



EzaseKhangela

NEWS

August 2024

VICTORIA MXENGE HOSPITAL COMPETES FIERCELY AT ETHEKWINI DISTRICT SPORTS DAY

On August 23, the eThekweni District Sports Day brought together health facilities from across the district for a day filled with competition and camaraderie at Siripat Road Grounds, Reservoir Hills. This annual event, running from 8:00 a.m. to 5:00 p.m., saw participants engaging in various sports, including soccer, netball, aerobics, and checkers.

Victoria Mxenge Hospital (VMH) made an impressive showing, particularly in soccer and netball. In preparation for the day, teams registered, paid their fees, and submitted their team lists. A live draw for the game fixtures was conducted a week before the event, setting the stage for the thrilling knockout matches that followed.

Mr. Phewa, the Acting HR Manager and team coordinator for VMH's soccer team, reflected on the day's excitement. "Reaching the finals

was a significant achievement. The energy from the spectators was amazing, and it was great to see colleagues and former staff members participating in such a lively and relaxed environment," he said. The event was further enriched by the contributions of

whose stellar performance kept Dr. Pixley Ka Isaka Seme Memorial Hospital at bay during a nail-biting match that ended in a 0-0 draw. Unfortunately, the game was decided by penalties, with Dr. Pixley Ka Isaka Seme Memorial Hospital ultimately taking home the

trophy. While VMH passed on their title as reigning champions, their journey through the tournament was commendable, defeating Hillcrest Hospital, RK Khan Hospital, King Dinuzulu Hospital, and Mahatma Gandhi Memorial

Hospital to reach the finals.

Looking forward, VMH plans to maintain the momentum with mini-events within the hospital to promote fitness and organize friendly games with other institutions. The annual district tournament remains a highlight on the hospital's calendar, with next year's event eagerly anticipated.



Mr. Zondi, a member of the eThekweni District Sports Coordinator Committee and an employee at VMH, who played a crucial role in the event's success. The presence of sponsors such as Audi and Old Mutual also added to the festive atmosphere.

The star of the soccer final was Mr. Dlamini, VMH's goalkeeper,



SUCCESSFUL HEAD AND NECK CANCER SCREENING AND GENDER-BASED VIOLENCE MARCH AT VICTORIA MXENGE HOSPITAL

On August 8, Jubilee Hall at Victoria Mxenge Hospital was the center of two significant community health initiatives: a free head and neck cancer screening and a gender-based violence (GBV) awareness march. These events brought together various community members, healthcare professionals, and local

awareness march, organized by Umbilo SAPS, which started at Queensmead Mall and ended at Victoria Mxenge Hospital's Jubilee Hall. The march aimed to raise awareness of gender-based violence in the community and highlight available resources for those affected. Members of Umbilo SAPS, including Captain Makaula (Communication Officer)

Organization also contributed to the discussions, alongside Mbali Ngubo from UBHAQA and Fezeka Gasa from the Umbilo Youth Desk. Speakers addressed critical issues related to gender-based violence, offering support and resources to the community members in attendance. Victoria Mxenge Hospital's ENT staff members, Communications unit and ENT administration staff from Nelson Mandela School of Medicine played a key role in organizing the event and ensuring its success. The hospital staff, including the doctors who provided refreshments, made a significant contribution to the welcoming atmosphere at the screening, reinforcing the hospital's commitment to community health and safety.



organizations in a united effort to promote health and safety.

The head and neck cancer screening was part of a national campaign initiated by the South African Head and Neck Oncology Society (SAHNOS) and the International Federation of Head and Neck Oncology Societies (IFHNOS), in observance of World Head and Neck Cancer Day on July 27. The event, held in collaboration with the University of KwaZulu-Natal's Otorhinolaryngology four private ENT specialists and oncology doctors from IALCH. This campaign uncovered four potential cancer cases, one involving a staff member from Victoria Mxenge Hospital.

Complementing the screening was a gender-based violence

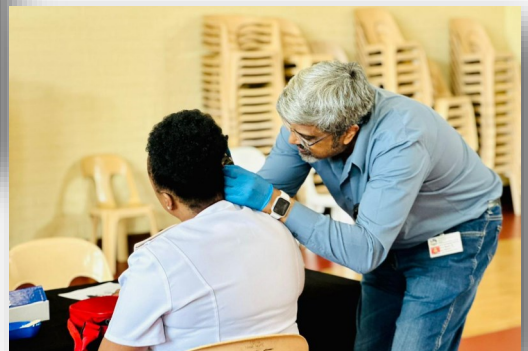
and Sgt Sithole (GBV Coordinator), led the march. They were joined by various organizations, including the KZN Society for the Blind, Lifeline, Ethekwini Transport Authority, FAIR Organization (NPO), UBHAQA (LGBTQ+), and the Umbilo Youth Desk.

Speakers at the event included Ms. Nokuthula Nene, a social worker from the KZN Society for the Blind, and representatives from Lifeline, including Delisile Thango and Gcinile Magwaza. The Ethekwini Transport Authority was represented by Mrs.

In conclusion, the combined efforts of the head and neck cancer screening and the GBV awareness march have had a profound impact on the community. Victoria Mxenge Hospital, along with its partners and the dedicated individuals who participated, demonstrated the power of collaboration in promoting both physical health and social well-being. The hospital extends its deepest thanks to everyone involved, especially the staff and community members who came together to make these events a resounding success.



