



KWAZULU-NATAL PROVINCE  
HEALTH  
REPUBLIC OF SOUTH AFRICA

# GREY'S HOSPITAL

## GREYPE-VINE NEWSLETTER

Our Priority is you!

December 2024 Newsletter

### Foreword by the CEO



**Dr. NMT Gumede**

Dear Grey's Hospital Family,

As we launch this edition of *The Grapevine*, I want to take a moment to reflect on our journey together—one that has been marked by resilience, dedication, and unwavering commitment to our mission.

We find ourselves working under immense pressure—facing the daily challenges of limited budgets, aging infrastructure, resource constraints, and increasing demands on our services. Added to this are the evolving security risks and the emotional toll that these hardships place on all of us. And yet, despite these difficulties, we continue to rise. We continue to serve. We continue to heal.

In the midst of these struggles, it is important to pause and recognize the remarkable impact we have made. The images and stories within this newsletter paint a vivid picture of the history we are writing—one of perseverance, courage, and excellence. Every patient treated, every life saved, and every act of kindness is a testament to the strength of this institution and the people who uphold it.

Let this newsletter serve not only as an update but as a source of encouragement and unity. It is a celebration of the collective spirit that keeps Grey's Hospital moving forward. As we turn these pages, may we find inspiration in one another and remember that even in the most difficult times, we are making a difference.

Thank you for your hard work, dedication, and heart. You are the backbone of this institution, and it is your passion that ensures we continue to leave an indelible mark on the lives of those we serve.

With gratitude and admiration,



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### DIABETES AWARENESS MURAL UNVEILING



Above Picture: Hospital Management, Multidisciplinary team and Novo Nordisk management

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## DIABETES AWARENESS MURAL UNVEILING

A Diabetes Awareness Mural Artwork was unveiled and handed over to Grey's Hospital on the 5th December 2024 by Novo Nordisk, to commemorate World Diabetes Day which is observed every year on the 14th of November. Novo Nordisk is a global healthcare company founded in 1923, whose purpose is to drive change to defeat serious chronic diseases. We would like to extend our heartfelt gratitude to this company for giving Grey's a colorful and vibrant mural that transforms the open wall space at the OPD and at the same time serves as a reminder to staff and patient's to lead a healthier lifestyle. **How can you prevent diabetes?** A healthy diet, regular physical activity, maintain a normal body weight are some ways to prevent or delay the onset of diabetes.



Grey's Hospital CEO: Dr NMT Gumede and Novo Nordisk Manager: Mr T. Leping unveiling the mural.



Multidisciplinary Team during the unveiling the mural.

The Members of the KwaZulu-Natal Legislature's Health Portfolio Committee conducted their Festive Season readiness Oversight Visit at Grey's Hospital on the 10th of December 2024. Dr NMT Gumede (Acting CEO) presented on the readiness and preparedness strategy of Grey's hospital for the festive season. "It is essential to have a preparedness plan in place as a facility" said Dr Gumede, due to the expected increase in number of tourists and visitors to KZN, and the increased number of activities and events that normally take place during the festive season, accidents and disasters can occur and we would not want to be found lacking in terms of service delivery to our people. Northdale Hospital, Disaster Management Unit and EMS also had the opportunity to present their preparedness strategy. The visit was engaging and beneficial. We want to thank the Legislature's Health Portfolio committee for the support visit.







### Dr MT Duma with Robot “Cori”

In a first for Grey's Hospital, an Orthopaedic surgeon has performed the first surgical joint surgery with the aid of a robot. Dr Mlekeleli Themba Duma (39), the head of Arthroplasty and Sports at Grey's Hospital, recently completed a knee joint surgery with the assistance of robot “Cori”, and has a second operation lined up. This technology is a first for Grey's Hospital and the Netcare Group, and possibly for KwaZulu-Natal, with others of its kind performed in Cape Town and Stellenbosch University. With the technology, cost- and time-saving, as well as more accurate, Dr Duma hopes to pioneer its use in the public health sector to cut down the waiting period at public hospitals.

Dr Duma explained that the robot uses the template of a CT scan placed in it to guide surgeons when they make incisions and also cautions them when they deviate from the template. “The robot, which also aids surgeons during training, stops or cuts off when they go off the template,” he said.

