



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

**JULY - SEPTEMBER 2020**

# **BAMBINO** **NEWS**

## **QUEEN NANDI REGIONAL HOSPITAL**

**“DOCTORS SAVED MY LIFE” ... PG3**



**# CHALLENGE ACCEPTED**

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**MY HEALTH. YOUR HEALTH. OUR HEALTH: A HEALTHY KWAZULU-NATAL.**

# Message from the Acting CEO

QNRH has successfully managed the first wave of the SAR-CoV-2 Coronavirus pandemic that is currently ravaging the world. This CoVID-19 virus that is leaving a swathe of illness and mortality in its path across the globe, has now been around for 7 months. It has forced us to relook at ourselves and our lives, both in our personal and professional capacities.

CoVID-19 has taught us many things. We have learnt that things don't matter as much as people. We have learnt that family and friends are precious, especially when we could not see them at all. We have learnt that we have the power to control the spread of this infection. All responsibility lies in our hands. The safest, most effective way to prevent this disease from spreading is by practicing safe behavior. We must continue to wear our masks at all times, social distance effectively, and ensure good hand sanitation by washing our hands with soap and water, or using alcohol based hand rub.

QNRH has continued with its effective screening and testing program, with our inpatient screening being able to successfully pick up possible PUI's during the course of the admission. July was our busiest month as a hospital in terms of Covid positivity amongst our staff members. We saw a spike in numbers of healthcare workers being infected. However, our recovery rate remains at almost equal our infection rate. We have continued to support our staff with our Mental Health Program. Staff were also provided with accommodation at an off-site facility for quarantine and isolation, if required.

Despite it being a Covid time, we still continued to keep an upbeat, positive attitude through it all. We held various health awareness activities, whilst ensuring that social distancing was respected. We also held an internal Jerusalema Dance Challenge, which was very well supported. The hospital also entered the KZN Provincial Dance Challenge. We came second in KCD.

As we end this second quarter of the year, we find ourselves more confident, knowledgeable and at ease in dealing with this pandemic and its ramifications. The hospital has stood strong as a team, and has worked well together to ensure that we deal with this safely, whilst also ensuring that our other core functions continue unhindered. The hospital management would like to extend a special note of gratitude and appreciation to all our staff for hanging in there, standing tall and proud, and continuing to give our patients the best quality care.

Dr M. Samjowan



# GRATITUDE TO QNRH DOCTOR'S

Ms. Londiwe Khanyi, a first time mother at the age of 33 years returned to Queen Nandi after a successful delivery to personally thank the Queen Nandi Regional Hospital doctors who were involved in the delivery of her baby girl in May 2020.

Ms. Khanyi, a primigrovida (first pregnancy) was initially doing her antenatal care at Stanger and Ballito. However during the lockdown period she relocated to the KC District and continued her antenatal care at a local clinic. She was referred to hospital for delivery by the clinic due to her being diagnosed with a low lying placenta of 20 weeks of pregnancy.

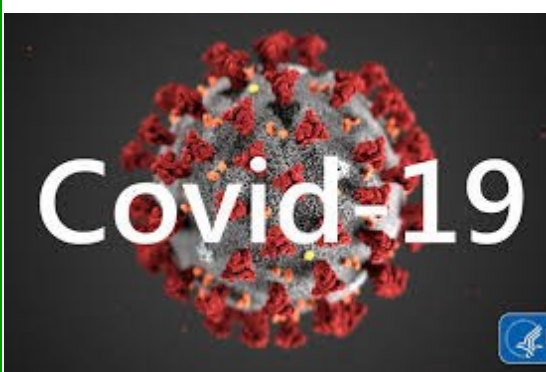
At QNRH, after assessment by our highly trained doctors, Ms. Khanyi was diagnosed of having a major degree, morbidly adherent Placenta Previa. This is a condition where the placenta is situated in the lower segment of the uterus. In front of the baby and encroaching on the opening of cervix. This meant that Ms. Khanyi required specialized method Caesarean section which sometimes led to the removal of the uterus during the procedure. Luckily, the procedure was carried out successfully without the removal of the patient's uterus.

