



MONTY NEWS

NEWS

STAY UPDATED HEALTHWISE

DECEMBER 2025

MONTEBELLO HOSPITAL HOSTS NATIONAL NUTRITION WEEK



Main picture: Table display of fruits and vegetables during the event

On the 15th of October Montebello Hospital hosted National Nutrition week event for the staff and patients. This week was commemorated from the 9-15 October 2025 with the theme “Food for Health, and Health for All”, This initiative focuses on promoting equitable access to safe, affordable and nutritious food to combat malnutrition and Non - Communicable Diseases across all life stages. The day began with a little warm up of the bodies where the staff took a 5km run or walk but the aim was to emphasise the importance of

exercise and keeping healthy and fit, and there after an awareness event kicked off where different staff members were sharing the stage to inform the public and staff on the importance of having a nutritious meal which consists of fruits and vegetables. The Dietetics department took pleasure in sharing and demonstrating a few recipes for making a healthy smoothie, and also touched on other topics of importance like preparing Healthy baby food, the protein and vitamins each fruit and vegetable entails, how a health

and nutritious plate should look like, and most importantly how to correctly portion your meal.

The event commenced with the programme where departments entered a fruit and vegetable salad competition, in which they had to prepare a salad consisting of a blend of nutritious fruits and vegetables, where General Female ward took 2nd place and Montebello Gateway Clinic took 1st place. The attendees closed off the event singing and chanting to songs they created on healthy eating.





NATIONAL NUTRITION WEEK GALLERY



Picture 1– 3: Mrs Mzobe (CEO) doing the welcoming of guests, with Mrs Nlangamandla Chief Dietitian sharing the purpose of the day, with a colorful display of healthy smoothies.

Picture 4 - 6 : A nutritious display of fruits and vegetables, and Ms Mngadi (Social Worker) sharing her topic on the day, and a group of our staff members ready for a good jog before the event.

Picture 9 - 11: The winners of the fruit and vegetable salad competition, and Sr Moodley giving a talk on healthy eating.

Picture 12 - 16: The wonderful guests who joined the event on the day.





MONTEBELLO ACCELERATES ACTION TOGETHER IN GIVING AWARENESS ON CLEAN HANDS

May 5th is known as World Hand Hygiene Day, and Montebello hospital made it a point that they go out to the patients and all service areas to encourage on keeping your hands clean at all times. The theme for 2025 was “Accelerates Action Together,” which encourages everyone from healthcare workers to all the communities on the importance of washing your hands, and most importantly washing them correctly. The staff went around the hospital singing and chanting songs which were reminding the staff and patients that washing hands is about creating lasting habits, whether you’re in a hospital, at the office or even scrolling through your phone while enjoying lunch.

The event ended at the boardroom where Sr Chamane highlighted that “regular and proper hand hygiene significantly reduces the transmission of harmful microbes that can worsen conditions like diabetes, cardiovascular disease, and respiratory illness, and by promoting clean hands we also reduce hospital - acquired infections.” The management of the hospital also took it upon themselves to sign a pledge in the support of hand hygiene and hand hygiene day .



Pics: Management signing a pledge in support of hand hygiene, and the staff singing in hand hygiene awareness and demonstrating hand washing.



HEALTH COMMUNITY OUTREACH PROGRAMME

UKULETHWA KWEZINSIZA ZEZMPILO EMPHAKATHINI



Montebello Hospital together with the Outreach team has been continuously going out to the community and providing services in local catchment areas which are further from the clinic or hospital. The Health Community Outreach Programme is beefed up with the clinic and hospital services which includes the Doctors, Nurses, and all other Allied health services such as Physiotherapists, Dietitians and Dentists.

The community comes out in numbers to ensure that they benefit from these services, and the CHW's assist in identifying households with patients who are bed ridden, or are not able to walk, and a team with a Doctor is arranged to visit those households.

The Health Community Outreach Programme

Is a continuous programme which scheduled quarterly to ensure that our community receives healthcare by the hospital services getting closer to them.



PICS: Hospital and clinic staff as they attend to patients during the Health Community Outreach Programme.



WORLD BREASTFEEDING WEEK LAUNCH 2025

On the 1st of August 2025 Montebello hospital launched World Breastfeeding week. This week is observed from 1– 7 August dedicated to promoting breastfeeding as a vital foundation for life long health and development, and Montebello Dietetics department hosted an event which invited breastfeeding mothers to give awareness and share information on why breastfeeding is best.

The platform was shared by the staff with different topics on breastfeeding, topics such as “Benefits of breastfeeding, HIV and infant feeding to mention a few were the highlight of the day so that breastfeeding mothers will do it the correct way. During Sr Gumede’s presentation, she emphasized the importance of mothers attending the clinic pre and post natal in order for the health of both mothers and babies, and that during clinic visits mothers are educated on breastfeeding, and also monitor that the baby’s is growth.

Matron Ngceza also touched on the benefit of breastfeeding, which assists the baby to gain the correct weight and healthy at all times, furthermore she specified that breast milk is always ready and always on the right temperature for the baby to consume, unlike the bottle milk of which you can never determine whether it is in the right temperature or even measured correctly. The event proceeded with activities for the day, where mothers were tested on their knowledge for breastfeeding in a Q & A session and left with pamphlets and other information that they can read and assist them at home during their breastfeeding journey.