Siphindile Ngidi, (Manager,) and Tusekile Shezi (Coordinator). Mr. Nhlanhla Mlauli, Founder of FAIR



FOREWORD FROM ACTING CEO

As we move through another quarter of this year, I want to take a moment to express my deepest gratitude for your unwavering commitment and dedication to service delivery. Your hard work and resilience are the bedrock of our success and I am continually inspired by the incredible efforts each of you puts into making a difference in the lives of our patients and the community at large.



I would like to especially acknowledge the recent accomplishments that have made us all proud. The successful Head and Neck Cancer Screening at Victoria Mxenge **Mr. Brian Shezi: Acting CEO** Hospital was a tremendous achievement, providing critical early detection and care to many in need. Additionally, the Gender-Based Violence March, held at the same venue, was a powerful demonstration of our collective commitment to addressing one of the most pressing issues in our society. These initiatives would not have been possible without your passion and dedication, and for that, I thank you.

I also want to recognize the outstanding contributions of our staff toward the positive evaluation report on the Durban Hospital Complex for medical internship training. Your hard work has positioned us as a leading institution for developing future medical professionals, and this achievement is a testament to your excellence and commitment to high standards in healthcare.

Our Mandela Day celebration was yet another example of the heart and spirit that defines our team. The initiatives and contributions from staff across the board were both inspiring and impactful, reflecting the values that Madiba stood for and our ongoing commitment to making a positive difference in our communities.

The Laryngectomy and Tracheostomy Awareness Campaign was another shining example of how we, as a team, go above and beyond to educate and support our patients and their families. Your initiative and participation in this campaign have undoubtedly made a significant impact, raising awareness and offering much-needed support to those affected.

I am acutely aware of the challenges we face, particularly the ongoing budget constraints and staff shortages. These are difficult times, and I want to express my sympathy and understanding for the added pressures these places on each of you. Despite these challenges, you have continued to provide exceptional care and service. I urge you to continue finding ways to save costs where possible while maintaining the high standards we are known for. Every small effort in this regard contributes to the overall sustainability of our services. Looking ahead, one of our key priorities is developing a comprehensive tertiary services plan for the next five years. This plan will be crucial in ensuring that we continue to provide cutting-edge medical care and that our institution remains at the forefront of healthcare innovation. I look forward to working with all of you to shape and implement this plan, knowing that your expertise and insights will be invaluable.

In closing, I want to once again thank each and every one of you for your relentless efforts and commitment to service delivery. It is through your dedication that we continue to achieve great things, even in the face of adversity. Together, we will keep pushing forward, delivering the highest quality care to those who need it most, and building a brighter future for our institution and our community.

D URBAN HOSPITAL COMPLEX MEDICAL INTERNSHIPS TRAINING EVALUATION BY HPCSA

and the Intern Curator. The HPCSA was represented by Prof Binu Luke and Dr Musa Sono, who led the evaluation. Meetings were attended by several managers from the hospital, including: Mr. Shezi (Acting CEO), Mr. Phewa (Acting DD HR), Ms. Zanele Madonsela (Finance), Dr Moodley (Acting Senior Medical

The evaluation concluded with a debriefing session where the HPCSA representatives provided an overview of their findings from the two-day evaluation. The feedback was received positively, with words of encouragement exchanged as the representatives wished the staff and interns continued success.

This evaluation by the HPCSA is a testament to the ongoing commitment to maintaining high standards in medical training, ensuring that future healthcare professionals are well-prepared to serve the community effectively.



On July 25-26, 2024, the Durban Hospital Complex hosted a comprehensive evaluation of its medical internships training programs, conducted by the Health Professions Council of South Africa (HPCSA). HPCSA is the regulatory authority responsible for ensuring the quality and standards of healthcare professionals in South Africa, therefore this evaluation was crucial in the training process of doctors.

The evaluation was divided between two key hospitals: Wentworth and Victoria Mxenge Hospital. Various segments of the program were conducted at these locations, with a focus on assessing the training, supervision and management of medical interns.

At Victoria Mxenge Hospital, the evaluation began with meetings involving key stakeholders, including supervisors and senior clinicians, hospital management

Manager), Dr Khuzwayo (Acting DD: Facilities Management)

The first day of the evaluation focused on discussions with hospital management, senior clinicians and supervisors. These meetings provided an opportunity for the HPCSA representatives to understand the current state of the internship program, identify areas of excellence, and highlight potential areas for improvement.

The second day of the evaluation was dedicated to direct interactions with the medical interns. The HPCSA representatives held a private meeting with interns, allowing them to express their experiences and concerns candidly. This session was followed by further discussions with the domain supervisors and senior clinicians, where the feedback from the interns was shared.



Chaplain's Visit Brings Motivation and Spiritual Renewal to Internal Medicine Staff

Batho Pele Principles: A Teaching Session

Following the spiritual session, Ms. Nontobeko Ndlela, Public Relations Officer, held an insightful teaching session for the Internal Medicine staff.

Embracing Service Excellence

The combination of spiritual renewal and a recommitment to service excellence through the Batho Pele principles left a lasting impact on the Internal Medicine staff. These moments of reflection and learning are vital as we continue to strive for the highest standards of patient care at Victoria Mxenge Hospital.



