

DR PIXLEY KA ISAKA SEME
MEMORIAL HOSPITAL

Pixley News

YOUR LINK TO INTERNAL NEWS

Edition No. 003 - JUNE 2023



2023 THIS IS IT! ZIVASHAI

Mthandeni Msomi
Marathon Bib 58066
Finish Time: 10:54:36
OLYWOOD AC KZN

Finish Time
10:54:36
07:28 min/km

In this issue

Health
Corner:
Men's Health
Awareness



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA

 KwaZulu-Natal Department of Health
 KZN Department of Health

 kznhealth
 @kznhealth

**GROWING
KWAZULU-NATAL
TOGETHER**

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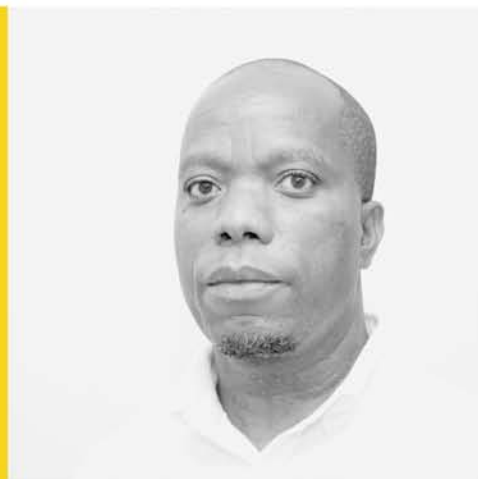
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It takes more courage to reveal insecurities than to hide them, more strength to relate to people than to dominate them, more 'manhood' to abide by thought-out principles rather than blind reflex. Being weak is still a journey to manhood.

"Alex Karras"



As we celebrate men's month I would like to appeal to us all DPKISMH men to be proud of our manhood, and further challenge all men to promise that Gender based violence will never happen in our lifetime both at work and at home. "Mr. M. Zwane"

He who conquers himself is the mightiest warrior.

"Confucius"



Bafwethu, esikhathini esiphila kusona sekuthanda ukubanzima ukuchaza indoda. Kungumsebenzi wethu ke njengabantu besilisa ukwenza kahle ngendlela yokuthi ubudoda bubonakale kithi njengabaholi, abanakekeli kanye nabavikeli abakwenza konke ngothando. "Mr. S. Ngubane"



FROM THE CEO'S DESK



DR J.M MTHETHWA
CHIEF EXECUTIVE OFFICER

Greetings to all our valuable readers. On behalf of our senior management team, we are proud to present to you the third issue of our hospital newsletter.

Dr Pixley Ka Isaka Seme Memorial Hospital (DPKISMH) has been commissioning services in a phased in approach from August 2021. We have come a long way since then with the successful commissioning of 76% of our services such as Emergency and Trauma, Internal Medicine, Psychiatry and many other services that are provided at a regional hospital. Meticulous planning and engagement with Head office is in motion to ensure the successful commissioning of the remaining services i.e Obstetrics and Gynaecology, Paediatrics and the Thuthuzela Care Centre.

In the past financial year 2022/2023, we have achieved good clinical outcomes, our facility had an average of 60.9% bed utilisation rate. Two thousand, six hundred and eight (2608) Theatre cases were done. All 10 PAMS departments have now been commissioned, with the last department to be commissioned being eye services-Optometry. Support in the form of outreach services is being given to various facilities by the PAMS departments such as Optometry, Audiology and Dietetics.

The facility has seen major achievements in the past six months, one of them being the official commissioning of our internal kitchen. In the establishment of this facility, government decided to introduce the insourced model of support service delivery. Previously our facility has been assisted by our sister hospital, Mahatma Gandhi Memorial Hospital in preparation of meals for patients. On 1 March 2023, our facility led by our food services team, officially started preparing meals internally for our patients. This has strengthened our hotel services and improved patient experience of care. We are proud of our kitchen staff for this achievement.