Dr Duma stated he was first introduced to Cori in Edinburgh in the UK where he was part of a knee surgery using the robot. “It was mindboggling and quite different.” Rather than having the patient “exposed to radiation” or having them bear the costs of expensive CT scans, the robot will “map out the patient's body”. He explained that traditionally, surgeries are conducted by following the common alignment of the patients' anatomy, also known as mechanical alignment, using Cori, Dr Duma explained that surgeons are able to perform a more functional alignment that matches the original alignment of the joints they are operating on. “It helps with placing implants with more precision,” he said, adding: “The cuts [incisions] made using Cori are so much smoother than with a bone saw.” Dr Duma's medical journey began at an early age. He recalled when he was young he saw his mother slip on the driveway of their home in kwaSwayimane, outside Pietermaritzburg and break her hipbone, he subconsciously knew that he would one day become a surgeon and deal with trauma patients. “Orthopaedic surgeons are underrated and in school we only had a few weeks of exposure.” He compared this with the time he spent in Scotland, where they were exposed to not only public but also private practices. He hopes to have a similar system introduced to the South African medical system.

“If we can have private [hospitals] open their theatres and the state can pay for the implants, we can cut down on the waiting list of patients. Some of them lose their jobs because of the pain”, he added that he is planning on staying within the state medical system. “Teaching and doing surgeries like this is more satisfying than the money a private practice would give me,” he said.



## PROUDLY SOUTH AFRICAN DAY

The first “Proudly South African” event held at Grey’s hospital was spectacular. The event was held initially to raise funds for the upcoming Quality Day but ultimately turned into an event that created a sense of unity and pride amongst our staff members. We saw staff members embracing diversity and tradition and realizing the rich culture we own as South Africans. The event was a major success garnering support from numerous departments of the hospital as well as the office of the CEO. Festivities were shared and rewards were given to participants of the fashion show. Mr M Dladla and Sr Poliga won first place and are known as Mr & Ms Grey’s Hospital. Mrs J Green (IPC Manager) and the task team are commended on organizing the event of the year.









## INTERNATIONAL EPILEPSY WEEK 2024

Epilepsy is a disorder in which nerve cell activity in the brain is disturbed, causing seizures. There are many causes of epilepsy including an imbalance of nerve-signalling chemicals called neurotransmitters, tumours, strokes and brain damage from illness or injury or some combination of these. Symptoms of epilepsy include: staring, temporary confusion, uncontrolled jerking movements of the arms and legs, stiffening of the body, loss of consciousness or awareness, breathing problems, loss of bladder or bowel control. What can you do to help someone who is having a seizure? Assist the person to the floor, turn the person onto their side, call for help, put a pillow or something soft under their head, do not put anything in the person's mouth or between their teeth. Miss Nonhlanhla Ntuli provided a talk on coping skills which include the importance of taking prescribed medication, eating a healthy diet, avoid alcohol and recreational drugs and try to reduce stress as well as anxiety.



Ms N. Ntuli addressing the audience

## GREY'S HOSPITAL PROFESSIONALISM AND ETHICS 4KM FUN RUN

Nurse's Professionalism and Ethics Committee hosted a Fun Run on 25<sup>th</sup> April to raise funds for 2025 Nurse's Day. Participants ran/walked a 1.4km route three times around the hospital grounds. This was the second Fun Run the Hospital has hosted and it was great to see so many people come out and take part or support from the sidelines. Mrs. F Makhaye, Mrs. J Green and her IPC team, Ms H Ngcobo (EAP), OHS staff and the Paeds OMs provided refreshment/entertainment tables around the route; we thank them for their assistance. The music, dancing and encouragement was hugely appreciated. Paediatric department doctors dominated towards the ladies race and showed that you need to be fit to look after our very special little patients.



Above: Dr Martin, Dr Morgan (HOD), Dr Stretch and Dr Wega (Paediatric Doctors)



The men's race was won by Sandile Makhaye (Middle), with Sthembele Mncwabe second and Mr. NA Dlamini third.



## NURSES DAY 2024

Grey's Hospital Nurses Celebrated International Nurses Day on the 6th of May 2024. The theme for the year was **"Our Nurses. Our Future. The economic power of care"**. The nurses at Grey's Hospital recited the Nurses Pledge and released white balloons in remembrance of nursing staff that had passed on. Nurses day celebrates and honors nurses globally for their contribution to the betterment of health, the day is celebrated on Florence Nightingale birthday (12 May) the founder of modern nursing. Her experiences as a nurse during the Crimean War was foundational in her views about sanitation. She established St. Thomas's Hospital and the Nightingale Training School for Nurses in 1860. Her efforts to reform healthcare greatly influenced the quality of care in the 19 and 20 centuries. Grey's nurses, we thank and salute you.



