



THE NIEMAILER

NEWS

OCTOBER–DECEMBER 2021

IF IT MATTERS TO YOU IT MATTERS US.

GLOBAL HANDWASHING DAY



In order to educate and encourage the public to see ways and benefits of properly washing their hands with soap, every year Global Handwashing Day is celebrated on October 15. And did you know that only three out of five people in the world had general basic hand washing facilities in 2017 according to UNICEF data.

On this day, people are **motivated and encouraged to wash their hands with soap at critical times.**

While hand washing may seem like an obvious way to protect your health, there are actually loads of reasons why basic sanitation is not used or available to people across the globe. 80% of infectious diseases are transmitted by touch and yet one in every five people

does not wash his/her hands. Hand washing is one of the most important steps we can take to avoid getting ill or spreading infections. So, education about the risks and benefits associated with hand washing can considerably reduce the number of people who get sick and even die from infectious disease

This year we set out the grounds of Niemyer Memorial Hospital-breaking in joyful songs, moving from section to section educating the public about the importance of hand washing through scene act out and the encouragement of patient participation with rewards.



EDITORS MESSAGE

DR SB NKOSI

HOSPITAL CEO & MANAGER MEDICAL
SERVICES

It has been evident that the past year has been very challenging for the hospital, and for all staff, both professionally and personally having to adapt to so many changes to our ways of working and our ways of life.

Throughout the pandemic, we have been writing to you regularly to keep you updated and informed during these ever-changing circumstances, and we hope that this has been useful to you.

As the festive season is also often a time for reflection, you may recall some of the ways that Niemeyer Memorial Hospital has led the fight against COVID-19 in our local community with your tireless dedication.

We also would like to specially recognise and express gratitude special thank you to the support staff, more especially our cleaning staff and security staff who have worked indefatigably to ensure that Niemeyer Memorial Hospital is a safe space for staff and students that come to campus and do their jobs.

Therefore, as some of us take some-time off to relax and unite together with a light and cheery heart to celebrate this joyful season.

The management of Niemeyer Memorial Hospital honours the effort of hardworking employees that they place in their tasks. We are truly pleased with everyone's work outputs and overall production through which the institution was able to attain and went even beyond our missions and goal for the year 2021.

We hope that you and your family experience a very Merry Christmas and Happy New Year!

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KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA



KwaZulu-Natal Department of Health

KZN Department of Health



kznhealth

@kznhealth

**GROWING
KWAZULU-NATAL
TOGETHER**

BREAST CANCER AWARENESS



OCTOBER

PINK EVENT 2021

Breast cancer can affect us all.

I bet everyone knows someone who has been diagnosed with breast cancer – old or young, married or single, a mother, sister, daughter, grandmother, aunt, coworker or acquaintance.

Both women and MEN can be affected, although less than 1% of patients with breast cancer are male.

The National Breast Cancer Foundation's theme for 2021—RISE: Rally In Supporting, Serving and Screening Everyone, is an inspiring call to action .

This year we had a month long campaign encouraging patients to do breast cancer screening. We also had talks about breast cancer awareness every day for the duration of the month.

On the last day of October we had a pink event , we set up camp at PHC for the entire day and had small pink hampers with pink treats and breast care tips, for everyone who did a breast cancer screening in the consulting rooms.

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THE NIE-MAILER NEWS



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KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA



KwaZulu-Natal Department of Health



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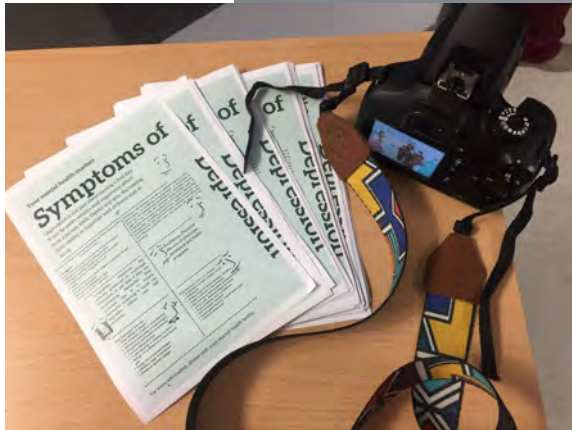
@kznhealth

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MENTAL HEALTH AWARENESS MONTH

OCTOBER-MENTAL HEALTH MONTH

IT'S OKAY TO NOT BE OKAY.



