SASOHN academic workshop
Hosted by: SASOHN KZN Inland Region

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INTRODUCTION
On 3 June 2022, the South African Society of Occupational Health Nursing Practitioners (SASOHN) KwaZulu-Natal (KZN) Inland Region presented a successful workshop to 43 delegates at the Maritzburg Golf Club, Pietermaritzburg. The event was well supported by sponsors and exhibitors, and included a line-up of highly experienced speakers who addressed a variety of relevant topics.

WELCOMING ADDRESS
The event was opened by Regional Chairperson, Gillian Lotze, who delivered a warm welcoming address:

Nurse – Just another word to describe a person strong enough to tolerate everything and soft enough to understand everyone

This workshop presents a unique opportunity for a variety of registered nurses to network, socialise and share their knowledge and experience, after two harrowing years of isolation. The COVID-19 pandemic has shone a light on nurses on the frontlines of care in all sectors and highlighted our vital role as leaders in healthcare delivery. We have been asked to show up, step up and man up with courage, time and again – many of us operating alone – and it has been a lonely and sometimes scary journey. But, with every challenge comes an opportunity to grow, both personally and professionally, and I salute you for your resilience.

In a country of so much diversity and disparity, nurses are the universal gift to everyone; the dedicated work we do and the kindness we deliver, on a daily basis, serves as a reminder of the fundamental humanity inside us all.

I hope you leave here today with a bit more knowledge and that you feel connected, enriched, and inspired to continue your invaluable work of changing the lives of others, and making the world a better place.

PRESENTATIONS
The Regional Chairperson then introduced the first speaker, Dr Daniel Fiandeiro, an emergency medicine specialist who presented on ‘Emergency treatment in the workplace’. He spoke on a wide variety of emergency treatments, including anaphylaxis, multiple injuries, cardiac arrest, and effective continuous cardiopulmonary resuscitation (CPR).

The second speaker was the inimitable Dr Alistair Bull – a family medicine specialist who presented ‘The neurological assessment’ in a practical and straightforward way. Using Vice-chair Tony Mthiyeni as his prop, he demonstrated, using a YouTube clip, how nurses can comprehensively cover all the neurological screening tests in a medical examination.
The third speaker was Sr Robyn de Wet, an occupational health nurse, who spoke about the South African Nursing Council’s (SANC’s) soon-to-be-implemented continuous professional development (CPD) point system. Her main message was to encourage nurses to become familiar with how to document their points, so that they are compliant, and avoid being struck off the register of practitioners once CPD is implemented.

After breaking for lunch and allowing the delegates an opportunity to visit the exhibitors’ stands, the afternoon session was commenced with a presentation from clinical psychologist, Alistair Mork-Chadwick, on ‘Recognising burnout’. He highlighted the differences between burnout and depression, and discussed prevention and management. To drive his point home, he used the analogy of a glass of water to demonstrate that if we hold our patients too close, we risk burnout; but if we are too detached, we are not serving them as we should.

Occupational medicine practitioner, Dr John Do Vale, was the final speaker of the day, who presented a talk about the ‘Legalities of drug testing and consent’.

We closed the event with a lucky draw of prizes.

ACKNOWLEDGEMENTS

Exhibitors
A big thank you to the following exhibitors:
• The Ear Institute – a comprehensive range of hearing healthcare services for adults and children, ranging from a quick HearingCheck™ to a full diagnostic hearing evaluation
• SSEM Mthembu Medical – the leading distributor of electro-medical devices and medical consumables throughout southern Africa
• Ampath Laboratories – one of South Africa’s foremost laboratories, offering innovative professional and quality pathology and laboratory medicine services to healthcare practitioners and patients
• Kwazulu Private Ambulance – leaders in ambulance and emergency care, education and training, as well as event medical services
• Software 1066 – the home of ClinicSister and SHREQManager software solutions
• Electroserve – providing personal, yet professional, service in the ever-changing world of hi-tech medical equipment
• Royal Rehabilitation Hospital – a private sub-acute rehabilitation facility offering a wide variety of medical services that bridge the gap between acute, sub-acute and homecare
• Apex Environmental – SANAS 17020-accredited and Department of Employment and Labour-approved inspection authority (AIA), offering a range of specialist environmental and occupational hygiene monitoring services
• Kendon Laboratories – medical and remedial equipment and supplies, medical equipment and medical supplies
• Pearly Blue – a waste management company offering an environmental-centred business approach founded on safety, responsibility and service
• Omy Naidoo Dietician – an award-winning dietician based in Pietermaritzburg, who does regular podcasts
• Global Learning Services – providers of legislated skills training, who live by the ethos of individual performance enhancement in every sphere of training, maximising the potential of every employee and reducing the risk of injury and damage to property
• Midlands Medical Hospital – a private hospital comprising 274 beds across all major healthcare disciplines, situated in the central business district of Pietermaritzburg

Sponsors
The event was sponsored by Ampath Laboratories, Amberglades Retirement Village, Belgotex, Ear Institute, Illovo Sugar, Killarney Brick and Block, Occusure, Royal Hospital, Safari Nuts, and SSEM Mthembu Medical.

The KZN Inland Region Executive Committee members extend their sincere thanks to all members, exhibitors and sponsors for their generous support in making the day a success.