



**KWAZULU-NATAL PROVINCE**

HEALTH  
REPUBLIC OF SOUTH AFRICA



**OCTOBER– DECEMBER 2020**



# BAMBINO NEWS

## FROM THE ACEO'S OFFICE

2020 is the year that history will always remember. This is the year that SARS-COV-2 brought us a viral pandemic of unprecedented proportions. South Africa diagnosed our index patient in March 2020, and the numbers just spiralled upwards following that first positive infection.

Despite going into an early hard lockdown, we still experienced a first and second wave. December was the time our second wave hit, and the devastation it wreaked upon our healthcare workers, our healthcare system, and our communities, is irrevocable. QNRH experienced the second wave in the worst possible manner. Our staff infections continued to rise, with the massive fallout of severe staffing shortages, severe morbidity and some mortality. QNRH emerged through the first wave relatively unscathed, but the second wave was destructive. Staff anxiety and fear was the order of the day.

QNRH, however, has kept a brave face through it all. We still gave off our best, under the most strained circumstances. Mental health support was encouraged at all times, with many programs in place to support the mental health of our staff. We held a Hospital Prayer session, which was greatly appreciated and received well. Feedback after the prayer session was so positive, another prayer session has been planned already.

We also held our Sports Day in October 2020. This

was well attended, and provided the perfect outlet for anxiety. We also held a very successful Fun Walk, hosted by the Dietetics Team, with the theme of "Good nutrition=Good Immunity". We also used this opportunity to launch our "Destigmatize COVID-19" Campaign. These are just some of the ways in which we tried to uphold a strong mental health approach.

PPE procurement was efficient, with there always being more than adequate PPE available. We continued our COVID training programs in all departments, and ensured that all new staff was included.

Critical Care equipment was procured timeously, with us having enough High Flow machines and capability to address the crisis. The hospital has, to date, not run out of oxygen, with adequate supply at all times. Wards that were re-purposed for the resurgence continued to function at optimal levels.

The hospital has never ceased its high level of quality care, and continued to hold all its routine meetings, audits etc. We are still in the clutches of the second wave, but our hope is for the rollout of the COVID-19 Vaccine, which will help end the pandemic. We encourage all staff to register for the vaccine at the appropriate time, and to get vaccinated. At all times, wear your mask, safe social distance and sanitize. "SAY YES TO VACCINATION"

The end is in sight, and we will get through this together.

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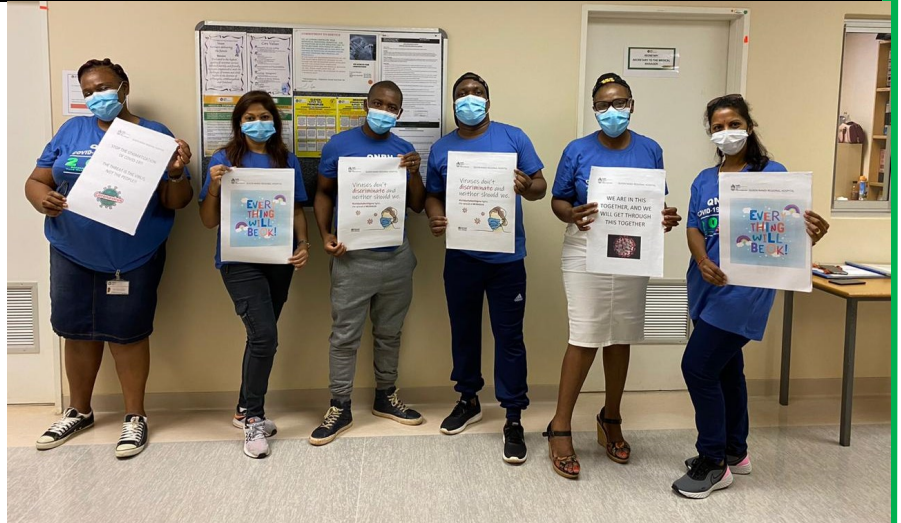
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# MENTAL HEALTH DURING COVID-19

Seeing the increase in numbers of staff members that were infected by Covid-19, QNRH mental health team organized an awareness campaign aimed at encouraging staff on the de-stigmatisation of the Corona Virus. The awareness was combined with the nutrition awareness week which was a fun-walk in October 2020. Messages of support and encouragement were displayed by everyone. "This too shall pass".



