



Paediatric Outpatient Department (POPD) Improvement Project 2022



VICTORIA HOSPITAL



Why children need a new POPD at Victoria Hospital

All children deserve to be treated with dignity and they deserve to receive the highest quality of healthcare in a safe, welcoming environment, closer to where they live.

Based in Wynberg, Cape Town, in the heart of the Southern Suburbs and home to a community of strong-willed people, Victoria Hospital is a large Metro District Hospital providing specialist services to the Southern Sub-district for almost 132 years. The Hospital is driven by a passionate, multidisciplinary team who continues to heal and build on this legacy. They are the heroes who labour tirelessly and with great dedication and love, provide much-needed healthcare services for children and the large community that they serve.

As the population grows, the pressure on the healthcare system increases and children at Victoria Hospital are often referred to the Red Cross War Memorial Children's Hospital (RCWMCH). The Hospital is stretched to capacity and patients are directly affected as they are consequently moved further away from their homes. The need for patients to be seen closer to where they reside is tremendous and will make their journey to health easier, cost effective and sustainable. An upgraded and expanded Paediatric Outpatient Department (POPD) at Victoria Hospital will mean that little patients will receive fast and efficient medical care in an area close to their homes.

Victoria Hospital has an excessively busy Paediatric Outpatient Department (POPD) with 5-6 clinics running weekly. The busy POPD sees over 7 000 patients annually with the current layout of the POPD being cramped and lacking privacy with dismal ventilation.





Why children need a new POPD at Victoria Hospital

VICTORIA PLAYS AN INTEGRAL PART IN PAEDIATRIC HEALTHCARE DELIVERY FOR THE WESTERN CAPE

The Red Cross War Memorial Children's Hospital (RCWMCH) is a sister Hospital that together with Victoria Hospital, serves patients coming from impoverished communities and more so, communities that suffer violence, drug abuse and various socio-economic issues. The Red Cross Children's Hospital will largely assist Victoria Hospital with sub-specialist care and the upgrade will provide extra space for a more efficient, integrated and safer service delivery to each little patient. In essence, these two sister Hospitals will be working together to provide the best and most holistic healing for the little patients under their care to advance child healthcare throughout the Western Cape.

"Every child deserves quality healthcare because health is a basic necessity in order for any child to thrive." Dr Gill Schermbrucker, Senior Specialist and Head of Victoria Hospital's Paediatric Department.

The current OPD at Victoria is cramped, lacks privacy and stretched to capacity





Goal

HELP US EXPAND VICTORIA HOSPITAL'S PAEDIATRIC OUTPATIENT DEPARTMENT

Within the next year, we are gearing up for a project that will save the lives of sick and injured children. Join us as we raise **R10 million** to create a bigger, multi-use, child-friendly paediatric outpatient department to optimise healing and care that is beneficial to patients at both Victoria and Red Cross Hospitals.

HOW THE CHILDREN, FAMILIES AND STAFF WILL BENEFIT FROM THE PROJECT

Improved capacity, efficiency and quality of paediatric outpatient services through:

- Providing a safe, child friendly environment with improved infection prevention control
- Private consultation areas for sensitive medical consultations and counselling services
- A multidisciplinary treatment space for occupational speech and language therapy, audiology, and physiotherapy
- Space to run weekly general parenting courses and to support collaboration with community organisations
- Space for healthcare workers to train and participate in research
- A safe, therapeutic play environment

"We must not forget that when we invest in a child's life, that we invest into future generations. We are excited to give children more than just an antibiotic but to give them a space to thrive." - Dr Ben van Stormbroek

Watch the video here: [Victoria Hospital - YouTube](#)

Estimated Duration: **9 months**

(building to start in July 2022 - March 2023)

Estimated Budget: **R10 Million**





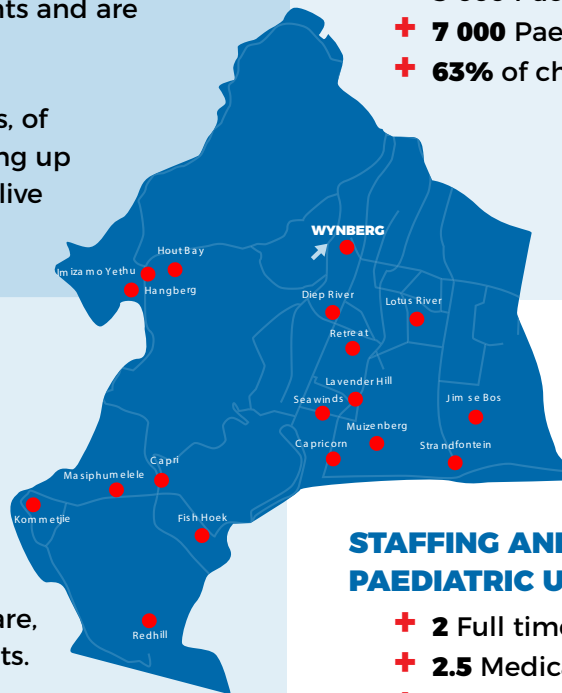
Victoria Hospital's POPD

SERVING CHILDREN FROM:

