



**health**

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

# Stanger Regional Hospital

# Stanger Hospital

# NEWS

## STAY INFORMED

JAN-JUN 2017

### STANGER HOSPITAL SHINES AT MASEA



Stanger Hospital Management team , Ilembe Health district team and Stanger Paediatric unit accepting an award for the first position in the best performing pediatric unit for Regional Hospitals.



**BEST PAEDIATRIC UNIT IN KZN REGION -STORY ON PAGE 2**



**HANDWASH DAY MORE ON PAGE - 6**



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# STANGER HOSPITAL SCOOPED 3 MASEA'S

Stanger Hospital scooped three prestigious awards at the MEC's Annual Service of Excellence Awards (MASEA), that was held on 2<sup>nd</sup> of June 2017, at the Durban ICC Arena. This annual awards ceremony seeks to recognize performance excellence in the delivery of health services to the citizens of the province.

The health employees were recognized across numerous genres that make up the health system. The awards were run in three segments, covering Special Awards Recognition, Special Awards entry and Desktop. Stanger hospital was one of the institutions who were recognized in the best performance in the Region of KwaZulu-Natal and the following awards were received ;

- ⇒ 1st position in the **Best Performing Paediatric Unit in the Regional Hospitals**
- ⇒ 4th position in the **Best performance for the Financial Management.**
- ⇒ And the special award for the **Most improvement in reduction of Maternal Mortality rate over the last 3yrs in the province of the KZN.**



*Paediatric team with their awards*

*Finance Department with their certificate*



*Maternity team holding their special award*

# MASEA CONTINUES



Left Ms K.Hlophe-Acting District Director Ilembe Health District, Ms R.T Ngcobo-CEO Stanger Regional Hospital, Dr S. Mtshali KZN HOH, Ms Sihle Ndaba-Uzalo Actress, Dr G.Lopez –Stanger Hospital Medical Manager



Left MEC Dr S.Dhlomo, Uzalo Actor – Mr N. Dlamini, Stanger Hospital CEO –Ms R.T.Ngcobo, KZN HOH –Dr S.Mtshali , Ms K.Hlophe-Acting District Director Ilembe Health District, Stanger Hospital Board Chairperson-Mr T.Khuluse , Stanger Hospital Finance Manager– Mr J.B.Naidoo

# WELL DONE STANGER HOSPITAL !



Stanger Hospital nursery staff with Ms Wendy Sithole holding baby Inamandla

A “miracle “baby born weighing 800g is now 1 year old and learning to walk like other kids of her age. Kranskop resident Ms Wendy Sithole, 20, thought she had a normal pregnancy, was suddenly shocked when she went into labour at 25/40 weeks of gestation. She was immediately rushed to the nearest hospital, where she was transferred to Stanger Hospital . She delivered a baby girl , called Inamandla .

Baby Inamandla was admitted in neonatal nurse. She stayed in hospital for four months until her weight was greater than 1.8kg and due to medical problems caused by prematurity such as her lungs not being fully developed. As a new mother Wendy had to learn her new role in a hospital environment away from the comfort of her home. During the third month Inamandla and Wendy were transferred to Kangaroo Mother Care Ward, where mom and baby stayed with each other 24 hours a day. Kangaroo mother care is when the baby is placed skin to skin with the mom for 24 hours a day. Kangaroo mother care is a safe and effective way to care for a premature baby as it helps mom and baby to bond; increases mom’s confidence to care for a premature baby; encourages baby to breastfeed, helps baby gain weight, keeps baby calm and reduces risk of infection.

“Inamandla was so tiny, I was scared to even hold her although I was happy at the same time because she was alive but as the time goes, I felt comfortable to hold her” said Ms Sithole

Stanger Hospital Head of Paediatrics department Dr J. Van Lobenstein said the lungs of the baby were small and immature, because of this it is difficult for the baby to keep the small part of the lungs open and full of air. To assist with this the baby received medication straight into the lungs via the tracheal intubation soon after birth and was given positive airway pressure via a non-invasive ventilator called CPAP (Continuous Positive Airway Pressure) for several days.

Ms Wendy says the nurses, doctors and allied health team in nursery were of such a great help as they were educating the mom’s on how to look after their babies, to love them, how to feed them, and how to care for a premature baby. “Nurse Cookie Tikaram was educating us every day about taking care of our babies” said Wendy. There were weekly classes by the doctors, nurses, occupational therapists, physiotherapists and dietitians on how to care of the babies in hospital and at home.

