



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA

Victoria Mxenge Hospital

EzaseKhangela

NEWS

JANUARY 2025

REINTRODUCTION OF NEONATAL SURGERY AT VICTORIA MXENGE HOSPITAL

Victoria Mxenge Hospital is a tertiary-level facility with a 34-bed neonatal unit. Neonatal surgical services were last offered at this hospital before the year 2000, following the relocation of the service to Inkosi Albert Luthuli Central Hospital (IALCH). Currently, neonatal surgical care in KwaZulu-Natal is limited to IALCH and Grey's Hospital, leading to significant delays in managing neonates with surgical conditions.

In an effort to re-establish pediatric surgical services (for patients under two years of age) at Victoria Mxenge Hospital, a multidisciplinary team held a series of meetings to plan and coordinate the logistics. The neonatal team, led by Dr. R. Singh; the pediatric surgical team, headed by Mr. M. Gafoor; the anesthetic team, led by Dr. C. Chellan; operational managers Mrs. Ngwenya and Mrs. Majola; the hospital acting CEO, Mr. Brian Shezi; and the acting Senior Medical Manager, Dr. Sivi Moodley, collaborated to

bring this vision to fruition. A critical dry run was conducted on December 17, 2024, to ensure all

as the first neonatal surgery at Victoria Mxenge Hospital in 25 years. This milestone sets the stage for the establishment of a



systems were in place for the safe reintroduction of neonatal surgical services. The first case was identified in January 2025—a neonate born with jejunal atresia on the 3rd of January 2025. The surgical procedure, a jejunal atresia repair, was successfully performed on January 14, 2025. The operation, which lasted three hours, marked a major milestone

dedicated pediatric surgical unit at Victoria Mxenge Hospital, which will significantly reduce waiting times for neonatal and pediatric surgical cases in the province.

Article by Dr R Singh.



KwaZulu-Natal Department of Health



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WELCOME TO OUR NEW MEDICAL INTERNS!



As the sun rose on January 1st, 2025, Victoria Mxenge Hospital opened its doors to 49 enthusiastic medical interns, marking the beginning of their two-year journey with us. These bright minds have joined our family to learn, grow, and contribute to our mission of delivering exceptional healthcare to the community. Their first day was met with a warm and energetic welcome from our HR department, who embraced their arrival with open arms. The HR team played a pivotal role in ensuring a smooth transition into this exciting new chapter. With an informative and engaging two-day orientation, the interns were introduced to the hospital's values, culture, and operational framework, jump-starting their professional careers in the most meaningful way.

The orientation covered essential topics, from patient care protocols to professional development opportunities, equipping the interns with the knowledge and tools they need to excel. Beyond the information shared, the orientation fostered a sense of camaraderie and teamwork, setting the stage for the incredible contributions they are bound to make.

To our new interns: we are delighted to have you on board. Your journey will be filled with challenges and triumphs, and we are confident that you will rise to the occasion. Remember, you are not alone in this – the entire Victoria Mxenge Hospital family is here to guide, support, and celebrate you every step of the way.

Here's to a remarkable journey ahead, filled with learning, growth, and the fulfillment of making a real difference in the lives of our patients. Welcome to VMH – your story begins now!

DIABETES AWARENESS DAY 2024 AT VICTORIA MXENGE HOSPITAL

Highlighting the Urgent Need for Better Glycaemic and Blood Pressure Control

Victoria Mxenge Hospital in KwaZulu-Natal hosted a successful Diabetes Awareness Day on November 21, 2024, bringing critical focus to diabetes and hypertension management in South Africa. The event, spearheaded by Prof. Somasundram Pillay, provided valuable insights into glycaemic and blood pressure (BP) control among 94 participants, including hospital staff and patients.

Key Findings from the Event

The study revealed significant gaps in diabetes and hypertension management:

- Diabetes Prevalence: Among participants, 20.2% were diabetics, and 44.7% were hypertensive. Alarming, 9.1% of non-diabetics were found to have undiagnosed diabetes, and

recommended glycaemic Control, with younger participants (aged 21–40) showing the poorest outcomes.

- Blood Pressure Control: Control was achieved by 45.2% of hypertensive non-diabetics, but only 23.5% of hypertensive diabetics met the stricter BP targets.



Age and Gender Disparities

The data revealed age and gender-specific disparities in health outcomes. Females showed better glycaemic control (28.6%) compared to males (20%), while younger participants struggled with both glycaemic and BP

management.

Implications for Healthcare

These findings underscore the urgent need for targeted interventions:

- Routine screening to identify undiagnosed diabetes and pre-diabetes.
- Integrated care models to address comorbid diabetes and hypertension.

Age and gender-specific health programs to tackle identified disparities.