Rev. Shangase



Mr M. Shabangu

Morning of Inspiration and Prayer

On the morning of July 17th, the Internal Medicine department at Victoria Mxenge Hospital experienced a profound moment of spiritual upliftment and motivation.

Pastor Shangase led a powerful word devotion and sermon that filled the room with the Holy Spirit. The nursing staff felt a sense of restoration, with their burdens lifted and their spirits lightened. This inspiring event was orchestrated by Mr. Shabangu.

The event concluded with a heartfelt prayer by Ms. Nontobeko Ndlela, leaving everyone with a renewed sense of hope and purpose.

She thoroughly explained the Batho Pele principles, their origins, and their critical importance in patient care. These principles, aimed at promoting a culture of service excellence, are essential for subsiding complaints and enhancing the quality of care we provide.

Ms. Ndlela's session emphasized how adhering to the Batho Pele principles can lead to improved patient satisfaction and a decrease in complaints, ultimately fostering a more positive healthcare environment.



Ms Nontobeko Ndlela

Matthew 11:28-30.
 "Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle..."

MANDELA DAY CELEBRATIONS AT VICTORIA MXENGE HOSPITAL

the community.

As part of their annual tradition, the staff provided food parcels to patients, an act that was met with heartfelt appreciation and joy. Patients' joyful reception highlighted the success and warmth of this charitable gesture, making it a truly heart-warming

The workshop was coordinated by Dr. Dane Perumal, a consultant in the Department of Internal Medicine, and Ms. Nancy Moodley from Adcock Ingram. Expert instructors Dr. Kribashen Chetty and Dr. Lusapho Msebenzi provided hands-on training using a pig-belly model, ensuring comprehensive instruction in both theoretical and practical aspects of Tenckhoff insertion. Nurses received additional training from Nancy Moodley.



Nursing College's 67 Minutes of Service

In honor of Mandela Day, the nursing college at Victoria

experience for everyone involved.



Participants found the workshop to be an exciting and engaging opportunity for skills development. The hands-on component was particularly appreciated, with many expressing eagerness to apply their newly acquired skills.

This innovative in-service training reflects VMH's dedication to improving renal care and expanding access to PD services.

Mxenge Hospital took a heartwarming initiative to spread joy among patients. The post basic nursing students dedicated their 67 minutes by distributing fresh fruits to all the patients in the Paediatric Resuscitation Unit and Antenatal Clinic. The large group of students divided into two teams, with one team visiting the PRU and the other the ANC clinic. This meaningful activity was led by Ms. Cynthia Chetty, whose leadership and dedication ensured a successful and impactful event.

Radiology Department's Annual Food Parcel Distribution

Continuing the spirit of Mandela Day, the Radiology Department at Victoria Mxenge Hospital once again demonstrated their commitment to giving back to

Tenckhoff Insertion Workshop

Victoria Mxenge Hospital also marked Mandela Day by hosting a Tenckhoff Insertion workshop, aligning with the KZN Department of Health's renal program. This workshop aimed to enhance the hospital's peritoneal dialysis (PD) services, training 10 new PD providers. VMH is proud to offer one of the largest renal services in the province, featuring an 8-bedded haemodialysis unit, Tenckhoff catheter insertion services, and a satellite PD training site at St. Aidan's complex.



CELEBRATING THE JOURNEY: MEDICAL INTERNS BID FAREWELL WITH A TOUCH OF MAGIC AT VICTORIA MXENGE HOSPITAL

On June 28th, the halls of Victoria Mxenge Hospital's N block were filled with laughter and joy as 15 medical interns from the Pediatric Department celebrated the end of their internship in a unique and heartwarming way.

Dressed as beloved cartoon characters, these dedicated interns brought smiles to the faces of young patients, turning their last day into an unforgettable event.

The celebration began at 9 AM, featuring all the department heads from the Pediatric Resuscitation Unit (PRU) and N1A. The highlight of the event was a special certificate-gifting ceremony, where the best intern awards were presented. Dr. Julia Shilton and Dr. Nomfundo Gasa were recognized as the best interns, while Dr. Zeenat Wahid, Dr. Mxolisi Mazibuko, and Dr. Jehnara were celebrated as runners-up. The award for best personality went to Dr. Jordan Nadasen, highlighting his exceptional interpersonal skills and positive attitude.

Sister Gudase from PRU and Dr. R Sigh from the NICU were among the speakers who expressed their gratitude and admiration for the interns. They praised the young doctors for their impressive work ethic and dedication.

Their words of encouragement and appreciation resonated deeply with the interns and attendees alike.

Each intern was given a few minutes to reflect on their experiences at Victoria Mxenge Hospital. They spoke fondly of the supportive environment, the camaraderie among their peers, and the invaluable skills they acquired. Many interns expressed a new-found passion for pediatrics, inspired by their fulfilling work with the children. The atmosphere was filled with emotions and gratitude as the interns shared their heartfelt stories.

The dedication and enthusiasm of these young doctors have left a lasting impact on the pediatric department and the young patients they served.

As they move on to the next stages of their medical careers, these interns carry with them the skills, experiences, and memories forged during their time at Victoria Mxenge Hospital. Their journey is a shining example of the power of compassion, teamwork, and dedication in the field of medicine.



Following the speeches, the room buzzed with excitement as everyone enjoyed snacks, refreshments, and lively conversations.