Another major milestone has been resolving the network signal in our facility. Cell phone connectivity has been an ongoing challenge however, with the intervention from management and Vodacom we have installed signal boosting technology which has resolved the signal challenge for Vodacom users. We will continue to enhance connectivity for other networks.

With the department of Health's target of moving 42 out of 70 hospitals onto the eHealth system this financial year, DPKISMH is proud to report that we are one of the facilities that are using the system. There are many benefits of using an electronic system, we encourage our staff to utilise this system, and we continue to refine it as best as possible.

In this third issue of the newsletter, we aim to link our readers into our internal news. Focus has been directed to Men's health to heighten the awareness of preventable health problems and encourage early detection and treatment of diseases amongst men and boys. Topics such as emotional expression and depression amongst Men are covered on page four (4) as well as health education on Acute Pancreatitis on page eleven (11).

To the Dr Pixley Ka Isaka Seme Memorial Hospital family, management is proud of the way we have joined hands in commissioning this hospital. You are our strongest asset in tackling issues faced by this community and ensuring that we render services that are Safe, timely, effective, efficient, equitable and patient centred (STEEEP). We acknowledge your commitment, your passion and your competence that has brought us thus far.

Thank you.

DR. J.M MTHETHWA

MEN'S HEALTH: EMOTIONAL EXPRESSION & DEPRESSION

The women's ability and willingness to talk about their life challenges makes the psychological wellbeing of women differ to that of men. Research indicates that 80% of men are not able to express their emotions by ways of communication. To men, talking about their issues leads to feelings of guilt and shame. Their inability to face the feelings of shame and guilt results in denialism, physical aggression, alcoholism and suicide. The gender stereotype and culture bias regarding masculinity is that men are always strong and crying is a sign of weakness.

Men like women are human beings who go through physical, cognitive and emotional development. The issue regarding attachment which is the emotional bond between the child and significant other is what signifies parent's needs of their children. In most instances there is no open communication between the father and the son leading to the inability to understand emotional expression.

To the majority of men, expressing their emotions is regarded as a sign of weakness. The more they are confronted with thoughts of hopelessness, helplessness and that of being useless the more vulnerable they become. The feelings of sadness, fear, shame and guilt is manifested through denial, depression and passive aggression.



DR S. MHLONGO (PhD)
PRINCIPAL PSYCHOLOGIST

Men are able to talk about their achievements as opposed to talking about their disappointments in life. To most men, drinking is the shortcut to avoid dealing with any thoughts leading to emotional distress. When they feel weak and vulnerable they result to aggression and silence.

The problems start when majority of men fail to identify, acknowledge and express feelings of sadness, fear, disappointment and shame. While symptoms of depression in men are similar to those in women, men often experience them differently.

Here are the common symptoms of depression in men:

- Anger and irritability
- Substance abuse
- Lack of interest in sex
- Self-distractive behavior
- Poor work performance
- Sleep problems

Depression in men often goes unnoticed because men are expected to be strong and self-reliant, leading to reluctance in seeking help for their emotional issues.

The South African Depression & Anxiety Group: 0800 567 567

Depression in men can be expressed in the form of anger and irritability as opposed to sadness leading to misdiagnosis of a behavioral problem rather than mental health issue. The stigma associated with mental health issues can also prevent men from expressing their thoughts and emotional distress. Men suffer in silence and by internalizing feelings of sadness which might result to suicide or alcoholism.

Since most men don't talk about being rejected in their families and relationships, thus encouraging men to acknowledge their emotions and talk about them is the only way that can improve their mental health. Talking to someone helps to co-create a new reality which changes one's perspective about life.

The Clinical Psychology department is situated at Ground Floor Block E.



NURSES DAY CELEBRATION

The Dr Pixley ka Isaka Seme Memorial Hospital (DPKISMH) was delighted to host this year's Nurses Day which was held on the 17 May in its Auditorium headquarters. The day saw well-dressed DPKISMH nurses who sang beautiful songs to express their joy.

