



USINDISO

NEWS

2024

The year that was—Pharmacy Month



September is Pharmacy Month, giving awareness on safe and effective medication use. Pharmacy Department is responsible for provision of the best Pharmaceutical care, ensuring that all patients are going home with correct medication at a correct dosage, frequency and having enough

supply for the duration of the treatment. This is done by a Team of Pharmacist's Assistants, Pharmacists, Interns and our Learners we train. Osindisweni Hospital commemorated its Pharmacy month on 28th September 2023. The theme was "Pharmacy United in Promoting Healthcare for Patients". Intern Pharmacists; Ms Davani Moodley, Ms. Snenhlanhla Mtshali and Ms Phelokazi Ngozi did different presentations to the

Clients (patients) and Osindisweni Staff members, covering different topics including Antibiotic Stewardship, Vaccines, side effects of common drugs. Mr Sibusiso Ntombela was the Programme Director. Multidisciplinary approach is very effective in the Healthcare sector where different Stakeholders work together towards giving best healthcare to the clients. Infection Prevention and Control (IPC) was discussed by IPC Coordinator Ms T. Jozela, giving details on Guidelines on Hand washing to prevent infections. Executive Management supported the event. After the presentations there was a Question and Answer session. Clients enjoyed the education and engaged with the Team. Pharmacy Staff had contributed towards refreshments for patients, Public Relations Officer Mr Mbongeni Mthimkhulu was of great assistance. The day was a big success.

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In Pics



Health Education in progress



Sharing Gifts with the staff members.



Guidelines on the safe distribution of medicine



Ideas on successful pharmaceutical care service.



Working together towards bringing best health care



Team united in providing outstanding service.



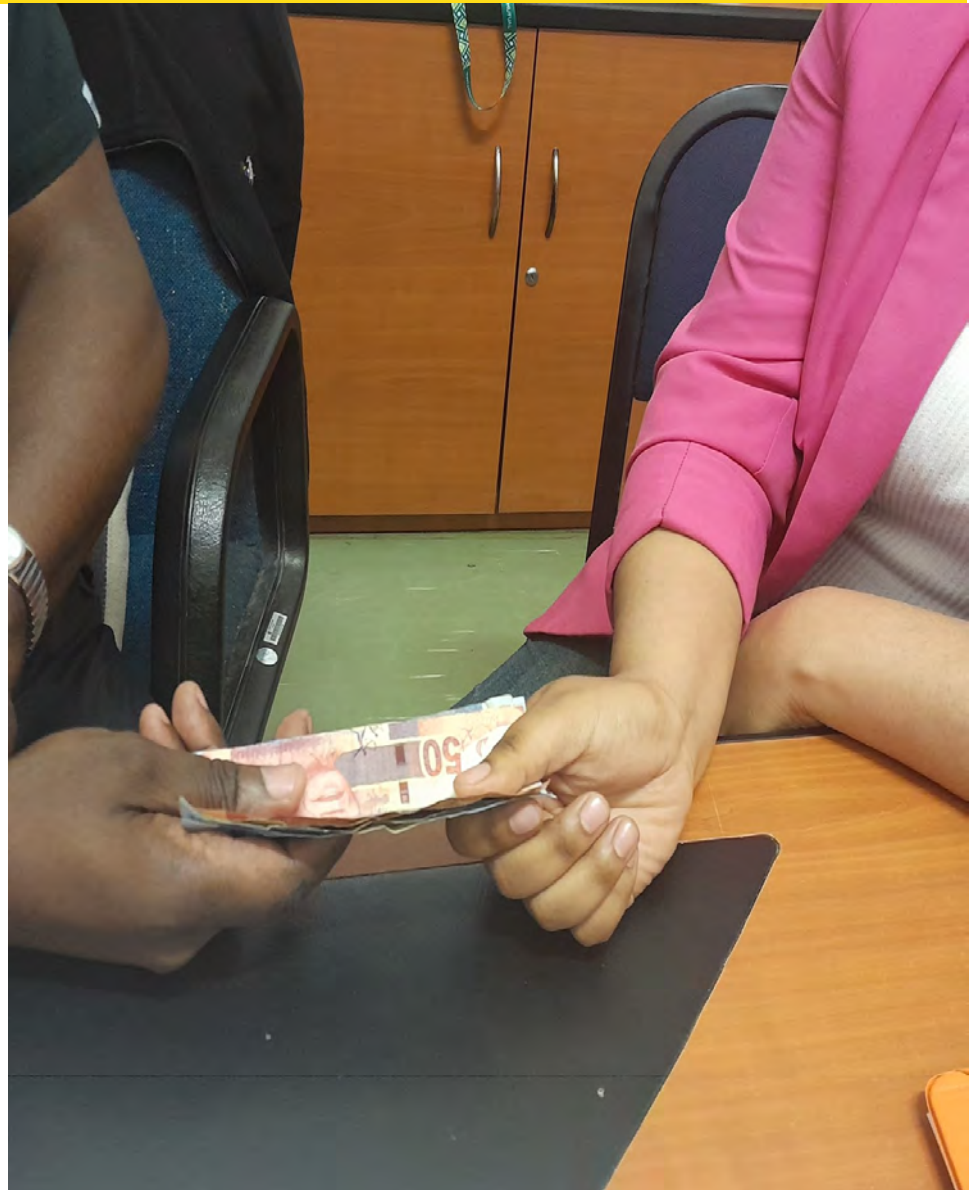
Should I borrow money?

