



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

# Newcastle Regional Hospital

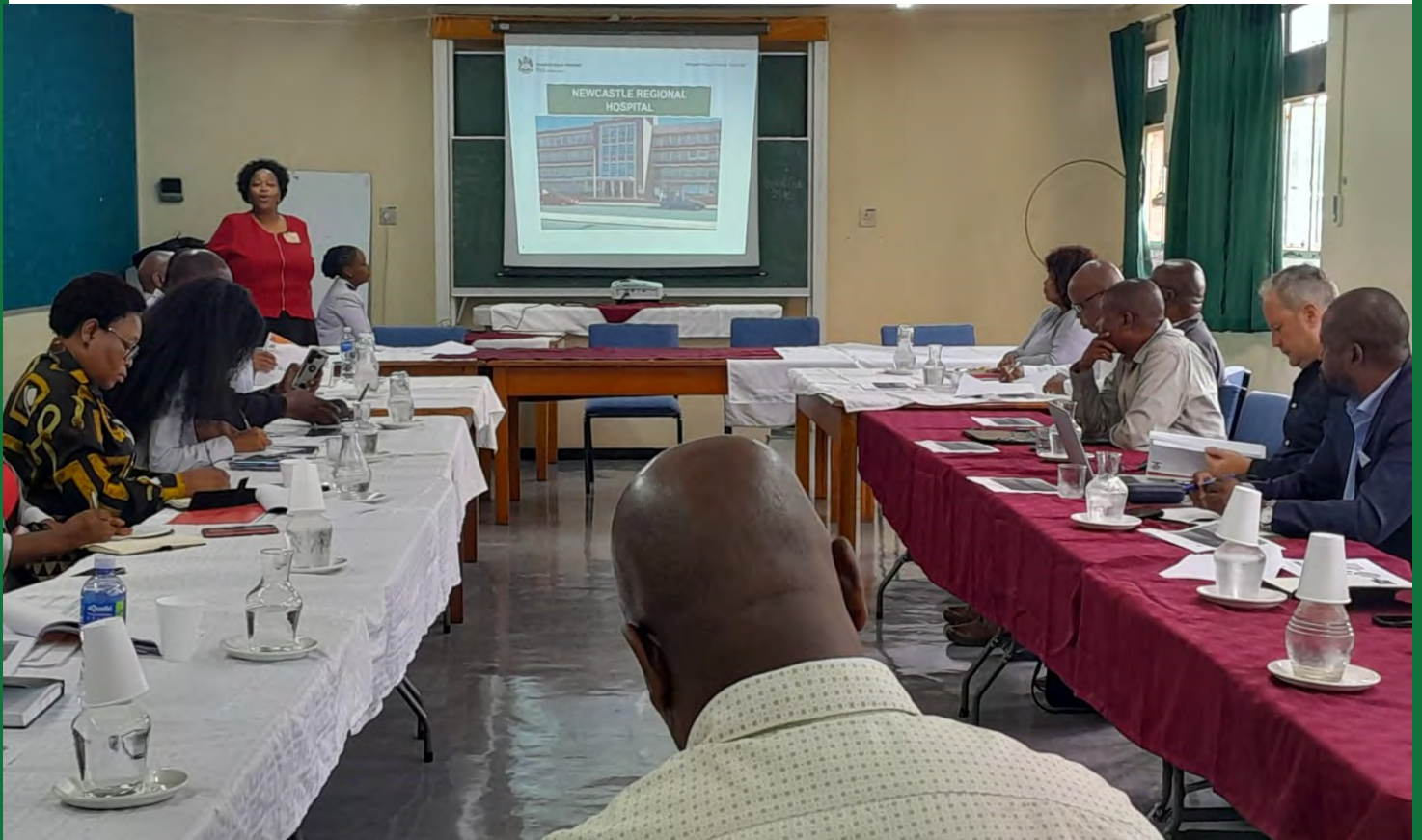
## NEWCASTLE PLATFORM

## NEWS

Marching on together.....

January—March 2025

### OSS Cabinet Day initiative aims to enhance service delivery



Acting CEO Dr. J.J.N Duze of Newcastle Regional Hospital doing a presentation on completed and pending hospital projects to the members of the cabinet during their visit to the hospital.

**A**s part of KwaZulu-Natal Premier's office-led programme Operation Sukuma Sakhe

(OSS), members of the KZN Cabinet were deployed to visit various government facilities to check the progress of projects and the challenges

facing those facilities. Newcastle Regional Hospital was one of the facilities visited... **Cont on page 2**

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Dr. J.J.N. Duze, Acting CEO shared with the members of the cabinet all the projects that have been completed which included HVAC Theatre, maintenance of roofs, new waste room, security fencing and lighting. In her speech she also touched on the active projects which are security upgrades, access control, fire detection, boiler conversion to heat pump and control room, upgrading and maintenance of bulk sewer, bulk water and electrical compliance



## Newcastle Hospital celebrate Pregnancy week



**T**he primary purpose of Pregnancy Week is to strengthen pregnancy education and stress important issues that promote healthy pregnancy and safe motherhood.