Ms. Khanyi was very grateful to the doctors for delivering a healthy baby without having to remove her uterus.



Ms. Londiwe Khanyi

# COVID—19 SIYAYINQOBA



Remain vigilant and  
adopt good personal  
hygiene practices.

## TAKE EXTRA CARE

Covid 19 growing at a rapid rate, people are warned to please stay at home, wash hands or sanitize frequently and don't ignore the signs.



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# ARE YOU DEAF AWARE?

September is Deaf Awareness month, QNRH Audiology Department took initiative and provided the public with the tips on how to communicate with people who are deaf.

**Have you ever asked yourself how does a person who is deaf or hard-of hearing communicate?**

Have you met anyone who is deaf or hard-of hearing but failed to communicate or avoided contact with them?



These are the typical situations that many of us have gone through but would not admit to it out of guilt. Thus, the commemoration of Deaf Awareness Month is recognized throughout the month of September and is conducted in order to bring enjoyment, appreciation; as well as; provide information toward the deaf community and deaf culture. There are many deaf identities and users of South African Sign Language (SASL) in our country

The audiology Department had set out on an innovated task of creating an innovative video aimed at the general public to provide quick and easy tip to use when communicating with people who are deaf or hard-of hearing. This video has been views and shared numerous of times over social media and has gotten the attention of the public.

Please view this video to continue to view, like and share this video : [https://m.facebook.com/story.php?story\\_fbid=3575430592470010&id=100000093137867](https://m.facebook.com/story.php?story_fbid=3575430592470010&id=100000093137867)



**Lilian Mbatha (Chief SLT) & Melesha Govender (Chief Audiologist)**



**QNRH Rehabilitation Team**



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# BREASTMILK IS STILL THE BEST MILK!

Despite of Covid 19 pandemic, breast milk is still the best! Mothers who were at the hospital for their sick babies were lucky to be informed, motivated and encouraged to give the best to their babies.



The first week of August is Breastfeeding Awareness Week. During this week mothers and expecting mothers were educated about breastfeeding. Breastfeeding activities

were conducted throughout the week by the Dietetics department. The Dieticians Ms. T Mlungwana and Nadene Polayya organized a Breastfeeding awareness event which took place on the 5th August 2020 at Mothers Lodge, where they explained the benefits of breast feeding for both the mother and the infant. They explained how the milk is produced, how the mothers should express and for how long they should express and the duration for feeding a child.



QNRH Dietetics team from left Ms. N.Mkhombo, T. Mlungwana, N. Polayya and N. Govender

Mothers were advised that breastfeeding is highly recommended as the best option to feed an infant. It has effective results that can be seen in both the mother and infant.

Breastfeeding has a number of benefits to both mother and baby, which infant formula lacks. Tips on how a mother can breastfeed in public and the precautions to take when breastfeeding her infant during the Covid 19 pandemic was also explained.

## Bonding nutrition

- Breastfeeding decreases the risk of respiratory tract infections and diarrhea for the baby.
- Other benefits include lower risks of asthma, food allergies, and type 1 diabetes.
- Breastfeeding may also improve cognitive development and decrease the risk of obesity in adulthood.
- Reduced chances of getting breast cancer and may help with losing weight for the mother.





# “LOOK AFTER YOUR BUSY BODY”



In support of the occupational therapy week, the rehab team led by our physiotherapists took an initiative to do an awareness on how people should care of their busy bodies, more especially the focus was on back care. Awareness was done to both patients and staff members. They were advised on how one is to sit at the desk or computer and the shared the techniques on how one should bend when lifting heavy objects. The team also did some demonstrations as part of an awareness for people to understand what they were taught.