Depression is not just about having a bad day. It can be more serious and negatively affect how a person feels, thinks and acts, decreasing their ability to function well at home and at work

Depression is diagnosed if a person experiences these symptoms for more than 2 weeks:

- Feeling sad
- Loss of interest in pleasure in activities previously enjoyed
- Difficulty concentrating and making decisions
- Changes in appetite, overeating or not eating enough
- Trouble sleeping, or sleeping too much
- Fatigue
- Restless activity (e.g., hand-wringing or pacing) or slowed movements and speech
- Feelings of worthlessness or guilt
- Thoughts of suicide or self-harm

For Mental Health Awareness Month we decided to focus on the Mental health of employees in the facility, we designed and distributed information brochures to bring about awareness.

on the 29th of October 2021, we hosted a morning talk with staff from the COVID-19 Isolation wards. We chose to target them because of the nature of the work they currently doing and the implications the work may or may not have on the state of their Mental health.

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KWAZULU-NATAL PROVINCE
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BACK CARE AWARENESS WEEK

What is the importance of back care?

The **muscles and ligaments stretch a lot and any excessive movement can cause tears**, tissue damage and even muscle strain.

More and more people are spending increasingly long hours at work so ensuring you do all you can to contribute to good back care is vital

In fact, low back pain is the leading cause of job-related disability, according to the National Institute of Neurological Disorders and Stroke (NINDS).

Taking care of your spine — that is, your back and neck — now will **help you lower the chances of experiencing back pain later**.

The posters depicted below can be found in all staff components around the facility.

ISONTO LOKUQWASHISA NGE-BACKCARE
4 - 8 OKTHOBA 2021



Ukuqaphela emuvas

UKUSEBENZA EHHOVISI

- Okuphezulu kwesikrini sekhompyutha kufanele kube sezingeni lesso
- Ikhompyutha kufanele ibe kude nezingalo

- Gcina amahlonbe akho ekhululekile
- Gcina umhlane wakho uqondile futhi usekelwa



- Gcina izingalo zakho zigobile endaweni engu-L ngezindololwane zakho eceleni kwakho
- Gcina izihlakala zakho ziqonde kahle

- Hlala uqonde ngezinqulu emuva kakhulu esihlalweni zakho
- Qiniseka ukuthi unokuphumula emuva cishe kuma-degree ayi-100-110 ahleliwe

- Qinisekisa ukuthi amadolo akho ahambisana nezinqulu zakho
- Qinisekisa ukuthi izinyawo zakho zisekelwa

- Beka ikhibhodi yakho ngqo phambi kwakho
- Shiya cishe ububanzi bezandla phakathi kwekhibhodi nomphetho wedeski ukuze uphumule izihlakala zakho phakathi kokuthayipha

Compiled by: TELA GÄRBLER
CSD PHYSIOTHERAPIST

ISONTO LOKUQWASHISA NGE-BACKCARE
4 - 8 OKTHOBA 2021



Ukuqaphela emuvas

INQUBO YOKUPHAKAMISA EFANELE

YENZA

- Yima eduze kwento
- Izinyawo zihlukaniswe ububanzi behlonbe
- Unyawo olulodwa lungaba kancane ngaphambi kolunye
- Goba okhalweni nasemadolweni ngenkathi ugcina umhlane wakho uqondile
- Gcina izinyawo ziyisicaba
- Phakamisa into ngemilenze yakho HHAYI umhlane wakho
- Gcina leyo nto eduze komzimba wakho



DUNGENZI

- Ungalokothi uphakamise ngaphezu kwamandla akho
- Ungalokothi uphakamise ngemilenze eqondile nangemuva eliyindilinga
- Ungalokothi ubheke phansi lapho uphakamisa
- Ungalokothi uphakamise usuka endaweni engalingani
- Ungalokothi uthwale umthwalo ovimba ukubuka kwakho
- Ungalokothi uzame ukuthola umthwalo awayo