The event concluded with a special treat for the young patients: interns, still in their cartoon costumes, visited the children's wards to spread cheer and lift the spirits of the kids. The sight of their favorite characters brought immense joy to the children, making the day even more special.

This memorable farewell was not just a celebration of the interns' accomplishments but also a testament to the nurturing and inspiring environment at Victoria Mxenge Hospital.



SPECIAL FATHER'S DAY EVENT FOR HR

On Friday, June 21, 2024, a heartfelt and joyous Father's Day celebration was held for the men and fathers in the HR division. The surprise event took place in the Jubilee Hall, and was meticulously organized by the dedicated ladies of HR. Spearheaded by Mrs. Mcube, Mrs. Khwela from the HR division and Ms. Ndlela, PRO, the event set a warm and welcoming tone from the very beginning.

The day started with a prayer, setting a reflective and grateful atmosphere. The men, utterly surprised, were momentarily speechless as they entered the beautifully decorated hall. The ladies of HR had gone above and beyond, adorning the venue and arranging a delightful array of food, refreshments, and gifts for each father.

The event was blessed by the presence of the renowned Pastor Zondo, brought to us by the generous sponsorship of Old Mutual. Pastor Zondo delivered an uplifting and motivational speech, filling the room with inspiration and positivity. Ms. Thobile, the Old Mutual representative, also addressed the attendees, providing an insightful overview of the company's unique benefits, moving beyond the usual sales pitch to offer genuine value.

One of the highlights of the event was an engaging and humorous game where the men were challenged to wear dresses belonging to their colleagues and guess the owner.

They then had to mimic something characteristic of that individual's behavior at work. This activity, themed "How Well Do You Know Your Colleague," had everyone in stitches and added a delightful and memorable twist to the day.

As the event drew to a close, men were invited to share their thoughts and feelings. Many expressed that this was their first time being surprised in such a manner and conveyed their profound gratitude to the women of HR. They highlighted how working together in HR has been a career highlight and expressed a desire to continue fostering this supportive environment. Men also hoped to reciprocate the kindness shown to them.

Each father received a thoughtful gift and the moment were beautifully captured by our PRO intern, Sabelisiwe Ndlovu. The event concluded with Mrs. Mcube delivering closing remarks, after which the ladies of HR served delicious plates of food, starting with the fathers. The hall was filled with laughter and camaraderie as colleagues enjoyed a hearty meal together, reminiscing about the memorable day.

We extend our heartfelt thanks to Old Mutual, Pastor Zondo, and all who contributed to making this event an unforgettable success.



VICTORIA MXENGE HOSPITAL HOSTS LARYNGECTOMY AND TRACHEOSTOMY AWARENESS CAMPAIGN

On June 7th, Victoria Mxenge Hospital held a successful Laryngectomy and Tracheostomy Awareness Campaign in the New Block Seminar Room from 9 am to 12 pm. The event was well-attended, featuring four esteemed guest speakers who provided valuable information and support.

Event Highlights:

Malibonge, Dietitian:

Malibonge opened the program by discussing nutrition for patients facing laryngectomy due to cancer of the larynx. He emphasized the importance of a balanced diet and provided various dietary options to accommodate their condition.

Miss Amy Dawson, Stoma Care:

Miss Amy Dawson followed with an insightful presentation on stoma care. A stoma is an artificial opening created surgically to allow breathing through the neck after the removal of the voice box. Miss Dawson detailed the importance of stoma care, including the use of neck bibs to protect the stoma from unnecessary contact and infection. She explained that stomas result from procedures like laryngectomy and the need for patients to adapt their care routines to ensure cleanliness and prevent complications.

Dr. Bipath, HCU: ENT

Dr. Bipath shared his experiences treating laryngectomy patients. He discussed the historical use of Provox valves, which were once installed to help patients speak but often led to complications such as size changes and leaks, making eating difficult. Dr. Bipath commended the patients for their resilience and explained that post-surgery, patients breathe through their stoma and often lose their sense of smell due to the changes in their anatomy.

Sister Maphumulo, ENT Nurse:

The final speaker, Sister Maphumulo, focused on resuscitation techniques, particularly the steps needed to perform CPR on individuals with a stoma. She provided a thorough explanation, ensuring that attendees understood the modified procedures.

Patient Stories:

After the expert talks, patients shared their personal journeys, from diagnosis to surgery and recovery. Despite the initial challenges, they expressed gratitude for the unwavering support from their families and the exceptional care received from the healthcare professionals at Victoria Mxenge Hospital. Their shared sentiment was encapsulated by their collective belief that "today wouldn't have been possible without the Lord."

Causes of Larynx Cancer:

The event also shed light on the causes of larynx cancer, including smoking, excessive alcohol consumption, exposure to certain chemicals, and HPV infection.

Interactive Activities:

The program included engaging activities, such as a smelling test where patients, some accompanied by family members, attempted to identify the contents of five cups while blindfolded. Participants could choose to sniff through their nose or stoma, with Ms Dolly winning by correctly identifying three out of five cups. Family members also participated and had the opportunity to ask questions during the Q&A session.

Unique Capability of Victoria Mxenge Hospital:

Victoria Mxenge Hospital is the only hospital in KwaZulu-Natal where both speech therapists and ENT specialists work together to change a patient's Provox valve. In other hospitals, this procedure is typically performed only by ENT specialists.

