



Umthombo Wolwazi NEWS

STAY INFORMED

DECEMBER 2016

Mahatma Gandhi Memorial Hospital hosts a glittering Long Service Awards Ceremony



Mahatma Gandhi Memorial Hospital Staff who have 30 years of service holding their Awarded Certificates during the event

Mahatma Gandhi Hospital hosted Long Service Awards in a glittering ceremony held on the 30 November 2016.

The purpose of the event was to honor and thank staff members who have shown commitment, loyalty and dedication to the department for so many years in rendering optimal health services.

Dr M. Mazizi (CEO - King Edward Hospital) on behalf of the DDG's Of-

fice & Mr D. Moodley (Ethekewini Health District Office) graced the event with their presence.

The certificates were awarded to the staff who had 10, 20, 30 and 40 years of service.

Dr L.J. Sobekwa, ACEO thanked the recipients for displaying commitment and dedication to service delivery which will thus inspire others.

Dr L. Mtshali, IALCH who was the Guest Speaker for the day complimented recipients and encouraged

MGMH staff to continue with the good job and to manage their finances well.

Pastor E.J. Moodley, Hospital Board Chairperson complimented the staff serving the community with love and dedication.

Ms N.C Mthombeni (HR Manager) thanked EXCO Members, delegates, recipients and sponsors for making the event a huge success.



LONG SERVICE AWARDS
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16 DAYS OF ACTIVISM ...
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QUALITY DAY ...
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HAND WASHING ...
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The Acting Chief Executive Officer's Keynote Address



Dr. L.J. Sobekwa - Acting CEO

It has been an interesting journey being at MGMH. I had the pleasure of engaging with all levels of staff. The

striking effect about the staff is the spirit of love and willingness which surpasses the existing challenges. We have now reached the end of our calendar year with pride. Our second semester was bust with activity and revival of comradeship.

Congratulations to everyone for all achievements from goals set at the beginning of the year. Those who fell short of their personal desires can still congratulate themselves on the achievements of those that they supported throughout, be it partner, kids, family or friends. Time has come to set new heights and look forward to new adventures. We can

temporarily set our racing minds to rest and enjoy the year end festivities with our loved ones.

A big thank you to our sponsors throughout the year and the community at large for the working relationships we have forged.

May everyone enjoy their different blessings that they are graced with and look forward to an eventful progressive new year. Merry Christmas to all Christians!

Happy Holidays and a blessed fruitful 2017 to everyone !

Dr. L.J. Sobekwa - ACEO

**MAHATMA GANDHI MEMORIAL HOSPITAL
MANAGEMENT & STAFF WISH U
MERRY CHRISTMAS & PROSPEROUS 2017**

Mahatma Gandhi Hospital receives the Award



Dr L.J. Sobekwa, ACEO receiving an Award during the event

Mahatma Gandhi Memorial Hospital was awarded with a prestigious Award by Impumelelo Disable Rural Community Project during their International Disability Day celebration.

The institution was awarded because of its commitment and the support it has displayed towards disable people in ensuring that they have easy access to health services.

The institution has gone a extra mile by embarking on outreach programmes to provide health services which entail : HIV /Aids education and Testing, TB screening, Eye screening and screening for lifestyle conditions.

Mahatma Gandhi Memorial Hospital Team Building Programme

GROUPS

The Public Relations Department embarked on a Team Building exercise for all Systems Department Management and Supervisors.

The aim of this exercise was create harmony and togetherness because happy Managers make happy staff which will result in positive output.

The exercise assisted the Managers and Supervisors to better understand and appreciate themselves and their supervisees.

The attendees were divided into 4 teams where they were given tasks to make banners with slogans.

It was a day filled with laughter, entertainment and uplifting moments to empower the attendees. The day ended with a scrumptious lunch.



"WEAR A DOEK FRIDAYS"



Ward 9 Staff: LT Khumalo, D. Msomi, TL Mlambu, I. Sumeri, T. Mkhwane, S.Langa, NG Mkhize & SJ Dlungela during Doek Friday

WATHINT ABAFAZ WATHINT IMBOKODO

ACCOLADES

Att : Mahatma Gandhi Memorial Hospital /
Public Relations Officer

It is with great pleasure that I write this letter to commend and salute the Doctors, nurses (day and night duty) and management who has taken care of Mr. Manogaran Murugus, Ward 5, bed 504. After admission, We would absolutely beg to differ, In order to change the perception of others. The care and treatment provided has exceeded our expectations especially for public hospital. The services received has been exceptional.