Speaking on the day of the event Deputy Nursing Man-

ager—Matron N.R. Tshabalala told the attendees that pregnant women should attend antenatal care as soon as they suspect that they are pregnant and within their first trimester. She shared some important reasons for antenatal care which leads to certain benefits.....



**Deputy Nursing Manager on the right Matron N.R. Tshabalala addressing attendees of the event at the hospital foyer**

The important reasons shared by the Nursing Manager includes the following:

- The opportunity to exclude and manage existing medical conditions which can be aggravated by the pregnancy such as hypertension, diabetes, infections and anemia
- Free HIV testing and voluntary counselling (VCT)
- Early recognition of danger signs in pregnancy and post delivery.
- Birth preparedness and complications readiness
- Self-care, including nutrition and a high standard of hygiene
- Information on the role of the father, the male partner and the family.

Addressing the attendees, Acting CEO Dr. J.J.N Duze encouraged pregnant women to ensure that they know and understand their rights which are as follows.

- The right of a woman to choose her companion who will provide her with support during pregnancy and childbirth, and who will accompany her to the antenatal care clinic as well as when she goes into labour.
- The right of a woman to be treated with respect, dignity and confidentiality.
- The right of a woman to ask questions and also to get explanation about her condition.

She concluded by encouraging males to ensure that they become part of the journey with their pregnant partners in order to reduce some of the avoidable challenges and offer support.





# UTWAHLANE

## Hand, Foot and Mouth Disease (HFMD)

### LUYINI UTWAHLANE?

Isifo somkhuhlane osatwayi, esihlasela izandla, izinyawo, kanye nomlomo - phecelezi i-Hand, Foot and Mouth Disease (HFMD). Lesi sifo sithathelana ngoku-hlangana komuntu negciwane laso okungafanele lithintwe noma kuhogeleke amaconsana alo (droplets), kanti siphatha ikakhulukazi izingane. Intsha kanye nabantu abadala nabo kuyenzeka sibaphathe, noma kungavamile. Asihlangene nesifo samatele esihlasela izilwane.



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# World Down Syndrome Day celebration at Newcastle Hospital



## Hospital staff listening attentively to the speakers during World Down Syndrome Day celebration

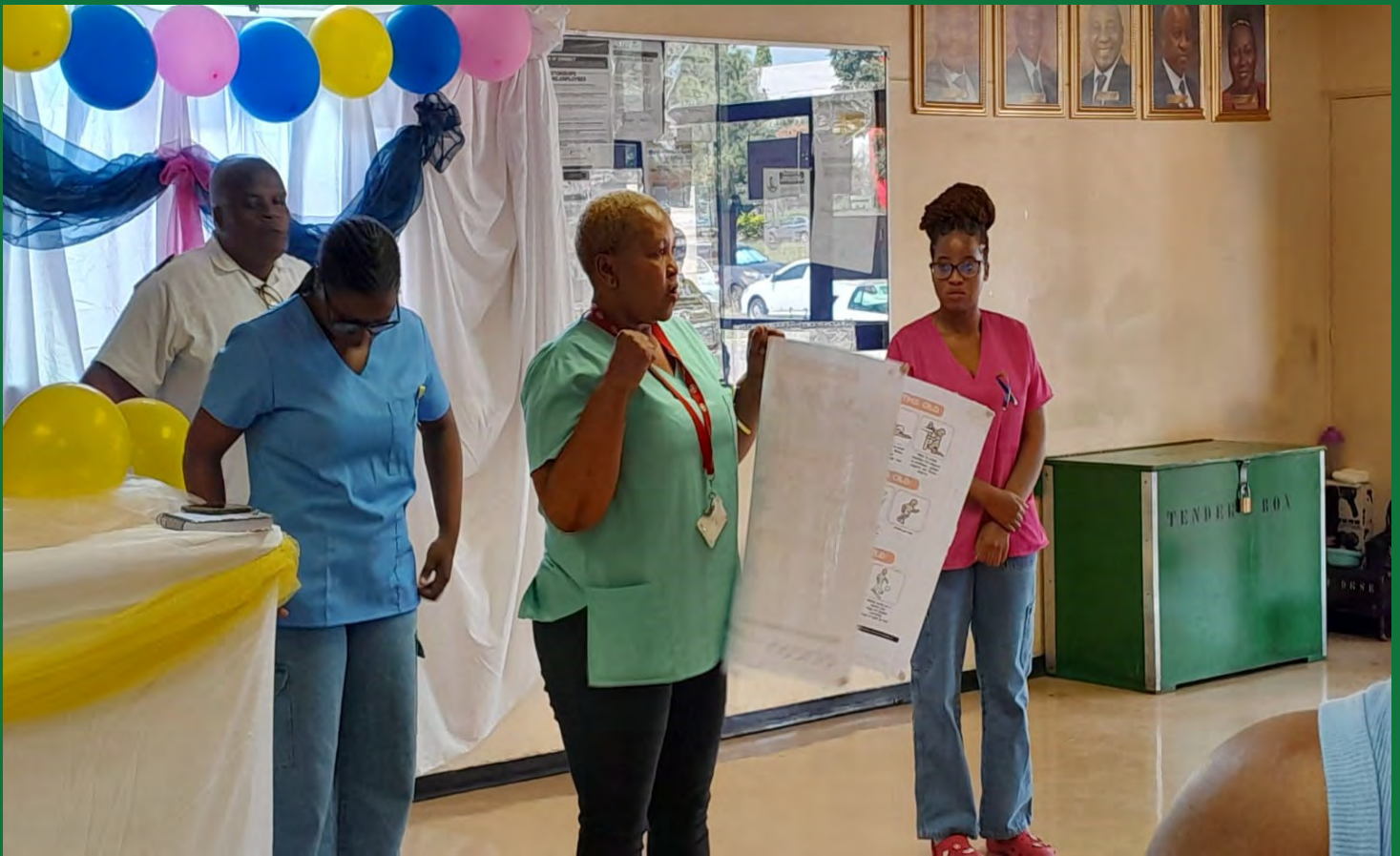
**O**n the 25th March 2025 Newcastle Regional Hospital gathered at the hospital foyer to commemorate World Down Syndrome Day which was attended by staff members from various components.