At your desk	At your computer	Be organized
<ul style="list-style-type: none"> <li>• Sit straight, back firmly supported, no slouching.</li> <li>• Sit right back in the chair</li> <li>• Feet firmly on the floor or on footrest</li> <li>• Arms should be supported on desk</li> <li>• Avoid chairs that are too low or too soft</li> <li>• Sit as close as possible to the desk</li> </ul>	<ul style="list-style-type: none"> <li>• Shoulders relaxed</li> <li>• Upper arm vertical</li> <li>• Adequate lower back support at belt level (90 to 110 degrees)</li> <li>• Adequate backrest (height and angle)</li> <li>• Adjustable chair height (gas light)</li> <li>• No obstruction to leg movement</li> <li>• Adequate lighting</li> <li>• Keyboard-detached</li> <li>• Thin desktop for maximum thigh space</li> </ul>	<ul style="list-style-type: none"> <li>• Sit with a straight desk edge in front of you</li> <li>• Position the monitor and keyboard in front of you</li> <li>• Adjust the distance of the screen from your eyes so that it is comfortable to read (45 to 70 degrees)</li> <li>• Enough space to use mouse comfortably</li> <li>• Place frequently used objects close to you</li> <li>• Avoid direct glare onto your screen, or into your eyes.</li> <li>• Plan your regular rest breaks</li> </ul>



# TECHNIQUES USED WHEN COMMUNICATION WITH PEOPLE WHO ARE DEAF OR HARD-OF-HEARING



Get the listener's attention before you start speaking.



Find a well-lit place to talk, away from noise and distractions.



Be face-to-face with the person you're talking to.



Don't cover your mouth with hands or clothing.



Speak clearly but not too slowly.



Exaggerated lip movements are harder to lipread.



Shouting is uncomfortable for hearing aid users and looks aggressive.



Talk directly to the person, not the interpreter.



Don't keep repeating things. Say them in a different way.



Make sure that your colleagues are included in conversations – don't assume they will notice and are choosing not to take part.



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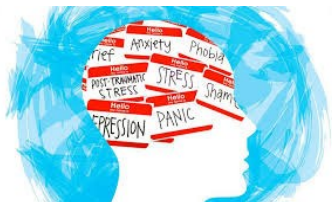
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# MENTAL HEALTH IN RESPONSE TO COVID 19

## **BE KIND TO YOUR MIND**

Phefumula manje is a stress reduction initiative started in April 2020 by the QNRH EAPA and Psychology departments as part of COVID 19 mental health response.



Further to the above initiative we also embarked on Crisis Intervention where we offered debriefing sessions, individual counselling and ongoing psycho social support to our staff members during Covid 19 period. This was due to identification of the importance of mental wellbeing and providing healthy coping strategies. These include mindfulness such as breathing exercises and body stretches, sleep hygiene, staying connected with physical distance, doing activities that lifts the mood and finding the safe place to talk.

The Wellness Subcommittee was established to address Psycho social issues during Covid 19 period under the leadership of Dr. M.T. Kalala as the chairperson. Psychology and Social Services Departments provides continuing and comprehensive mental health and behavioral health care for individuals, families and communities.

These includes psychological assessments, make diagnosis and providing psychotherapy. The vision of the team is to ensure that every staff member who tested for Covid-19 and needs psycho social support is attended to ensure that psych-social support is offered to all staff members who test for Covid-19.

*By QNRH Mental Health Team.*

For more information and services please contact the following:

Dr. M.T. Kalala	- 4150
Thobeka Mthembu	- Clinical Psychologist- 7098
Ahmed Adam	- Clinical Psychologist – 7098
Sindi Mchunu	- EAP - 7096
Mpho Hlophe	- Social Service - 7099
Blessing Hadebe	- Occupational Health Clinic- 0832532953

The following useful resources are available if you prefer to consult outside the institution:

### **South African Depression and Anxiety Group (SADAG)**

WhatsApp support- 0768822775: Suicide Crisis Line (24 hr.)- 0800567567

Hotline (24hr) 080 045 6789:313393 (SMS)