**GREY'S HOSPITAL NURSES DAY**

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# GLOBAL HAND HYGIENE DAY 2024

Global Hand Hygiene Day was celebrated on the 10th May 2024. The event planning commenced with a task team made up of Mrs J Green (IPC office), Ms S Arends (M&E Manager) and Data Management team (Mrs B Ndlovu and Ms P Brown). General Orderlies and Administrative support staff members were asked to host the event and together with nursing personnel the event was a major success. There was a total of nine stations set up throughout the hospital, each station had to have a hand wash theme and encourage patients and staff to wash their hands. The best dressed station could win R1000 and 2nd price R500. The event was aimed at encouraging hand washing, but, relationships between health care workers, administrative support and General Orderlies was also realized. External judges were approached to select the winners for the day, and the decision was very difficult as all the stations were outstanding. The winner of the 1st price was Station No. 6 (P Brown-team leader, S Molefe, Sr Mgadi, S Mwelase, S Sikhakhane, A.Mkhize, N Ndlovu). The runner up was station No. 1 (Cafeteria ).



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## CHILD PROTECTION WEEK

Child Protection Week was held at Grey's Hospital on the 29th of May to the 10th of June, where the Social Work team coordinated talks around the hospital to raise awareness on the need to protect children against abuse, exploitation, neglect and all forms of violence. The theme for 2024 is: **"Every conversation matters, every child in every community needs a fair go."** Child protection week in South Africa began in 1997, and is commemorated in the country annually to raise awareness of the rights of children as articulated in the Children's Act of 2005. **"There is no trust more sacred than the one the world holds with children"**



## MANDELA DAY 2024

Nelson Mandela once again inspired us to be great on the 18<sup>th</sup> of July 2024. Occupational Therapy department compiled **Activity Packs** to facilitate and improve education and literacy for all paediatric patients whilst preserving Nelson Mandela's legacy. With the incredible support of those who donated, we exceeded our goal of 67 activity packs and put together a total of 111 packs – meaning all of our paediatric In-patients and Out-patients received an activity pack. A massive thank you to everyone, both within and outside of our Grey's community, who contributed sweet treats, colouring-in books / activity books, toys, crayons, bubbles, toys and more. Mandela Day 2024 was a great success. To all who assisted in making this day incredible, we say thank you. ***'Education is the most powerful weapon which you can use to change the world.'* - Nelson Mandela**





# MENTAL ILLNESS AND PSYCHOSOCIAL DISABILITY AWARENESS

## Theme: Collaboration for Optimal Outcomes; Skills for Emotional Health; Compassion Satisfaction

The Multidisciplinary team of Grey's Hospital collaborated with multiple stakeholders to improve mental health outcomes. An informational display board was placed in OPD for the month of July. The team visited Jan Richter Centre and facilitated educative and awareness sessions on 05 July 2024. A session consisting of 22 residents was facilitated on Emotional Health, using creative visual aids: "The Emotional Foot-print", "Thoughts-Emotions-Behaviours-Sensations" and "The Circle of Control". Two sessions for 14 nursing and nursing assistant staff was given on Compassion Satisfaction for Care Providers. Both, the residents and staff enjoyed cake and refreshments at the end of the sessions. The team consisted of Mrs F. Harmse (Social Worker), Mr D. Blackbeard (Clinical Psychologist), Ms A. Martin Lewis (Clinical Psychology Work Experience Student), Ms L. Mthembu (Clinical Psychology Admin Intern) and Ms N. Shezi (Social Work Student). A Vote of Thanks was given by Sr Younge. The team also facilitated a lively interactive session for 18 patients at MOPD at Grey's hospital on Effectiveness Skills for Emotional Health. Pamphlets on Compassion Satisfaction were also distributed to the MOPD nursing staff. We thank all our internal and external stakeholders for their participation.



**Top left: Mr D. Blackbeard, Ms A. Martin Lewis , Ms L. Mthembu, Ms N. Shezi, Mrs F. Harmse, Ms C. Shaw, The Outreach team interacted with residents at Jan Richter Centre.**



World Breastfeeding Week is held in the first week of August every year, supported by WHO, UNICEF and many Ministries of Health and civil society partners. The Antenatal Clinic at Grey's Hospital honored the week of 07 August 2024 by holding informational talks with mom's to be. The talks gave detailed explanations about the benefits of breast feeding for both mother and child. The Nursing and medical staff gave out prizes for participation and shared a cake with the women who were present on the day. The theme for 2024 is **"Closing the gap : Breastfeeding Support for all"**. The campaign celebrates breastfeeding mom's in all their diversity, throughout their breastfeeding journey.



AUGUST IS  
NATIONAL BREASTFEEDING MONTH

**DID YOU KNOW?**

- Breastfeeding is a protective factor and reduces the risk of SIDS.
- Breastfeeding reduces medical costs.
- Babies who are breastfed are less likely to develop infections and illnesses including diarrhea, ear infections and pneumonia.
- Children who are breastfed for at least six months are less likely to become obese later in life.
- Mothers who breastfeed have a decreased risk of developing breast and ovarian cancers.

