



**KWAZULU-NATAL PROVINCE**  
HEALTH  
REPUBLIC OF SOUTH AFRICA

# GJGM REGIONAL HOSPITAL

# GJGM HOSPITAL

# NEWS

December 2022



# CHRISTMAS BABY

 KwaZulu-Natal Department of Health

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# CHRISTMAS BABIES

MEC for Health Ms Nomagugu Simelane accompanied by ILembe District Mayor honourable Cllr Thobani Shandu ,KwaDukuza Mayor Honourable Cllr Lindi Nhaca and Home Affairs Deputy Minister Mr. Njabulo Nzuzuzo visited GJGMR Hospital on the 25th December 2022 to welcome Christmas babies. GJGM Regional Hospital was honoured by the visit from MEC for KZNHealth as well as the Deputy Minister for Home Affairs on this special day.

GJGMR was on the roll once again welcoming seven healthy babies, one of them sharing the special day with their mom.

On this day, the MEC spoke about some of the challenges that are faced by young people in communities. “Teenage pregnancy, HIV & AIDS as well as Statutory rape are some of the major challenges that affect the lives of young people. The society need to unit and fight against these challenges because they hinder the progress of the young people.” She urged especially parents not to accept any form of damage payments from the perpetrator of statutory rape but report the crime.

Home Affairs Deputy Minister Njabulo Nzuzuzo, took his turn to announce that the department has implemented an early birth registration programme inside hospitals which allows mothers to register for their children’s birth certificate without having to go to the offices of Home Affairs. He said this implementation will close the gap of South African citizens who are not officially registered and as the Department of Home Affairs they aim to offer the service in all Hospitals.

It was then gift time!

The MEC together with her team visited Paediatrics wards and gave a host of presents to all the children. There was singing and chanting from the young future leaders. Delightness was all could be seen in their faces.



# WORLD AIDS DAY

World AIDS Day is commemorated each year on the 1st of December and is an opportunity for every community to unite in the fight against HIV, show support for people living with HIV and remember those who have died (Department of Health. (2022:1).

The official theme for this year is "Equalise and Integrate to End AIDS," reflecting the gravity of the epidemic's impact on marginalised communities. The issue of equalization, as per this year's theme, is critical because we understand that the burden of HIV and AIDS falls mostly on the most vulnerable communities. So, as a Government, our main goal is to make sure that all parts of a person's health care work together in a single system so that everyone always gets the best care possible. If anything, the COVID-19 pandemic has highlighted the need for primary health care to be at the centre of all health systems. We must equalise and integrate our services to speed up HIV prevention, treatment, care, and support (South African Government. (2022:1).

On the 2nd December 2022, GJGMR Hospital (HAST Department) conducted an Awareness campaign at KwaDukuza Taxi Rank. HIV testing, TB screening, Pregnancy testing etc. were some of the services rendered on the day. Staff were on a mission constantly mobilising people to the Gazi-

bu where the services were provided and distribution of condoms both male and female was on a very high rate with 12 900 condoms distributed on the day. 217 people screened for TB and 28 tested for HIV.



STAFF DISTRIBUTING CONDOMS

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# WORLD PREMATUREITY

Premature babies are those born before 37 weeks. A full-term pregnancy lasts approximately 40 weeks. The earlier a baby is born, the greater the chance of short- and long-term health complications. Premature babies miss out on critical weeks in the womb, which can impact their development. They are more likely to have breathing, feeding, developmental, vision and hearing problems.

Preterm birth is the leading cause of death among children under the age of five. Every year an estimated 15 million babies (about 1 in 10 children) are born prematurely worldwide. Research studies indicate that neonatal deaths account for 40% of under 5 deaths in South Africa.

The first international awareness day for [preterm birth](#) on 17 November was created by European parent organizations in 2008. It has been celebrated as World Prematurity Day since 2011. It has since evolved into a worldwide annual observance. [Purple](#) is the official colour for World Prematurity Day. The colour purple represents sensitivity and exceptionalism, which is fitting for our premature babies.

