



**KWAZULU-NATAL PROVINCE**  
HEALTH  
REPUBLIC OF SOUTH AFRICA

# McCORD PROVINCIAL EYE HOSPITAL

## SAWUBONA/"EYE" SEE YOU

NEWS/IZINDABA

MAY/AUGUST 2024

Hand hygiene matters, make it happen

### World Hand Hygiene Day Commemoration May '24



#### All departments united through song and dance to commemorate World Hand Hygiene Day and adherence to good hand hygiene practices.

McCord Provincial Eye Hospital (MPEH) held World Hand Hygiene Day on 10th May 2024. Hand hygiene is a non-negotiable for health care institutions. It is

important to keep patients, staff and visitors safe. All departments were encouraged to participate in Hand Hygiene Day. Departments had fun and it is

an effective way to improve and promote hand hygiene at our institution. Healthy competition helps get everybody engaged; people want to win and



# WORLD HAND HYGIENE DAY COMMEMORATION (MAY 2024)

## Hand hygiene matters, make it happen

become motivated to hold others in their teams accountable. Staff members created eye catching posters to promote hand hygiene day. The competition is held amongst staff members to raise awareness about hand hygiene because friendly competition between departments improve hand hygiene and staff morale. The competition was judged by Hospital Management and the winners were awarded trophies and certificates as follows:

### Non-clinical components:

**3rd place: Cleaning Department**

**2nd place: Food services Department.**

**1st place: HR department.**

### Clinical components:

**3rd Place: Ward A3**

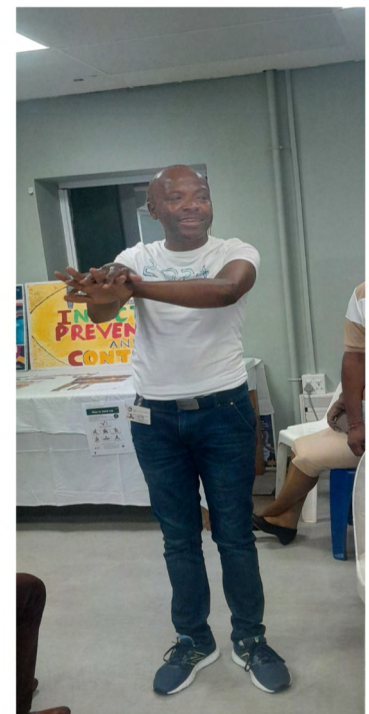
**2nd place: Theatre**

**1st place: Ward A4**

McCord IPC Co-ordinator, Sir Dlamini played a crucial role in making Hand Hygiene Day a success. He took the initiative to demonstrate proper hand-washing techniques to patients. Furthermore our Acting CEO Dr. Sam Naidoo delivered a speech emphasising the importance of hand hygiene , encouraging patients to consistently wash or sanitise their hands. Hand Hygiene Day was a success, promoting awareness and good hygiene practices to the staff members and our patients.



The staff from Ward A4 wore their Hand Hygiene Day t-shirts.



Sir Dlamini (IPC) demonstrating proper hand-washing techniques to patients.

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# Hand Hygiene Day, Certificate and Awards Presentations

## Non-clinical components



FIRST PLACE : HR

## Clinical components



FIRST PLACE : WARD A4



SECOND PLACE : FOOD SERVICE



SECOND PLACE : THEATRE



THIRD PLACE : CLEANING DEPARTMENT



THIRD PLACE : WARD A3





## HEALTH AND WELLNESS DAY

McCord Provincial Eye Hospital hosted a successful Health and Wellness Day, promoting employees well being and providing resources for a healthier lifestyle. The purpose of conducting a wellness day at MPEH was to encourage employees to live a healthy lifestyle; a healthy body and mind starts with the individual healthy lifestyle. Wellness day also aims to encourage employees to live a balanced life which is also fulfilling in terms of : **Mental health, Spiritual, Social, physical and financial well being**. Our health and wellness programs also focus on playing different games. Employees participating in health and wellness programs tend to be more productive and energetic. It also lowers tension, fatigue and general anxiety. Our new EAP Practitioner Mrs. Zulu said "There is a need to encourage employees to participate in Health and Wellness Days, as participation has been low, with only a few staff members currently involved". Our health and wellness sessions are held quarterly, and the success of the event was made possible by the dedication and hard work of our HR team.