On behalf of our family and friends, We would like to place on record our sincere gratitude to all who assisted Mr MURUGUS. No words could ever describe how grateful and thankful we are. Your hard work and dedication does not go unnoticed.

KINDEST REGARDS - TRANELLE MURUGAS

Dear Mr. Ngcobo

I was recently a patient for over two weeks in Ward 1 of your hospital. I would like to greatly commend all of those involved in my care during my hospitalization.

Doctors, nurses, the porters , cleaners, administration personnel, the hospital stays are generally not a pleasant experience to undergo but the staff of your hospital all contributed to making my experience more bearable and I am very grateful. Clearly they take pride in their various professions. Thank you very much.

Kindly forward this letter to ward 1 and other departments so that they may be aware of the esteem in which I hold their service

Yours faithfully

Mirriam Molemong

Kind words for Gandhi hospital staff

I would like to share my experience at Mahatma Gandhi Memorial Hospital with your readers.

It was early morning of the 4th of September, at approximately 1am when I arrived at the hospital with my wife, suffering with severe chest pains and difficulty breathing as I am a chronic asthmatic and a heat patient, Dr seedat, his colleagues and nurse, working that shift in casualty attended to me within a few minutes.

They showed great concern and were comforting. I was quickly stabilized and treated before being allowed to leave. I think the staff that night should be commended for their good job and seeing to me. These are our heroes. May God bless them.

Zaid Mohammad

LONG SERVICE AWARDS IN PICTURES

AWARDING OF CERTIFICATES

MGMH LONG SERVICE



P. Directors: Ms N.A. Ngubane & T. Chetty



Mr A. Ramjith receiving his 30 Years Award



Ms Z. Zulu & B. Ntshingila receiving their 30 Years Awards



Attendees listening attentively during the Awards Ceremony



30



20



10



Chairperson Pastor EJ Moodley (second from right) congratulating recipients

16 Days Of Activism for No Violence Against Women and Children

Mahatma Gandhi Memorial Hospital Social Work Department hosted a successful event on the 25 November 2016 to commemorate 16 Days of Activism on No Violence Against Women and Children.

The aim of the event was to raise public awareness and mobilizing people everywhere to bring change to stop violence against women and children.

The theme of the event was, “Orange the World”, which symbolize a brighter future without violence. Mahatma Gandhi Hospital staff embarked on this campaign by releasing orange balloons to orange the world and candle light to remember the late victims of domestic violence and those who are experiencing any form of domestic violence.

The event started on a high note whereby attendees embarked on a march against violence on women and children and they were singing and chanting slogans against violence.

Stakeholders including Phoenix SAPS, NPA and Phoenix Local Drug Action Committee were part of this campaign and they had information desks to display information brochures and pamphlets for staff and patients to read.

Warrant Officer D. Pillay from Phoenix SAPS gave a talk on different types of domestic violence ranging from emotional, verbal, physical, psychological and sexual abuse. He encouraged attendees to report cases immediately to the nearest Police Stations for perpetrators to be dealt with.

Dr SR Bugwandeem gave a talk about the functions of TCC in managing the abused victims which entail Psychologist and forensic investigations.

Mrs. T. Chetty, Senior Social Worker gave a talk on the role of Social Workers in managing domestic violence and cautioned the staff on what constitutes domestic violence and encouraged them to report such cases because it is upon their rights.



The attendees gearing up for 16 Days of Activism



The staff embarking on a march against violence



Participants releasing balloons during the event

PRESENTERS



Dr SR Bugwandeem



Mrs T. Chetty



Mr D. Pillay



Dr C. Persad, Ms N. Nkosi & Dr LJ Sobekwa leading the march

Mahatma Gandhi Memorial Hospital host Quality Day



Dr LJ Sobekwa, ACEO welcoming the guests during the Quality Day Event

Mahatma Gandhi Memorial Hospital celebrated Quality Day on the 22 November 2016.

The purpose of this day was to raise awareness about the importance of quality performance of professional responsibilities and tasks in every department in order to render the best service to clients.

The programme was directed by Matron H.Y Moola who displayed a tremendous expertise in directing the programme of the day.

Dr. L.J. Sobekwa, ACEO welcomed all the guests and participating departments and thanked them for developing innovative projects which will surely improve service delivery.

This day was graced by the presence of Mrs N. Ntuli, District Quality Manager, Ms T. Sibiya : Quality Manager - King Edward Hospital, Ms M. John - Deputy Nurse Manager - St. Mary's Hospital and Ms T. Shabangu : Quality Co-ordinator - Hlengisizwe CHC who were judges of the day.

