



GJ CROOKES

NEWS

June 2023



GJ CROOKES TEAM RENDERING HEALTH SERVICES AT BHAI PLAZA

GJ Crookes Hospital was the first hospital under UGu District to host Isibhedlela Kubantu initiative on the 5th of May 2023 at Umzinto, Bhai Plaza. Various health services were rendered to the community on the day i.e minor ailments, HIV testing , immunization, dental services, eye services , social services etc. This initiative was aimed at bringing health services to the community in the convenient environment as some are having difficulties in reaching the hospital.

The public took a full advantage of this opportunity and visited various medical stalls to get services they required. Isibhedlela Kubantu will be an on-going initiative that will also be extended to the communities in the remote rural areas of Umdoni that falls under GJ Crookes Hospital.

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CEO's INPUT



Mrs. MS Khathi

A special greeting to all our readers. As we come to an end of our first term I would like to thank the senior management for working tirelessly in taking the leadership role in the facility. I would also like to extend my sincerest gratitude to staff members from all disciplines for working hard through trying conditions to ensure that health services are accessible to the community. We are grateful to announce our achievements and goals in taking the health services to our people. I would also like to congratulate the sub-district team for working extremely hard to reach this goal. The greatest motivation is drawn from our

mission and vision where we strive and commit to provide quality health care to our people. We have an obligation to provide district health services to our community and play our part in making a difference in their lives. We have embarked on breaking the chain of debilitating diseases by health promotion and re-enforcing disease prevention strategies.

The aim is to reach the 95-95-95 strategy within available and limited resources. The population has grown and so have our services. With the recent bouts of communicable disease outbreaks, we have worked hard to help restore health through our vaccination program. We are urging our community to utilize our health care facilities should they encounter health challenges or are in need of care and support. We have successfully launched health promotion programs for staff to boost their morale and also find comfort in their working environment.

In closing I am urging our community to utilize health care services at their disposal to improve health for all.

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NURSES DAY CELEBRATION



Deputy Manager Nursing: PT Mkhize



GJ Crookes Nurses : reciting nurses pledge

GJ Crookes Hospital celebrated Nurses Day on May 24 under the theme # Our Nurses are Our Future. The program director, Sister N. Gumede talked about the importance of self-care and the major role it plays in alleviating life challenges. Assistant Manager Nursing: MN Chule welcomed the guests and described the commemoration as of noteworthy: "it honors the memory of Florence Nightingale the fundamental philosopher of modern nursing and raises awareness on the important role of the nurses in the society." AMN encouraged the nurses to continuously seek guidance from the almighty based on the work they are doing which sometimes affects them psychological.

Nurses received messages of support and encouragement from Sister TC Jwara (Nursing Champion) and Operational Manager S Ngubo. The Sermon from the book of John 13: verse 1-5 was delivered by Pastor Jali, thereafter Deputy Manager Nursing: Ms. PT Mkhize led the nurses Pledge; DMN reminded the nurses that they are entrusted by God to restore hope and save lives of human beings. Operational Manager: P Ndlovu gave the vote of thanks and nurses from all wards and out patients departments received a special cake to be shared amongst colleagues.

"To do what nobody else will do, a way nobody else can do, in spite of all we go through; that is to be a nurse" Rawsi Williams

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HAND WASHING AWARENESS



Health Care workers after doing the hand washing pledge

Hand hygiene is the fundamental component of clinical care that protects you and those receiving the care you provide. On global hand hygiene day 5 May 2023 at GJ Crookes hospital different departments performed activities on hand hygiene awareness.



11 Steps of Hand washing: Role plays by Accident and Emergency. 5 Moments of hand hygiene stated by World Health Organization: Hand Hygiene Poster: Designed by Pediatrics ward

IPC Manager Mrs. R Naidoo made emphasis on hand sanitizer which is regarded as the Gold Standard.

Cleaning hands by rubbing alcohol based formulation is an effective hand sanitizing technique if hands are not visibly dirty. This technique/procedure is faster and better tolerated compared to washing hands with soap & water at the point of care meaning where 3 things come together (the patient, the health care worker and the care /treatment involving contact with the patient.

