cities.

The purpose of this day is to raise public awareness of the profession of Radiography, a field that plays a crucial role in the diagnosis and treatment of patients. Radiographers are not only healthcare workers, but radiation workers as well. They ensure that radiation is kept to the minimum required doses while still improving the quality of patient care. They are trained in anatomy, physiology, pathology, physics and patient care, allowing for a multifaceted approach toward caring for patients.

Our radiographers have worked tirelessly during the pandemic, providing a service to the public health sector 24 hours a day, 7 days a week; performing hundreds of examinations per day. The hospital has a radiography staff complement of 65 diagnostic radiographers, 3 sonographers, 23 radiation therapists and 16 nuclear medicine technologists providing a high-quality service using world-class technologies to ensure only the best of patient care.

All radiographers in South Africa are required to be registered with the Health Professions Council of South Africa, a regulatory body that ensures growth, professional development and a high standard of care. Each year, the

International Society of Radiographers and Radiological Technologists set a theme for World Radiography Day. The 2021 theme is 'The Role of the Radiographer in a Pandemic'.

The profession of radiography is vast, with radiographers performing examinations on patients throughout their initial hospital visits, diagnosis, treatments, and follow-ups. Radiographers are on the front lines of the pandemic, working closely with potential and confirmed SARS-CoV-2 patients.

Some of the examinations performed by radiographers include:

- General and Trauma X-rays
- Mobile Radiography
- Theatre Screening for Surgery
- Angiography
- Cardiac Catheterisation
- CT Scans
- MRI Scans
- Fluoroscopic Studies
- Ultrasonography
- Mammography
- Nuclear Medicine
- Radiation Therapy

The profession and field of radiography is one that is rapidly advancing, with new technologies constantly pushing the limits of what is possible in medical imaging. New advancements have ensured that radiography has evolved from the basic x-rays that everyone is familiar with, into high resolutions scans, and even physiological imaging of brain chemistry using functional MRI.

# HR MATTERS CONTINUES...



**Ms Sabina van der Vywer**, Professional Nurse retired after 13 years of service.



**Ms Sylvia Henry**, Deputy Nurse Manager retired after 45 years of service



**Mr Karel Johannes**, Handyman, Engineering Department retired on 30 September after 42 years of committed service



**Ms Lyn McKenzie** was promoted to a Personal Assistant to the Chief Director: Financial Management as from 1 August 2021. We wish her well with her future endeavours.