World Prematurity Day is an opportunity to raise awareness of the challenges and burden of preterm birth globally. Many preemies face serious lifelong health challenges. It is also a time to reflect on the amazing advances that have been made to improve the outcomes of these tiny human beings and to celebrate the healthcare workers and parents that care for them.

On the day, the paediatric department draped the nursery foyer with purple decorations and the staff were all kitted in purple. The nursery team hosted a programme for the mothers in the Nursery, Kangaroo mother care (KMC) unit and the Postnatal wards. An item in the programme included a mother, whose baby recently graduated from the KMC unit, share her inspirational story and experience of life with a premature baby. Dr Nonto Mkhize, a Medical officer in the GJGMRH Paediatrics department, was a premature baby herself and shared her experiences and is a prime example of the potential that premature babies possess.

The Paediatric, Speech therapy and Social worker departments' used the day to impart knowledge and transfer skills to the mothers via multiple teaching stations with topics ranging from how to perform CPR on their babies to importance of breastfeeding, contraception options, birth registration, grant applications, developmental stimulation and importance of immunizations and the Road to Health card. The final station was a photo station where each mum received a polaroid photo of herself with her baby.

The event concluded with the cutting of a cake, presentation of certificates and sponsored goodie bags to the mothers, and lunch was served to the mothers. The laminated certificates were made by the nursery staff and contained the birth details as well as the footprint of the baby. The goodie bags contained items generously sponsored by the Occupational therapy department, Huggies and Vygon. Lunch was sponsored by Chester Butcheries, who are always supportive of this worthy cause.

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# CANCER AWARENESS DAY

One in every 28 women is affected by breast cancer in SA, and 1 in 16 South African men will be diagnosed with prostate cancer in their life time.

The staff at GJGMRH Occupational Health clinic held a fun run on the 28<sup>th</sup> of October 2022, to create awareness and insight into these two types of cancer.

The fun run was used an opportunity to raise funds for the Cancer Association of South Africa (CANSA). Services that were offered by the CANSA association were severely affected during the Covid19 pandemic due to a shortage of fund raising events.

CANSA is a non - profit organization established in 1931. Their mission is to be a leader, which enables research in regards to lowering cancer risks, educating the public on early signs and symptoms of cancer, and providing care and support.

## Donations are spent in various ways

- CANSA care centers that offer screening and early detection programs
- Online and telephonic care support
- CANSA care homes and TLC (tough living with Cancer) Lodges
  - These care homes provide a home away from home accommodation with nutritious meals for the cancer patients, giving emotional support and guidance to children, teens and their families,
  - Provide Transport to and from cancer treatment centers
  - Also provides lodging for parents and guardians whose children are undergoing cancer treatment.
- TLC Lodges are found in Pretoria, Durban and Polokwane,

Covid -19 pandemic brought chaos to our lives, we will feel the effects of it for generations to come. However we should not forget that people living with and fighting to beat cancer still need out support and care.

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# Mental health awareness

The month of October has been declared Mental Health Awareness Month with an aim of not only educating the public about mental health but also to reduce the stigma and discrimination that people with mental illness are often subjected to. Mental health problems, such as depression, anxiety, substance abuse and job stress are common. In addition, they have a direct impact on workplaces through increased absenteeism, reduced productivity, and increased costs. Very few people seek treatment for their mental disorders. Mental illness can be treated at your nearest clinic or hospital.

On 21st October 2021, GJGM staff embarked on a march outside the hospital to create awareness on mental health and encourage the society to love and respect those affected by mental illness. This awareness will also empower the communities to also treat mental health users as normal people and stop discriminating them. The march ended with a short programme inside the Hospital where doctors and nurses presented health talks on mental health. The community was encouraged to seek help early in health facilities.



# DIABETES AWARENESS

World Diabetes Day provides an opportunity to raise awareness of diabetes as a global public health issue and what needs to be done, collectively and individually, for better prevention, diagnosis and management of the condition.