Under the theme: 'Our nurses our future' the Nurses day celebration aimed at celebrating all the nurses in their respective fields. The day started off with a cheerful walk along hospital street where nurses were singing and ululating, embracing their profession which soon followed by celebrations in the auditorium which saw nurses reciting their pledge.

May 12, is a great day to celebrate the work done by nurses around the world, especially International Nurses Day. Every year this day coincides with the birthday of Florence Nightingale, the founder of nursing, who was born on 12 May 1820.

According to Mrs Nomkhosi Bhekiswayo, an Assistant Manager Nursing: Monitoring and Evaluation the lighting of candles symbolizes the knowledge, which removes ignorance, it also signifies the enlightenment, experience, hope, love, comfort and positivity that drives away the negativity that darkens everything.

"To me Nurses day means we are recognized for the effort we put in changing the lives of our patients. Our dedication and commitment in our work doesn't go unnoticed. The celebration of nurses day encourages me to do more and always provide the best possible care for my patients." said Sr. Philile Fakazi, professional Nurse at the Theatre Complex.

Nurses who wore their full uniform appropriately were showered with gifts as a token of appreciation.



OMN: Z. Maphumulo



OMN: N. Mthembu



WORLD HAND HYGIENE DAY 2023: ACCELERATE ACTION TOGETHER. SAVE LIVES – CLEAN YOUR HANDS



According to the World Health Organization, Hand hygiene saves millions of lives every year when performed at the right moments during health care delivery, thus the annual commemoration of world Hand hygiene day with the aim of accelerating progress in achieving effective hand hygiene at point of care. The campaign also intends to unite people in increasing awareness and understanding of hand hygiene standards in healthcare facilities, in that way protecting healthcare professionals and patients from infections.

DPKISMH was amongst other healthcare institutions that commemorated this day by inculcating the 5 Moments of Hand Hygiene with various departments. The Departments came in numbers in efforts of educating one another on the importance of hand hygiene, through departmental designed posters and numerous activities performed for instilling the message of clean hands. “Hands are the transporters of germs, cleaning one’s hands properly and appropriately can prevent the spread of most healthcare associated infections,” said Dr. Hlela – Senior Manager: Medical Services.

It was indeed an auspicious day with the Laundry Services Department crowned the winners of the Hand Hygiene Competition. The Emergency Department coming in second place, followed by the Human Resource Department bagging the third spot.



Emergency Department bagging 2nd place



Human Resource securing 3rd place



At DPKISMH, we ❤️ the 5 moments of Hand Hygiene!!!



WORLD ORAL HEALTH DAY

The world unites on 20 March each year in celebration of World Oral Health Day (WOHD).

Be Proud of Your Mouth was the WOHD theme in 2023. The purpose of WOHD is to empower people with the knowledge and tools to secure good oral health with the aim to get individuals to take care and value their oral health by making the right decisions to protect it, thus boosting their confidence.

The DPKISMH Dental department participated in this global event by not only sharing Oral health tips and education but by also inviting Hospital staff to share their smiles and exhibit the pride they have for their mouths.

A huge thank you to everyone that took part in this event. The smiles gleamed confidence and good Oral health. We hope to spread this confidence throughout DPKISMH come WOHD 2024.



Be proud of your mouth!

Good Oral Health leads to a lifetime of smiles



Make smiles last a lifetime!

CONGRATULATIONS TO OUR TOP 3 WINNERS

 World Oral Health Day 20 March

1. Nosipho Ndaba (PRO)
2. Noma Mafuleka (Occ Therapy)
3. Slondiwe Ngubane (Occ Therapy)

DPKISMH DENTAL 



WORLD HEARING DAY: TAKING CARE OF THE ELDERLY IN OUR COMMUNITY

As part of showing support and care for the people living with hearing deficiency, the DPKISMH Audiology Department has been able to help hundreds of patients since its inception last year May 2022. To date 426 new patients have been seen in the facility.