Baby Inamandla was discharged after four months in Hospital and re-admitted only after two weeks at home due to pneumonia. “This time everyone lost hope when Inamandla was transferred to Albert Luthuli, but I remained positive as I believed that my baby survived so much, I knew she will survive this too. My Little angel is still alive” said Ms Wendy.

Wendy is grateful for the treatment she received at Stanger Hospital nursery as she said she was updated on her baby’s condition from day one of admission. After discharge baby Inamandla is still being seen on a regular basis by the Multi-Disciplinary Team (MDT) at Stanger Hospital High Risk Clinic, (paediatrician, occupational therapist and Dietitian), audiology/speech therapy and optometry. The regular follow ups by the MDT are to ensure that Inamandla is growing well, developing in milestones and ensuring that baby is healthy.

Chief Dietician at Stanger Regional Hospital Mrs Charlene Giovanelli-Nicolson said, during Wendy and Inamandla hospital stay, she learnt about the Donor Human Milk Bank at Stanger Hospital. The Dietitians and the nurses spoke to Wendy about the possibility of donating human breast milk for other vulnerable infants in the neonatal nursery as she had good supply of breast milk. The human milk bank protects, promotes, and supports breastfeeding and is a service established to screen donors, collect, process, store and distribute donated human milk which is used to meet the needs of vulnerable infants in the hospital setting. Some infants do not have access to his or her own mother’s milk, leaving them particularly vulnerable. Optimal nutrition during infancy and childhood is critical to ensure optimal child health, growth and development. Breastmilk is important for premature baby, low birth weight and vulnerable infants as it provides the important digestive enzymes that assist in digestion, immunological factors that strengthen immunity, growth factors to promote growth and hormones. The World Health Organization (WHO) recommends donor human milk as the next best infant feeding option when the mother’s own milk is unavailable. Wendy became a human breast milk donor after successfully passing the screening procedures, during the second month of her baby’s admission. Stanger Hospital would like to thank Wendy for her selfless donation of human breast milk to save other vulnerable infants who don’t have access to their own mothers’ breastmilk. Every baby deserves the best start in life, and Wendy’s contribution has allowed for other vulnerable babies to have a chance for survival.

“The establishment of Donor Human Milk Banks within the KZN province is facilitated by the Nutrition Directorate component of the KZN Department of Health. The Human Milk Banks is supported by the Made by Mom campaign launched by the Kwazulu Initiative for Breastfeeding Support (KIBS) to promote breastfeeding in order to reduce the high incidence of infant and under 5 mortality rates. KIBS is establishing Human Milk Banks in 11 districts in Kwazulu Natal who are unable to breastfeed their babies. Stanger Hospital Donor Human Milk Bank was established in 2013 as one of the first Human Milk Banks established in the province “said Charlene

Wendy has learnt to be patient and to listen to the advice from health care professionals that will help her baby. The lesson that she can give to other mothers who are currently experiencing what she went through is to be patient and to love for their babies no matter what!

# MOTHERS'S DAY CELEBRATIONS IN NURSERY

Paediatric department (nursery) together with the Dieticians team celebrated mother's day on the 12th of May 2017. This day was celebrated with the mothers of the babies, that were admitted at the Nursery ward. The mothers were encouraged to love and take care of their babies and were also reminded about the important role of mothers in the baby's life.

The new mothers were also encouraged to donate breastmilk to the Hospital, to help the children who's mothers cannot produce breast milk or cannot breastfeed due to health reasons.

This day was filled with love and encouraging words from the Nursery staff and dieticians.



Above pic: Nursery and Dieticians staff on Mothers day celebration

*Dr. Mkhize encouraging new Mothers to look after their Babies*



## **GENERAL PRACTITIONER'S WORKSHOP**

The Paediatric Department in partnership with the North Coast Independent Practitioners Association held a Paediatric Emergency Workshop targeting iLembe GPs. This workshop was held on the 7th of June 2017 at The Stanger Hospital Nurses Lounge. The focus of the workshop was paediatric emergencies in the GP practice and the presentations covered the following;

- **Status of child health in SA/KZN,**
- **Wheezing child and diarrhea,**
- **Convulsions sick neonate and triage.**

All presentations addressed issues of triage, early recognition and diagnosis, initiation of treatment, stabilization and transfer to hospital.