# SHINING A LIGHT ON NURSING EXCELLENCE

## NURSES DAY CELEBRATION



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# SHINING A LIGHT ON NURSING EXCELLENCE

## NURSES DAY CELEBRATION



On 13 McCord Provincial Eye Hospital honoured its dedicated and compassionate nursing staff on International Nurses day, with the **THEME: OUR NURSES, OUR FUTURE, THE ECONOMIC POWER OF CARE**. The celebration recognized the tireless efforts and selfless dedication of our nurses. Acting CEO Dr. Sam Naidoo kicked off the nurses Day celebration with a gracious welcome address, expressing his deepest gratitude and admiration for their tireless efforts. He told the nurses that they are the backbone of the healthcare system and the hospital's greatest asset. Their compassion, empathy and kindness make a profound difference in patients' lives. He recognises and appreciates the challenges they face and the sacrifices they make. He said he is committed to supporting them to deliver exceptional care. Dr Naidoo's words resonated deeply, inspiring and motivating the nursing team to continue delivering exceptional care. Matron Ntonintshi (Deputy Manager Nursing) gave a heartfelt speech that celebrated the nursing profession. She honoured the tireless efforts and sacrifices of nurses. Matron Ntonintshi highlighted the significance of nurse's role in healthcare. She encouraged nurses to keep making a positive impact and thanked nurses for their dedication. Her speech was a powerful tribute to the nursing community recognising their contributions and the importance of their work. Ms. NNM Sithole (HRM) delivered a heartfelt and inspiring address on Nurses Day. She acknowledged the dedication, compassion and hard work of nurses. She recognised the importance of their role in patient care and recovery. Ms Sithole's words inspired and motivated the nursing department to strive for service excellence. The hospital choir treated us to a musical performance. The choir's performance was a beautiful tribute to the nursing team and a wonderful way to honour their hard work. The nurses re-iterated their pledge by holding a Candle Lighting ceremony which was the culmination of the Nurses Day celebration.

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# BLACK TIE MEN'S FORUM EVENT

## MEN'S HEALTH & LIFESTYLE AT THE WORKPLACE



Following the impressive launch of the Men's Forum in September last year, McCord Provincial Eye Hospital successfully hosted a second event, which proved to be another resounding success. The event took place on Tuesday, 23 July 2024. Mr Ankiah (HR Supervisor) was our program director and he brought a lot of humour to the event. Our Acting CEO Dr. Sam Naidoo warmly welcomed all guests to the Men's Forum event, setting a tone for an inspiring and engaging discussion. The event featured thought provoking conversations, humour and invaluable insights, making for a truly memorable experience. Ms. S. Sithole (HRM) took the stage at the event to share the purpose and vision behind the event. With clarity and passion, she articulated the importance of creating a space for men in the work place to come together, share experiences and support one another. She explained the significance of the forum, emphasising its role in fostering connection, growth and community among the men in the work place. Dr. Chelin delivered a comprehensive and engaging presentation on men's health, covering key aspects such as:

- Common health risks and challenges facing men.
- Importance of preventative care and early detection.
- Strategies for maintaining physical and mental well-being
- Breaking down stigmas and encouraging open conversations.

His expert guidance and approaching style empowered men to take ownership of their health and seek support when needed. His insightful presentation equipped men with the knowledge and confidence to prioritise their health. Finance expert Mr. Lucwaba advised attendees about budgeting and saving strategies that can help men gain a deeper understanding of their financial situations and empowered them to make informed decisions about their economic futures. Our final speaker of the day was Mr Leigh Hall. He also delivered a dynamic and informative presentation on the importance of physical health for men. Key points included chronic diseases among men, stress management and effective lifestyle for improved health. A huge thank you to the incredible team behind the Men's Forum. Your hard work made the event a huge success.

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# BLACK TIE MEN'S FORUM EVENT

## PHOTO GALLERY





# MPEH Soccer & Netball



On 23rd August, MPEH soccer and netball teams participated in a sports tournament organized by the Department of Health. The tournament was held in Reservoir Hills. The event aims to give employees a break from work, promoting teamwork through sports. Our teams joined the tournament, enjoying a fun-filled day of competition and bonding with colleagues. Our Soccer team kicked off with a 2-0 win against KwaMashu CHC scoring two great goals in their first game. In their second match, they played against Mahatma Gandhi Hospital ending the game in a 0-0 draw. MPEH succumbed 3-0 in the penalty shootout. Despite the loss, the team demonstrated exceptional teamwork and skills showing their dedication and sportsmanship. Their impressive performance has set the stage for future victories.