According to The Association for the aged (Tafta), about one in three elders will experience some degree of hearing loss.

During this year's world hearing day, the DPKISMH Audiology team took their services to KwaMashu Christian Care Society known as Zamazulu old age home. Under the theme: "Ear and hearing care for all! Let's make it a reality", the initiative was aimed at raising awareness on hearing loss and promote ear and hearing care.

For this awareness campaign, Chief Audiologist Ms Nondumiso Buthelezi provided an in-service training on Ear Care for 16 Zamazulu employees.

The Audio team further conducted free hearing screening tests for twenty-three (23) Zamazulu residents. These residents were further referred to the facility for continuation of care.

Despite the high number of elderly people affected by hearing loss, only a few benefit from hearing aids as cost and affordability is a major factor. To date, seventeen (17) residents have received diagnostic Audiology assessments, four (4) residents are receiving Middle Ear Pathology Management, ten (10) residents have undergone Cerumen Management, six (6) residents were successfully fitted with hearing aids and two (2) residents are awaiting for their Hearing Aid fittings.

How to tell if someone has a hearing problem

- They continually ask you to repeat yourself or say, "Sorry?" all the time.
- They ignore you when you say something to them.
- They misunderstand you, e.g. when you ask an elderly man if you should fetch his cap for him, he might look puzzled and



Zamazulu Old age home staff with DPKISMH Audiology team.



Nicole Maistry screening the hearing ability of a patient



Londiwe Zondi performing an Otoscopic examination

- say, "I don't have a cat."
- They turn the volume up high on the TV or radio.
- They are reluctant to take phone calls.
- They complain that others mumble or speak too softly.



GREAT SUCCESS FOR THE BIGGEST LOSER CHALLENGE

Between January and March 2023, the DPKISMH Dietetics Department hosted their first biggest loser challenge competition. Thirty nine (39) inspired women from different departments joined in the challenge on a journey to lose weight and lead a fitter much healthier lifestyle.

The Biggest loser challenge ran for a period of eight (8) consecutive weeks. Participants were weighed at the beginning of the challenge and had their waist circumference taken. The Dietetics department further provided participants with three (3) cultural menus such as the western, Indian and traditional menu with suggested meals for 7 days with appropriate portion sizes. To ensure that support is given to participants, weekly group sessions were held to discuss dietary changes. Physiotherapists further supported participants by promoting physical activities tailor made for each member.

Season one of the Biggest Loser challenge was won by Ms. Happy Manukuza from the Dental Department. Ms. Manukuza lost a whopping 5.7 Kg with a reduction of waist circumference of 9cm!

To take part in the Biggest loser challenge liaise with the Dietetics department situated at Block G Ground Floor – EXT: 1547 😊



Winner: Happy Mankuza receiving her prize



DPKISMH Ladies after an Aerobics session





AVBOB EMPOWERS DPKISMH SPORTS TEAM

A stunning new Pixley Boys and Girls Kit was generously sponsored by AVBOB. After reaching out to the stakeholder our teams were delighted to receive their anticipated kits. It is no doubt the teams will be burying their competitors, literally!

Mr. Mpanza, Area Manager at AVBOB said he is pleased to be in partnership with the facility and looks forward to further collaborations.

The boys dedicated captain, Lindokuhle Xaba said he is very excited with the kit and extremely proud of the boys as they have won majority of their matches against other facilities such as Mahatma Ghandi Memorial Hospital and Prince Mshiyeni Hospital. The kit will provide even more confidence when playing against other teams.



Sandile "Msenti" Ngema doing the most in the field



Mthandeni Msomi
Marathon Bib 58066
Finish Time: **10:54:36**
HOLLYWOOD AC KZN

🕒 Finish Time
10:54:36
07:28 min/km

>>> YOU TELL US

what went through your mind when you finally reached Kingsmead stadium?