General Justice Gizenga Mpanza Regional Hospital host Diabetes Awareness day annually to create awareness on diabetes and educate the staff and patients on prevention and management of diabetes. This GJGM Hospital commemorated its annual diabetes day on 25th November 2022. This event was organised by GJGM department of family medicine. There were different speakers which included the Dentistry. The Dental Department gave a presentation on oral hygiene, which included the importance of brushing your teeth twice and the correct technique on how to keep your mouth clean.

Among the speakers, there was a dietician and Physiotherapy department which emphasised on healthy eating and exercise to keep your body healthy. The doctors and nurses in Family medicine elaborated on management of diabetes, prevention and the different treatment to control diabetes. There was a demonstration on the correct method of take insulin injection. The attendees of this event had an opportunity to check their diabetes status.

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# WORLD TRAUMA DAY

World Trauma Day commemorated on the 17th of October emphasizes the need to prevent death and disability caused by accidents or trauma. According to the World Health Organization (WHO), trauma is a major cause of death and disability across the world.

On 19<sup>th</sup> October, the Emergency Department hosted the first ever World trauma day celebration at GJGM Regional Hospital. Attendees included members of public, hospital staff and local Emergency Medical Service providers, including the fire department.

The highlight of the event was a simulation of an accident scene where an entrapped driver was rescued from his vehicle using the jaws of life by paramedics and the fire department. Other items focused on educating the public on prevention of trauma; first aid measures for bleeding wounds, burns and fractures as well as coping with post traumatic stress.

This institution serves a population of 600 000 people. The head of the emergency department described the large multi-disciplinary effort required to care for a trauma patient. She also acknowledged the consistent hard work from pre-hospital services and the Emergency Department team to save lives and prevent disability in our community.

The event concluded with celebratory cake and lunch sponsored to all attendees.



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# CP AWARENESS DAY

Palliative care for children aims to provide care for the *whole* child, which encompasses not only their physical needs but also their social, emotional, and spiritual needs and those of the child's family members. It is care that focuses on the quality of a child's life, especially when that life is going to be shortened by an incurable illness. It ensures that the child is as comfortable and pain free as possible through specialised pain and symptom management, providing a layer of comfort, even when the child may be receiving treatment aimed at cure.

According to statistics there are at least 1 million children in SA who live with a life-limiting illness or condition that will or could drastically shorten their lives. The following are some of the life-threatening illnesses affecting children in SA - all cancers, cardiovascular diseases, liver diseases, congenital anomalies, endocrine, blood & immune disorders, meningitis, kidney diseases, HIV/AIDS.

First celebrated in 2014, the second Friday in October, which this year fell on Friday the 14<sup>th</sup>, is a day chosen by the International Children's Palliative Care Network (ICPCN) to raise awareness of children's palliative care by wearing a hat and is known as *Hats On for Children's Palliative Care Day* with the hashtag #HatsOn4CPC. The day is associated with World Hospice and Palliative Care Day. The hat was chosen because a hat symbolises the layer of comfort and protection palliative care provides as well as the many hats some children's palliative care providers need to wear to ensure holistic care. Businesses, charities, hospitals, schools and individuals can all take part in the day by wearing a hat, taking a photo or selfie and posting to social media using the #HatsOn4CPC hashtag and should they wish, making a donation to PatchSA ([www.patchsa.org](http://www.patchsa.org)) or to any children's palliative care charity.

On the day, the paediatric department hosted a march through the streets around the hospital to help create awareness and afterwards held an event in the hospital grounds with invited speakers Lawrence Mandikiana, Deputy Director of Palliative Care from the National Department of Health, Alex Daniels from ICPCN and Sue Boucher from PatchSA.

Hospital staff participated in this year's #HatsOn4CPC day with great enthusiasm and generous support, as they have done for the past four years. It was heart-warming to experience the dedication and passion of everyone present eager to advocate for children to receive palliative care.