The Paediatric Department was very pleased with the outcomes of the workshop and hopes that future annual workshops will attract even more GP's.



◆ **Dr Mkhize giving a Presentation during the workshop**



◆ **The list of speakers included all Stanger Hospital Paediatricians, private Paediatricians and Emergency Services (ERMS, IPSS)**

# World asthma day



Guest speaker-Mrs Nosipho Sibisi :Chairperson of Londiwe Jobela Sibisi Foundation

On 2<sup>nd</sup> May 2017, Stanger Hospital commemorated World Asthma day. World Asthma day is commemorated every first Tuesday of May each year. The theme for this year's awareness is "Better air, Better breathing". The event was organised by Dr Annamalai from the Paediatric department. The main purpose of this event was to create awareness on Asthma. The topics that were discussed were ;

**Challenges in Paediatric Asthma** which was presented by Dr Annamalai-Paediatrics Pulmonologist. Dr Annamalai in her speech highlighted that the event is aiming to educate the community about Asthma and to decrease Asthma mortality. She also highlighted features suggesting a diagnosis of Asthma in Children like cough, wheezing , difficulty in breathing etc. She also mentioned some important points on how to prevent asthma exacerbations such as avoiding exposure to environmental tobacco smoke burning wood, house dust mite, pollen etc.

Dr Ramijwan focused her presentation **on Asthma in adults, highlighting the triggers**, and how to prevent asthma exacerbations. She emphasised compliance with asthma medication and avoidance of cigarette smoking.

The representative **from Cipla ( Mr Nivan Nathoo)** presented an update on inhaler device technique. He demonstrated how to use the devices correctly and show cased different Asthma devices. He indicated that Cipla's goal is to improve the quality of life of patients with asthma.

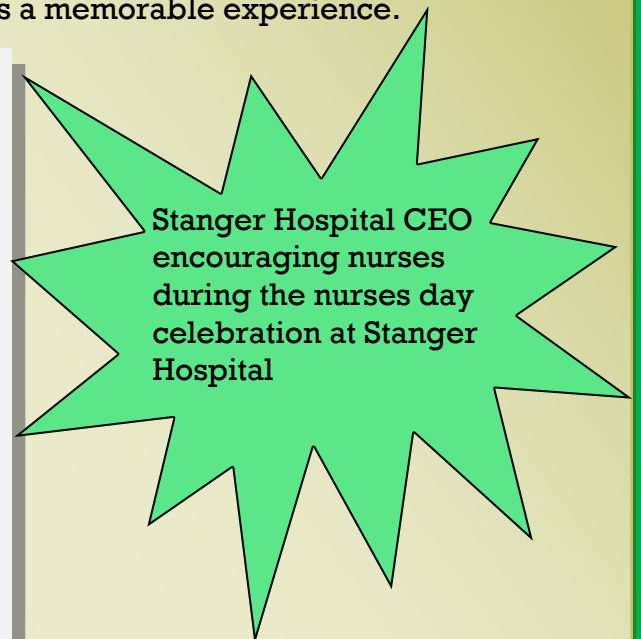
The guests speaker of the day was Mrs Nosipho Sibisi from the Londiwe Jobela Sibisi Foundation which was started last year. Londiwe Jobela Sibisi Foundation was started by the parents of the late Londiwe Jobela Sibisi that passed away at age 20 due to Asthma in April Last year. Londiwe was the only child of Mr and Mrs Sibisi. Mrs Nosipho Sibisi is the mother of late Londiwe and the chairperson of Londiwe Jobela Sibisi. According Mrs Nosipho Sibisi, Londiwe was found unconscious in her room and the paramedics were called and they confirmed that she died on the scene. Mrs Sibisi indicated the they started the foundation to educate the community about asthma. Nosipho also mentioned that Londiwe was a very giving child that wanted to make a difference in the community by empowering other children from poor backgrounds. Londiwe initially wanted to do medicine, and later decided to do clinical psychology. She died while she was doing her final year in Social Sciences at Rhodes University. While she was studying she was also mentoring high school students.

This foundation believes that educating the community is the key in reducing Asthma mortality in the world.

