



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

Umthombo Wolwazi

ISSUE 3

AUGUST 2011

BREASTFEEDING AWARENESS WEEK

On the third of August, Ante Natal Clinic held a Breastfeeding awareness campaign for pregnant women, patients and staff. This is an annual event whereby Breastfeeding awareness is done globally from 1st to the 7th of August.

The program commenced with a friendly march around MOPD, POPD, Maternity Ward and paediatrics ward. Staff and patients were singing and cheering with banners along the way.

The Program Director of the day was Sr. G Naidoo who is also the BFHI Programme Co Coordinator, (Baby Friendly Hospital Initiative.) The nursing manager Ms P Nkosi welcomed everyone present and prayer was offered by Michael Ramiah from the laundry Dept. The program consisted of talks on benefits of breastfeeding, PMTCT, importance of correct feeding method and a role play. The humorous yet educating role play was thoroughly enjoyed by staff as well.

The patients absorbed all information, tips and instructions given by dieticians', nurses and councilors.

Towards the end of the program, there was a Question and Answer session which patients enthusiastically answered to and received prizes for. All other patients received gifts to take home which were kindly sponsored by paediatrics doctors and POPD. The main prize consisted of a big baby tub with blankets and baby products were sponsored by Nishi Vather. Food and refreshments were provided by O& G, Dietician, Matron Roopchand and her team.



Expecting mothers took home various gifts . They were rewarded after answering a few questions

BREASTFEEDING AWARENESS WEEK

Since 2 million babies die through illnesses each year worldwide, initial commencement of breast milk is important for growth and development. We are happy to report that this event was very successful.

BREASTFEEDING TIPS

- Protects against many illnesses such as chest infections, diarrhoea, ear infections, helps baby grow and develop well,
 - Baby's who are not breastfed are at a higher risk of illnesses
 - Importance of skin to skin contact immediately after birth, keeps baby warm and promotes bonding.
 - It's important too position baby correctly because it helps baby get lots of milk and it prevents nipples from being sore.
 - Breastfeeding prevents problems with using artificial teats and pacifiers
- No other food or drink is needed for the first 6 months – only mother's milk



Above is the March 2011 group of midwifery students from Prince Mshiyeni Hospital and King Edward Hospital. The group prepared a welcome party for the July 2011 group. The group is facilitated by Sr. E P Kwitshana – Clinical Facilitator.
DATED: 25/08/2011

WHAT'S NEW



On the 3rd of August, MGMH Extended Management Team, sat in a session aimed at reviewing all Operational Plans. The Operational plans were drawn following a Strategic Planning meeting early in the year. Different components shared their progress including challenges they experience in meeting their projected targets.



**MRS ZA ZULU
JOINED MGMH AS
ASSIST. MANAGER-HR
PRACTICES**



HOPE STRUCTURE VISITS MAHATMA GANDHI HOSPITAL



MAHATMA GANDHI MEMORIAL HOSPITAL had the pleasure to host the **HOPE** structure for two weeks.

We would like to thank the **(AI Anon) Alcoholics Anonymous Family Group** for considering our institution as the first hospital to host their structure.

The AI Alon Family Group has been providing help and hope to the families and communities affected by alcohol problems, and, in so doing they would also like to celebrate the lives of those whose lives have been made better through AI Alon.

This sculpture raises awareness of an organization which has 60 years of success in reaching out for help. Their main purpose is to help those individuals whose lives are affected by a drinking problem and also make them realise that there is help available to them to overcome their drinking problem. Inside each bottle is a message of hope that was written by members of the AI Alon Family Group, of how they have helped rebuild the lives of those affected by a drinking problem and also give them hope. **“Learn from yesterday, live for today, hope for tomorrow”** is one of the message inside the bottles.

The structure has been to Gateway Mall, King Shaka Airport and other public areas.

To all those affected with “Alcohol” problem remember that there is “HOPE.”

NEW MEMBER



MR JD MBATHA
of Enkonjeni, Mahlabathini joined the MGMH family as

Assistant Manager-Supply Chain.

Philile Duma had a chance to speak to him and this is what he had to share:

Describe your self:

Hard working, kind, down to earth and career focused.

Motto in life

To help the next person, better themselves

Career history

Started working in 2002 at St Francis Hospital in Mahlabathini as a Tradesman Aid 1(2002-2004) and thereafter became a Senior Admin Clerk and a Deputy Supervisor at stores. Later landed a better post as a Chief Admin Clerk at Benedictine Hospital -heading asset management section.

Thereafter in 2007 transferred to Zululand District –where he headed Logistics Department.

Projects in the pipeline

To implement SCM structure as there are 4 components in a District level

Namely: Demand Management section, Asset Management section, Acquisition Management section, Logistics Management section.

Secondly to manage finances in such a way as to avoid under spending and over spending

Best advice ever received

To be humble-not proud. To take advice.

WOMENS DAY-2011



On the 18th of August , MGMH hosted a Women's Day celebration. The theme for this year was "have fun and be safe". Women were equipped with tips on how to stay safe in the environment that has been infested with high statistics of crime directed to women and children.

. Women were also given tips on how to dress for their various body shapes. Thank you to Phoenix SAPS and Woolworths and Foschini.