Mrs. Naidoo reminded all health care workers that they are responsible to prevent the spread of disease/infections at workplace. "I invite all the staff of GJ Crookes hospital to be hand hygiene champions and leaders so that our patients receive quality patient care in a safe and secure environment".

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MOVE FOR YOUR HEALTH



Miss N Chithway: Dietician

Radio has the power to reach a wide range of audiences thus enables communities to gain knowledge on different clinical programs services available in the healthcare sector and advise on health care matters.

On the 16 and 18 May 2023, Miss N.

Chithway: Dietician addressed communities on Ugu Radio and Radio Sunny South on the topic "Make healthy food choices easier"

She cited that most people think eating healthy is expensive, time consuming and requires lots of preparation. Whereas Healthy eating can be cheaper when a person has knowledge of the healthy food choices. Miss Chithway alluded that many people consume a diet that lacks variety and high in energy dense foods that are nutrient-poor while vegetable and fruit intake is low.

This could be due to the rapid urbanization which has led to an increased intake of processed foods

that are high in sugar, salt and/ or saturated fats. Such foods have led to an increase in overweight/ obese women and men in the country.

An increase in obesity also increases the risk of non-communicable diseases even premature deaths. Chithway then shared few tips on healthy food choices to be made by each household and few tips on budget.

- Enjoy a variety of whole foods that is unprocessed or minimally processed
- Buy healthy, affordable foods.
- Drink lots of clean, safe water instead of Sugary drinks.
- Use cooking methods such as boiling, steaming, grilling and baking instead of frying.
- Eat regular meals and choose healthy snacks.
- Practice healthy eating habits, e.g., eat lots of vegetables and correct portions of other foods.
- Draw up a budget for food. Have an amount in mind and do your best to stick to it.
- Create a menu plan for the week ahead for breakfast, lunch and dinner.
- Plan to use leftovers for a few breakfasts, lunches or dinners throughout the week to reduce time spent cooking.
- Buy locally produced foods and look out for specials:

Mrs S Tenza ended by encouraging the communities to go back to basics of one home one garden, which also plays a role in reducing expenses and ensuring use of fresh produce.

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AFRICA VACCINATION WEEK



Communities attending to Africa Vaccination Week Awareness

Umzinto Clinic Joined in the celebration of World Immunization Week, which takes places from 24 to 30 April annually, this is an opportunity to underscore the importance of immunization in saving lives, the value of vaccines and immunization and to encourage families to vaccinate their children against deadly diseases. This worldwide collaboration provides an opportunity to boost momentum and focus on specific actions such as:

- Catch up for children who missed scheduled doses
- increasing vaccination coverage to prevent disease outbreaks;
- reaching out to communities living in remote areas that are not able to easily access health care facilities
- reinforcing the medium- and long-term benefits of immunization
- Giving children a chance to grow up healthy go to school and improve their life prospects.

Community of Umzinto and surroundings made use of this opportunity they came in numbers for different vaccines and immunizations. The event was supported by UGu District office and they brought goodie bags for the babies, t shirts and caps were also handed out to all clients that came for their jabs.



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PREGNANCY AWARENESS WEEK

February 6-10 is observed as Pregnancy Awareness Week and GJ Crookes celebrated this week with an aim of promoting healthy pregnancy. This includes the importance of early ante natal care booking which enables management and prevention of complications that may arise during pregnancy. Early attendance of A.N.C clinic may be beneficial to the pregnant women with the following:

- Detection of maternal conditions such as anemia and hypertension
- Treatment of any maternal infections /conditions
- Monitoring of fetal growth and well being
- Motivation and support to women on importance of getting tested for HIV and to adhere to ART's
- Educate pregnant women to abstain from alcohol & drugs
- To mentally prepare women on labor and delivery
- To educate women on the benefits of breastfeeding



**Obstetrics and Gynaecology AMN:
JPN Muthwa and Ante Natal Care:
Operational Manager PBE Gumede**



Staff from Ante Natal Care during role-play

A.N.C team did an educational role play for pregnant women which highlighted risks that may occur during pregnancy .Those risks includes:

- Severe headaches on the forehead , Blurred vision
- Vaginal bleeding, No foetal movements , Swollen face and body , Breaking of water

If any of the above occurs then a pregnant women must immediately seek medical attention.

