



# SASOHN

SOUTH AFRICAN SOCIETY OF  
OCCUPATIONAL HEALTH  
NURSING PRACTITIONERS

Registered Public Benefit Organisation (Reg no 8571079153)

## Welcome!

Did you know the OHNP takes care of the health of more than 8 million workers in South Africa in all types of industries? SASOHN is thus committed to the development of the OHNP. We welcome you, the other members of the Occupational Health Team, and/or Managers to the monthly meetings in this region where we can share a continued professional development opportunity together.

### Hybrid Meetings

**VENUE:** Face to Face: Pietermaritzburg Chamber of Business,  
52 Macleroy Road, Northern Park, PMB.

Virtual Meetings: Microsoft Teams link:

<https://teams.live.com/join/9435023775140>

**TIME:** 14:00 - 14:15 Welcome  
14:15 - 15:00 Guest Speaker  
15:00 - 15:15 Tea  
15:15 - 16:00 Business Meeting

## Checkpoints:

- ✓ Regional Workshops, Academic Day and the National Conference are allocated additional CEUs and **costed separately**.
- ✓ **Bookings & payments** close a month in advance of each event.
- ✓ **Guests** are welcome to a maximum of two monthly meetings for free.
- ✓ **Membership Fees** (incl. of Practice Indemnity) as per annual fees set out by SASOHN and CPF.
- ✓ There are **3 bank accounts: National, Regional, Audiometry**. **Please confirm before depositing. Please send proof of payment.** Bank charges for deposits into the incorrect account needs to be settled by the applicant before the error will be corrected
- ✓ **Bursaries:** Remember to submit your application by latest 25 January each year to your Regional Educational Representative
- ✓ **Sponsorship:** Please have applications submitted to your Regional Chairperson at least 4 months before the National event.
- ✓ **Contact Person: Gillian Lotze (Regional Chairperson)**  
[gillian.lotze@mweb.co.za](mailto:gillian.lotze@mweb.co.za)
- ✓ Please follow the link for more details: [www.sasohn.co.za](http://www.sasohn.co.za)

## SASOHN KZN INLAND REGION

### ACADEMIC PROGRAMME

2023

**WEDNESDAY 18 JAN 2023**

**Drug Testing**

Speaker: **Adiel Singh, Homemed**

**THURSDAY 09 FEB 2023**

**Hypertension Control:** Meds, urgent referrals, interactions, adherence counselling

Speaker: **Dr Mchunu**

**THURSDAY 09 MAR 2023**

**Hypertension:** Lifestyle Modifications, Exercise amount and type

Speaker: **Dr Kirkby**

**WEDNESDAY 12 APR 2023**

**Stress Management:** Imparting effective advice to employees

Speaker: **Andrea Zank**

**Thursday 18 May 2023**

**KZN INLAND ACADEMIC DAY**

**Venue: Anew Hotel, Hilton**

08h30 – 15h30

Theme: **Challenges of Change**

**THURSDAY 15 June 2023**

**Financial Management:** Imparting effective advice to employees

Speaker: **Sarah Macbean**

**WEDNESDAY 12 July 2023**

**Headaches:** Types, treatment, rebound headaches

Speaker: **Dr Khuzwayo**

**WEDNESDAY 16 AUG 2023**

**Ukukhipha Inyongo:** Beliefs, traditional treatment, OH treatment

Speaker: **TBC**

**WEDNESDAY 13 SEPT 2023**

**REGIONAL AGM**

**Alternative Medicine:** Homeopathy use, drug interactions, effects

Speaker: **Dr Rouen Bruni**

**WEDNESDAY 11 OCT 2023**

**Burnout – The Impaired Practitioner**

Speaker: **Dr Chris Ellis**

**WED 22 – FRI 24 Nov 2023**

**ANNUAL SASOHN CONFERENCE**

Gauteng Region to host, Venue to be confirmed

### Social Responsibility 2023

We support Pietermaritzburg Children's Home in Woodlands.