Houtbay, Kommetjie, Capri, Fish Hoek, Muizenberg, Strandfontein, Wynberg, Retreat and Lotus River also Imizamo Yethu, Hangberg, Capricorn, Seawinds, Jim se Bos, as well as Masiphumelele, Red Hill and Lavender Hill.

80% of the population are uninsured and dependent on public services with many families living in informal settlements and are reliant on social grants.

30% of the population are children and adolescents, of which 42 000 are under 5 years old. Children are growing up in communities with high rates of violence where they live in fear for their lives and often go to bed hungry.



LOCAL HEALTHCARE SERVICES:

20 Clinics offering primary care facilities: antenatal care, baby care and vaccination and treatment follow-up visits.

2 District Hospitals (Victoria and False Bay) provide emergency, general and specialist inpatient and outpatient care to adults and children and often refer children to RCWMCH for subspecialist care, surgery, and Intensive Care.

VICTORIA HOSPITAL HAS OVER 130 000 PATIENT VISITS PER YEAR

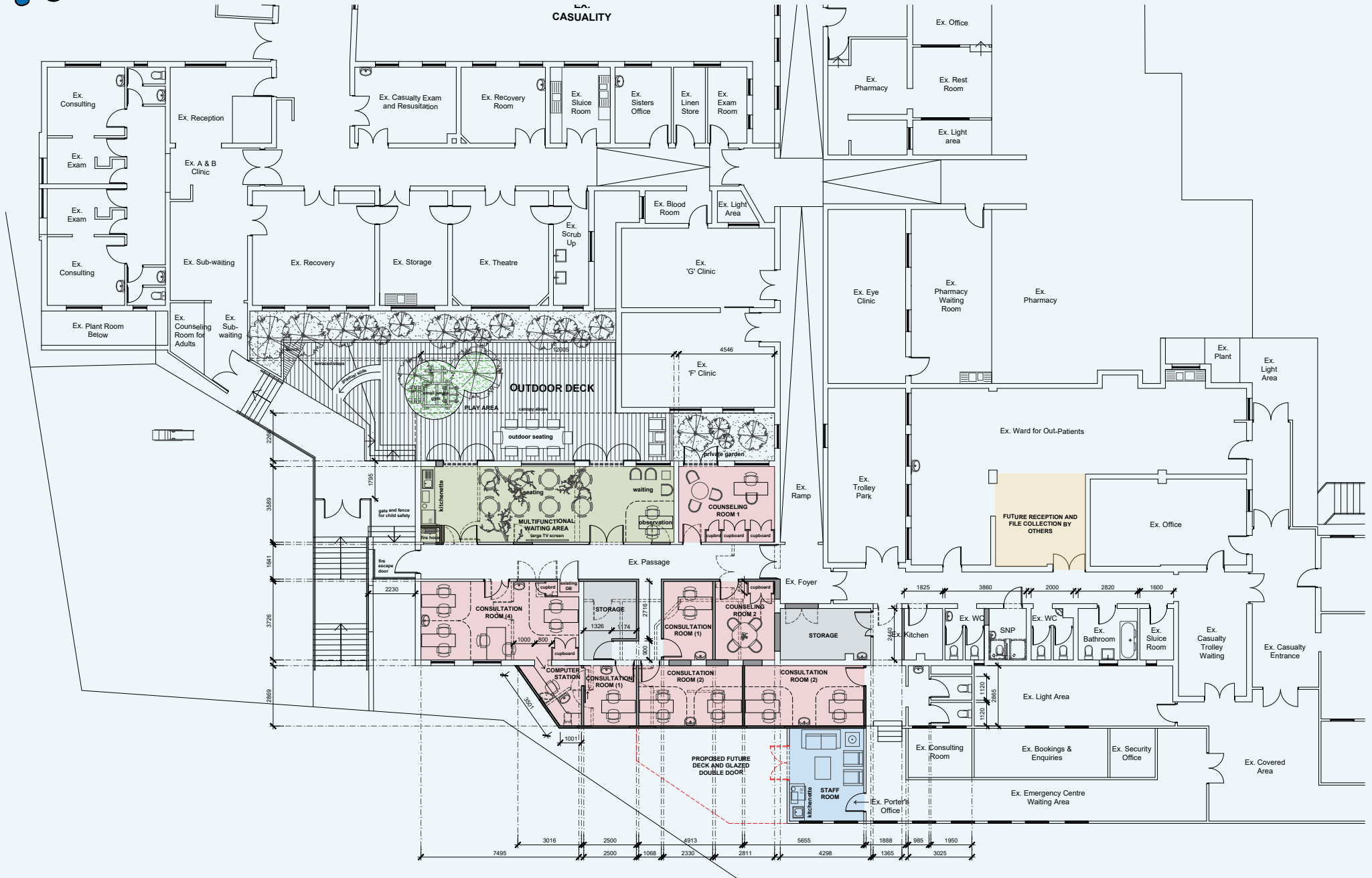
- + **1 in 7** patients seen at Victoria Hospital are children under 13 years old (**16%** admissions; **14%** OPD)
- + **2 000** Paediatric admissions per year
- + **5 000** Paediatric EC visits per year
- + **7 000** Paediatric Outpatient visits per year
- + **63%** of children seen are under **5** years old