OM: BPE Gumede ended by encouraging pregnant women on ensuring healthy diet during pregnancy and to always have their bags readily packed in case of labor onset.

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QUALITY NURSING DOCUMENTATION



Front Row: Deputy Manager Nursing : Ms. PT Mkhize, Operational Manager : BPE Gumede , Assistant Nursing Manager : JPN Muthwa , Monitoring and Evaluation Manager Mrs. Z Sobantu , OM: NM Zulu and Professional Nurse :SN Ngcobo and back row staff from Obs &Gynae

Poor report writing, omission of risk assessment data and vital signs were some of the gaps that were identified during the nursing documentation and clinical care audits. From this performance Deputy Manager Nursing: Miss PT Mkhize developed a project for nursing component to try and improve quality nursing documentation. The project commenced in November 2022, a total number of 340 files were provided for the in-patient wards files were colour coded and labelled as per unit with dividers for the various parameters documented during patient care.

Official launch of the project was on the 31 January 2023 , DMN: Miss TP Mkhize stated that this project was implemented to improve patient care documentation by ensuring that nurses document all relevant patient care data. The project also added value, boosted staff morale and encouraged nurses to ensure quality documentation of all activities done for patients. Quality Nursing documentation promotes effective communication between health care professionals which facilitates continuity and individuality of care.

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HEALTHY LIFESTYLE LAUNCH



Pharmacy Team after completing the fun walk

The 16 March 2023 was the official launch for the work and play program at GJ Crookes Hospital, a program that encourages employees to take part in sports activities with the aim of combating chronic diseases, also encourages them to live a healthy lifestyle.

The day was of great success ; employees enjoyed themselves and participated in different sports activities. It all began with a 3km fun walk which was led by Mr. S Maphumulo supported by UMdoni Municipality: Law Enforcement the walk ended at Scottburgh Country Club where the whole event was held. Dr. Kgabo Medical Manager welcomed everyone and thanked the wellness team for organizing an event that is encouraging employees in being physically active which has a positive effect on our minds, our mood and healthy body. The day continued with many games including aerobics, indigenous games, sack race, egg and spoon race, tug of war, netball and soccer.

It was a joyful day indeed enjoyed by all and all looking forward to partake in continuous work and play activities. Wellness team is grateful to the sponsors of the event i.e. Food Lovers, Mr. Osman Salejee, Metropolitan and OLD Mutual.

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KUDOS TO COMRADES RUNNER



MR S Maphumulo

Running and finishing the comrades marathon was a dream come true for Mr. Sbusiso Maphumulo , training hard and sacrificing a lot of things including time with his family resulted in the realization of his dream. Mr. Maphumulo started running the comrades in 2019, he only made it halfway but that never discouraged him he continued training hard and in 2023 he was successful and completed his race in 11 hours. Sbusiso few words on the whole experience were:

“Considering all the hardships I went through I never gave up on my dream, it’s very hard to run if you don’t have a sponsor. To enter races you have to pay, Comrades Marathon is expensive plus you need quality running shoes and good supplements to sustain you during trainings and on the actual race day.

I have a few people who are very interested in the game so without them I'm absolutely nothing. Some are colleagues from GJ Crookes Hospital, Friends and Family.

Training hard sacrificing my Twins time. Leaving early for work and coming back on foot made the difference. Determination through hardships of not being able to secure a sponsor didn't derail my dream. Consistently I trained and ran with a pair of shoes that was totally worn out didn't have enough negative effects to my dream.. So I say... When "you Dream, your dreams will fight for you”

Hopefully in 2024 I'll have a Good Samaritan to assist me in my drive to encourage all people living with chronic diseases to never give up but find a distraction to their plight...

Mine was jogging and running”

Well done Mashimane GJ Crookes family is very proud of you.

GALLERY



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