The truth: "Borrowing money is like a wedding; repaying is like mourning."

This saying is well-known to people and it undoubtedly reflects the sentiment of many in lands around the world. Is that how you feel about borrowing money from a friend or other sources? Though it might seem advisable at times, is it a good idea? What are the dangers and pitfalls of borrowing?

Another saying gets to the heart of the matter. It says "Borrowing and lending spoil a friendship." indeed, debts can put friendships and relationships in jeopardy. Even with the best of plans and the most sincere intentions, things do not always turn out as expected. For example, if time passes and due repayments are not made, the lender may become irritated. Resentment could build, and the relationship between the lender and borrower—and even between their families—may become strained. Since loans are a potential source of friction, we might view them as a last resort rather than an easy solution to money problems.

Borrowing money can also endanger a person's relationship with god. How? First of all, there is a saying that it is a wicked person who deliberately and knowingly refuses to repay his/her debts. It also makes it very clear that "the borrower is a slave to the lender." The borrower must realize that until the money is paid back, he is under obligation to the lender. True is another African saying: "If you



borrow a man's legs, you will go where he directs you." The idea is that one who is heavily in debt is no longer at liberty to do what he would like.

Repaying what one borrows, therefore, must be given high priority. Otherwise, difficulties will likely arise. Mounting debts can result in distress, as well as sleepless nights, over-work,

bickering between husband and wife, and even family breakups, not to mention possible lawsuits or imprisonment. There is wisdom in the words that says: Do not owe anything to anyone except to love one another.

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Quality Day At ODH



“Quality day: Theme: Realizing your competitive your Competitive Potential” under scores the critical role that Quality plays in gaining a competitive edge in our rapidly evolving society.

We are in a dynamic and fast paced environment that calls for individuals to Harness the quality to stand out and thrive.

Quality day was intended to ensure that our services adhere to a defined set of Quality

criteria or meets the requirements of the patients or community.

This also encompasses Quality Assurance for preventing quality failures.

It involves systematic activities and process that monitor evaluate, and improve the quality deliverables to cater the diverse needs of the community consistency in the service delivery requires overall quality assurance and ensure that results are guaranteed.

It is not simply a standard to meet: it is a philosophy that drives innovation and efficiency.

This day gives the opportunity to recognize and celebrate achievements on the field of quality.

Osindisweni adopt a proactive approach to continuous., improvement not only meet the expectations of the patients but also stand out employees in the provision of service delivery.

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QUALITY DAY



ODH and District Quality Manager in attendance



Proactive approach to continuous improvement.



Giving out of certificates.



Improvements on providing service for patients.



Filing project member receiving a certificate.



