

CANDLE LIGHTING AND SERVICE EXCELLENCE



The candle lighting ceremony was a Health Promoting event where a single candle was lit by the Hospital CEO, thereafter staff members joined together and spread the light.



Candle lighting observed by staff members.

Quality Manager and Health Promotions leader Mrs. Dev Paliyam explained that "The observance is to remember all staff, family, friends and patients who have died from HIV and AIDS but are not forgotten. "Today we show unity in remembering the lost loved ones and hope that their light may always shine!"



Dr. B Mhlongo addressing employees

Dr. Mhlongo graced the function with a speech highlighting the importance on how to live the positive life after being diagnosed with HIV and Aids. Staff also pledged to stand united in the fight and prevention of HIV and AIDS. This was demonstrated by staff members endorsing their signatures on the Pledge.



CEO Mr. CH Myeza, signs the pledge

Staff received recognition awards for 20 years of long service. Certificates were also received by staff members for Perinatal HIV/ AIDS, Health and Safety, BAS, Computer Literacy and ABET.



Management Team with long service award recipients.



Lindiwe Nxumalo Abet Learner receives certificate from Hospital CEO

CHRISTMAS AND NEW YEAR BAMBINOS FOR LUDWMH !!!

A total of 22 babies were delivered on Christmas Day and 22 on New Years Day.



Siyamthanda Nxumalo was the first Christmas baby born, weighing 3,5kg.



Njabulo Mabuyakhulu, weighing 3,24 kg was the New Years baby.

BABY LULAMA BLESSED

The three month old Lulama Zulu was born with a chronic Lung Disease. A patient with this condition depends on the Nebuliser to survive. As he comes from a family who cannot afford the machine, help needed to be sought.



Happy Family - Staff from Neonatal Unit

Doctor Samjowan who works with neonates was the angel bringing a blessing to the baby. She consulted her sister who works at The Bay Hospital Pharmacy as a Pharmacist. Dr Samjowan's sister then spread the news among Pharmacy colleagues who agreed to donate the Nebuliser to the Little Lulama Zulu.

The effort of Dr Samjowan was praised by Dr Bhengu who is also working in Neonatal Unit. 'We are very excited because this baby has been with us for so long even though he was healthy enough to go home, we didn't know what to do anymore, said Dr. Bhengu. He has a chance of surviving and functioning like a normal child by the time he is two years old, concluded Dr Bhengu.

'Dr. Samjowan's initiative is congratulated!



Dr. M Samjowan, Little Lulama and her mother and Matshepo Molefe

'It is not how much you do, but how much love you put in the doing'

PREGNANCY AWARENESS WEEK 16 - 23 FEBRUARY 2008

Pregnancy is a special experience for women.

LUDWMH, being a maternity Hospital attempts to educate all pregnant patients attending the High Risk Clinic on an ongoing basis.

Topics covered in the Health Education session include:

Breastfeeding, Common Disorders of pregnancy, Patients Rights and Responsibilities, How to monitor fetal kicks and movements, Sexual Transmitted infections, Prevention of mother to child transmission of HIV, High Risk Conditions and Signs and symptoms of labour, Importance of having birth companion during labour and Gestational Diabetes Mellitus.

We aim at improving childbirth knowledge continuously. Greater knowledge prepares a woman towards achieving a healthy pregnancy and positive birth experience.



LUDWM HOSPITAL INTERACTS WITH COMMUNITY

In a drive to promote community education on medical issues, levels of care, services provided by the institution and on how the hospital is managed, LUDWM Hospital held an Open Day recently.

The main aim of the Open Day was to provide the community with a chance to meet face to face with hospital management and hospital board, thereby stimulating interaction and information sharing relating to services provided.



The Honourable Mayor, Mr. Z. Mngqayi welcomed the community.



Board Member Cllr. Mqayi addressed community members and staff.



The Hospital CEO, Mr. CH Myeza was addressing the community.

The Honorable Mayor of Umhlathuze, Mr. Zakhele Mngqayi, discouraged pregnant women from giving birth at home. The community was encouraged to utilize health facility. He said while traditionally such cases posed limited difficulties in the past, things have changed.

It was no longer as safe as it used to be considering the prevalence of many dangerous diseases. The Hospital CEO Mr. Cebo Myeza highlighted challenges and achievements and thanked the community for sharing the day with them. He said the hospital personnel are working hard so that they could offer quality patient care. Attempts are being made to expand facilities and secure enough beds. Cleanliness and hygiene remains a top priority.



Sr. Mkhize and Sr. Mhlongo explaining their services to the community at the Obstetrics stall.



Neonatal Team Sr. Mrwetyana, Mrs. Mpungose and Dr. Singh received the award for displaying the best stall. Mr. Singh and Mrs. Pewa presented the award.



Community was given a chance to ask questions

How can we prevent hospital associated and occupationally acquired infection ?