"Finishing at the Kingsmead stadium was a dream conquered for me.

I wanted to cry, I was happy at the same time, the crowd cheering at the runners finishing was motivating.

Angazi ngichaze kanjani but I did a silent prayer. I felt like a hero. It was exciting. At last I said "Mama I made it". I joined CM to honor my late mother who passed on in 2021. God did!"

As Novice I had mixed emotions. Running the ultimate human race Comrades Marathon (CM) is tough. CM is a grueling race that covers 90km.

To complete it successfully, you'll need to train at least 8 months before the race, you must have a training plan, build endurance, focus on recovery, proper hydration and nutrition are very crucial."

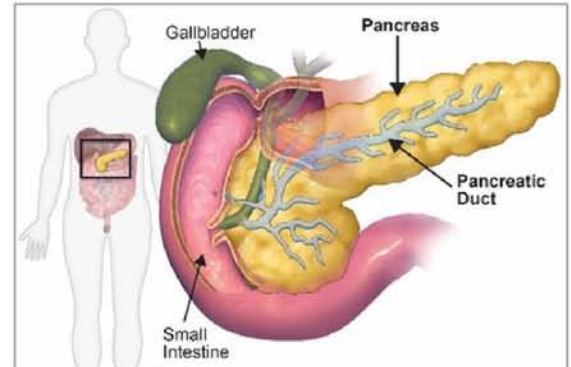




Health Corner with: Dr. K. Chiliza Medical Specialist: Surgery



ACUTE PANCREATITIS



What is acute pancreatitis?

The pancreas is a gland that is located behind the stomach and near the small intestines. The pancreas produces enzymes that help with digestion and hormones that regulate glucose in your body.

Pancreatitis is the inflammation of the pancreas.

There are two types of pancreatitis:

1. Acute pancreatitis: inflammation that occurs quickly, usually within 48 hours or so. This usually resolves on its own without permanent damage to the pancreas.
2. Chronic pancreatitis: inflammation is persistent and tends to lead to scarring & damage of the pancreas.

What causes acute pancreatitis?

Gallstones, which are commonly seen in women & alcohol abuse (more common in men) are the two commonest causes.

Other causes include:

- Certain medications that irritate the pancreas
- High fat levels in the blood (hypertriglyceridaemia)

- High calcium levels in the blood (hypercalcaemia)
- Infections such as viruses eg. HIV & Mumps
- Injury or surgery around the pancreas
- Abnormalities in the development of the pancreas
- Toxins eg. scorpion bites
- Autoimmune disease

Symptoms

The main symptom of pancreatitis is abdominal pain.

Other symptoms include:

- Nausea and vomiting
- Fast heart rate
- Fever

In people with alcoholic pancreatitis, the symptoms often occur one to three days after an alcohol binge.

Diagnosis

Tests and procedures to diagnose pancreatitis include:

- Blood tests to look for elevated pancreatic enzymes (lipase, amylase). If the levels are three times higher than normal, acute pancreatitis is suspected.

· Imaging of the abdomen is done to confirm the diagnosis by doing an ultrasound, CT scan or an MRI. These will look for features of pancreatitis such as a swollen, enlarged pancreas and associated complications such as fluid around the pancreas or necrosis (death of pancreatic tissue).

Treatment

Treatment for acute pancreatitis may include the following:

- Intravenous (IV) fluids: As the body uses energy and fluids to repair the pancreas, the body becomes dehydrated. Therefore, extra fluids via a drip are very important in the management.
- Pain medication to help control the pain.

"The main symptom of pancreatitis is abdominal pain."



·Early eating: As the inflammation in your pancreas improves and pain symptoms improve, early feeding is suggested to help in healing the pancreas.

Depending on the cause of the pancreatitis, other treatment modalities may include:

·Endoscopic retrograde cholangiopancreatography (ERCP): this is a long tube with a camera that examines the bile ducts and removes stones that may be blocking the ducts thus leading to acute pancreatitis.