STAFFING AND SERVICES PROVIDED BY THE VICTORIA PAEDIATRIC UNIT

- + **2** Full time Paediatricians (supported by sessional consultants)
- + **2.5** Medical Officers
- + **1** Child Nurse Practitioner
- + **1** Social Worker
- + **25** Paediatric inpatient beds
- + **5 - 6** outpatient clinics per week, including General Paediatrics, Neurodevelopment, Allergy and Infectious diseases



Building Plan





Working together to heal Khaya

The miracle of life is not the mere fact that we exist, but how we thrive despite seemingly insurmountable odds. And at only 9 years old, Khaya's life has so far been filled with a symphony of miracles, thanks to the unwavering support from a network of dedicated medical professionals and his foster mom, Anna, since the age of 3.

Khaya has a chronic condition called spastic diplegia cerebral palsy, a neurological disease that permanently affects muscle control and coordination. He also has a condition that requires very specific medication that protects his immune system from other life-threatening illnesses. The odds have been stacked against him from the start, yet when you meet him, joy fills up inside of you. With a beaming smile and outstretched arms, he is ever ready to shower you with kindness and the bravery he demonstrates is truly inspiring. Maybe that's why he is here. It took many miracles to keep him here.

Khaya's condition leaves him very vulnerable to health complications, and he requires constant monitoring and medical treatment. Khaya travels from his home in Constantia to Victoria Hospital to visit the Paediatric Outpatient Department for check-ups and medication. Thankfully, it's a quick commute of just a few minutes from their home to the hospital. Anna is so grateful for the proximity of Victoria Hospital to their home. At the hospital, because of the cramped space, they have to move the tiny table in the centre of the little waiting room for Khaya to be able to use his walker. However, Khaya's mom knows that she can count on her Victoria Hospital

family to be there in those moments when Khaya needs them most, and to be there quickly.

"When Khaya had seizures early in the morning, we rushed him here; it was like two minutes' drive," says mom, Anna.

Khaya is the glue that connected two hospitals. There are many children like Khaya that Red Cross and Victoria 'share'.

"I think the special thing about Khaya is that he's been a greater blessing to us. Despite his struggles and different abilities, he has a lot of joy. And sometimes on a stressful day, Khaya will be the one who bursts into song, and changes the atmosphere of a ward or clinic." - Dr Ben van Stormbroek, Paediatrician, Victoria Hospital.

Dr Ben van Stormbroek has such a beautiful connection with Khaya. They've travelled a long journey together, and Khaya beams with sheer joy when Dr Ben enters the tiny waiting room at Victoria Hospital's Paediatric OPD. You know instantly that love lives here.

Unfortunately, early in 2020, Khaya developed a complication with his immune system, causing pressure on his brain and in September 2020 he was admitted to Red Cross Children's Hospital and placed on life support for 12 days.





Working together to heal Khaya

Working with Dr Alvin Ndondo at Red Cross's neurology department was instrumental in steering Khaya's healing when this critical brain condition developed. Dr James Nussel from Infectious Diseases at the Hospital stepped in to help stabilize Khaya's immune system. He says: "From a medical perspective, Khaya has taught us all a lot. We often call on specialists from multiple departments at Red Cross to assist in his care, and we do this with many of our patients with complex conditions. We have a common goal to improve the health of all children; Victoria Hospital and the Red Cross War Memorial Children's Hospital have forged a very strong link."

Receiving referrals from Red Cross, False Bay Hospital and primary care facilities in the Southern Sub-District, Victoria Hospital provides inpatient and outpatient services for both children and adults from some of the most impoverished communities in the southern peninsula like Imizamo Yethu, Hangberg, Capricorn, Sea Winds, Jim se Bos, Masiphumelele, Red Hill and Lavender Hill.