Adapted from information gathered at <https://www.hhs.gov/supplemental/reports-and-publications/breastfeeding/factsheet/index.html>



## WOMEN'S DAY CELEBRATION

The Women's Forum of Grey's Hospital hosted a successful and inspiring Women's Day event on the 29th August 2024 at the Recreational Hall. The day was filled with festivities, sharing in food, dance and exercise. South Africa commemorates the day in honor of the 20,000 women of color who marched to the Union Building in Pretoria to petition against the country's pass laws in 1956. Women's Month is also a time where we empower, honor and celebrate the beauty and strength of South African women in our society.



# WOMEN'S DAY





## GREY'S HOSPITAL ENDS THE WEARING OF THE ICONIC NURSE'S CAPS

The new National Nurse's Uniform policy was scheduled to come into play from 1 September 2024, but is yet to become a reality. In order to align the Grey's Hospital nurse's uniform with the National policy, changes to the Grey's uniform was amended by hospital management. The historic caps worn by nurses of Grey's hospital was discontinued and nurses were also allowed to wear pants. This signified an end to an era. The caps which differentiated Grey's hospital nurses from other nurses in the province had come to an end. There was mixed feelings about the decision, some nurses were saddened and others were glad. There were several posts on Facebook made by the public and many older nurses expressed their dismay as they felt it distinguished a Grey's nurse from any other. The following comments were posted: "Why must we lose all the traditions and things about Grey's that made it so special?" The 30 August 2024 is to be remembered as the last day the nurses of Grey's hospital wore their caps.





THEME: “Detection and Prevention is better than cure”.

A informational display board with posters and pamphlets was displayed at the Outpatient’s Department during Renal week for the patients and the public to access. A size A4 colorful pamphlet (CONTROL AND PREVENT KIDNEY DISEASE) and other pamphlets and booklets were handed out to the staff and patients at Grey’s hospital.

Topics included “Control and Prevent Kidney Disease, Treatment options, Role of the social worker/ psychologist, Healthy lifestyles and prevention is better than cure.”





Alzheimer's disease is a type of dementia that affects memory, thinking and behavior. On the 13<sup>th</sup> of September 2024, Grey's hospital raised awareness of the disease. Posters and pamphlets on Alzheimer's disease from Clinical Psychology, Social Work, Occupational Therapy and Pharmacy Departments aimed to create awareness and to educate patients and staff members about Alzheimer's disease. Mrs F Harmse and Ms L Mathe had informative discussions with staff members, patients and visitors, they focused on tips for handling persons with Alzheimer's disease and coping with a confused elderly person at home. Gift bags with educational pamphlets and sweets were given out during the outreach.



## Alzheimer's Disease (AD)

The symptoms of AD involve a gradual decline in some, most or all of the following:



**Memory.**



**Reasoning.**



**Language.**



**Coordination.**



**Mood.**



**Behavior.**



## ATTENTION DEFICIT HYPERACTIVITY DISORDER AWARENESS DAY 2024 “Awareness is Key!”

The Clinical Psychology Department coordinated several activities for ADHD Awareness Day (14 September 2024). **Poster and Pamphlets Display (03 September to 01 October 2024):** Colorful posters on ADHD and Teens and ADHD and Childcare were done by Ms A Martin Lewis (Work Experience Student) and Ms L. Mthembu (Admin Intern) respectively. A new “ADHD Awareness is Key!” pamphlet was developed.

**Outreach (10 September 2024):** The team visited Joseph Baynes Child and Youth Care Centre and hosted an interactive psycho-educational and awareness programme with the Child and Youth Care Workers and Social Work staff. Clinical Psychologist Mr D Blackbeard presented on ADHD awareness and support. Ms A Martin Lewis and Ms L Mthembu each presented their informational posters.

