



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

# QUEEN NANDI REGIONAL HOSPITAL

## BAMBINO

## NEWS

APRIL–JUNE 2024

### “OUR NURSES OUR FUTURE, The Economic Power of Care”



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# “OUR NURSES OUR FUTURE, The Economic Power of Care”



Galaxy S20 Ultra 5G

International Nurses Day for King Cetshwayo Health District was celebrated at Imbizo Hall on the 18<sup>th</sup> of May 2024. The district held a glamorous event with all nurses in their white uniform with caps. Head office and the district choral music choir graced the event with their presence. The theme for 2024, “Our Nurses, our Future, Leave No one Behind” was celebrated and lauded by the speakers and the audience on the day.

Celebrity artist, Mr N Mthembu, was the programme director and master of ceremonies. The esteemed chaplain of the KZN Department of Health, Reverend S Shangase, led the event in prayer, with a resounding, though-provoking speech and words of wisdom and encouragement. He touched many hearts with his relevant and meaningful advice on life. Our CEO, Mrs Mkhwanazi took great pride in introducing the keynote speaker, Ms Penny Msimang from Head Office.

Ms Msimang, the guest speaker, spoke on the nursing profession, and all its challenges and

achievements. She emphasized the importance of Professionalism and Ethics for nurses. She imparted very valuable advice and teaching on all nursing related matters.. Her speech was very well received by the audience. There were several musical and dance items interspersed throughout the programme, much to the enjoyment of all. A very touching part of the day was the reciting of the Nurses Pledge of Service and Candle lighting ceremony.

Our Deputy Manager Nursing: Mrs Marais led this moving ceremony by leading the planning team which comprised of all DMNs from other facilities. The nurses all pledged their renewed commitment and dedication to the vocation of nursing. The dear Reverend then closed off the beautiful event with a prayer. Nurses all received beautiful, thoughtful tokens from the partners.

International Nurses Day 2024 was indeed the best Nurses Day ever at KCD

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# FIRE FIGHTING DRILLS

Queen Nandi Regional Hospital Occupational Health and Safety team conducted a Firefighting drill for all departments within the hospital. The drill ran from the 24<sup>th</sup> of April-2024 to the 16<sup>th</sup> of May 2024. The purpose was to train and equip all staff members from all the units on how to extinguish fires safely.

Fire can happen at anytime and anywhere, including work places, malls as well as homes. It is important for everyone to know how to escape or extinguish a fire safely. Types of extinguishers that are used to extinguish fire was explained and the practical exercise was done where staff members were physically extinguishing the fire. Occupational Health and Safety team trained all staff members on how to operate fire extinguishers as well as informed them on the different fire extinguishers that can be used for different types of fires.

Staff members appreciated the opportunity given to them as they were now equipped with the knowledge to prevent a disaster.

## OPERATING YOUR FIRE EXTINGUISHER



**P**ULL THE PIN



**A**IM AT THE BASE



**S**QUEEZE TRIGGER



**S**WEEP

### Remember:

- Test extinguisher before approaching the fire
- Keep low & approach with the wind at your back
- Back away, watching for rekindle



*Maintenance team members during their fire extinguishing drill at the ground.*



*And the practical part of it in demonstration....*



Mr B.J Ntuli (Artisan foreman- electrical) .....Ms Ndlela (in-serve Occ Health and Safety), Sister Van der Berg (Safety rep from Neonatal unit and Mr Hadebe (Chief Occupational Health Nurse)

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# FIRE FIGHTING DRILLS



Gynae ward tem joined by Laboratory and Rehab team



Theatre team in practise for fire fighting



Security services team during the training



Occupational and Healthy team who were conducting training  
From left: Sister Van Der Berg, Mr B Hadebe and Ms Ndlela



Rehab Team during the training



Security services team during the training



## QUEEN NANDI REGIONAL HOSPITAL SCHOOL PROJECT TO INGWENI PRIMARY SCHOOL



*Giving back to the community provides us with the opportunity to grow as a person. QNRH under the leadership of our CEO, Mrs Mkhwanazi, chose one school from the surrounding area, Ingweni Primary School, where 20 learners were gifted their full school uniform.*

*The handover was held on the 16<sup>th</sup> of April 2024, and both learners and teachers showed great excitement and appreciation for the donation from the hospital.*



**Teachers of Ingweni Primary School and QNRH management team with the learners**

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# NURSES DAY PICS



Mrs Jackie Marais : QNRH Nursing Managwr



KCD choral music—entertaining during the event



**“OUR NURSES OUR FUTURE,  
The Economic Power of  
Care”**



From left: mrs Marais, Ms Penny Msimang and Mrs CNN Mkhwanazi (CCEO)



Candle light by all nurses and nurses pledge



Cutting of the cake

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# TRIPLETS DELIVERED

On 20 June 2024, 38 year old mom, Nokulunga Zungu, from oSuthu kwaNongoma, delivered her set of beautiful, healthy triplet girls at QNRH. She attended antenatal care clinic well. Ms. Zungu admits that when she received the news of her triplet pregnancy at 18 weeks gestation, it came as a big shock. Ms. Zungu explained that it was also a shock to the family as well. The family has a history of twins but not triplets.

Ms. Zungu had 3 older boys age 21,19 and 12 years old, said that she was overjoyed with her blessing. The mother thanked doctors and nurses for their teamwork in delivering her triplets. She is currently unemployed. Raising her triplets will be a challenge but appreciated the support from her family. She lives with her mom, granny and her 4 siblings. Ms. Zungu is a first born in her family. Her family was also keen to see her and triples when they are discharged home.