**Lifeline Crisis** (24hr) 0861322322: Counselling (WhatsApp) -0659899238

**Substance Use and Abuse hotline**- 080 012 1314

**Psychology Society of South Africa**-Email contact details and location to [fatima@psysa.com](mailto:fatima@psysa.com)

Will connect with psychologist offering pro bono tele-counselling

**National Medical Front liners counselling Hotline**  
Whatsapp(24hr)-079 513 7015

### **Online Information sources:**

1. Covid -19 Mental Health Toolkit (It can be accessed using the hospital intranet)
2. NICD( National Institute of Communicable Diseases) <http://www.nicd.ac.za>
3. World Health Organization (WHO) <http://www.who.int/emergencies/diseases/novel-coronavirus-2019>.
4. Department of Health (South Africa) <http://www.health.gov.za>
5. KwaZulu Natal Department of Health: <http://www.kznhealth.gov.za>
6. Clinical Psychology support services (Ngwelezane Tertiary/ Queen Nandi Regional Hospital

<https://phefumulamanje.wixsite.com/psychologyngw>



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# BREAST MILK EXPRESSING COMPETITION

On the 7th of August, the dietetics team hosted a breastmilk expressing competition at Mothers Lodge. The competition aimed at observing if mothers could express correctly without any harm to them and allowing milk to stim Ute after being taught on how to express milk for their babies. . This was a fun and interactive way to educate mothers about Hand Expression technique, the benefits of expressing, and donating breastmilk.

Also joining the event was nursery nurse from the Milk bank (Ms. Siphindile Nyawo who explained how mothers can donate with their breast milk in order to assist those babies in need. The top 3 mothers, who expressed the most milk, were awarded prizes. An educational talk about Human Milk Donating was done. This year Breastfeeding Awareness week was celebrated on a smaller scale, due to limitations set by Covid-19. It was still, however a major success, as all target populations demonstrated an improved understanding on the importance of Breastfeeding. Let us continue to promote and protect breastfeeding!



Ms. Siphindile Nyawo who explained what milk bank is and importance of donating milk to other infants who need the

The dietitians educated the mothers more on how to express by showing them an illustration and also having a volunteer show the other attending mothers how to express.



Mothers expressing milk for the competition



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# BREASTFEEDING VS BOTTLEFEEDING

*It's Your Choice:*

Breast-feeding

*versus*

Bottle-feeding

## *Health Benefits for Baby*

- **Perfect** combination and balance of nutrients
- Milk is **easily digested**
- Breast milk contains antibodies that **help baby fight infections**

- Formula **nutrients and proportions match up closely** to breast milk
- Most babies **will not develop severe infections** in the first few months, despite the method in which they are fed

## *Health Benefits for Mother*

- **Reduced risk of developing cancer** of the breasts and ovaries, diabetes, heart disease and osteoporosis
- May find it **easier to shed baby weight**

- Can **eat any diet** she chooses instead of conforming her diet to what works for both mother and baby

## *Other Benefits*

- **No preparation** time- mother can feed baby anytime and anywhere
- Breast milk is always the **correct temperature**
- Breast milk is **free**
- Helps create a special bond

- Baby can be **fed anytime**, anyplace, and by anyone
- Baby can **bond similarly** with both the mother and her partner



UnityPoint Health  
Cedar Rapids



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# Fetal Alcohol Syndrome



Queen Nandi Regional Hospital is a mother and child hospital dedicated exclusively to the care of pregnant mothers and their children. On the 9th of September 2020, Rehab Team took the opportunity to speak to the mothers, who visited the hospital for their obstetric appointments about the effects of alcohol consumption during pregnancy.

Women who drink while pregnant may give birth to children with birth defects; Fetal alcohol syndrome refers to a range of birth defects that can happen to a child whose mother consumed alcohol during pregnancy. This includes brain damage and growth problems.

These effects can also include physical, behavioral and learning problems. The problems vary from child to child and they are irreversible. To prevent fetal alcohol syndrome women should be encouraged to avoid alcohol during pregnancy.

The Obstetrician Dr L Monegeng spoke intensely to the patients about how alcohol gets to the unborn baby and how alcohol also affects the brain of the unborn baby.

She took the mothers through a journey to a point when a baby is born with fetal alcohol syndrome features and the effects on the child's development.

The Rehabilitation department also took the opportunity to emphasize the difficulties children born with FAS experience as they grow. This problem affects their overall development and learning.

The High risk team (Nurses and Doctors) pledged to make a change in the narrative of alcohol use and misuse in South Africa by empower the community about FAS, support pregnant women and girls in making informed decisions with the view to enable and sustain a generation free from the scourge of alcohol harm.



