



# UAH News

## COHSASA PatSIS developed to replace AIMS in the FS

The Free State Province is determined to improve clinical governance and patient safety at its health institutions through a formal strategy and the establishment of feasible monitoring and evaluation structures. The international perspectives of this important subject (1 in 10 patients admitted to a hospital usually suffers an adverse event, i.e. harm caused by the medical profession) were supplied by Dr Itziar Larizgoita, Coordinator of Research and Knowledge Management for the patient safety programme at the World Health Organisation at two day workshop in September 2012 in Bloemfontein.



Building a network of patient safety contacts... (from left) Dr Itziar Larizgoita, Coordinator of Research and Knowledge Management for the patient safety programme at the World Health Organisation, Mr Sibusiso Zuma, the Director of Clinical Quality and Compliance at Department of Health in the Free State and Mrs Petro de Beer, COHSASA AIMS Coordinator.

Prominent local speakers included the late MEC for Health in the Free State, Me Fezi Ngubentombi, Professor Stuart Whittaker from COHSASA speaking on clinical governance as it relates to patient safety, Dr Siphon Kabane, previous HOD of the Free State Health Department who delivered a presentation on the outcomes of the Free State patient safety study and Professor Anthony Linegar (research consultant to COHSASA) who delivered a presentation on the impact of patient safety research on clinical decision making. COHSASA cancelled the Australian based AIMS

contract as from 1 June 2013 and in its place developed a new PatSIS program that is the abbreviation that will replace AIMS and is called the "Patient Safety Information System". This program, written by Jalalodien Abrahams (COHSASA Systems Development Manager) assists facilities to report all adverse events based on previous Free State experiences with AIMS and the systems were adapted according to our needs. An improvement in their

hours of operation will assist the hospitals of the Free State to better report. The new hours of operation will be from 8h00 to 20h00 daily on weekdays and on public holidays and weekends calls will be taken from 8h00 to 17h00. Mr SM Zuma reported on 29/7/2013 that a contract with PatSIS was signed and that all adverse events can be reported as before to the new PatSIS call-in Centre as of 1/08/2013.

By Linda Strydom

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Universitas Hospital	
Incident Status	
Complete	2652
Investigate	0
New	0
Recommendation	0
<b>Total:</b>	<b>2652</b>



Children of the Reddersburg Orphanage each made three wishes for Christmas 2012 and a group of Bloemfontein ladies from different organizations worked together. UAH personnel are thanked for their contributions made via Sr Antoinette Smuts and Sr Alida Booyens after their 2012 plea by e-mail for help. Every child received exactly what they have asked for and had a joyful time.



## EAP

Employee Assistance Program is up and running in UAH and our EAP Coordinator is Angie Vorster. The rationale for EAP:

- Prevention of absenteeism and reduced performance in the workplace due to the impaired well-being of employees.
- Work organizations share a responsibility to care for the mental health of employees and to prevent dysfunction as far as possible.
- Substance abuse, stress, psychiatric conditions and emotional problems negatively affect workplace performance and employee

well-being.

- Work-related problems can be better addressed and solved if attended to within the organization.

With Angie's assistance all personnel of UAH is supported and she presents regular workshops and sessions for groups to attend. At present she calls her group session

### 'Supporting from Within'

#### EAP Mission Statement:

"Promoting Universitas and Annex Employee health and development by connecting people, ideas and emotional support."

#### When and Where:

**Universitas:** On Monday afternoons 14:00 – 15:00 at the UAH Chapel.

**Annex:** Tuesday afternoons between 14:00 – 15:00 at the Oncology Chapel

*The first groups start on 22 and 23 July 2013. Groups will be held until*

*December 2013, on a weekly basis.*

The first groups will focus on managing stress in our lives. Other topics that we will explore include bereavement, managing our money, conflict management etc.

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EAP Clinical Psychologist

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**UNIVERSITAS HEALTHY LIVING CHALLENGE**



*The Wellness team of UAH: February 2013*



*PNS RMN Davids won First Prize for her speech on Amputation and Rehabilitation at an International Vascular Conference*

The Occupational Health Clinic and EAP Coordinator, with help from the Dietetics department of the UFS, launched a Healthy Living Challenge on 12, 19 and 26 Feb 2013 between 9:00 - 11:00 . They had a stall on the ground floor of UAH, where blood pressure, blood sugar levels and weight of interested employees were measured, free of charge. For those that wanted to participate in the Healthy Living Challenge - their BMI (Body Mass Index) was calculated and documented. With advice from our dietitians, OHC and EAP you can then attempt to live a healthier lifestyle and consequently achieve a healthier BMI. Pop into the OHC at least once a month to measure your progress, and in February 2014, the employee who has reduced their BMI the most, within a healthy level, will be announced as the winner. Throughout the year we will provide talks and workshops on wellness, at UAH and at National Annex in order to encourage you to persevere with a healthy eating programme and active lifestyle. So now we have a healthy reason to take the stairs!  
By Angela Vorster