Looking Ahead

Victoria Mxenge Hospital continues to lead efforts in addressing chronic disease management challenges. The hospital's commitment to public health through events like Diabetes Awareness Day exemplifies its dedication to improving patient outcomes and fostering a healthier community.

Acknowledgements

The hospital extends its gratitude to OM Govind, Sister Mpfana, and the nursing team for their pivotal role in organizing the event.



VMH COMMOMERATES WORLD PREMATURITY DAY WITH HEARTFELT CELEBRATION

The early celebration, held at Jubilee Hall, created an atmosphere of warmth and encouragement for families.

Medical interns spearheaded an innovative activity where they took the footprints of premature babies

One mother shared her journey of spending months in the Neonatal Intensive Care Unit (NICU), expressing gratitude to the hospital staff for their unwavering support and compassion.



14 November 2024 – Jubilee Hall, VMH

In a heartfelt event ahead of the global observance of World Prematurity Day, VMH hosted a celebration on 14th November 2024 to honor the resilience of mothers and families of premature babies. World Prematurity Day, commemorated annually on 17th November, aims to raise awareness about the challenges faced by preterm-born babies and their families. This year's theme, "Over 13 million babies born prematurely every year. Access to quality care everywhere!" underscores the importance of ensuring quality healthcare for premature infants globally.

and turned them into artistic keepsakes for the mothers, complete with the baby's name. The gesture brought visible joy to the mothers, many of the mothers shared plans to frame the artwork as a cherished memory.

The day served as a platform to celebrate the patience and strength of mothers navigating the challenges of having their babies in neonatal care.

The organizing team extended heartfelt thanks to sponsors but also celebrated the triumphs of families and the healthcare professionals who support them. VMH's celebration served as a testament to the commitment of raising awareness and fostering hope for premature babies.



VMH QUALITY DAY: A CELEBRATION OF EXCELLENCE

On the 13th of November, VMH hosted a highly successful Quality Day at Jubilee Hall, beginning at 9:00 AM. The event brought together staff, distinguished guests, and stakeholders to celebrate the exceptional standards upheld by our hospital departments.

The program was a blend of inspiring speeches, engaging entertainment, and heartfelt recognition of the hard work that drives VMH's commitment to quality healthcare.

Program Highlights

The event commenced with an opening prayer by Mrs. ZT A Nkosi, followed by a warm welcoming address from the Acting CEO, Mr. B. Shezi. Mr. Shabangu introduced honored guests, setting the tone for the day. Mrs T.J. Sibiya outlined the purpose of the gathering, emphasizing the significance of quality improvement in healthcare.

Entertainment was provided by the Hospital Choir and an Isicathamiya group, infusing the day with vibrant energy. The keynote address by Mr. Matibela was both motivating and thought-provoking, underscoring the strides made in quality enhancement.

A highlight of the event was the presentation of Quality Improvement Projects by various departments, including:

- Pharmacy
- Obstetrics and Gynecology
- High Care/Paediatrics
- Plastic Ward
- Surgical and Orthopaedics

The judging panel, comprising of quality assurance managers from various hospitals in eThekweni provided expert evaluations

Recognition and Awards

The awards ceremony was the pinnacle of the day, celebrating outstanding achievements in categories such as:

- Honoring Health Calendar Days
- Most Complimented Staff Member by Patients
- Most Complimented Ward
- Compliance to Waste and IPC Standards
- Achieving Above 95% in the Ideal Hospital Audit

Ms. S. Ntuli, District Quality Manager, led the awards presentation, acknowledging the hard work and dedication of VMH



departments and staff.

Event Atmosphere

Guests, including delegates from the KwaZulu-Natal College of Nursing VMH Campus, enjoyed refreshments of tea, coffee, sandwiches, and muffins in the morning. After the formal proceedings, a delicious meal was served to all attendees.

A Collaborative Effort

The success of Quality Day was a testament to the meticulous planning by the organizing committee. Special thanks go to the VMH Executive Committee, for their leadership and support. This event not only celebrated the milestones achieved but also re-affirmed VMH's commitment to providing quality healthcare to the community. We look forward to continuing this tradition of excellence.

Thank you to all who contributed to making Quality Day 2024 a remarkable success!



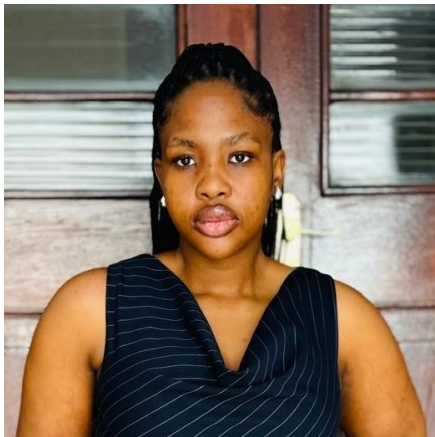


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