EXCO Members with their message of support: From Left: Ms EPCN Mtshali, (DMN), Dr M. Samjowan (Acting CEO/Medical Manager), Mr M Zungu (Acting Systems Manager), Mr S. Ndabandaba (Dep. Director. HR), Mrs VT Mtantato (Finance Manager and Mrs Y Paliam (M&E)



# Siyayinqoba

## CORONA VIRUS

### COVID-19

Staff members with their mental health support messages on Covid-19





# BIGGEST LOSER

Loosing weight requires commitment. Most people want to lose weight but they fail because of the lack of discipline and commitment. The trick is simple “your diet” . “You are what you take in” . It is not an easy journey but if one wants to achieve his/her goal then discipline is the best key.

Every year, the Nutrition team encourages staff members to enter for the biggest loser competition where participants are monitored weekly by the Dietician and partake in physical exercises with the Physiotherapist. This year (2020) Biggest loser was Sister Van Der Berg E. who lost 12kg . The winner was announced during Nutrition and Obesity Awareness and was awarded with the gift to encourage all staff members to live a healthy lifestyle.

## “CLEAN CARE IS IN YOUR HANDS”



er. All posters were displayed at the venue where they were judged fairly and openly.

Through this exercise, talents and creativity was identified. Judges scored according to the creativity, messages including Covid-19 messages, colorful/attractive, easy to understand and educational poster.

Mrs Dladla (IPCC) strengthened the importance of hand washing to every

Hand washing is the key to the prevention of transmission of germs from one person to another. During the 2020 Global Hand Washing day, QNRH Infection Prevention and Control unit organised an awareness on hand washing. It was celebrated on 14 October 2020 as a poster competition where units and departments were given task to draw or make a hand washing post-

body especially health care practitioners to avoid the cross contamination of germs from one person to another including the patients.

The best poster which won the competition was from Rehab Team which met all the criteria according to the judges, followed by Radiology who obtain 2<sup>nd</sup> position and Neonatal Ward being the 3<sup>rd</sup> runner up.

# HAND WASHING AWARENESS





# NUTRITION AND OBESITY FUN WALK



Queen Nandi Regional Hospital staff members holding poster for nutrition # Good Nutrition = Good immunity

Physical activity can improve your muscle strength and boost your endurance just like a well-balanced diet can improve your health. On the 21<sup>st</sup> of October 2020, Queen Nandi Regional Hospital dietetics team hosted the fun walk as part of Nutrition and Obesity awareness to staff members with the theme “**Good Nutrition = Good Immunity**”. Educational talks and slogan on nutrition and obesity were done so as to encourage people to look after their busy bodies. The fun walk was promoting physical activities as required by the body to be kept fit and healthy. People were encouraged also to eat healthy and live a healthy lifestyle.

The walk started from QNRH auditorium foyer to Morbily Road and back to QNRH auditorium foyer. Fun walk was joined by other departments i.e SAPS, EMS and traffic department as part of safety and security

The walk was indeed a fun walk, participants were very energetic and full of enthusiasm during the walk. Lightly showers of rain did not stop health workers to participate in the

fun walk as it was also part of the therapy during Covid-19. It was sponsored by Metropolitan who was the main sponsor with bottled water. The programme was short,



From Left Ms Thenjiwe Dietician), Dr M. Samjowan (Medical Manager / ACEO), Nicole Govender (Chief Dietician) and Nandine (Comm-Serve Dietician)

simple and exciting. It started with the fun walk, followed by aerobics which was choreographed by the Physiotherapy unit then few speakers motivating staff to look after their busy bodies by exercising and eating healthy.

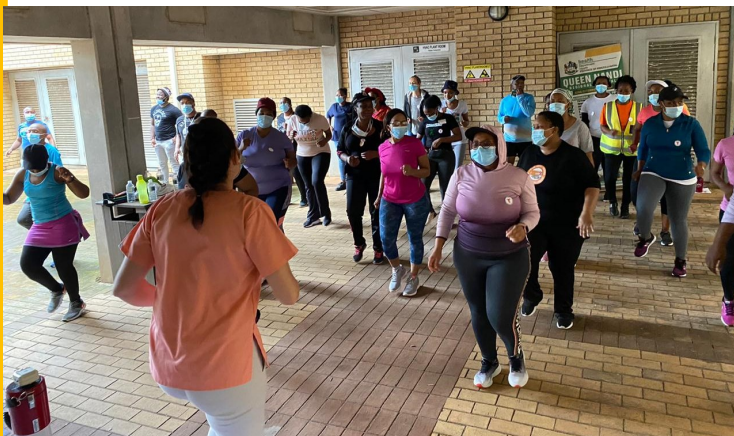
The aerobics session was extremely enjoyable to the point that the people that participated in the walk asked for the session to be re-done.