**Congratulations to RMN Davids Professional Nurse Specialty Grade I**

Prof R Botha and Dr N Pearce, clinical consultants of vascular surgery, nominated PN RMN Davids to deliver a speech at a Vascular Conference in October 2012 representing the nurses. She is a theatre trained professional nurse, placed/allocated in main operating theatre at Universitas Academic Hospital in Bloemfontein. PN Davids was one of 24 delegates at the International Vascular (VASSA) Conference that was held at the Coastlands Umhlanga Hotel in Durban from the 4 to 7 October 2012. The theme of the conference was Revolution. PN Davids delivered a speech about Amputation and Rehabilitation. Davids won the first prize for the best speech delivered on the part of the conference that was held by nurses, technologists and radiographers.  
By MW Coetzee



*Thank you all for participating in the UAH Tekkie Tax 31/3/2013 day*

**On this page:**

**“Universitas Healthy Living Challenge”**

**“Mandela day Project UAH”**

**Nurse awarded**

**Tekkie Tax**

**“Our Great Grand Parents and medicine...”**

**Mandela Day 18/7/2013**

With regard to the yearly celebration of the icon Mr Mandela on this day, personnel were requested to submit any form of gifts like tin stuff and clothes that can be useful to other members of society as especially during this time of the month when it is so cold out there. Mr M Supi sent out the e-mail on behalf of Management and with the following statement “When considering to lay hand, think about those who don't have nothing to eat and those who don't have shelter to sleep.” 2 Boxes and 7 bags of donations were collected on 18 July 2013 and delivered by personnel of the hospital and taken to the Boikhuco Old Age home in Maleleka street , Bochabelo, Bloemfontein. Thank you UAH for your 67 minutes.....  
By Mahoko Supi



*Rev Musapelo , Mr Supi & team with the handing over of gifts at Boikhuco Old Age Home, Maleleka Street Bochabelo on Mandela day 18 July 2013*

**Our Great-Grandparents and Medicine**

**A bottle of Bayer's 'Heroin'.** Between 1890 & 1910 heroin was sold as a non-addictive substitute for morphine. It was also used to treat children suffering with a strong cough.

**Coca Wine, anyone?** Metcalf's Coca Wine was one of a huge variety of wines with cocaine on the market. Everybody used to say that it would make you happy and it would also work as a medicinal treatment.

**Mariani Wine** (1875) was the most famous Coca wine of its time. Pope Leo XIII used to carry one bottle with him all the time. He awarded Angelo Mariani (the producer) with a Vatican gold medal..

**Maltine.** Maltine Coca Wine was produced by the Maltine Manufacturing Company of New York .... It was suggested that you should take a full glass with or after every meal. Children should only take half a glass.

**Opium for Asthma:** At 40% alcohol plus 3 grams of opium per tablet, It didn't cure you, but you didn't care...

**Cocaine Tablets (1900)** - All stage actors, singers, teachers and preachers had to have them for a maximum performance. Great to 'smooth' the voice.

**Cocaine drops for toothache:** Very popular for children in 1885. Not only did they relieve the pain, they made the children very happy!

**Opium for newborns:** I'm sure this would make them sleep well (not only the Opium, but also 46% alcohol)!

It's no wonder they were called, 'The Good Old Days' and why our Great Grandparents had such fond memories of their youth... I am surprised they remember anything. From cradle to grave... Everyone Was Stoned!!! Info from <http://amazingwomenrock.com> )








**Bloem Show Volunteer Outing**

On Thursday, 2 May 2013 a group of volunteers accompanied some patients to the Bloem Show where they also visited the Fun Park.

**CHOC Picnic Day**

On Friday, 25 January 2013 CHOC Free State volunteer, Marie and Magauta and the CHOC Free State Social Worker, Palesa hosted a Picnic Day at Universitas Academic Hospital's Paediatric Oncology Ward. The student nurses assisted and joined in the fun.




**CHOC Free State visits Bagamoya Wildlife Estate**



**Community Involvement MANDELA DAY WITH CANCER CHILDREN 2013**

President, Nelson Mandela's PA, Zelda Le Grange visited the children of CHOC

- 10h00 – ABSA personnel treated the kids in Ward 10B
- 11h00 – DA Free State (Dalena Dennis) visited the CHOC House and donated cleaning materials.
- 12h00 NSH – Rag Community Service Mandela Birthday Celebrations on campus, where they donated 100 blankets to CHOC children
- 13h00 – Bezuidenhout Attorneys (Jenny) hosted a party in Ward 10B
- 13h30 – Barloworld treated the kids in Ward 10B
- 14h00 – Eskom hosted a party in ward 10B
- 15h00 – Cathy Shaw hosted a party in Ward 10B
- 16h00 – The Free State Department of Legislature donated Care Bag Items and R1310.00

**On this page:**

- 2013 Outings with CHOC**
- Community Involvement**
- SANBS puppet show in UAH**

**ICCD: SANBS Puppet Show**

Belinda, Irene and David from the South African National Blood Service (SANBS) hosted a Puppet Show. The featured characters were Whitey - the White Blood Cell, Ready - the Red Blood Cell and Platvoet Plaatjie - the platelet Cell. They entertained the kids with a catchy song "Saving a life" while teaching them what each type of blood cell's function in the human body is. Keemo and Thandi also made special appearances and handed out special Teddy Bears donated by the Hanco Teddy Care Project.