The small 3-roomed Paediatric Outpatient Department treats over 7 000 children per year, many of whom are like Khaya, requiring complex, ongoing treatment from a multidisciplinary team of professionals. The current layout of the Paediatric Outpatient Department is, however, very cramped, lacks privacy, and has poor ventilation. Inadequate space means that some consultations often take place on the benches in the corridors. There is no private space for supportive counselling sessions with social workers or HIV counsellors. Not only do these conditions pose a risk to patients and staff, but it also does not create an environment for the paediatric service to provide person-centred, quality care.

"I've now seen this opportunity, where space is available...and I can really see that we can do something with it," says Dr Gill Schermbrucker, Senior Specialist, and Head of Victoria Hospital's Paediatric Department

"I mean, that sounds very aspirational, but there are lots of practical things we can do to water those seeds for our tomorrow."

*The name of the patient has been changed to protect his privacy.



"Our vision for the Paediatric department is to care for children in the context of their families, to improve communities and at the same time to network with collaborators and partners in the community for the wellbeing of our children. Children belong to us all and they are all of our future and so, recognizing that, we need to be investing in them for that brighter tomorrow. I mean, that sounds very aspirational, but there's a lot of practical things we can do to water those seeds for our tomorrow."

Dr Gill may think she sounds like a dreamer, but this is where it's up to us to make the dream a reality. Reality is only really something we can all agree upon, something we can all see, something we can all create.

The development of a new space for the Victoria Hospital's Paediatric OPD will be exactly one of those practical things she speaks so passionately about.

If making this dream space a reality means that more children like Khaya bring their love and joy into it, then it will be a very blessed place to heal. And we all need to heal.



THE HEALING JOURNEY OF KHAYA



Khaya was born in February 2013 in Johannesburg.



He was taken in at the Acres of Love Centre.



Moved to Cape Town at the age of 3.



He was first seen at the Victoria Hospital's outpatient clinic in April 2016 at the age of 3 and started receiving treatment from the allied health care professionals at Victoria in the same year.



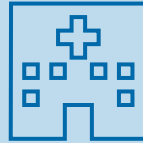
Diagnosed with multiple long-term chronic health conditions.



Seen at Red Cross Medical and Surgical Clinics since beginning 2018 at the age of 5 as well as physio at Red Cross Children's Hospital.



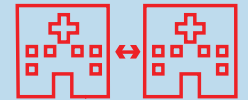
His condition became more complicated in January 2020 just before turning 7.



In August 2020, his condition became much more severe and even life threatening, and special investigations were done at Red Cross Children's Hospital.



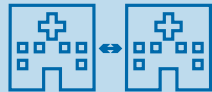
He was managed by a team between Victoria Hospital and multiple specialists at Red Cross Children's Hospital.



In early September 2022, Khaya's condition deteriorated, and he was placed on life support. He was transferred to the Red Cross Intensive Care Unit (ICU). He was in ICU for 12 days.



He did very well in ICU and thereafter was cared for in ward B2 at Red Cross Children's Hospital for another week, and subsequently transferred back to Victoria Hospital.



During this time there was ongoing discussion and shared care between Red Cross Children's Hospital and Victoria's clinicians.



Since then, he has been managed at Victoria Hospital with regular discussion with the Red Cross Team.



He is now seen regularly as an outpatient at Victoria, and he is sometimes discussed with the Red Cross consultants.



Khaya is on a road to health and healing, and he is full of joy and happiness and often brings smiles to everyone he meets in the hospital. He is thriving in his own way and has a great quality of life.



Every little one counts



About the Children's Hospital Trust

A hospital entirely dedicated to children – especially children predominantly from impoverished communities throughout Africa – is critically important. In fact, so important, that it needs a champion to make sure that it's able to keep doing the phenomenal work it does.

That champion is the Children's Hospital Trust.

The Trust was established in 1994 to advance child healthcare through the Red Cross War Memorial Children's Hospital – the first stand-alone tertiary hospital, exclusively for children, in sub-Saharan Africa.

As an independent, registered non-profit organisation, we rely on the generous donations of our donors to fund the Hospital and other public healthcare related projects. **When you donate to the Trust, 100% of your donation goes towards specific projects that change children's lives (and the lives of the people who love them).**

The operational costs of the Trust are funded from an endowment, so your generous contributions are never used for administration. Your belief in the urgency of our work and support thereof will make a life-changing difference to many sick and injured children across sub-Saharan Africa.

Tel: +27 21 686 7860

Email: cht@chtrust.org.za

www.childrenshospitaltrust.org.za



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Every little one counts