·Gallbladder removal surgery (Cholecystectomy): gallbladder removal is the standard treatment if the pancreatitis was caused by gallstones.

·Endoscopic ultrasound (EUS): endoscopic procedures may be necessary to drain fluid from the pancreas or remove diseased tissue.

How to prevent pancreatitis?

Not all causes are preventable, but certain lifestyle changes can decrease the risk.

·Stop drinking alcohol. It is prudent to stop drinking alcohol while recovering. Continuing to drink can lead to more episodes of acute pancreatitis and develop into chronic pancreatitis. If you're unable to stop drinking on your own, ask your doctor or healthcare provider for referral to a rehabilitation centre.

·Stop smoking. Smoking with pancreatitis may raise the risk of developing pancreatic cancer.

·Low-fat diet: this will reduce the cholesterol levels, thus reducing the formation of gallstones.

HEALTHY EATING IN THE WORK PLACE



Why healthy eating is important in the work place?

Research shows that employees who eat unhealthily with less mobility are more likely to be unproductive with increased level of absenteeism.

Making healthy food choices at work is often very difficult, especially when you're stressed, drowning in deadlines, and the office is filled with temptations.

Healthy food choices can help to increase concentration and memory and improve stress management in a work place.

Healthy Eating Tips for Good Health and Productivity at Work

- Eat small meals more frequently; instead of eating larger meals.
- Have more fruit and vegetables throughout the day.
- Pack your own lunchbox instead of buying take away.
- Be cautious of the fluids you take; mineral water, sugary beverages contain many calories.
- Be mobile through taking regular walks within your office space, parking far and walking to your work station.

·Choose healthier options from the canteen; avoid fatty, greasy and sugary lunches or snacks and beverages.

·Snack smartly: do not snack on chips, cakes and fatty items but choose healthier snacks such as nuts, seeds, fruits, low fat yoghurt and vegetables.

·Drink plenty of water; always choose water over any other beverages.

·Always choose complex, wholegrain-unrefined starches such as whole-wheat bread, provitas, all bran flakes

·Nibbling on chips, sweets, chocolates and other empty energy foods can increase you calories intake without providing any significant energy or satisfaction thus leading to obesity.

Should you wish to see a Dietitian for a full assessment and dietary advice please go through our staff clinic.

2023 *class of*

CONGRATULATIONS GRADUATES!



Ms. Sindiswa Mkhize
National Diploma:
Accounting



Ms. Lindiwe Mawela
BComm: Financial
Management



Ms. Nosipho Ndaba
Advanced Diploma:
Management



Ms. Mbalenhle Sibiya
Bachelor's Degree in
Advanced Practice:
Critical care &
Trauma

*I drop the top to the Porsche and I stick out
My head and scream "Mama I made it"
-Cassper Nyovest*