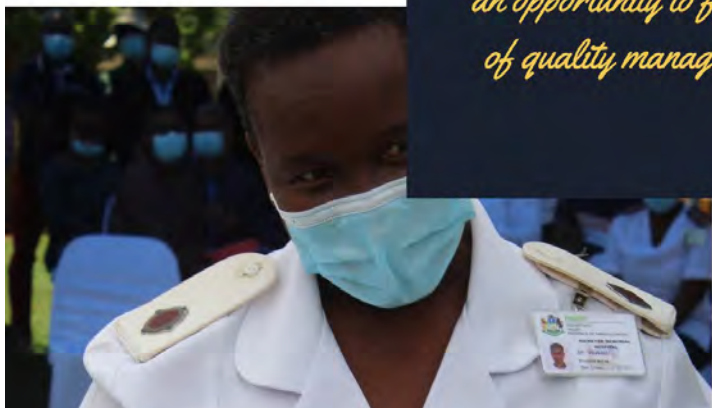


2021
**QUALITY
DAY**
NMH





Quality Day- Is a day that gives people an opportunity to focus on the significance of quality management in our workplace



STROKE AWARENESS

Stroke day: 29 October 2021

Look out for:

Balance

Eyes

Face

Arm

Speech

Time



B E F A S T

Balance



Does the person have a sudden loss of balance?

Eyes



Has the person lost vision in one or both eyes?

Face



Does the person's face look uneven?

Arms



Is one arm weak or numb?

Speech



Is the person's speech slurred? Does the person have trouble speaking or seem confused?

Time



Call 9-1-1 now!



If you notice any changes to these, go to the hospital immediately

Risk factors:

- High blood pressure
- Diabetes
- Heart disease
- Smoking

Prevention:



Controlled diabetes

Lose weight

Controlled blood pressure

Don't smoke

Exercise

Compiled by: Tyla Grobler (PT CSO) & Zane Gerber (OT CSO)

The above Stroke Awareness poster can be found in around the facility.

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KWAZULU-NATAL PROVINCE
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**GROWING
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TOGETHER**



According to the health Calendar, Corporate Wellness was set for the week of 05-09 July 2021, but due to the surge in COVID-19 and the National unrest we were forced to put it off for a later day. The day finally arrived (08 November 2021).

We had a full day planned, the day kicked off with a color run upon return we had an aerobics session facilitated by our maNtshangase and the department of Sports and Recreation. We also invited financial advisors for policy related assistance for the staff, the dietician for healthy eating plans and the Physio department for fitness and wellness assistance.

The day started and ended in high spirits with all the staff member showing enthusiasm and willingness to be a part of this fun day.





Disabilities Awareness Month 2021

NOVEMBER

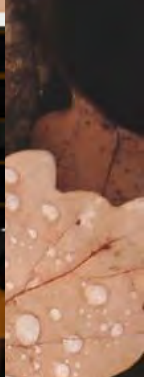
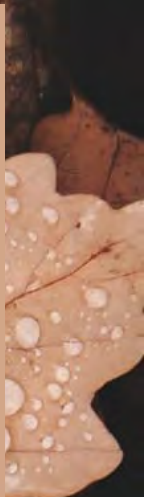
November is celebrated globally as Disability Awareness Month. The international theme proclaimed by the United Nations for this year is: "Removing barriers to create an inclusive and accessible society for all."

For disability Awareness Month we hosted our annual disability awareness games aimed at posing everyday challenges that some people with disabilities face on a daily basis.

The aim and intention of the disability games is inspired by helping everyone to become more compassionate and understanding of the challenges faced by people with disabilities.



16 DAYS OF ACTIVISM SOCIAL GROOMING EVENING



This year Ms. S Mbangeni and Ms. B Khumalo hosted a social grooming event that was aimed at assisting all of us realize our self-worth and inner strength, the purpose of the event was to assist us all to see value in ourselves and raise a spirit of self-awareness which we in turn believe will help us behave better in society.

We had the honour of having Mrs Mkhize facilitate this intimate night under candle twinkle.