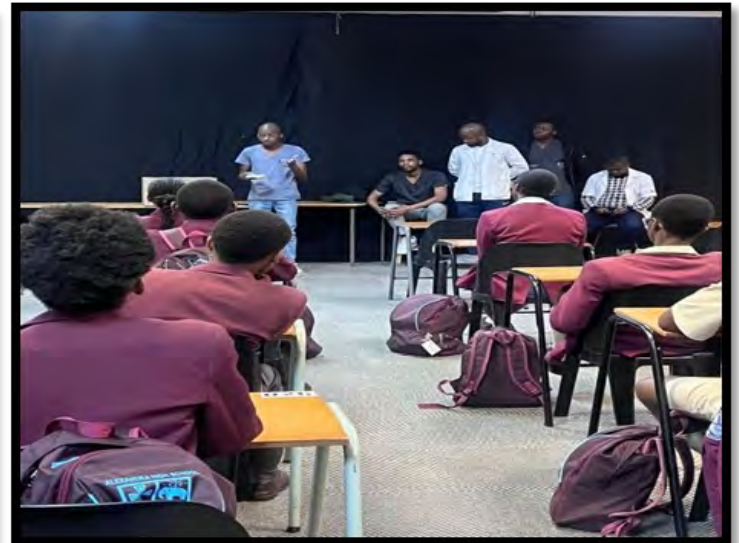
**POPD Awareness Event (01 October):** Awareness talks were given at POPD for parents and caregivers. Stationery and information packs were distributed to 30 attendees. We thank Ms Paula Robinson (CYCC Social Worker) and the Joseph Baynes CYCC staff, POPD, Principal Clinical Psychologist Ms C Shaw and all stakeholders for their invaluable support. Team with the CYCC Staff. The Outreach Team consisted of D.R. Blackbeard (Clinical Psychology), A. Martin Lewis (Clinical Psychology Work Experience student), and L. Mthembu (Clinical Psychology Admin Intern). Collage of the Awareness Activities in POPD and OPD: C. Shaw (Principal Clinical Psychologist), D.R. Blackbeard (Clinical Psychology), A Martin Lewis (Clinical Psychology Work Experience student) and L. Mthembu (Clinical Psychology Admin Intern).



**The Outreach Team with the CYCC Staff. The Outreach Team consisted of Mr D Blackbeard (Clinical Psychology), Ms A Martin Lewis (Clinical Psychology Work Experience student), and Ms L Mthembu (Clinical Psychology Admin Intern).**



September is Pharmacy Month! Pharmacists, Pharmacist Assistants and Learners participate in promoting quality health care to the Public. The 2024 year's theme : **"Let's Get Vaccinated!"**. Grey's Hospital Pharmacist Interns planned activities that included community health outreach, public awareness campaigns, educational outreach and appreciation of Pharmacy professionals. On September 7th, the team brought smiles and laughter to the Salvation Army with a fantastic outreach program! The day was packed with fun games, exciting gifts, and an interactive clown show! It was a joyful celebration of health, community, and a loads of fun, spreading Health Awareness! On the 12th of September the team presented key Pharmacy topics at Grey's Hospital. They highlighted: - Medication Adherence — Helping everyone stay on track!- Vaccine Awareness — Empowering people with facts about vaccines! Busting Health Myths — Setting the record straight on common misconceptions!





## GREY'S HOSPITAL WINNER IN ATHLETICS

Mr Sandile Makhaye won 1st place at the SA Championship (42km) in Durban on the 28 April 2024, Well done Sandile. He will be participating in the SA Championship in Cape Town in February 2025. Grey's will be cheering for you.



**MR S MAKHAYE**

## GREY'S HOSPITAL SPORTS DAY EVENT

The Employee Health and Wellness Program at Grey's Hospital in Partnership with NEHAWU as the main stakeholder, planned a Sports Day Event for Greys Hospital Employees on the 27 June 2024. The Sports Day was to honor and commemorate Youth Month which takes place in the month of June. The event was enjoyed immensely by employees from various departments who took part in Soccer, Netball, Athletics, Tug of War, Umlabalaba and Egg Spoon challenges to name a few. Work and Play activities are essential in team building and fostering a healthy and productive working environment with a healthy workforce. The participation was greatly appreciated.





The Social Work Department at Grey's Hospital commemorated Youth Month and Drug Awareness Week in October 2024 and chose Siyanda High school Sweetwaters Location Ward Two for their community outreach. An educational talk targeting both students and the border community was held, where the community was taught about the impacts of drug abuse on young people. The outreach was met with support from community leaders.



**SANCA: SOUTH AFRICAN NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE**



## CHILDHOOD CANCER AWARENESS : SHEDDING LIGHT ON THE FIGHT FOR OUR YOUNGEST WARRIORS

Grey's hospital hosted a childhood cancer awareness day on the 18<sup>th</sup> of September. The aim was to raise awareness on how to detect childhood cancer early. Speakers included Agie Govender, regional manager of CHOC who spoke about the early warning signs of childhood cancer, Debbie Rigger from Rainbows and Smiles who spoke about her personal experience of having a child with cancer. Nomadlonya Soyama, one of our little warriors shared her experience as a patient with leukemia. Kwazinkosi Mhlongo from DKMS, spoke about the importance of being a bone marrow donor and his experience of being called upon to donate. Nandipha Dlamini spoke about her journey as a parent of a child with cancer.