Infection prevention and control is everyone's responsibility but under the proper direction and guidance, proper implementation of basic infection control practices, policies and procedures, protocols, the National prevention and control policy and infection control programmes. This can simply be accomplished as follows:

- ◆ Hand washing because these are always implicated as good vehicles for transporting the infectious agents from equipment to patients, from staff to patients and from patients to patients.
- ◆ Protective clothing because all blood and body fluids, secretions and excretions from any patients are presumed to be infected with blood borne infections. This will also reduce the risk of transmission of pathogenic micro-organisms between patients and staff.
- ◆ Proper disposal of sharps to avoid sharps injuries because sharps are also a major cause of transmission of blood borne viruses.
- ◆ Correct segregation and disposal of waste at the point of generation to ensure that it does not harm the staff, patients, the public as well as the environment.
- ◆ Decontamination of equipment is also important to transmission of infection to patients with contaminated equipment.

The above few infection control strategies or basic principles if properly implemented 24 hours around the clock will prevent the stigma and loss of public interest in our health care establishment.

Staff are encouraged to apply these basic principles to effectively control and prevent infection. Wash hands, wash hands, wash hands!!!



HEARTY HEARTS!!



Radiology Team led by Miss Dana Moodley hosted a Valentines Day event for staff and patients .



Mrs. W Tait, Sr. Nozipho Mzimela and Miss.Dana Moodley



Dana Moodley brings a smile to a patient as she hands over a token.



ROLE OF A CLINICAL PSYCHOLOGIST IN A MATERNITY HOSPITAL



Clinical Psychologist
Ms. S Zamisa

A Clinical Psychologist in the Maternity hospital deals with the three major types of POST NATAL disorders:

1. Postnatal "Blues"
2. Postnatal Depression/anxiety
3. Postnatal psychosis

These Postnatal disorders deal with emotional issues relating to death, grief and bereavement to mothers who have lost their newborn babies.

Psychology services offer emotional support to new mothers in coping with parenting issues.

When motherhood hurts

Between 10% and 40% of women develop Postnatal Depression.

According to the Postnatal Depression Support Association (PNDSA) Postnatal depression can present in three ways, these vary in time of onset, duration of illness and the severity of symptoms.

Blues: commonly described as weepiness, emotional fluctuations, begins shortly after birth, continues for a few days. Onset is typically 3 to 5 days postpartum. Mostly reported symptoms are: **tearfulness, tiredness, anxiety, emotional, mood swings, feeling low and muddled thinking.** Blues may be predictors of Postnatal Depression.

Postnatal Depression: this is a serious illness that can develop at any time during the first year during postpartum. Symptoms include tearfulness, inadequacy, numbness, suicidal ideations, sadness, insomnia and many more...

Postnatal Psychosis: Onset is typically within two to four weeks. Symptoms include heightened or reduced motor activity, hallucinations, marked deviation in mood, severe depression, mania, confusion and delirium.

Grief

The devastating grief parents suffer when they lose a child increases their chances of being hospitalized for psychiatric disorder.

Bereaved mothers are particularly vulnerable. Their risk of hospitalization is twice as great as that of fathers.

Mothers' risk is the highest in the first year, this remains significantly elevated even 5 years or more after the loss which makes it even more crucial to offer them psychological support. Death of a child does not cause psychological illness, but may be the trigger.

Genetic counseling

It provides people who plan to have children with information about genetically based disorders. Genetic counseling is crucial and the clinician or the counselor should be aware of the patient's level of maturity and be ready to deal with anger, anxiety, depression and other complex emotions.

UPDATE FROM THE DESK OF HUMAN RESOURCE DEVELOPMENT

Mrs. Z. Dube

Training held from January to February 2008:

- Project Management
- Customer Care
- Telephone Etiquette
- Diversity Management
- CPR and Basic First Aid



'TANNIE STONE' BIDS FAREWELL TO LUDWMH

After 21 years of service Mrs. Charlotte Stone also known as "Tannie Stone" and "Stoney" bids farewell to fellow colleagues as she retires. During her stay at LUDWMH, she was mother to many, as she worked as a Housekeeper at Creche, Maternity Ward and Nurses Home. The Housekeeping Service Element for COHSASA Programme was led by Mrs. Stone who was always dedicated to the cleanliness of the environment. A farewell function was coordinated by Miss. Dana Moodley, Radiology Manager. In her touching speech, Mrs. Stone thanked staff for their support and stated how proud she was to be part of LUDWMH. Mrs. Stone will be relocating to Pretoria to spend her retirement with family. We wish you well on your new journey "Tannie Stone" !!



Mrs. Stone receives long service certificate from Finance and Systems Manager, Mr. M. Moonsamy.



A token was presented by Mrs. P.C. Qwabe.



Staff members who attended the farewell function.

LUDWMH PRESENTS POSTER AT MIDWIFERY CONGRESS



Sr. Moodley and Nurse Manager, Mrs. Pewa with the poster.

Eight Midwives attended the Midwifery Congress held

At ICC in Durban during December 2007. A poster was presented

By Sr. Moodley titled "A Healthy Mother produces a healthy baby"

LUDWMH also displayed their information and statistics as the only Maternity hospital in the province.



Midwives who attended the Congress.

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" EXCELLENCE IS TO DO A COMMON THING IN AN UNCOMMON WAY".

Booker. T. Washington