**International Childhood Cancer Day (ICCD)** is held on February 15 every year and is a day dedicated to raising awareness of childhood cancer by promoting the early warning signs. It is a global initiative to raise public awareness in terms of symptom recognition, early diagnosis and treatment.




**CHOC**  
Childhood Cancer Organisation of South Africa

**HAVE A HEART FOR CHILDREN WITH CANCER**

more than to hope alive.

Support CHOC and help raise funds for children diagnosed with cancer and related life threatening disorders.

14 Febr'13  
CHOC Free State



**"Vision without action is merely dreaming. Action with no vision is just passing time. But with vision and action you can change the world."**  
Words of Former President Nelson Mandela



health

Department of Health  
FREE STATE PROVINCE

UNIVERSITAS ACADEMIC  
HOSPITAL (UAH)

P.O. Box X20660  
Bloemfontein 9300

Logeman Street  
Universitas  
Bloemfontein

Reach for a dream support the hopes of children fighting life-threatening illnesses. Buy a sticker and slide into your slippers on **Friday, 02 August 2013**. Help make these children's dreams come true. Buy your R10 sticker at any Reach for a dream or RE/MAX First Office or Mrs Dotty Landman, 10th Floor, Universitas Hospital. For more information email [nadia@reachfordream.org.za](mailto:nadia@reachfordream.org.za) or call **051-4361664**.

Reach for your slippers for Reach for a dream: 2 August 2013



## CHILD Problem Identification Program (CHIP)

The Child PIP Paediatric mortality review seeks to improve the quality of care that children receive in the South African Health System. By having mortality and morbidity meetings monthly Clinicians seek to improve the quality of care that patients receive in the South African Health system. When faced with the death of a patient, the challenging question is "Can I do better?" From the 1980's a focus shift is to name modifiable factors, where clinicians return to the individual patient assessment, which enables an understanding of the

process of care delivered to individual patients. Death auditing is premised on the understanding that mortality represents just the 10% tip of an iceberg. Mortality audits can meaningfully impact on the quality of care if modifiable factors are identified in the events leading to the patient's death. Mortality rates are made up of avoidable and unavoidable deaths. To bring down the mortality rate it is worth finding reasons for avoidable deaths and addressing these. By categorizing the modifiable factors in relation as to **where** they occur and **who** is responsible it becomes possible to identify and prioritize problems, and

devise solutions for implementation by those responsible.

The steps to follow in death auditing are: identify and characterize deaths; attribute causes to the deaths, find modifiable factors and then based on findings, determine the size and nature of the problem and seek reasons for findings in order to make changes.

From 1 October 2012 Child PIP data must be captured for all children (under the age of 18 years) admitted in the Universitas Academic hospital & Annex - this includes:

A **monthly Tally Sheet** per discipline (which has details according to admission ages as well as another part concentrating on malnutrition,

diarrhoea and pneumonia).

For deaths: **A Child Health Data Capture Sheet**: one for every child that died.

**Mortality Review Meeting Agenda monthly**

Mortality audits can meaningfully impact on the quality of care if modifiable factors are identified in the events leading to the child's death. Please from now let all doctors and nurses work together to see "where we can do better" to improve the quality of care that our children receive. We are doing very well: let's do better.....

*By Linda Strydom*

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## Mini-relaxation exercises: A quick fix in stressful moments

*Sent in by Angie Vorster: EAP Coordinator/ Psychologist*

Mini-relaxations are stress busters you can reach for any time. These techniques can ease your fear at the dentist's office, thwart stress before an important meeting, calm you when stuck in traffic, or help you keep your cool when faced with people or situations that irritate you. Whether you have one minute or three, these exercises work.

### When you've got one minute

Place your hand just beneath your navel so you can feel the gentle rise and fall of your belly as you breathe. Breathe in. Pause for a count of three. Breathe out. Pause for a count of three. Continue to breathe deeply for one minute, pausing for a count of three after each inhalation and exhalation.

Or alternatively, while sitting comfortably, take a few slow deep breaths and quietly repeat to yourself "I am" as you breathe in and "at peace" as you breathe out. Repeat slowly two or three times. Then feel your entire body relax into the support of your chair.

### When you've got two minutes

Count down slowly from 10 to 0. With each number, take one complete breath, inhaling and exhaling. For example, breathe in deeply, saying "10" to yourself. Breathe out slowly. On your next breath, say "nine", and so on. If you feel lightheaded, count down more slowly to space your breaths further apart. When you reach zero, you should feel more relaxed. If not, go through the exercise again.

### When you've got three minutes

While sitting, take a break from whatever you're doing and check your body for tension. Relax your facial muscles and allow your jaw to open slightly. Let your shoulders drop. Let your arms fall to your sides. Allow your hands to loosen so there are spaces between your fingers. Uncross your legs or ankles. Feel your thighs sink into your chair, letting your legs fall comfortably apart. Feel your shins and calves become heavier and your feet grow roots into the floor. Now breathe in slowly and breathe out