With the team at Greys: L to R: Dr N Tyaliti, Sr A Moodley, Sr G Comley, Dr B Wamba, Dr S Gebashe, Dr K Coopasamy, Sr L Marimuthu, A Givender, K Mhlongo

Nomadlonya Soyama

## PREMATURITY DAY 18 NOVEMBER 2024

World Prematurity Day was celebrated on the 18th of November 2024 at Grey's Hospital. A personal invitation was extended to all NICU mothers both currently at the hospital and those who have been discharged to celebrate the lives of premature babies. An informative talk was held that shared information about babies who were previously admitted at the Grey's Hospital NICU, and who are now currently at home with their mothers living normal lives. The talk was encouraging and it reassured mother's currently at the hospital that the journey with their premature babies will be a smooth transition post discharge for the NICU. The event acknowledged the journey of preterm infants and their families and the challenges they face. After the talk, a question and answer session was held and thereafter participating mothers were rewarded with gifts to share with their infants, a care package with baby essentials was also provided. A healthy lunch was enjoyed by all.





## BREAST CANCER AWARENESS

Grey's Hospital Oncology Department hosted a breast cancer awareness event spearheaded by Ms. Mpho Mbhele, the Assistant Director of Radiotherapy services, in collaboration with Midlands Private Hospital and The Thateni Cancer Foundation on Tuesday 22 October 2024. This event was attended by approximately 118 guests. Additional members of the planning committee included, Ms Londiwe Ngobese - Social Worker Grey's Hospital, Ms Anele Ndlovu - Marketing Manager at Midlands Private Hospital and Nomathemba Zondi - Founder of the Thateni Cancer Foundation. Other stakeholders included Royal Hospital, the "I Love Boobies Foundation" and the Pinky Nzama Cancer Foundation.

The event was inaugurated by the Thateni Cancer Foundation holding a candle lighting ceremony and prayer in honor of those who have not only survived breast cancer but those who have also succumbed to it. The Foundation very generously donated fifty blankets, fifty throws and fifty breakfast packs to patients on treatment. The attendees were welcomed by Mr S Mathibela (Nurse Manager) of Grey's Hospital and Dr Laura Stopforth the Head Clinical Unit Manager of Oncology Department who emphasized the need and purpose for hosting such an event in fighting the scourge of breast cancer. Dr Thobile Goba Mjwara (Oncologist) representing the Oncology Centre in Durban presented an informative overview of breast cancer, covering various aspect from diagnosis to treatment and ongoing care. Sister Gwala, one of the senior nurses in the Oncology chemotherapy suite at Grey's Hospital, responsible for the administration of chemotherapy to patients, discussed the role and administration of chemotherapy. Siyamthanda Mazokwana, a Radiation Therapist in the department discussed the role of Radiotherapy and the treatment process.

A breast examination demonstration was conducted by Sister Mkhize from the "I love Boobies" Foundation, and an encouraging and emotional speech was delivered by a breast cancer survivor Lorraine Burton who recently completed her treatment for breast cancer at Grey's Oncology. Screening of patients was conducted after the formalities were conducted. The event was considered to be highly successful and it is hoped that patients and staff alike will spread the message of awareness of breast cancer to their family members, friends and other members of the community. Together we can fight cancer and raise each other up in this journey.





# RADIOGRAPHY DAY

Grey's Hospital Radiology department celebrated World Radiography Day on the 8th of November 2024. The staff members took turns showcasing different sectors that exist under the category of Radiography. The event was informative, creative and fun.





**"FAMILY SUPPORT FOR A BETTER DIABETES LIFE"**

The Grey's Hospital Paediatric Diabetes Team organized events for World Diabetes Day. We focused on family support as a gap to address, aligned with the global (IDF) theme for 2024: **"Breaking barriers, bridging gaps"**. The event centered around family support for children and teens with diabetes. Ms Hlengiwe Jili introduced the day and addressed the patients and parents/caregivers on family adjustment to diabetes. Mr T.J. Sikhakhane spoke on his experience as a diabetic patient. Dr A. Armour provided a doctor's perspective and answered questions from the group. Mr D Blackbeard educated the group around age-appropriate family support for children with diabetes. Ms S. Welsford delivered dietary education to the group. Ms Nonhlanhla Ntuli lead the prayer and chorus. Patients received care packs and stationery items, fruit packs, and several lemon tree saplings were given. We especially thank Dr Dhada, Dr Armour, Dr Suleman and Dr Ramsden for their support of the event. An informational display was coordinated by Social Work and Clinical Psychology. A new pamphlet on family support for children and teens with Type 1 Diabetes was made available. Ms L. Mthembu (Clinical Psychology Admin Intern) made a resourceful poster on supporting teens with diabetes. We thank all who attended and supported the event.