Although our netball team faced a tough Tongaat CHC, they demonstrated remarkable skill, strategy and team work despite the loss. The ladies impressive game was a highlight of their growing strength and determination. We are proud of their performance and eagerly anticipate their next match, where they'll surely continue to shine.



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# OUTREACH PROGRAM



On 28th August, MPEH undertook our quarterly outreach program at Ethekwini College in Springfield, aiming to address student's health concerns and contribute to the community's well-being. This initiative demonstrates MPEH commitment to community service and students. The overwhelming turnout of students demonstrated their commitment to prioritising their health and wellbeing, highlighting the importance of such initiatives. The outreach offered a range of health services, including: Eye screening, Hypertension screening, Diabetic screening ,HIV counselling and Testing. These services aimed to promote early detection, prevention and treatment. We wish to express our sincere gratitude to Mr. Mncwango for allowing us to conduct our outreach at Ethekwini Campus.



# WOMEN'S MONTH CELEBRATION

The Women's Months celebration commenced with a beautiful prayer led by Sr Xulu, setting a meaningful tone for the occasion. Her words invoked a sense of reflection, gratitude and empowerment. Matron Pillay welcomed all attendees including honoured guests. She acknowledged the collective power and achievements of women. Sr Bentele's uplifting words: "Always look presentable, not for others but for yourself. Fearless, knowing God is with you. Wear a smile, as it's a reflection of the happiness that begins within. Most importantly, learn to love and uplift yourself, because self love is the key to unlocking your true potential and beauty". HR Manager Ms. NNM Sithole stressed that financial independence is key to overcoming Gender Based Violence which affects women in the workplace and it is crucial we speak out and work together to create a safer more supportive environment. The day included a range of activities designed to uplift and inspire women. From singing and dancing, to art sessions, spine care tips and housing benefits presented by Fran Ogle from Human Settlement Department. Attendees gained invaluable insights. Beauty and wellness expert Gift Khumalo shared makeup tutorials and product recommendations. As part of the festivities, a lucky draw was held where women were selected to win refills, providing a thrilling surprise and a chance for participants to take home a special treat. A thought provoking play was performed showcasing women in top positions, inspiring and empowering the audience. The Women's Day event was made even more special with mouth-watering food prepared, making it a truly special and memorable occasion. As part of the Women's Day event, we took a moment to pay a touching tribute to our four departed female colleagues .



# WOMEN'S MONTH CELEBRATION PHOTO GALLERY





## A TRIBUTE TO OUR DEPARTED COLLEAGUES

As we remember our colleagues who have left us, we celebrate their lives, accomplishments and the joy they brought to others. We hold dear the memories, lessons and love they shared with us and we honour their memory by continuing their legacy, May they forever be in our hearts.



**Sindisiwe Clautilda Mkhize - 30 March 2024 .**

She was compassionate and selfless, always willing to lend a helping hand and support those around her.



**Promise Thulebona Yimba - 06 July 2024**

Nurse Yimba's work inspired us every day, with a heart full of love and a smile. She showed us what it means to care for others.



**Pumla Selepe - 08 April 2024**

She was a passionate nurse who embodied the true spirit of caregiving. Her love for her job was contagious and also her devotion to her patients.



**Bavikile C. Skhosana - 31 March 2024**

Her tireless efforts to provide exceptional care and comfort have left a lasting legacy. She will be deeply missed.



# BLANKET DONATION BRING JOY TO PATIENTS

Mrs Maureen Starkey has kindly donated blankets to be given to our patients who use wheelchairs, for them to keep and use in the comfort of their own homes. We appreciate her kindness and generosity in providing this practical and thoughtful gift. The patients who received the netted blankets were overjoyed and deeply grateful for the thoughtful gift. Their faces lit up with smiles as they wrapped themselves in the cozy blankets, feeling the warmth and comfort they provide. The donation brought a sense of happiness and appreciation to those in need, making a positive impact on their day. We extend our sincerest gratitude to all the kind hearted individuals and non-profit organisations who have generously donated to our institution. Your selfless contributions have made a profound impact on our mission and the lives of those we serve. Thank you for your trust, support and commitment to our cause. Your kindness is truly making a difference.



# ACKNOWLEDGEMENTS

## EDITORIAL TEAM

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**MATRON ZANDILE MLAMBO (M&E)**  
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