The guest speaker of the day Dr. B. Mzimela (Peads Specialist) started his speech by defining Down Syndrome and said it is a genetic condition where a person is born with an extra copy of chromosome 21. He further explained that it means that they have 47 chromosomes instead of 46. "People should understand that this kind of condition can affect the development of the brain and body of the babies born with this type of condition,

and they can have happy and healthy lives with supportive care." he said

Chief Physiotherapist Ms. Masentle Kgabanyane spoke immensely about the symptoms and causes of Down Syndrome. In her speech she mentioned some of the physical signs of Down Syndrome which includes

- A flat nose bridge
- Slanted eyes that point upward
- A short neck
- Small ears, hands and feet
- Shorter than average height
- One crease in palm of their hand



**Chief Physiotherapist Ms. Masentle Kgabanyane explaining the physical signs of Down Syndrome to staff members**

She further told the attendees that as these babies grow, additional symptoms can arise because of the way that their bodies had developed in the uterus including, ear infection or hearing loss, vision problems or eye diseases, dental problems, being more prone to infections or illness and congenital heart diseases.

#### **COGNITIVE SYMPTOMS OF DOWN SYNDROME:**

As Physiotherapist, Ms. Kgabanyane mentioned some of the cognitive symptoms that they usually deal with in her department which include the way the babies

- Walk and move (gross and fine motor skills)
- Speak (language development skills)
- Learn (cognitive skills)

- Play (social and emotional skills)

In conclusion she mentioned that babies may take longer to do the following things:

- Toilet training
- Speaking their first word
- Taking their first step
- Eating food independently

Members informed to encourage mothers who have babies with Down Syndrome to love their kids and make sure that they take them to hospital if they need any assistance rather than abandoning them.



# Empowering wellness, enriching lives



On the right is Mr. Sphiwe Hlophe of Newcastle Regional Hospital competing with Mr. N. Mkhwanazi from Amajuba District Office in uMlabalaba game

Every year on February 21, we celebrate Healthy Lifestyle Awareness Day, a day dedicated to promoting the importance of making healthy choices. In a world filled with fast food and sedentary lifestyle, it's crucial to understand how our daily habits impact our overall health and well-being.

Newcastle Regional Hospital celebrated the day on the 28th February 2025 at Arbor Park Sports ground. The event was supported by Madadeni Regional Hospital, Amajuba District Office, Niemeyer Memorial Hospital, Dannhauser CHC and Nursing College.



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Ms. Lindiwe Mokoena (Newcastle Hospital EAP) the organizer of the event, extended her heartfelt gratitude towards staff from various facilities who engaged in the activities of the Wellness Day event.

Addressing the staff before the start of the event she said Wellness Day is hosted annually to give employees a chance to focus on their health and wellness, and to allow them to have fun through exercise and to distress.

“Employees need to take responsibility and practice self-care, and part of wellness day is giving staff the opportunity to do exactly that” she said



Top is Dannhauser CHC netball team preparing to take on Madadeni Hospital. Below is the soccer team from Newcastle Hospital posing for a photo before the match with Madadeni Nursing College





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