Conclusion:

The campaign concluded successfully, fostering a supportive community atmosphere. Refreshments of drinks and biscuits were provided, leaving attendees with a sense of accomplishment and connection.

Vote of Thanks:

Dr. de Klerk personally thanked Speech Therapy staff, Ms. Amina Abdulkader, Ms. Eunice Kgoale, and Ms. Amy Dawson, for all their hard work in making this a successful day. Words of appreciation also went to the ENT team as well as patients and relatives who attended the awareness.



SANBS Blood Drive at Victoria Mxenge Hospital: A Lifesaving Initiative

On June 5, 2024, the South African National Blood Service (SANBS) visited Victoria Mxenge Hospital with the noble mission of collecting blood donations from willing donors. SANBS is committed to ensuring a reliable and safe blood supply for those in need, and their dedicated efforts play a crucial role in saving lives every day.



Why SANBS Does What They Do

The primary goal of SANBS is to provide sufficient, safe, and quality blood products to patients in need. Blood is a vital resource used in various medical treatments, from surgeries and trauma care to cancer treatments and chronic illnesses. By facilitating blood donations, SANBS helps bridge the gap between supply and demand, ensuring that hospitals like Victoria Mxenge can continue to offer critical care to patients.

Did you know that each pint of blood donated can save up to three lives? This remarkable fact underscores the importance of donating blood if you are in a healthy state. Blood donations are a simple yet profoundly impactful way to contribute to the well-being of your community and save lives.



Eligibility for Blood Donation

You can donate blood if you:

- Are between the ages of 16 and 65.
- Weigh at least 50 kg.
- Are in good health.
- Lead a sexually safe lifestyle.
- Have not donated blood in the past three months.

You are unable to donate blood if you:

- Are feeling unwell.
- Are currently on certain medications.
- Have recently undergone surgery.
- Have certain medical conditions or infections.
- Are pregnant or breastfeeding.

Regular Visits by SANBS

SANBS visits Victoria Mxenge Hospital every three months, aligning with the guideline that individuals can donate blood once every three months. This regular schedule ensures that there is a consistent supply of blood for those in need. However, you don't need to wait for SANBS to come to Victoria Mxenge Hospital to make a difference. If you come across a SANBS stand in your daily life and have not donated within the last three months, you are encouraged to donate. Your contribution is invaluable in saving lives.

Let's work together to support SANBS and the vital work they do. By donating blood, you are making a life-saving difference in your community. Visit SANBS whenever you can, and be a part of this life-changing initiative.

WOMEN IN LEADERSHIP AT VICTORIA MXENGE HOSPITAL : CELEBRATING EXCELLENCE AND RESILIENCE

In honor of Women's Month, Victoria Mxenge Hospital (VMH) is shining a spotlight on the incredible women in leadership roles who continue to inspire and lead with unwavering dedication. This initiative is focused on the Executive Committee (EXCO) members, Head of Clinical Units (HCU) Managers, and female leaders in labor unions. However, it's important to acknowledge that this focus does not diminish the significance of the many other women across VMH who are leaders in their own right. Each of these women plays a vital role in the fabric of our hospital, and they are deeply valued and respected.

Featured:

- ◆ Dr. P. Manickchand (HCU for Internal Medicine)
- ◆ Dr. C. Chellan (Acting HCU for Anaesthetics)
- ◆ Mrs. Mtantato (Deputy Director: Finance)
- ◆ Mrs. N. Ngcobo (Deputy Nurse Manager—DNM)
- ◆ Ms. A. Sewpersad (Deputy Secretary for NEHAWU Union)

These remarkable women have shared their personal journeys, the challenges they've faced, and the lessons they've learned along the way. Through a series of thoughtful questions, we explored what it means to be a woman in a leadership role at VMH.

Acknowledgement of all women in leadership

While this feature highlights specific leaders, VMH recognizes that leadership is present at all levels within the hospital. From the wards to the administrative offices, every woman contributing to the success of VMH is a leader in her own right. Your dedication, hard work, and leadership is crucial to our collective success. We see you, we value you, and we celebrate you.

Let's continue to uplift and support one another as we work together to achieve excellence in healthcare. Here's to the strong, resilient women of VMH—leading with passion, purpose, and perseverance.



CELEBRATING WOMEN IN LEADERSHIP: DR MANICKCHUND'S INSPIRING STORY

As we celebrate Women's Month, it is an honor to highlight the inspiring journey of Dr. Manickchund, the Head of Clinical Unit (HCU) for Internal Medicine at Victoria Mxenge Hospital (VMH). Her story is a testament to perseverance, dedication, and the power of supportive relationships in achieving leadership success.

A Journey Rooted in Commitment

Dr. Manickchund's path to leadership began after she completed her MBChB at the University of Cape Town. Initially planning to return to Cape Town after a year in Durban, she took a chance by applying for the registrar training program in Internal Medicine. "When I got the post, we changed plans," she recalls. Both she and her husband, Dr. N. Manickchund, chose to stay in Durban, where they have built their lives and careers. Dr. Manickchund was fortunate to secure a specialist post at VMH immediately after her registrar training, solidifying her connection with the hospital, which she fondly refers to as her "second home."