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# MANDELA DAY

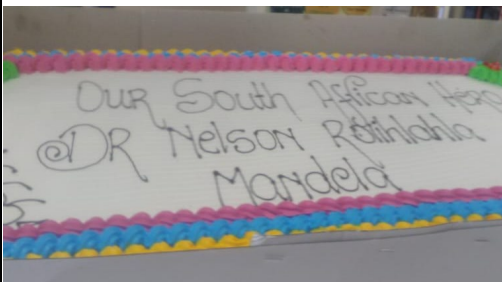


Our Icon, the first democratic elected president, his life is celebrated nationwide. Dr Nelson Mandela

IT ALWAYS SEEMS  
**IMPOSSIBLE**  
UNTIL IT'S DONE.  
— NELSON MANDELA —

MICHAELHYATT.COM

2020 had lots of challenges and lots of things could not be done as planned due to Covid 19 pandemic. Activities planned for Mandela Day were not implemented but QNRH was lucky to have a partner who always supports community activities. On the 18th of July 2020, it was a weekend on Saturday, the hospital was blessed with a cake and snacks from Boxer Store for children admitted in the hospital. That was part of the activities for Mandela Day. Our gratitude to Boxer for always remembering Queen Nandi Regional Hospital. Children enjoyed the cake and snacks



Sister PP Ndlovu receiving snacks and cake from the officials from Boxer



## # CHALLENGE ACCEPTED

Working in a health department can at times be challenging, demanding and stressful. The Jerusalema challenge helped ease all of the stress and made being at work enjoyable. QNRH accepted the challenge with both hands, and to our staff working hard during this pandemic, we thank you.

The Jerusalema dance challenge has been so viral and influential, it has managed to grip social media and has millions of people putting their best foot forward from healthcare workers to students and general workers. All around the world, people



have been participating in the Jerusalema dance challenge. Going head to head with the surrounding hospitals and clinics in the district the challenge was officially now a competition which was posted on Facebook for patients and staff members to like and comment on their favorite video. QNRH received 500 likes.



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# HERITAGE DAY CELEBRATION PICS



Employees could not miss the opportunity to release stress and anxiety at workplace since Heritage Day was during Covid 19 pandemic. They wore in their traditional attires and did photo shoot since events were prohibited.



Ms Mampela Ndlovu with Ukhamba at head - proud to be a Zulu girl





# HERITAGE DAY



QNRH employees singing and dancing traditional songs



From left: Mr Skhumbuzo Ngcobo, Ms MB Nene ,  
Ms M. Ndlovu and Mr Ndabandaba (HR Team)



From left : Sbonga Mthembu, Melusi Ngwenya,  
Tsepso Ndhlovu and Nongcebo Khanyile from  
Pharmacy



From Left: Sister CS Mthethwa, PN Ndlovu and NP  
Nxele from High Risk Clinic



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# FROM THE PRO'S OFFICE



Mrs Nompilo Xaba—PRO

This office would like to thank and acknowledge “Team Queen Nandi Regional Hospital” for their dedication and commitments during this difficult time of Covid-19. Working under stressful situations did not change their positive and caring attitude, they continued to render quality patient care. This office is continuing to receive compliments from patients and relatives thanking the staff for their love and care to patients.



Ms. Lungelo Buthelezi

Inserve—PRO

We have an open door policy for any public relations services. Patients / recipients of the services are encouraged to give us feedback on the service they received so that we can improve if there are any gaps identified. Your suggestions, compliments and complaints are always appreciated. Rest assured that patients are well taken care of, we are aware that it is not easy to not visit your loved one admitted at the hospital. Please feel free to call if one wants to know about the progress of the patient, clinicians will assist. Your feedback is important to us.

## ACKNOWLEDGEMENTS

- |  |  |
|--|--|
| <b>Mrs NH Xaba</b>                     | <b>- Public Relations Officer (Writer)</b>   |
| <b>Ms Lungelo Buthelezi</b>            | <b>- Public Relations (In-serve trainee)</b> |
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