# NURSES A FORCE FOR CHANGE – 2017

Stanger Hospital Nurses day was celebrated on the 19 May 2017 and the theme, for this day was “Nurses A Force for Change” improving health systems resilience . Nurses observed this day by doing the Florence Nightingale's Candle lightning which serves as a symbol of the nursing profession . They recited the ‘Nurses Pledge’ which is a declaration taken upon qualification to uphold the principles and ethics of the nursing profession.

The Stanger Hospital CEO, Ms. Thamela Ngcobo said “ Nurses are the cornerstone of the health care fraternity. They are the foundation of any health care institution. She further encouraged nurses at Stanger Hospital to practice their pledge everyday. It was emphasized that the nurses role is to ensure that the patient has a memorable experience.





# HAND WASH DAY 2017!



*SAVE LIVES: Clean Your Hands - Fight antibiotic resistance - it's in your hands!*

*Health workers !Clean your hands at the right times and stop the spread of antibiotic resistance.!*

5 May is World Hand Wash day, which is commemorated every year at Stanger Hospital. The day was filled with fun and there were different activities which encourages and educates staff to wash their hands regularly. The staff were educated about the Klebsiella bacteria and the importance of washing your hands to prevent this bacteria. The Statistics on Klebsiella for the past three years was presented to staff.

Pharmacy also presented the importance of 5 seconds hand wash technique. The guest speaker (Dr Khan ) educated staff on different types of bacteria , how they get transmitted into the human body and how it is prevented. The event was ended with the hand wash dance and there was an opportunity for questions . There were lots giveaways to the partici-pating staff.

# MORE PICTURES ON HAND WASH 2017



Stanger Hospital staff doing the hand wash moves



Hand wash



Poster competition



This second prize poster won by Speech therapy and Audiology Department



First prize Poster made by Supply Chain Management

# TB AWARENESS DAY 2017

The 24th March is world TB day which is designed to build public awareness that tuberculosis, today remains an epidemic in much of the world causing the deaths of nearly one and half million people each year, mostly in developing countries. In South Africa TB kills 80 percent of HIV positive people, and it is responsible for 120 000 deaths annually.

Government wants to reduce this number to less than 20 000. According to KZN Health MEC Dr Sibongiseni Dhlomo, getting a few basic things right - such as not spitting into the ground; covering the mouth during coughs; and opening windows to let the air flow and circulate freely in a room - could help make a significant dent in reducing the rate of TB infections in the province.

In commemoration of TB day Stanger Hospital conducted a community outreach programme to create awareness about TB in Shakashead on 22 March 2017. The guest speaker for the day was a TB survivor from Shakashead Ms Zanele Majola who survived MDR TB. Ms Majola emphasized the importance of taking your medication when you have TB. She also indicated that TB can be cured as she was on medication for two years and today she is proud because she beaten TB.

Sister Hlophe from Ekuphileni Clinic in Stanger gave a health talk on TB signs and symptoms such as:

- A cough for more than 2 weeks
- Chest pains
- Tiredness and weakness of the body
- Loss of appetite and weight
- Night sweats even when it's cold and coughing blood

Sister Hlophe also educated the community on important facts about TB which are as follows

- TB is curable even if you are HIV positive
- TB can be anywhere, and everywhere
- Take your treatment for 6 months without fail and be cured
- Cover your mouth with an elbow when you cough
- Go to your nearest clinic for screening

There were different services that were offered including TB screening, HIV/AIDS counselling and testing as well as MMC mobilization.

This community outreach was extended to HESTO in Stanger from 22 March 2017-23 March 2017. The same activities such as TB screening, HIV/AIDS counselling and testing were done in HESTO and there were different talks as well about TB signs and symptoms, important facts about TB as well as TB prevention.

# TB AWARENESS- PICTURES



*Cllr Ndlela giving welcoming the guests*



○ ○ HUAWEI P9 LEICA DUAL CAMERA

# BON VAYAGE MATRON DLAMINI !



# BON VOYAGE MATRON GCABA!



# Media articles

## Stanger Hospital shines



Stanger Hospital management receiving the award for the most improved reduction of maternal mortality over the last three years in the province of KwaZulu-Natal. From left, acting district director Khanyo Hlophe, Thamsanqa Ngobola (CEO of Stanger Hospital), Dr Shiso Mstiani, Uzalo Actor and medical manager Dr Gustavo to Lopez.