Sr Gumede and Mrs Ndlanagamandla sharing information



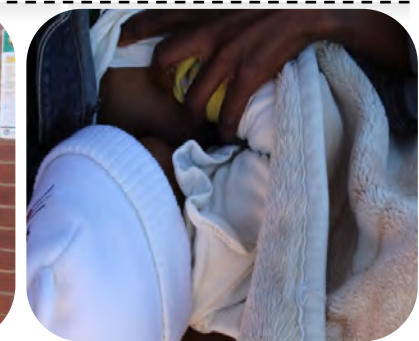
Sr Nxumalo and Physiotherapists giving gifts to mothers



Mr Ndlovu and Matron Ngceza sharing information with mothers



Peom on breastfeeding by M. Gama and Z. Bensch



Nurse Dube talking on HIV and infant feeding and a beautiful sight of a mother breastfeeding her baby during the event.





ARE YOU INFORMED ON WHAT TO DO SHOULD A FIRE OCCUR??

A fire drill is a structured and rehearsed exercise that aims to familiarize individuals with the necessary steps to take when a fire emergency takes place within the premises and Montebello hospital took the pleasure to invite Ndwedwe Municipality Disaster management team to come and educate the staff on the practice of emergency procedures to be used in case of fire as this is crucial for safety preparedness and also educate on fire safety measures.

The Disaster management team educated the staff on the types fire extinguishers and how should one utilize it should a fire occur, and furthermore explained how should you behave around different types of fires in order to be safe. The team demonstrated with the staff on how to put out fire correctly, which was a very fruitful and knowledgeable experience.

Pics: Disaster team educating on fire and staff demonstrating on putting out fire.



MONTEBELLO QUALITY DAY AND SERVICE EXCELLENCE AWARDS

On the 26th of November 2025 Montebello Hospital hosted its annual Quality Day and Service Excellence Awards. These Awards recognise outstanding achievements in service delivery across all departments in various sectors and clinics under Montebello hospital in celebrating individuals and teams that have excelled throughout the year.



A NEW MDR BUILDING FOR MONTEBELLO

Montebello hospital is one of the facilities in ILembe District that has an MDR clinic which does not only accommodate Montebello and Ndwedwe surroundings but also attends to the greater part of ILembe such as Maphumulo, Ndwedwe and Untunjambili patients. The MDR unit started operating in 2016 with a temporary structure which was donated by the American people through the United States Agency for International Development (USAID) Tuberculosis program.

This venture was to relieve pressure from King Dinuzulu hospital which was taking a high number of TB patients at the time, of which our staff went to benchmark at King Dinuzulu hospital and from there the clinic started its operations.

On the 08th of December 2025 marked a great continuation of the MDR clinic as the people of the United States of America with the support from the United States Africa Command and U.S. Embassy officially handed over a brand new MDR/TB building to the Department of Health with a structure to accommodate enough TB patients. The building has been furnished with new equipment and is all set to welcome patients from ILembe District.



Mrs Mzobe (CEO) together with Ilembe Health District officials Dr Sahadeo and Mr Sikhakhane taking a tour of the new building.



Dr Govender who is the Doctor that has been working at the MDR clinic since day one, together with the Ms Mchunu (Nursing Manager) and Ms Mzimela (Pharmacy Manager)

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PHC EVENTS

WHAT HAVE OUR CLINICS BEEN UP TO



KwaNyuswa Clinic hosted Breastfeeding Week , Open Day, National Nutrition week and World AIDS Day.



Esidumbini Clinic hosted World Breastfeeding week and demonstrated a traditional wedding during Heritage day.



Montebello Gateway Clinic hosted World Breast feeding week, World Hand Hygiene day, together with Open Day and ended it off with World AIDS Day.

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HAST DEPARTMENT GIVES AWARENESS DURING WORLD AIDS DAY



The 1st of December is World Aids Day and Montebello HAST department were addressing patients at Out Patient Department giving awareness on HIV/AIDS. Sr Nxumalo shared with patients the importance of testing for HIV and how can one reduce the risks of HIV by using a condom.

She further educated on taking treatment correctly and the outcomes should a patient default medication. Patients were also given an opportunity to test for HIV on the day.



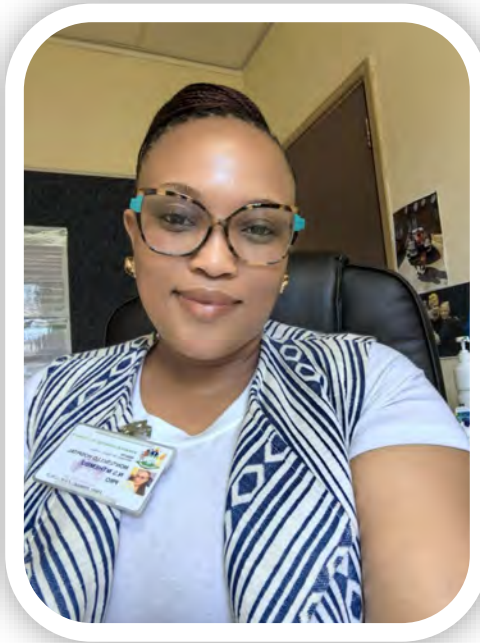
PICS: Sr Nxumalo, Sr Moodley and Nurse Dube giving health talk to patients at Out Patient Department during World AIDS Day.



Montebello hospital had a great pleasure to be visited and assessed by the Office of Health Standard Compliance which monitors and enforce compliance of health establishments with the norms and standards prescribed by the national health system.



ACKNOWLEDGEMENTS



Editor, Writer, photographer and Content layout

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For all your complaints, compliments and suggestions, you can kindly use a complaints box available in all strategic areas at the hospital, or you can contact us using the details below:



Email: sinothando.mthembu@kznhealth.gov.za



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