Navigating Challenges in Leadership

As a woman in a leadership role, Dr. Manickchund has faced her share of challenges. "Gaining the trust and respect of peers is not always easy," she admits. While many women at VMH have been supportive, she acknowledges that the path to leadership is often competitive and fraught with difficulties. "Keeping a clear vision and remaining professional at all times is paramount," she emphasizes, noting the importance of maintaining professionalism even in the face of gender bias and resistance from some male counterparts. Her approach is pragmatic: "Instead of wasting time trying to change people, I direct my attention and energy more efficiently."

The Significance of Women's Month

For Dr. Manickchund, Women's Month is a time to reflect on the many challenges women face, including job inequality, health rights, and gender-based violence. It's also a time to consider how we treat one another as women and how we can support and uplift each other. "Embracing a sisterhood of support and shared experiences builds bridges and linkages in the profession and in healthcare," she believes, recognizing the power of unity among women in overcoming daily challenges.



Inspired by Strong Support

Dr. Manickchund credits her career success to the guidance and support of numerous mentors, but she singles out her husband, Dr. N. Manickchund, as her biggest inspiration. "He has been behind me, encouraged me, challenged me, and built me up," she shares, highlighting the role of partnership in her achievements. His unwavering support has been a cornerstone of her journey, allowing her to excel in her career while managing the demands of family life.

Advice for Aspiring Women Leaders

To young women aspiring to leadership roles in healthcare, Dr. Manickchund offers sage advice: "Don't feel held back by your self-perceived inadequacies." She encourages them to put in the work, ask for help when needed, and trust people to do their best while providing the necessary tools and encouragement. She also emphasizes the importance of embracing change, being flexible, and valuing progress over perfection.

Proud Moments and Continuing Motivation

Reflecting on her career, Dr. Manickchund is particularly proud of completing her training within four years while raising two children—a feat she attributes to the support of her "village," especially her husband. She also looks back with pride on the extraordinary efforts of her department during the COVID-19 pandemic, when VMH had the most beds for COVID patients in the province and established an ICU specifically for these patients. "I am still blessed to have the best team of doctors to work with," she says, praising their dedication and innovative spirit.

A Legacy of Bold Leadership

As she continues to lead and inspire, Dr. Manickchund hopes to leave a legacy of authenticity and fearless leadership for future generations of women leaders. She envisions a shift in mindsets regarding women in leadership and a future where mutual respect prevails. "I would like future women leaders to be boldly authentic and to lead fearlessly," she concludes.

Dr. Manickchund's journey at VMH is a powerful example of what can be achieved with dedication, support, and a clear vision. Her story is sure to inspire many women to pursue leadership roles and to make a lasting impact in the field of healthcare.



Women's
Health
Month



CELEBRATING WOMEN IN LEADERSHIP: SPOTLIGHT ON MRS. ARVANI SEWPERSAD, DEPUTY SECRETARY FOR NEHAWU

As we continue to celebrate the exceptional women leaders at Victoria Mxenge Hospital, this edition of our Women in Leadership series turns the spotlight on Mrs. Arvani Sewpersad. As the Deputy Secretary for the National Education, Health & Allied Workers Union (NEHAWU), Mrs. Sewpersad plays a crucial role in advocating for workers' rights and ensuring the well-being of staff.



Journey to Leadership

Mrs. Sewpersad's journey to becoming the Deputy Secretary for NEHAWU is marked by her dedication to advocacy and her unwavering commitment to the health and education sectors. With a deep passion for worker rights and equity, she has risen through the ranks to hold a significant position within the union. Her experience and educational background in labor relations has equipped her with the skills necessary to excel in her role.

Challenges in Leadership

Navigating the complexities of union leadership, particularly as a woman, has presented its challenges. Mrs. Sewpersad has faced the need to assert her voice in a space often dominated by male counterparts. However, she has overcome these obstacles through resilience, a strong sense of purpose, and by consistently demonstrating her capabilities in advocating for workers' rights. Her ability to maintain a clear focus on her goals and to lead with integrity has earned her respect and recognition.

The Significance of Women's Month

For Mrs. Sewpersad, Women's Month is a powerful reminder of the strides made toward gender equality and the ongoing struggle for women's rights in the workplace. It is a time to honor the legacy of women who have paved the way for others and to reflect on how far we have come. Personally, it inspires her to continue her work in ensuring that women's voices are heard and valued, particularly within the healthcare and education sectors.

Inspiration and Mentorship

Mrs. Sewpersad draws inspiration from the many strong women who have influenced her throughout her career. These mentors have instilled in her the importance of perseverance, solidarity, and the continuous pursuit of justice. Their guidance has shaped her approach to leadership and reinforced her commitment to making a positive impact.

Advice for Aspiring Women Leaders

To young women aspiring to leadership roles, Mrs. Sewpersad offers this advice: "Believe in your ability to make a difference. Understand that leadership is not just about holding a position of power, but about the responsibility to advocate for and uplift others. Stay true to your values, and don't be afraid to challenge the status quo."

Proudest Moments

Mrs. Sewpersad is particularly proud of her work in successfully negotiating better working conditions for staff and playing a key role in policy changes that have positively impacted the lives of many workers. These achievements are a testament to her commitment to justice and equality.

