

QUEEN NANDIREGIONAL 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



International Nurses Day for King Cetshwayo achievements. She emphasized the importance ed 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

Health District was celebrated at Imbizo Hall on of Professionalism and Ethics for nurses. She imthe 18th of May 2024. The district held a glamor-parted very valuable advice and teaching on all ous event with all nurses in their white uniform nursing related matters.. Her speech was very with caps. Head office and the district choral mu- well received by the audience. There were severgraced the event with their presence. all musical and dance items interspersed through-The theme for 2024, "Our Nurses, our Future, out the programme, much to the enjoyment of all. Leave No one Behind" was celebrated and laud- 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 fa-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









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 24th of April-2024 to the 16th 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 Pull the Pin A im at the base



SWFFP

Remember:

- Test extinguisher before approaching the fire
- · Keep low & approach with the wind at your back

JEEZE TRIGGER

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 fron Neonatal unit and Mr Hadebe (Chief Occupational Health Nurse)













FIRE FIGHTING DRILLS





Theatre team in practise for fire fighting







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 leaners were gifted their full school uniform.

The handover was held on the 16th 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











NURSES DAY PICS





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











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.



ONRH 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 gramme aimed at encouraging employees to live a healthy lifestyle and to participate in physical activities to keep themselves healthy.



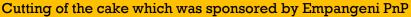




NURSES DAY CELEBRATION









Mrs CNN Mkhwanazi handing over the gift to Mr Mthembu













ADOLESENCT 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.









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)







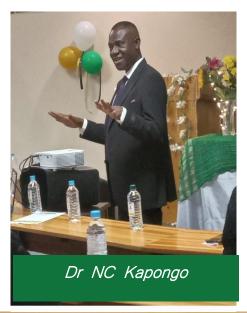






RETIREMENT CELEBRATION OF OUR LEGEND DR. KAPONGO

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.







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!!!

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.

From left: Winnie, Mrs Mkhwanazi (CEO) Yami



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.













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