NEW APPOINTMENTS



Dr. N.P. Mayeza
Medical Officer



Ms. T. Mhlongo
Chief Speech Therapist



Dr. T. Korda
Emergency Medicine
Specialist



Mr. M. Msomi
Senior HR Practitioner



Dr. H.B. Khanyi
Emergency Medicine
Specialist



Mr. M. Dlamini
HR Practitioner



Mr. M. Zamisa
Clinical Psychologist



Dr. K. Mbanga
Emergency Medicine
Specialist





NEW APPOINTMENTS



Dr. M. Khanyile
Medical Officer



Dr. T. Shishane
Medical Officer



Ms. K. Ncwane
Security Officer



Dr. A. Ackerman
Medical Officer



Mr. L. Dlamini
Cleaning Services



Mr. N Mchunu
CSSD Attendant



Dr. L.P Ncanana
Medical Officer



Ms. T. Shelembe
Professional Nurse



Ms. S. Memela
CSSD Attendant



Ms. S. Ndlovu
Enrolled Nurse



Ms. X.P Mbhele
Enrolled Nurse



MR. S.B SABELO
Professional Nurse



Mr. L. Ntuli
CSSD Attendant



Dr. V.S Mdingi
Orthopaedic Surgeon



Ms. P.M Mtini
Enrolled Nurse



Ms. N.P Nxumalo
Enrolled Nurse



Ms. N. Miya
Professional Nurse



Dr. N. Zondi
Medical Officer



Mr. S. Sotetsi
CSSD Attendant



Ms. Z.N Zuma
ENA





ngiyabingelela Mxhumanisi
Ngiyabonga ngendlela eningiphate ngayo.
Ithimba lonke lesibhedlela, oDokotela,
kanye nabatlengikazi baziphatha kahle
iziguli. - Promise Mkhungo - Ortho 2

To the Doctors, thank you so much
for the patience and time. You did so
much for me during my worst time.
You have saved and helped me regain
my strength. May your magic hands
and knowledge continue to save
others. A very special thank you to
Dr. Luthuli and Dr. Brown
Zanele Zuma - Medical 2

The treatment I received was the best
I could have asked for. The nurses and
Doctors were friendly and do their job
efficiently. - Sphiwayinkosi Khanyile -
Day Ward

I appreciate the service I received at the
Eye Clinic. Starting from the admissions
desk right to the Nurses and Doctors,
everyone is professional. Keep up the
good work. - Mkhanyiseli Ngwane -
Optometry

Dear Nosipho 😊
Thank you so much for the daily
messages (Pixley Morning Vibe)
They really do help us get through
the day. ❤️ - Lulama Gumbi- Public
Relations Office

This is my second visit to the
hospital and i'm so impressed. As you
enter the hospital the staff are
friendly and very helpful. The
hospital is also clean and tidy. Thank
you so much! -
Pravin Sunkran - SOPD

Ngiyabonga kakhulu ukuthola usizo
lwePhysio ebengilunikwa uNksz. K.
Nxaba. Uqhubeke njalo ngokusiza
abantu ngothando nangenhlonipho.
Noluthando Xulu - Physio

Thank you so much to each and
every member of the Emergency
Department. Sr. Khumalo went above
and beyond to assist my mother.
Dr. Mayiza was a star with providing
all the information I needed. Thank
you so much.
Tracey Allen - ED



Awesome! Corner

SOMEBODY THINKS YOU ARE AWESOME! 🥰



Dr. N.P. Mayeza
Surgery



Dr. Wilson
Surgery



Mr. S. Mthethwa
Audiology



Dr. N. Ndwandwe
Dental



Ms. Z.A. Sithole
Psychology



Dr. R. Thoby
Dermatology



Mr. L.P. Myeni
Audio



Dr. Mthembu
Dental



Ms. L. Hadebe
SOPD



Dr. N. Zondi
Surgery



Ms. N.S. Nxaba
Physio



Mr. B.M. Ngcobo
Occupational Therapy



Mr. S.P. Nxumalo
Physio



Dr. M. Qoboshiyane
Dental



Dr. K. Chiliza
Surgery



E.N. K. Dlalisa
Surgical 1



Dr. S. Brown
Medical 1



Mr. B. Vezi
Occupational Therapy



Ms. N. Makholwa
Physio



OM: Y. Zungu
Surgical 1&2



SOMEBODY THINKS YOU ARE AWESOME!