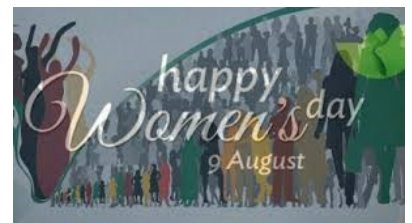
Staying Motivated and Growing as a Leader

What keeps Mrs. Sewpersad motivated is her deep commitment to the cause she serves. The knowledge that her work directly impacts the lives of her colleagues and the broader community drives her to continue growing as a leader. She is constantly learning and seeking ways to improve her effectiveness in her role.

Legacy for Future Generations

Mrs. Sewpersad hopes to leave behind a legacy of courage, empathy, and unwavering dedication to workers' rights. She wants future generations of women leaders to be fearless in their pursuit of justice and to always remember the power of unity and collective action.

Victoria Mxenge Hospital is honored to have Mrs. Sewpersad as part of our leadership team. Amandla kubo bonke abesifazane bethu e Victoria Mxenge Hospital.



CELEBRATING WOMEN IN LEADERSHIP: DR CHELLAN'S INSPIRING STORY

In honor of Women's Month, we spotlight the remarkable journey of Dr. Challen, Acting Head Clinical Unit (HCU) of Anaesthetics at Victoria Mxenge Hospital (VMH). Dr. Challen's story is one of dedication, resilience, and leadership, offering inspiration to women across the healthcare sector.

A Journey of Dedication and Growth

Dr. Challen's journey at VMH began in 2010, when she joined as a junior medical officer in the Department of Anaesthesiology post-community service. This marked the start of a long and fruitful association with the hospital. "VMH has become my second home and family for the last 15 years," she shares, reflecting on her deep connection with the hospital and its staff. After completing the UKZN registrar program, she rejoined the Anaesthesiology Department in 2015, progressing to the role of a specialist in 2017. Her leadership capabilities were recognized when she was appointed as Acting HCU in 2022.



Overcoming Challenges in Leadership

As a woman in a leadership position, Dr. Challen has faced numerous challenges. She acknowledges the difficulty of navigating gender bias and stereotyping in a traditionally male-dominated environment. "Learning how to deal with these challenges is helping me grow as a leader," she notes, emphasizing the importance of resilience and adaptability. Managing workplace relationships, academic growth, and service delivery simultaneously requires a delicate balance, but she credits her supportive team for helping her tackle these challenges effectively.

The Significance of Women's Month

To Dr. Challen, Women's Month is a time to recognize and celebrate the positive impact of women in our lives. "It gives us a chance to celebrate these inspiring women and their achievements," she says. She believes that Women's Month also offers women in the workplace an opportunity to connect, support each other, and share a common purpose.

Inspirations and Advice for Aspiring Women Leaders

Dr. Challen draws her inspiration from Dr. Larissa Cronje, the former HCU at VMH, whom she describes as a formidable and supportive leader. “She has inspired me and driven me to reach for more,” Dr. Challen reflects, expressing her admiration for Dr. Cronje’s leadership and teaching.

For young women aspiring to leadership roles in healthcare, Dr. Challen offers straightforward advice: “Don’t run away from the challenges that you are about to face – and there will be many. Do your homework, put in the time and effort, and place your best, firm foot forward, and you will succeed.”

Proud Moments and Continuing Motivation

Looking back, Dr. Challen is proud of her academic achievements and the role she has played in the growth of others. “Seeing some of their growth from interns or junior medical officers to specialists and knowing that I have had a small part in that success is extremely fulfilling,” she says.

Despite the challenges, Dr. Challen remains motivated by her commitment to making a difference in patients’ lives. She also finds motivation in her team and the nurturing environment they have created in the Anaesthesia Department.

A Legacy of Inspiration

As she continues to grow as a leader, Dr. Challen hopes to inspire future generations of women leaders. “I hope to motivate and inspire other women. I hope that I can help other women grow and realize their potential as leaders,” she concludes.

Dr. Challen’s journey at VMH is a testament to the power of resilience, dedication, and the impact of strong female leadership in healthcare. Her story will undoubtedly inspire many women to pursue leadership roles and contribute to the advancement of the healthcare industry.



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CELEBRATING WOMEN IN LEADERSHIP: SPOTLIGHT ON MRS. MTANTATO, FINANCIAL MANAGER

Victoria Mxenge Hospital is proud to celebrate the women who lead with strength, determination, and excellence. In this series, we shine a spotlight on Mrs. Mtantato, our Finance Manager, whose journey and leadership serve as an inspiration to us all.

Journey to Leadership

Mrs. Mtantato's path to becoming the Finance Manager at Victoria Mxenge Hospital is a testament to her ambition, hard work, and passion for finance. Her career began in the Department of Justice, where she honed her financial skills before transitioning to the Department of Health. With a solid educational foundation in finance, her journey to the position of Deputy Director (DD) Finance was a natural progression fueled by her drive and commitment to excellence.

Challenges in Leadership

Being a woman in leadership has not come without its challenges. Mrs. Mtantato acknowledges the difficulties of being accepted in a role traditionally dominated by men. However, she has always risen to the occasion, doubling her efforts and delivering results that speak for themselves. Her unwavering dedication to her duties has earned her the respect and acceptance she deserves.

The Significance of Women's Month

For Mrs. Mtantato, Women's Month is a time of deep reflection and pride. She honors the women who fought tirelessly for equal rights and recognizes the privilege of being a beneficiary of their sacrifices. As a woman in management, she brings a unique set of skills—financial acumen and problem-solving abilities—that contribute to the workplace's success.