# FUN WALK PHOTO GALLERY



Participants that took part in the fun walk walking back to the hospital



Aerobic exercises led by Melisa



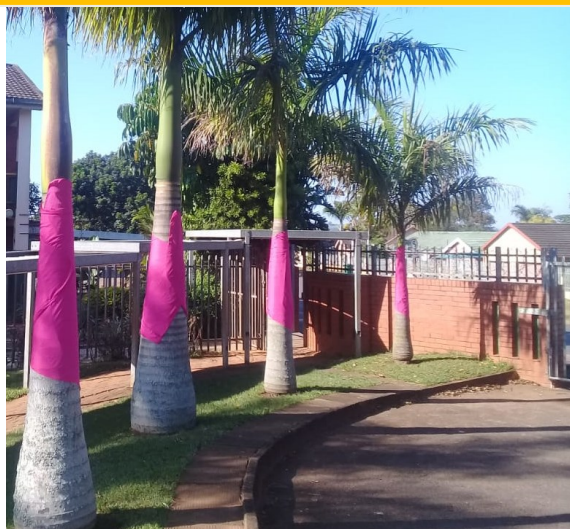
From left ....., ANM Xulu, Dr Samjowan and Lilian Mbatha



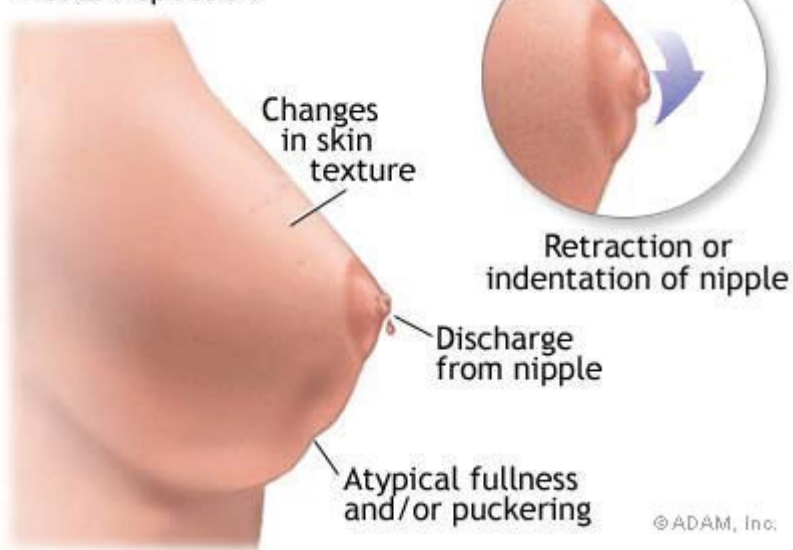
Neonatal Team in their mini-skirts for the walk



# BREAST CANCER AWARENESS



Breast self-exam:  
Visual inspection



**O**ctober is a Breast Cancer Awareness Month.

Queen Nandi Regional Hospital entrance and patient admin foyers were draped with pink as a symbol of Cancer Awareness. Since the hospital is a women and child hospital, the Obstetric and Gynaecology unit offered a free programme on Clinical Breast Cancer screening and examinations for all staff members during the month of October. Services were offered on Wednesdays and Fridays from 14h00 to 15h00 in the Antenatal Ward.

This service was done to help staff members to know their breast cancer status early so that if they are being diagnosed with it, they will be able to treat it in the early stages.

It was also said that self breast examination is also useful and important screening tool in early diagnosis when performed regularly in combination with physical exams by a doctor and ultrasounds to get a better sense of what's right for you. Learn more about how to do a breast self-exam.

Women are encouraged to check their breasts

## Why Breast Cancer Screening Matters

The sooner breast cancer gets diagnosed, the better your odds of getting successful treatment. That's why it's important to get mammograms as recommended, to be familiar with how your breasts usually look, and to report any changes to your doctor ASAP.

**# Know your breasts**



# NO EXCUSE FOR “NO GARDEN”



Nurses harvesting vegetables from the hospital garden for the mother to feed her baby and encouraging her to have her own vegetable garden at home

There is no need for anybody to complaint with poverty or to have an excuse of not eating healthy because of unemployment. Eating healthy is less cost than eating junk food. Children from the homes with garden will never be malnourished even if that family is poor because they eat healthy which is needed by their bodies.