Shawna Chantel

Stanger Hospital bagged three awards at the MEC's Annual Service Awards (MASEA) at the Durban ICC Arena on Friday.

This annual awards ceremony recognises excellence performance in the delivery of health services in the province.

The hospital won the first position in the best performing neonatal unit, for regional hospitals, fourth position in the best performance for financial management and the most improvement in health

awards recognise excellence, commitment, innovation and dedication among health care workers.

Stanger Hospital management is very proud of the awards received because they were obtained in critical and priority programmes such as reduction in maternal mortality over the past three years, paediatric and children services recognised as the best of any regional hospital in the province. Also the hospital received an award due to its sound financial management.

"Many role players within the hospital contribute to improve maternal and children health. These

## Beyond the call of duty

THE NORTH COAST COURIER  
23 JUNE 2017

This is a sad story with lovely positive people in it... I would like to give Stanger Hospital a big shout out, especially the doctors and nurses in High Care on the Women's Surgical Ward.

This sad story starts with my mom getting very ill in a hospital up near Pietermaritzburg in early 2016. Suffering from dementia as well as an advanced cancer, they operated on her and soothed the pain for me. A day before she was due back at her old age home, the doctor

on duty left her on the side down and she fell out and broke her hip. Taking full responsibility, the hospital did a full hip replacement, but the stress to my mom's mental health was very bad and she lost weight and was sent home to her old age home. Unfortunately they dislocated her hip and my poor painful hip surgery had to go back into theatre again to have her hip put back into place.

All the while I was traveling to Pietermaritzburg every second day to visit her and it just became too much traveling and upsetting watching my mom in pain and finally as I could only be there for the visiting hours. We approached the hospital and asked if mom could be moved closer to me and I am in Durban. They organised it immediately and mom was moved. I have heard bad stories and read one years ago in the paper as I was driving about this but prayed and put it all in God's hands.

Well, mom passed away quickly on May 11 in her home of nine months at Stanger Hospital. When she got to Stanger she had both sides of the pain of your hands on her back and both her hips

where out of joint due to her weight loss. The doctors said they could not operate for fear of losing her in theatre, but they would do all they could for her and they did just that.

The doctors and nursing staff were always kind, sweet, helpful and never let my mom feel like she was in hospital. They did her and kept her comfortable, laughed and joked with her. They often said mom was funny and she was loved and respected right to the end.

On Thursday the 11th they seemed to be hovering around avoiding the wailing floor, which turned into a much longer visit and when eventually I left, mom passed an hour later. They got the nurse who was with my mom right from day one and my go to hero during those months to break the news to me. She was wonderful and I am so grateful to her for the compassion and caring she showed my mom and I.

I went back on the next Monday and we all had tears together and said our goodbyes, it was really very heart warming. The doctors all said my mom was a strong person but such a lady and never complained and was in a lot of pain at times which she bore very bravely.

I would like to take this opportunity to publicly thank Stanger Hospital and staff for all they did for my mom and our family by caring for her so well.

God's richest blessing to them.  
I know my mom thanks them.  
JANETTE WILLIS  
Rahla

Dolphin Coast Mail • 26 May 2017 • Page 6



## Stanger Hospital Nurses Day

International Nurses Day is commemorated around the world on May 12 annually. The day is the anniversary of Florence Nightingale's birth, who is widely considered the founder of modern nursing.

Stanger Hospital, which employs more than 600 nurses observed this special day by fighting the spirit of nursing. Nurses received the "Nurses Pledge" which is a declaration taken upon qualification to uphold the principles and ethics of the nursing profession. There were some surprises among the fellow nurses when they read out the pledge.

Under the 2017 theme, "Nurses

A Force for Change: Improving health systems" festivities the staff of Stanger Hospital received a motivational talk from guest speaker who were invited to the Nurses Day Celebrations.

Nurses were also presented with tokens of appreciation for their hard work and dedication to the hospital and patients.

The Hospital CEO, Thamsanqa Ngobola (pictured above in red) said: "Nurses are the cornerstone of the health care fraternity. They are the foundations of any hospital. At Stanger Hospital, Nurses Day is every day. Their role can ensure that the patient has a memorable experience."



Stanger Hospital nurses recently celebrated International Nurses Day.

# ACKNOWLEDGEMENTS



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