Inspiration and Mentorship

Mrs. Mtantato's career was inspired by her accounting teacher, sparking her dream of becoming a Chartered Accountant. This early inspiration set her on a path of excellence in the financial field, where she continues to thrive and inspire others.

Advice for Aspiring Women Leaders

Her advice to young women aspiring to leadership roles is simple yet profound: "Know that you are unique. Don't compare yourself with others. When given a chance, be positive and be able to change the situation." Her words are a reminder of the power of individuality and the importance of embracing one's uniqueness.



Proudest Moments

Among her many achievements, Mrs. Mtantato is particularly proud of receiving the award for Best Finance Manager during the MEC Awards. This recognition reflects her hard work, dedication, and the high standards she upholds in her role.

Staying Motivated and Growing as a Leader

Mrs. Mtantato stays motivated by focusing on her purpose, which she believes is divinely appointed. She sees her role not as a position to impress others but as an opportunity to serve people. This mindset keeps her grounded and continuously drives her to grow as a leader.

Legacy for Future Generations

As an educator, Mrs. Mtantato has already left a lasting legacy by mentoring and producing future Chartered Accountants. She hopes to continue inspiring the next generation of women leaders to pursue their dreams with confidence and determination.

At Victoria Mxenge Hospital, we are incredibly proud of Mrs. Mtantato and all the women in leadership who contribute to our success. While this series highlights the EXCO members, HCU Managers, and Labour Union female leaders, we also want to recognize and honor every woman at VMH. Each one is a leader in her own right, and your contributions are highly valued and deeply appreciated.



A JOURNEY OF RESILIENCE AND EMPOWERMENT: MRS. N. NGCOBO'S PATH TO LEADERSHIP

In honor of Women's Month, we spotlight the inspiring journey of Mrs. N. Ngcobo, the Nursing Manager at Victoria Mxenge Hospital. Her story is one of perseverance, resilience, and unwavering dedication to her profession.

A Career Built on Passion and Dedication

Mrs. Ngcobo's career began as a newly qualified junior professional nurse at Prince Mshiyeni Memorial Hospital. Her pursuit of excellence took her across borders to Saudi Arabia, where she gained invaluable international experience. Upon her return to South Africa, she transitioned into occupational health nurse practitioner at Unilever and later took on a critical role as the KZN Provincial Manager for a Non-Governmental Organization. Her work in Supplementing & Complementing PMTCT (Prevention of Mother-to-Child Transmission) across 80 facilities in six districts underscored her commitment to improving healthcare for the most vulnerable.

After further roles as a Quality Manager at East Boom CHC and Hillcrest Provincial Hospital, and a promotional post as the Monitoring & Evaluation Manager at Clairwood Hospital, Mrs. Ngcobo sought a greater challenge. In September 2020, she joined Victoria Mxenge Hospital, then known as King Edward VIII Hospital, as the Deputy Manager Nursing.

"Victoria Mxenge Hospital is well known for its unmatched level of professionalism and growth opportunities," she shares, reflecting on her decision to join the institution.

Overcoming Challenges as a Woman in Leadership

Leadership is not without its challenges, and Mrs. Ngcobo has faced her share. "I had to use a combination of emotional intelligence, strategic thinking, and effective communication to navigate the problems I faced," she explains. Despite these difficulties, Mrs. Ngcobo maintained a positive mindset, refusing to be broken by the challenges.

The Significance of Women's Month

For Mrs. Ngcobo, Women's Month is a time to honor the achievements of women who have shaped our nation. "It's a day of unity, celebrating each other across the world," she says. This time of reflection also empowers young girls, instilling in them the courage and self-esteem to walk in the footsteps of their ancestors and to strive for success.



Inspiration and Advice for Future Leaders

Mrs. Ngcobo credits her mother as her biggest inspiration, a woman of incredible strength and compassion. "She's always been there for me, I aspire to be as strong and compassionate as she is," Mrs. Ngcobo reflects.

Her advice to young women aspiring to leadership roles in healthcare is clear: "Be authentic, trust and uphold your values and vision. Seek mentorship, embrace risks, and don't hold yourself back from challenging positions."

Proudest Moments and Continued Growth

One of Mrs. Ngcobo's proudest achievements has been transforming nursing management team into a cohesive unit.

To stay motivated and continue growing as a leader, Mrs. Ngcobo sets challenging objectives, rewards herself for successes, and maintains a healthy work-life balance. She understands the importance of delegation to avoid burnout and remains inspired by positive role models who shape her actions.

A Legacy of Strength and Justice

Looking ahead, Mrs. Ngcobo hopes to leave a legacy that encourages future generations of women leaders to have a life aligned with their values and dreams. "I want them to have the courage to stay true to themselves and to stand firmly to what they believe in," she concludes.

Mrs. Ngcobo's journey is a testament to the power of resilience, authenticity, and unwavering commitment to one's values. As we celebrate Women's Month, her story reminds us of the incredible strength and potential of women leaders in healthcare.



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SABELISIWE NDLOVU



SAMEERA HOOSEN

Physical Address:

Corner Rick Turner & Sydney Road,
Umbilo, CONGELLA

Postal Address:

Private Bag X02
CONGELLA
4013

SWITCHBOARD

031 360 3111

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