Diabetes Awareness Day at POPD: Top left: Sr A. Moodley; Sr G. Comley; Dr. D. Ramsden; Ms H. Jili (Social Work); Dr M Suleman; EN T.C. Nzimande; Ms N. Ntuli (Social Work); Dr A. Armour; Mr D. Blackbeard (Clinical Psychology). Top Right: Ms Hlengiwe Jili (Social Work). Middle Left and Bottom Left: Mr D. Blackbeard and Ms H. Jili. Middle Right: Ms S. Welsford (Dietetics). Bottom Right: Ms L. Mthembu (Admin Intern).



## 16 DAYS OF ACTIVISM

16 Days of Activism for no Violence Against Women and Children campaign was held on the 5th December 2024. The social work department along with the support of Grey's Hospital management held an informative talk in the Outpatient Department to commemorate and support the national campaign against violence targeting women and children. This year's theme is **"30 Years of advancing collective action to end violence against women and children"**, the sub-theme for the campaign is "Harnessing technology and innovation to combat Gender-Based Violence and accelerate a gender inclusive digital economy. The 16 Days of Activism Campaign aims to mobilize all sectors of society to collaborate in fighting the scourge of Gender-Based Violence and Femicide and intensify the call for people to challenge attitudes and stereotypes that perpetuate Gender-Based Violence and Femicide. This was echoed at Grey's by discussing the roles of both men and women in curbing the violence. The social workers pointed out signs that we should be aware of in the instances of encountering Gender Based Violence. The community outreach was met with a great deal of interest as there was a Q&A session where patients were rewarded for being attentive. After the session refreshments were served further encouraging one on one conversations.





## GREY'S HOSPITAL CHOIR

UMgungundlovu District Choir participated in the 2024 KZN DoH Music Festival which was held on the 29 November at Grey's Hospital. There were eleven(11) districts that participated and UMgungundlovu district achieved 1st place as the best Choir of the season, winning Position 3 for Western song, position 2 for African song, position 1 for mixed Double Quartet (hymn), position 3 in Isicathamiya, therefore, UMgungundlovu district won in all categories.



Left to Right: Grey's Soccer team won 3rd place during the District tournament. Grey's EAP Ms Ngcobo, Grey's sports Co-ordinator Ms H Mthembu were recognised for participating in the Wellness programme and Grey's Netball Team won 3rd place in the District League games.



# FAREWELL DR MAHUMVA



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# FAREWELL MR J GUMEDE





# FAREWELL MS S ARENDS





# WELCOME TO ALL THE NEW APPOINTEES

<b>Sep-24</b>		
NAME	DESIGNATION	COMPONENT
MNGADI SS	PROF. NURSE(GEN)	NURSING
NDLOVU NN	PROF. NURSE(GEN)	NURSING
MKHULISE RT	PROF. NURSE(GEN)	NURSING
NGAMU SP	PROF. NURSE(GEN)	NURSING
NDLOVU TS	PROF. NURSE(GEN)	NURSING
<b>Oct-24</b>		
TAYLOR A	MEDICAL OFFICER	RADIOLOGY
SHANGE SZ	PROF NURSE(GEN)	NURSING
BUTHELEZI ZM	PROF NURSE(GEN)	NURSING
MKHIZE NH	STAFF NURSE	NURSING
MDLALOSE NL	STAFF NURSE	NURSING
<b>Nov-24</b>		
MAKAKOLE MM	HCU: PLASTICS	Surgery
MHLUNGU PP	PROF. NURSE	NURSING
NDANGANI SC	PROF. NURSE	NURSING
SHABALALA P	PROF. NURSE	NURSING
<b>Dec-24</b>		
MOONSAMY K	PROF. NURSE(GEN)	NURSING
<b>Jan-24</b>		
NGCOBO B	DIETICIAN	DIETETICS
NDWANDWA NS	GENERAL ORDERLY	CMCS
MVELASE T	PROF. NURSE(GEN)	NURSING
MAHLABE MM	STAFF NURSE	NURSING
SIBIYA ZP	GENERAL ORDERLY	CMCS
CHINGCHANG YU	MEDICAL OFFICER	ANAESTHETICS
THEJANE F	MEDICAL OFFICER	ANAESTHETICS
GWALA E	MEDICAL OFFICER	ANAESTHETICS