Mrs N. Ntuli, District Quality Manager explained the im-

portance of the quality day as it brings forth innovative ways for better quality care and thanked the hospital for being part of this great initiative.

The Pharmacy Department presented their Quality Improvement Project called, “**Minimizing wasteful expenditure due to Expiring of Medication**”.

The Surgical Ward Project called, “**Monitoring of fluid balance**”, was showcased.

Other departments :

Physiotherapy Department, “**Refurbishment of wheelchairs**”.

Radiology Department, “**Improving Patient Communication**”.

The Medical Outpatients, “**Poor screening of TB / HIV / Family Planning & MMC**”.

Maternity Ward, “**Sustaining Birth PCR**”.

Infection Prevention & Control, “**Hand Hygiene**”.

Labour Ward , “**Monitoring of labour graph**”.

Mrs I.W. Pillay, Quality Manager thanked all the guests and participating departments for presenting such innovative projects.

AWARDING OF CERTIFICATES & TROPHIES



Mrs. C.A Govindasamy & PRN N. Govender (IPC) receiving 1st Position Award



Mr B. Dlamini & R. Govender (MOPD) receiving 2nd Position Award



Mrs M. Hanuman & staff (Pharmacy) receiving 3rd Position Award



Judges accessing documents during the Quality Day Event

Mahatma Gandhi Memorial Hospital celebrates Nutrition Week

LOVE YOUR BEANS!!



The dietetics department at Mahatma Gandhi Memorial Hospital celebrated National Nutrition Week from 9 to 15 October 2016. The theme was 'Love your beans', highlighting the importance of pulses like lentils, beans, soya and peas in our diet.

The MGMH dietitians showcased how wonderful of versatile pulses can be and various interesting ways used to include in your daily diet.

Brightly coloured posters and information sheets drew the attention of patients towards the dietetics information area. A variety of dishes were prepared by the dietetics team containing different pulses. Patients were offered bite size tasters from each dish along with the easy to prepare recipe.

Pamphlets were also distributed amongst patient to emphasize the numerous health benefits gained from including lentils, beans, soya and peas regularly in the diet.

Patients thoroughly enjoyed all the festivities planned by the dietetics department and gained a great deal of practical knowledge.



Variety of interesting recipes for patients to try



Patients trying food sample



Information board



Dietitian N. Vather explaining the importance of including pulses

Mahatma Gandhi Memorial Hospital host Hand Hygiene Campaign



MOPD & POPD Staff singing and dancing promoting Hand Washing

Mahatma Gandhi Memorial Hospital hosted a successful Hand Hygiene Campaign on the 12th of October 2016 to commemorate and highlight the importance of Hand Hygiene to staff and patients.

Mrs. Govindasamy IPC Nurse outlined the purpose of the day as to encourage staff and patients to wash their hands because it is an effective mechanism in saving lives.

The event was co-ordinated by Mrs. C.A Govindasamy (IPCC) and PRN N. Govender of the Infection Prevention and Control department. Wards and Departments (clinical and non-clinical) participated in this campaign by performing songs, dances, sketches and displayed posters of their choice with hand washing messages.

A competition was held of all items presented. First prize was awarded to Physiotherapy department who had compiled a video detailing an outreach programme with Senior Citizens. Second place was awarded to Female surgical ward who performed a song and dance on the 'Five moments of hand washing'. Third prize went to Laundry department who performed a 'rap' on Hand washing.

Representatives from various companies also showcased their items pertaining to hand hygiene on tables in the corridors. The staff was able to interact and seek appropriate advice pertaining to these products.

The second part of the hand hygiene campaign involved the screening of micro-organisms pre and post handwashing with clinical staff at ward level. A glow lamp was utilized for this purpose. This exercise further emphasized the need for proper hand washing practices using the social hand wash method.

The entire event was a huge success as staff enthusiasm (attitude) and commitment to preserving and practicing hand hygiene culminated in an amazing talent show which also enabled a level of team-building.



FIRST POSITION: PHYSIOTHERAPY



SECOND POSITION: FEMALE SURGICAL



THIRD POSITION : LINEN DEPARTMENT



L. ALMEIDA PRESENTING A POSTER

Breastfeeding Commemoration



Midwives students entertaining attendees with songs encouraging breastfeeding



Dr. L.J. Sobekwa, ACEO delivering the purpose



Sr. G. Naidoo MBFI coordinator asking questions during the event



The ANM R. Roopchand handing over a gift to the mother

Mahatma Gandhi Memorial Hospital commemorated breastfeeding week on the 2nd of August 2016.