Hospital garden at Peadiatric unit is a good example that no one can have an excuse of not having a garden because of space. It is located in the window seals and freshly growing well. Families are encouraged to have vegetable garden in order to eliminate and fight with poverty and reduce malnutrition in children.



Dr Nogemane handing over vegetables to the mother.

Mothers whose babies are admitted for malnutrition are educated in the importance of having a garden at home to feed their children healthy meals.



# Diabetes: “Don’t Sugar - Coat It”



the blood glucose builds up in your bloodstream. This is called hyperglycemia.

Diabetes is sometimes called “sugar disease”. Some people incorrectly believe that sugar causes diabetes.

All types of diabetes are the same in the sense that the body cannot use the blood glucose for energy because of not enough insulin. The medical treatment differs depending on the way that the

body handles insulin and glucose , for example; daily insulin injections in type 1 diabetes and oral tablets in type 2 diabetes.

**D**iabetes is one of the leading causes of death due to late diagnosis and poor management of blood glucose levels. More recently, Diabetes has been associated with more severe Covid-19 outcomes, including longer ICU stays and increased risk of mortality. Therefore, now is a more crucial time than ever, to create awareness about the prevention and management of type 2 Diabetes.

On the 12th of November 2020 at the Queen Nandi Pharmacy Foyer there was a world’s diabetes Day Awareness. Nadene Polayya together with the dietetics team did a talk to all staff members highlighting the risk factors of type 2 diabetes and changes that one can make in their lifestyle to reduce their risk of Diabetes. Staff wellness attended the event to conduct Type 2 Diabetes Risk assessments.

They started by explaining what diabetes is by saying when you eat, your body breaks the starchy foods you eat into glucose (also called blood sugar). Your blood carries this glucose to all the cells in your body. Your body needs insulin to carry the glucose from the blood into the cells. The cells use the glucose for energy to do their work.

When you have the diabetes, your body can’t use the glucose, coming from all the food that you ate, in your blood properly. This happens because: (1). Your body doesn’t make enough insulin or (2). It doesn’t use the insulin which it makes properly. Without insulin, the glucose in your blood can’t go into your cells. As a result,

*Can you tell if you have diabetes?*



You may notice that certain things have been happening to your body. These signs will help warn you that you have high blood glucose levels.

Sometimes you may not have any of these signs. The only way you can know for sure whether or not you have a blood glucose test.

# DIABETICE AWARENESS



Diabetes is one of the most critical diseases which affects most people. People are encouraged to look after themselves by eating healthy and to participate in any physical activity also to ensure they avoid obesity.

Nadene the comm-serve Dietician educated staff members on the dangers of uncontrolled diabetes during the Covid-19. She encouraged people living with diabetes to ensure that their diabetes is always controlled which will be done by strictly eating small

portions rather often, physical exercises and avoiding body weight. By adhering to the healthy life style, one is avoiding the complications of diabetes.

Anonymous staff member who was diagnosed as a diabetic patient and whose diabetes is always controlled encouraged staff that the road is walkable but one needs to understand her self and adhere to the doctor's orders. Staff Wellness clinic nurse was screening staff members during the awareness so as for everyone to know his/her sugar level in the body.



## TRIBUTES TO ALL RADIOGRAPHERS

QNRH Radiographers in their T-shirts to commemorate Radiography Day which was on ..... Radiology machines were displayed by the reception to market their services. Everybody got an opportunity to ask anything related to radiology services. The acting CEO (Dr M Samjowan) briefly thanked Radiographers for their service to patients and staff.





# PREM AWARENESS

Prematurity Awareness Day  
**26 November 2020**

Queen Nandi Regional Hospital

Neonatal Nursery

Time: 10:00

Venue: QNRH PHARMACY FOYER



**Wear Purple  
Raise Awareness**





# QNRH SPORTS DAY

Sports develops a sense of friendliness among people and develop their team spirit. It helps people to develop mental relief and physical toughness. Playing sport can make someone stronger and healthier, contributing to lower obesity rates. Queen Nandi Regional Hospital decided to use the 30th of October 2020 as their Sport's Day as part of employee assistance and wellness programme.

Health care workers from different departments at QNHR gathered together at Erico Sport's Ground to play Soccer and Netball. It was a cheerful moment for them as they had been working in a stressful environment due to Covid -19 Pandemic. Staff needed this opportunity for the benefit of their mental health and physical fitness as the Covid-19 cases decreased.