Quality Team for quality services



Preemie Day -Prematurity Month 2023: We promote skin-to-skin contact.

Osindisweni District Hospital was recognizing Preemie Day in order to give visibility to this problem and to raise awareness of the needs and rights of premature babies and their families, raise awareness of the importance of experience and quality care from Osindisweni District Hospital and, thus, advance policies that guarantee the full rights of both babies and families.

Skin-to-skin contact was emphasized to be an extremely beneficial and effective practice, especially important in the case of premature babies. Initiated immediately after birth, its practice contributes to the initiation and sustaining of breastfeeding, it favors the stabilization of vital parameters such as heart rate and blood glucose levels, and helps the establishment of a healthy microbiotic, aspects of importance both in the process of adaptation to extra uterine life after birth and in the medium and long term.

Mothers were informed by the importance of aids relaxation and why deep



Actions, BIG IMPACT: Immediate Skin-to-Skin Care for Every Baby, Everywhere

sleep is needed by the infants, As long as clinical stability allows, skin-to-skin contact in premature infants is essential for a healthy and sensitive experience. It was further mentioned that is essential that healthcare teams are aware of the

available evidence about the multiple benefits of this practice for the baby and for the families, and that they commit to and promote the right conditions for skin-to-skin care to be given optimal.

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World Preemie Day



Matron Pillay supporting women on Preemie Day



Partnering with parents in achieving a common vision.



Empowering national events and training workshop.



Matron Nzuza Raising Awareness



DR Mabusha on the growing challenge of preterm birth.



Providing easy-to-understand information



ODH Together with Verulam SAPS Commemorate 16 Days of Activism

Osindisweni District Hospital together with Verulam SAPS held a campaign to Invest to Prevent Violence against Women & Girls as, more action is needed to ensure women in all their diversity live free of violence and coercion. The success of this campaign rests on daily individual and collective actions to safeguard the society against this cycle of abuse.

Color orange was dominant which symbolizes a brighter future, free of violence. SAPS confirm that It also serves as a means of demonstrating your solidarity in eliminating all forms of violence and it is therefore used as the color of the International Day for the Elimination of Violence against Women.

Speak out against women and child abuse. Encourage silent female victims to talk about abuse and ensure that they get help. Report child abuse to the police

- Accountability, Coordination and Leadership. Pillar 2. Prevention and Rebuilding the Social Cohesion.
- Pillar 3. Justice, Safety and Protection.
- Pillar 4. Response, Care, Support and Healing.
- Pillar 5. Economic Power. Pillar 6. Research and Information Management.

Remember that remedies are available.

Be supportive: keep yourself, your family and community healthy and protected.

Say no to any form of violence – including physical, emotional, psychological, sexual or economic violence.

Nothing can be an excuse for violence against women. preventing gender-based violence

Empowering women and girls across



Verulam SAPS , ODH staff and patients during the campaign.

their lifetime by: Keeping girls in school. Empowering women economically. ...

Giving women cash support.

Engaging male allies.

Including women in decision-making at leadership level.

Supporting Gender-based violence has effects such as homicide and suicide, injury and shock, disability and sleeping disorders, reproduction problems, emotional and psychological problems and social and economic

problems such as increased gender inequalities.

What are 2 ways to stop violence? If you witness any form of violence or abuse, stand up, step in, or shout out that the offender is actually the uncool one, and the violence has to stop. Be an individual Think for yourself. Don't follow the crowd and don't give into peer pressure .



16 Days Of Activism



Health meets SAPS (Protection)



SAPS With the Osindisweni District Hospital staff.



SAPS hands on in serving the community



Prizes/Gifts awarded to the community.



Stronger together against, Women and Child abuse.



United to ending gender based violence.



ACKNOWLEDGEMENTS

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**HELP US TO IMPROVE OUR SERVICES, Please drop your complaint, compliment or suggestion in our complaints compliments and suggestion boxes within ODH premises
Call: 032 5419 219 , Join our Facebook Page Mbongeni Mthimkhulu Osindisweni District Hospital Public Relations Officer Email: ellias.mthimkhulu@kznhealth.gov.za.**

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