Mr. T.S Lushaba
Optometry



PN N.F Shangase
SOPD



PN P.B Skhakhane
SOPD



ENA N.S Dlomo
SOPD



EN N. Nxumalo
SOPD



EN X. Bhaqwa
SOPD



EN. S. Majola
SOPD



OMN Mthembu
Surgical 2



Ms. L. Zondi
Audiology



Ms. N. Ndaba
PRO



PN N.P. Zuma
Surgical 1&2



Ms. N. Maistry
Audiology



Dr. S.P.B Khetsi
SOPD



EN. T.N Khumalo
ED



Mr. N. Mtetwa
SOPD



Dr. C.L Luthuli
Medical 2



PN N.P Magubane
Surgical 2



PN N.T Sibiya
Surgical 1



Dr. V.S Mdingi
SOPD



GALLERY

Nurses Day celebration



Judges deliberating the winners:
Hand Hygiene Day



Samora Seme doing an air squat
in the staff wellness event



Ladies after an Aerobics Session



Farewell Mellisa Govender



World Premature day



Crazy socks 4 docs day



PAMS component raising funds for
disability day



PAMS component raising funds for
disability day





Mental Health Unit Fire Drill

FILM NEGATIVE



Staff wellness day

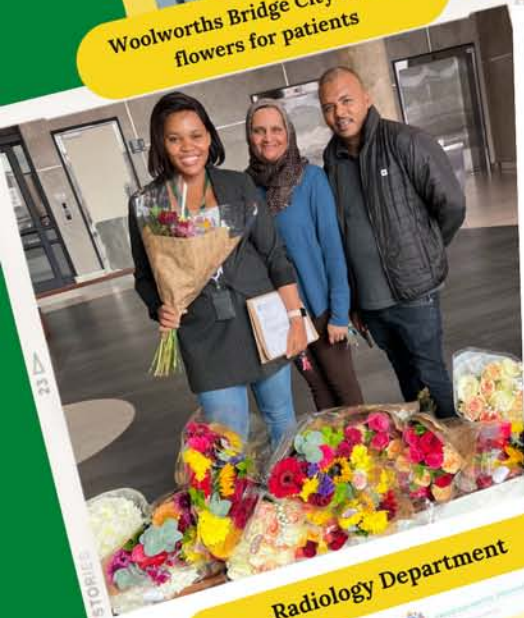
Saze sasha uHR



Crazy Sock 4 Docs Day



Ms. Thandeka Mlambo & Ms. Patience Vilakazi



Woolworths Bridge City donates flowers for patients



Farewell Sr. M. Govender



Radiology Department



Management walkabout, assessing readiness of the kitchen

ACKNOWLEDGEMENTS

EDITORIAL TEAM



Dr. J.M Mthethwa
CEO
Chief Editor



Ms. N. Ndaba
PRO
Designer, writer & Photographer



Ms. L. Gumede
Admin Support
Writer



Ms. Z. Msomi
PR: Intern
Writer & Photographer

PRO'S MESSAGE

Greetings from the Public Relations desk.

It is a pleasure once again that I craft this message for our wonderful readers.

Putting together this issue was really an exciting experience, in this issue we tried to focus on men's health as June is celebrated as such. I hope all readers gathered some information of value from the articles.

Handling complaints, compliments and suggestions is one of my key responsibilities, in the past three (3) months we have received over 145 compliments. I am astonished by the love, respect and appreciation our clients have for our facility and staff, hence the introduction of the awesome corner. A lot of clients took it upon themselves to compliment each individual featured in this section. Big ups to all the amazing, awesome staff, your efforts and dedication are well recognized.

A special thank you to our valued stakeholders, to name a few: Investec, Assupol, Sanlam, SA Home loans, Old mutual, Metropolitan and AVBOB who always come through for us when planning various events. They have really showed support to our events planning committee. We appreciate you.

I would like to extend a heartfelt thank you to all the departments that contributed to the content of this issue, Dr. Mhlongo, Dr. Chiliza and Dr. Ndwandwe thank you so much for respecting the Public Relations Office and assisting with such well nourished information in the busy schedules that you have. Izandla zidlula ikhanda.

A heartfelt thank you to the CEO, Dr. Mthethwa for leading the team of excellence, encouraging each one of us to reach our full potentials, Siyabonga Nyambose.


It's been an honor putting together this issue, I hope you enjoyed it. To be featured in our next issue please share your newsworthy stories with the Public Relations Office.

Until next time, Danko means Thank you.



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