Teams from different units played against each other. The weather which was not that good did not stop the staff members to play as they were fully prepared and eager to play. The games started by the soccer match which was between Mabandlonke Cleaners and Queen Nandi Regional Hospital team.

Both teams were so determined on winning the match but unfortunately there is always one winner. The match ended with the score 2 - 2 which led the referee to decide that the match should proceed to extra time. That is when QNRH team won against their opponents Mabandlonke team by 3 - 2.

The Netball also had 2 teams of which was Rehab team and the Nurse's team. It was an exciting battle between the two teams the supporters were screaming as the players



**Mabandlonke Soccer Team after the match**

were doing their thing in the playground.

The Rehab team was made up of exceptional players. They were so strategic and energetic unlike the Nurse's team who had drips and drapes there and there, but other than that the games were so enjoyable to watch. The pharmacy team won with the highest score of 23 goals - Nurse's team 3 goals.

Staff members are encouraged to participate in different sports code so that they could be mentally and physically fit.

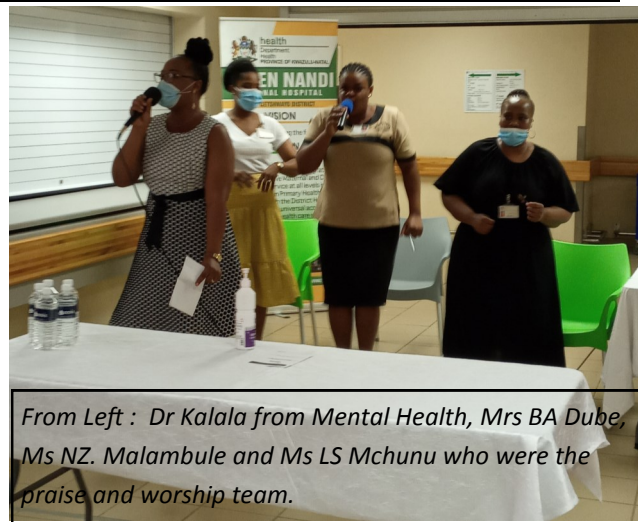


**Netball Teams together after their match**



# YEAR END PRAYER

Deputy Manager—Nursing (Ms. EPCN Mtshali) doing the welcoming notes



From Left : Dr Kalala from Mental Health, Mrs BA Dube, Ms NZ. Malambule and Ms LS Mchunu who were the praise and worship team.

2020 was a different and difficult year to most people and in the country as a whole. Covid-19 pandemic changed everything and working environment was never the same. Health employees were indeed the soldiers in the pandemic where most of businesses were on lockdown, other departments were also on lock down or working from homes.

The employee health and wellness programme initiated the year-end prayer as part of mental health assistance to em-

ployees to thank the almighty for saving us till the end of the year 2020. Chaplain and other employees including doctors motivated employees to praise and worship God who is the savior. Others lost their loved one, others were affected either being infected or affected by the pandemic.

The prayer was held on the 18<sup>th</sup> of November 2020 at the admin foyer . Staff members attended in numbers to praise to God and for the strength in the job they are doing to save lives of people.



Dr Ngomo doing the prayer item



Rev S. Ngcobo the (District Chaplain) motivating employees



Mr S. Ndabandaba (Derector HR) doing vote of thanks



## RBM DONATED PROTECTIVE CLOTHING (PPE) TO KING CETSHWAYO DISTRICT



King Cetshwayo District was lucky to have big companies which believe in giving back to the community. One of the biggest companies (Richards Bay Minerals—RBM) decided to give back from what they get to Department of Health in the district. They donated with PPE for health workers within King Cetshwayo District during the Covid-19 pandemic. The handover was done at Queen Nandi Regional Hospital on 08 December 2020 with the presence of District Director (Mrs Hlophe) and the team from the district office together with the management of Queen Nandi Regional Hospital. Everybody believed that Covid-19 affects everybody and together we can beat it!



health  
Department:  
Health  
PROVINCE OF KWAZULU-NATAL



**Siyayinqoba**  
**CORONA**  
**VIRUS**  
COVID-19





## FROM THE OFFICE OF THE PRO

This office would like to thank the team work from our dedicated human capitals. The responses from our clients through suggestion boxes and verbally during surveys shows that staff members are more dedicated to their jobs from the security, cleaners, admin staff, nurses and doctors. Our clients gave us positive feedback about the positive attitude and good service they receive from staff members. They appreciate the team work amongst staff members of all categories.



Your feedback is important to us, Please feel free to contact the Public Relation Office for your compliments, suggestions and complaints .

Keep well !!!



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