This year, enthusiastic and caring staff members of General Justice Gizenga Mpanza Regional Hospital created awareness and raised a total of R31 500 by holding cake sales and raffles throughout the year. This money raised was generously donated to three Children's Palliative Care Organisations, being Umduduzi Hospice Care for Children based in Durban, Butterfly Palliative Home in Ingwavuma, northern KZN, and Palliative Care for Children South Africa (PatchSA).

Find out more about children's palliative care in South Africa and about #HatsOn4CPC Day

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# HERITAGE DAY

24 September is national Heritage Day in South Africa, a day that recognises and celebrates the cultural wealth of the nation. South Africans celebrate this day by remembering the cultural heritage of the many cultures that make up the population of South Africa (the Rainbow Nation).

On the 23rd September 2022, GJGM Regional Hospital hosted a grand heritage day event. Staff members came out in numbers to form an electrifying atmosphere as spectators as well as making up the majority part of an exciting programme. Culture was at the heart of everything from rocking cultural attires, to the exhibition of traditional food, cultural dance and music items. Everything was all about showcasing the pride of the diverse cultures and tradition that exist within the institution.

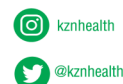
A truly well organised event one cannot live to miss. The Hospital Board Chairperson was the Guest Speaker of the day and a renowned local Maskadi artist was invited as the guest artist. Lots of fun and entertainment was experienced. The spirit of the crowd was kept lively throughout the event. Diverse cultures and traditions unified singing and dancing to one tune. The Rainbow Nation lives in General Justice Gizenga Mpanza Regional Hospital.



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# WOMEN'S FORUM RELAUNCH 2022

On the 16th of September 2022 GJGM Regional Hospital hosted the relaunch of the staff WOMEN's forum committee. The forum was officially launched in 2016. The relaunch presented a great opportunity for the ladies to celebrate six years of what was a successful and productive forum. The aim is and still going to be, to support and uplift women. Together they aim to help all women from GJGM Hospital both in the working environment and outside of the working space.

Members of the staff from various departments within the institution joined the committee in celebrating what was a momentous relaunch. The committee saw a reshuffled and the introduction of new members. Dr Luchmarain was elected as the new Chairperson replacing Mrs. Roana Swatsbooy who was the Chairperson for the past 6 years.

Unveiling of a Banner, gift giveaways for incoming and outgoing members were the crucial part of the event. The event was complimented by a celebratory cake and closed off with lunch being served to all attendees.



**WOMEN'S FORUM COMMITTEE**

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# WORLD PHYSIOTHERAPY FITNESS DAY 2022

World Physio Therapy Day is observed to generate awareness about the crucial contribution Physiotherapists make to society, enabling people to be mobile, well and independent. This is observed on the 8<sup>th</sup> of September each year.

Exercise and physiotherapy is like milk to cereal. It has proven to help staff cope with stress both physically and emotionally at work and in their households. Exercise is also generally a basis for a healthy lifestyle.

With exercise being the main promoted factor of the World Physiotherapy day, GJGM Regional Hospital (Physiotherapy department) organised a Healthy Lifestyle Event for the employees of the institution on Friday the 9<sup>th</sup> of September 2022 to commemorate the **World Physiotherapy Week**.

Staff members came out in numbers to participate in the activities. There were two sessions of the exercises. The first session was dynamic aerobic exercises which was instructed by professional instructors from the IMF Gym (Stanger) and the second session was a Strength training and Pilates which was Done by GJGM Regional Hospital Physiotherapists staff.

All participant were committed and compliant to the exercises instructed to them. An electro playlist of music kept the participants energetic throughout the two sessions of exercise, creating a scintillating atmosphere for all to enjoy.

The Physiotherapy Department extended their heartfelt thanks to the sponsors and the organizers of the event ( Metropolitan, South African Society of Physiotherapy, Cape Heat Exchange and the rest of the organising staff).