## QNRH NETBALL SHINING STARS PARTICIPATED AT NGWELEZANE HOSPITAL TOURNAMENT



Responding to the call for encouraging a healthy lifestyle in a work place, the vibrant and shining stars of QNRH participated in the tournament hosted by Ngwelezane Hospital on ..... for both netball and soccer. This is part of the employee health and wellness programme aimed at encouraging employees to live a healthy lifestyle and to participate in physical activities to keep themselves healthy.



# NURSES DAY CELEBRATION



Galaxy S20 Ultra 5G

King Cetshwayo District Nurses commemorating Nurses Day at Imbizo Hall



Cutting of the cake which was sponsored by Empangeni PnP



Mrs CNN Mkhwanazi handing over the gift to Mr Mthembu



QNRH nurses performing traditional dance during the event



Mrs Marais, Mrs NM Xulu, Sister Zulu, Sister Mchunu and Mrs Paliam

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# ADOLESCENT AND YOUTH FRIENDLY SERVICES (AYFS)

**No need to join the queue!!**

**FROM 13H30 –15H30**

**FOR ALL YOUNG GIRLS AGE 10-24 YEARS**

- ◆ Contraceptives
- ◆ Prevention and treatment of STI, HIV and TB
- ◆ Condom distribution
- ◆ Prep (Pre-exposure prophylaxis)
- ◆ Pregnancy counseling and testing
- ◆ Health education on mental health / illness and substance abuse/violence prevention
- ◆ Antenatal & postnatal care

Adolescent and Youth Friendly Services (AYFS) is a strategy that aims to address the health needs and improve quality of care for adolescents and youth at hospitals. The program aims to address the immediate health problems of learners, teenagers and youth. It also assists in breaking down barriers to teaching and learning as well as in implementing interventions that can promote health and well-being during childhood and beyond.

QNRH has dedicated a specific nurse, who is also a youth, to deal with young girls. Holistic services are offered to the youth which includes educating on social issues such as drugs and substance abuse, HIV/AIDS, TB, nutrition, physical exercises, mental health/illness, sexual/reproductive health and violence prevention. This program is for the young girls age 10 to 24 years. They do not need to join the queue from 13h30 to 15h30.

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# Crazysocks4docs Day 2024



Crazysocks4docs Day was commemorated on Friday, June 2. QNRH doctors, supported by other staff categories, participated by wearing colourful, mismatched, crazy socks on the day. The aim was to raise awareness about mental health issues amongst health care workers, and to remove the stigma associated with it.

## FROM THE PUBLIC RELATIONS OFFICE

It is without a doubt that the PRO's Office is challenging and requires one to be a team player and be willing to adjust to the changing and more digital working environment. As a point of contact for both internal and external stakeholders, the PRO's office remains critical in discharging the mandate of the department to its client in honour of the Batho Pele principles thus maintaining sound and healthy relations. Having been given the opportunity to compile this newsletter was a real test to the valuable experience I have gained in the field of Public Relations for which I express gratitude to the Queen Nandi Regional Hospital Management, colleagues and my Mentor (PRO) for embracing my skills taking cognisance of my career endeavours. By Ms. Gugu Msane – PRO Trainee.



*Ms. Gugu Msane  
(PR in-serve trainee)*



# RETIREMENT CELEBRATION OF OUR LEGEND DR. KAPONGO

QNRH bid farewell to Head of Paediatrics, Dr NC Kapongo as he entered his retirement. Dr Kapongo will always be remembered for his commitment to excellence, compassion and generosity. He has played a pivotal role in establishing paediatric services in Region 4 and has left an indelible mark on our community. QNRH celebrated Dr Kapongo's stellar medical career with a remarkable event. Touching messages were heard from management, doctors, nursing and other components in the institution; thanking Dr Kapongo for his mentorship and invaluable guidance. A beautiful plaque was unveiled in the neonatal unit in recognition of Dr Kapongo's outstanding leadership and commitment to the care of babies and children in Region 4. Dr Kapongo's legacy at QNRH will be long remembered and he will be greatly missed.



*Dr NC Kapongo*



**Doctor Kapongo's family from left :his wife Jeanne , Daniel (his first born) , in the front Jediel (last born),**





# FOOD SERVICES AT QUEEN NANDI IS LITERALLY SPARKLING!!!



From left: Winnie, Mrs Mkhwanazi (CEO) Yami

QNRH Food Services unit was recognized by the Capitol Caterers SHEQ team as a top performer in Food Hygiene and Safety. They were praised for their outstanding performance in food safety audits, microbiological tests, hygiene practices and risk assessment. The unit has not had any food borne incidents. They were also praised for their excellent work ethic and team spirit.

Receiving such an award signals to patients and the community that QNRH is committed to maintaining high standards, by adhering to regulations and putting patient safety first.



Certificate handover by Mr Nzimande

The certificate handover was done by Mr Nzimande on behalf of the Management of Capitol Caterers on the 17 of July 2024. Mr Nzimande commended QNRH food service team for always dedicating themselves to deliver high quality services in all tasks assigned to them. "And yes, there are the setbacks that exist in all Department of Health Hospitals. Despite the challenges, this manager and her team continue to excel. They make safety and food hygiene a priority. Many unannounced audits have been conducted, and the kitchen is literally sparkling. The unit excelled in their DOH region by achieving above 96% in the recent Capitol Caterers Internal SHEQ & Food Hygiene Audits" said Mr Nzimande.



QNRH Food services team members with their certificate



# EDITORIAL



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# ACKNOWLEDGEMENTS

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