The theme for the event was, **“Breastfeeding Is A Key To Sustainable Development”**. This was **to** raise awareness of links between breastfeeding and Development Goals by recognizing that **breastfeeding is the key to sustainable development**.

Dr. L.J. Sobekwa, ACEO, welcomed all attendees and outlined the purpose of the day as to commemorate Breastfeeding Week (1-7 August 2016) which is celebrated globally.

She encouraged mothers to breastfeed their babies to protect them from diseases as it is enriched with antibodies and that mothers have rights to breastfeed their babies everywhere.

Ms. Megan Clerk, Dietician gave a talk on goals of sustaining child's development which entail **“No Poverty”** as the most valuable goal because mothers do not use money to buy milk and **“No Hunger”**, as breast milk provides nutrition for the baby. She also mentioned **“Good Health & Wellbeing”** as it eliminates chances of having breast cancer and babies from getting sick.

Ms. B.C Dlamini, Milk Bank Coor-

dinator gave a talk on MGMH's Human Milk Bank. She explained to the audience on the importance of the Milk Bank and the screening process for mums interested in donating breast milk.

Questions and answer session was done and mothers who answered correctly were rewarded with lovely gifts. All mothers who attended the event were showered with gifts.

**BREAST FEEDING
A KEY TO SUSTAINABLE
DEVELOPMENT**

Elderly Awareness Outreach Programme

Dr A. Misra and Mrs T. Chetty were invited to conduct an awareness talk on Elder Abuse for senior citizens of Living Ministries in Nedlen Crescent, Lenham, Phoenix.

The event took place on the 2 November 2016 and the target group was 40 senior citizens.

The event started with a talk by Dr A. Misra who focused on Stress Management. She discussed the effects of stress on different systems in the body and the various ways to balance one's life and deal with stress effectively.

Mrs T. Chetty started with the stages of life, then discussed Elder Abuse and Resource including resources available in the community and personal safety. She also gave a talk on 16 days of No Violence against Women and Children and the impact of violence to the community we live in.

Attendees were highly responsive, asked relevant questions and engaged with speakers and there was music which kept the audience entertained.



Mahatma Gandhi Memorial Hospital Staff with Senior Citizens



Senior Citizens enjoying meal during the event

MGMH VISITS SENIOR CITIZENS GROUP



The Medical Personnel and members of the Senior Citizen Group



Dr. Pather being presented with a gift by Bishop D. Dennis

Mahatma Gandhi Memorial Hospital Physiotherapy Department conducted an outreach programme to a Senior citizens group in Unit 13, Phoenix on the 22nd of July 2016 .

The purpose of the programme was to educate the group about how falls in the elderly occur, implications of falls, ways to prevent

them, management of their chronic illness and to maintain a healthy lifestyle.

The Theme of the day was *"Falls in the Elderly"*, the programme was done in conjunction with the Medical doctor, Dr Pather and the nursing sister, Sr. I. Sumeri and the Physiotherapy department

Mrs J. Pather, Chief Physiothera-

pist and Mrs. Dokie, Physiotherapy Technician educated the attendees about the benefits of exercises, how to perform exercises and explained the various types of exercises, they also conducted an exercise in which the members were encouraged to participate in and they actively participating in the exercise programme .

ACKNOWLEDGEMENTS



DR L.J SOBEKWA
EDITOR



Mr S. Ngcobo
WRITER , PHOTOGRAPHER & DESIGNER

IF YOU HAVE ANY COMPLAINTS, COMPLIMENTS AND SUGGESTIONS REGARDING THE SERVICE WE RENDER, PLEASE USE THE CONTACT DETAILS BELOW. THE HOSPITAL DEPARTMENTS ARE REQUESTED TO FORWARD THEIR NEWSWORTHY ITEMS TO THE OFFICE OF THE PUBLIC RELATIONS OFFICER AS WE VALUE YOUR INPUT



health
Department:
Health
PROVINCE OF KWAZULU-NATAL

CONTACT DETAILS

Physical Address:

100 Phoenix Highway

Postal Address: Private Bag x13

Email : Sibonelo.ngcobo2@kznhealth.gov.za

SWITCHBOARD:

031 – 502 1719

SWITCHBOARD FAX NUMBER:

031 – 5021869

www.kznhealth.gov.za