EXECISE 1<sup>ST</sup> SESSION



EXECISE 2<sup>ND</sup> SESSION



# GJGMRH NEWSPAPER ARTICLES

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**#HATSON4CFC**  
 STANGER Hospital commemorated "Hats On for Children's Palliative Care" last week. As a sign of support for and awareness of children's palliative care, staff were asked to wear a hat to work.  
 Children's palliative care is holistic care that responds to the unique physical, emotional, social and spiritual needs of a child with a life-threatening or life-limiting illness and that of the child's family.  
 The child's pain and symptoms are relieved while appropriate social, emotional and spiritual support is given to enable the child to enjoy the best possible quality of life. It can be provided alongside treatments aimed at cure but also supports the child and family at the end of life with bereavement care provided for as long as needed.  
 This specialised care is delivered by a dedicated team of people at the hospital, many of whom wear diverse and many different hats!

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## Gizenga Mpanza Hospital observes Trauma Day

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On 19th October, the Emergency Department hosted the first ever World Trauma Day celebration at the General Justice Gizenga Mpanza (GJGM) Regional Hospital. Attendees included members of public, hospital staff and local Emergency Medical Service providers, including the fire department.

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**TRAUMA:** Pictured are the staff members of the Emergency Department at General Gizenga Mpanza Regional Hospital

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# GJGMRH COMPLIMENTS

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 WITH VERY FRIENDLY STAFF.  
 VERY IMPRESSED  
 C.P. SMITH  
 Ref: 1QJ-7XK-R5N

Date on which the incident took place: 21/10/20  
 Your EYE CLINIC IS SO VERY CLEAN AND  
 NEAT. THE STAFF ARE SO FRIENDLY AND  
 HELPFUL. I WILL RECOMMEND THIS  
 HOSPITAL TO ANYONE.

*[Signature]*  
 Signature of person lodging a complaint  
 or recording a compliment or suggestion

*[Signature]*  
 Signature of patient

Exceptionally well run  
 Well done to you all.  
 I am very impressed.  
 I left Ballito after 2 hrs as  
 nothing was happening -  
 Everything worked like clock work  
 Yvonne  
 Faber

**AUDIOLOGY AND SPEECH THERAPY DEPARTMENT**  
 COMPLAINTS AND SUGGESTIONS  
 IMIBONO/IZIKHALAZO Ref: 1QL-1GH-  
 LUT

On the 03/09/2022 my daughter came to Audiology  
 I cannot remember the name she was so nice  
 and welcoming. I also got a doctors note thank you  
 for both her school and my work.  
 Before that in Dr January other young lady was so  
 good in explaining what she was doing and she  
 was willing to answer any questions I had. Today  
 another young lady welcoming with a smile made me as mom  
 to feel a softy for my daughter. Well done Audiology team  
 keep smiling and taking your patient well. You are all  
 the best. May Lord our God live in your heart and for all  
 of you to be granted many more years for what you doing  
 Keep smiling, keep shining, keep being your job, keep saving  
 our hearing  
 xxx

# PHOTO GALLERY CHRISTMAS BABIES



# PHOTO GALLERY



AIDS DAY - PATIENT VITALS



AIDS DAY - CONDOM DISTRIBUTION



CANCER AWARENESS - FUN WALK WINNERS



CANCER AWARENESS - FUN WALK START



MENTAL HEALTH AWARENESS - MARCH



MENTAL HEALTH AWARENESS - MARCH





# PHOTO GALLERY



CP AWARES - STAFF



CP AWARENESS - SELFIE TIME!



HERITAGE DAY - BEST CULTURAL GROUP



HERITAGE DAY - BEST TABLE DISPLAY



FITNESS DAY - STAFF & FITNESS TRAINERS



FITNESS DAY - EXERCISE SESSION



# ACKNOWLEDGEMENTS

## EDITORIAL TEAM / DETAILS

**Writer : Thobelani Sphiwe Phanyela**

**Editor: Pumla Mba**  
**PR Officer**

**Chief editor : Dr. Gustavo Lopez**  
**ACEO**