Mrs Mkhize is a life transformation coach with a respectful number of years of experience under her belt in this field.

We chose to break away from the norm of 16 days of activism and focus on self growth which in turn might play a part in how we carry ourselves and contribute to society.



16 DAYS



VOOMA VACCINATION WEEKENDS



The Vooma campaign is aimed at helping South Africa to ensure that 70 percent of the population is vaccinated by the end of December 2021 .

The Outreach team has been working without ceasing on Vooma Vaccination weekends, mobilizing and encouraging the community to vaccinate we have received positive responses for the most part , we've also been in positions from time to time where we had to tap into our reasoning skills and educate the public on the importance of c=vaccination. It has also been refreshing to see children coming forward and choose to vaccinate.



WORLD AIDS DAY



World AIDS Day takes place on 1 December each year. It's an opportunity for people worldwide to unite in the fight against HIV, to show support for people living with HIV, and to commemorate those who have died from an AIDS-related illness. Founded in 1988, World AIDS Day was the first ever global health day.

This year we had a two fold Commemoration for World Aids day. We joined forces with Emadlangeni Local Municipality and His worship Mayor ML Buthelezi, for a walkabout at Utrecht Town encouraging the public to take initiatives to improve their health,

through testing for HIV/AIDS and getting the help available to them should the need arise, we also preached the importance of practicing safe intercourse.

Groenvlei Clinic on the other hand hosted a children's fun day in commemoration of World Aids Day, The staff pitched a jumping castle, organized presents, party packs, games and refreshments for our day guests the afternoon oozed with a thick air of happiness from the kids who ended the day with a dance off and of cause the best kid won.



PHOTO GALLERY



Sir Thango and Zinhle Kubheka (EN) at Nhlazadolo Combined School preparing their working station for the HPV campaign.



PHC-Outreach team at Ezimbuthu Sports ground in support of the KZN Department of Agriculture, Land Reform and Rural Development.



Niemeyer Memorial Hospitals mobile clinics at Groenvlei sports grounds in support of KZN Department of Agriculture, Land Reform and Rural Development.



Sr Banda and Mr Khanyile at Mxakeni Community hall for the rural Women in business event hosted by KZN Provincial Government.



Members of the Executive Committee after awarding Dr. SB Nkosi with a certificate of Recognition for Collaborative Leadership.



Members of the public assessing cars for the upcoming auction.



FAREWELL



FLY HIGH AND TAKE CARE!
SR MBATHA, SR MLOTSHWA & LINDIWE...

WE WILL MISS YOU!

We hope you have a wonderful ride ahead. Please keep in touch!
Love, Your Colleagues



YOU COMM YOU SERVED YOU CONQUERED.

We would like to thank you for being a wonderful this year. We have really enjoyed our time together with you and we can not wait to see where the future takes you.



Let's spread the festive spirit, it's Christmas time



NMHL

Christmas 2021



THE FESTIVE LAUGH CORNER

"Who is Santa's favourite singer? Elf-is Presley!"



WHY DO REINDEER LIKE BEYONCÉ SO MUCH? SHE SLEIGHS

WHAT REINDEER GAME DO REINDEER PLAY AT SLEEPOVERS? TRUTH OR DEER

WHAT DID SANTA SAY WHEN HE STEPPED INTO A BIG PUDDLE? IT MUST HAVE REINDEER.

WHAT DOES RUDOLPH WANT FOR CHRISTMAS? A PONY SLEIGH STATION

WHAT'S EVERY ELF'S FAVORITE TYPE OF MUSIC? WRAP!

WHAT DO SANTA'S ELVES LEARN IN SCHOOL? THE ELF-ABET

WHAT DO SNOWMEN EAT FOR BREAKFAST? ICE CRISPIES

KNOCK, KNOCK! WHO'S THERE? GLADYS. GLADYS WHO? GLADYS CHRISTMAS

HOW DOES RUDOLPH KNOW WHEN CHRISTMAS IS COMING? HE REFERS TO HIS CALEN-DEER.

"What do snowmen eat for lunch? Icebergers!"



What do you call an obnoxious reindeer? Rude-olph.



Parade

ACKNOWLEDGEMENTS

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