Name	Job Title	Exit Date
BEUKES SPJD	PROF NURSE(SPEC)	30/9/2024
GUMEDE JF	SECURITY OFFICER(SUP)	30/9/2024
NCALANE CS	GENERAL ORDERLY	30/9/2024
TERRY IR	PROF NURSE(GEN)	30/9/2024
PRINSLOO M	CHIEF PHYSIOTHERAPIST	30/9/2024
CHIKOSI RT	MEDICAL OFFICER	30/9/2024
CHILIZA NP	STAFF NURSE	30/9/2024
NAIDOO J	PROF NURSE(SPEC)	30/9/2024
<b>Oct-24</b>		
MKIZE GD	LECTURER	31/10/2024
MBANJWA KS	FOOD SERVICES AID	31/10/2024
MAZIBUKO KE	STAFF NURSE	31/10/2024
DUMA SP	STAFF NURSE	31/10/2024
MAJOZI>NNL	PROF NURSE(GEN)	31/10/2024
KHUZWAYO PT	PROF NURSE(SPEC)	31/10/2024
GUMEDE MS	REGISTRAR	31/10/2024
BUTHELEZI PF	MEDICAL OFFICER	31/10/2024
ZUMA NH	STAFF NURSE	18/10/2024
MKHWANAZI JJ	PROF. NURSE(GEN)	31/10/2024
GUMEDE NL	PROF NURSE(GEN)	31/10/2024
<b>Nov-24</b>		
BIYASE HA	TRADESMAN AID	30/11/2024
MAYISELA TA	LECTURER	30/11/2024
OFORI ZG	PROF. NURSE(SPEC)	30/11/2024
GOVINDASAMY T	PROF. NURSE(SPEC)	30/11/2024
FERIS SG	MEDICAL SPECIALIST	30/11/2024
BUTHELEZI ZM	PROF. NURSE(GEN)	28/11/2024
NARAINSWAMI N	MEDICAL SPECIALIST	30/11/2024

<b>Dec-24</b>		
MPULO RS	SUPPLY CHAIN CLERK	31/12/2024
MAPHALALA JN	CLEANER	31/12/2024
ZUMA BD	PROF. NURSE(SPEC)	31/12/2024
MATHONSI RK	PROF. NURSE(SPEC)	31/12/2024
PATRICK ME	HCU:PAEDS	31/12/2024
MSHENGU LF	NURSING ASSISTANT	31/12/2024
POPE L	PROF. NURSE(GEN)	31/12/2024
GOVINDASAMY V	HCD: SURGERY	31/12/2024
WHITE KA	REGISTRAR	31/12/2024
NAIDOO H	MEDICAL OFFICER	31/12/2024
MBAMBO T	MEDICAL SPECIALIST	31/12/2024
DEONARAIN RR	DIETICIAN	31/12/2024
MABUNDA TC	MEDICAL OFFICER	31/12/2024
FRERICHS RH	MEDICAL OFFICER	31/12/2024
PHETLA M	MEDICAL OFFICER	31/12/2024
MOLOI B	MEDICAL OFFICER	31/12/2024
NCALA M	GENERAL ORDERLY	31/12/2024
THUSI TS	STAFF NURSE	31/12/2024
NZAMA NW	GENERAL ORDERLY	31/12/2024
BISNATH J	PROF.NURSE(GEN)	31/12/2024
GOVENDER A	RADIOGRAPHER	31/12/2024
ZAKWE DT	PROF.NURSE(GEN)	31/12/2024
LAAS R	REGISTRAR	31/12/2024
RADEBE M	MEDICAL OFFICER	31/12/2024
SONJICA NN	REGISTRAR	31/12/2024
<b>Jan-24</b>		
NGCOBO BSD	PROF.NURSE(SPEC)	31/1/2025
OELLERMANN LG	ARTISN FOREMAN	31/1/2025
PIETTERSEN CP	LINEN WORKER	31/1/2025
MAZIBUKO PM	GENERAL ORDERLY	31/1/2025
KHOMO SB	PROF.NURSE(SPEC)	31/1/2025
ARENDS S	ANM: MON&EVAL	31/1/2025
MVELASE PS	OPER. MAN (SPEC)	31/1/2025



# ACKNOWLEDGEMENTS

**Mr Z. MNTUNGWA**  
**DESIGNER AND WRITER**

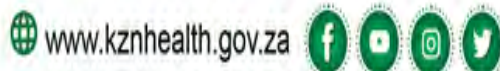
**MS S. ARENDS**  
**CHIEF EDITOR**



**KWAZULU-NATAL PROVINCE**


**HEALTH**  
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**GROWING KWAZULU-NATAL TOGETHER**




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