



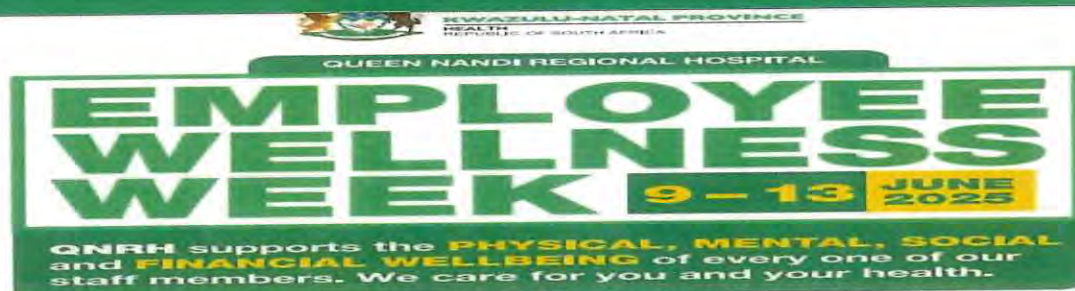
KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA

QUEEN NANDI REGIONAL HOSPITAL

**WHERE HEROES SERVE WITH COMPASSION
AND EXCELLENCE.**

NEWS

Quarter 2



Help us to help you!

**BE A PART OF THE
EMPLOYEE WELLNESS WEEK**, taking place at our
hospital from 9 June to 13 June 2025.

Staff Wellness Week at Queen Nandi Regional Hospital: Caring for Those Who Care

Queen Nandi Regional Hospital recently hosted a vibrant and impactful Staff Wellness Week, a dedicated programme aimed at nurturing the wellbeing of the very people who keep the hospital running — its devoted staff. Over three focused days, employees were encouraged to pause, breathe, and invest in their own health through awareness, education, and support.

Day 1: Cancer Screening — Early Detection Saves Lives

The week opened with a strong and purposeful start as staff members participated in comprehensive cancer screening sessions. Nurses, clinicians, and support staff turned up in numbers for breast, cervical and prostate cancer screenings.

Health professionals emphasised the importance of early detection, reminding the team that caring for themselves enables them to care better for others. The initiative reinforced a culture where routine check-ups are prioritised, and where staff feel empowered to

stay vigilant about their own health.

Day 2: Healthy Lifestyle — Choosing Wellness Every Day

The second day celebrated the power of everyday choices. The theme, “Healthy Lifestyle”, brought energy and colour to the hospital grounds. Staff enjoyed:

Nutritional education and healthy-eating demonstrations

Fitness activities and guided exercise sessions was appreciated.

Day 3: Mental Health — You Matter Too

The third day focused on an often-overlooked cornerstone of wellbeing: mental health. Workshops, counselling sessions, and stress-management talks provided a safe space for staff to reflect and reconnect.

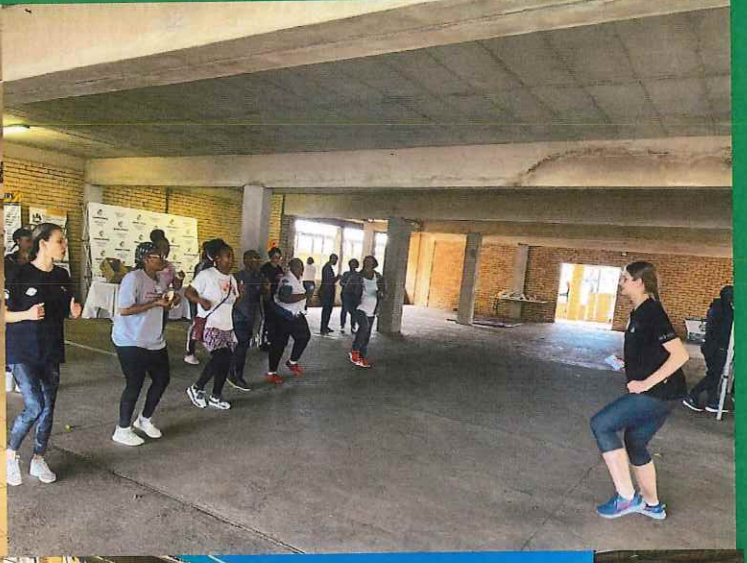
Professionals highlighted signs of burnout, coping mechanisms, and the importance of seeking help without stigma. The day encouraged open conversations and reinforced that emotional wellbeing is as essential as physical health — especially in the demanding healthcare environment.

Day 4 was GEMS Wellness Day that was offering staff a blend of health checks, relaxation, and wellness education. Throughout the day, employees accessed blood pressure, cholesterol, and glucose testing, along with TB screening and financial planning guidance helped staff take charge of their financial health at the undercover car park.

Relaxation was encouraged through the bring-and-share picnic in the peace gardens strengthened team spirit. A lively “Laugh It Up!” session at the Peace Garden boosted emotional wellbeing. A Week That Strengthens the Heartbeat of the Hospital

Staff Wellness Week at Queen Nandi Regional Hospital was more than a series of events; it was a reminder that the hospital's greatest strength lies in its people. By supporting staff wellbeing, the institution continues its commitment to providing quality, compassionate care — starting from within.

CAPTURED MOMENTS



QNRH RECIEVES DRIP STANDS FROM SAME FOUNDATION

QNRH was the very grateful recipient of a much needed donation of critical medical equipment this year. SAME Foundation (South African Medical and Education Foundation), together with South 32, donated much needed paediatric cot beds for our paediatric wards earlier this year. These cot beds are of outstanding quality, with advanced safety features that minimise risk of falls and other injuries. The beds were chosen after several careful consultation sessions with all the relevant stakeholders. They were handed over to the paediatric department amidst much fanfare, celebration and joy from staff, patients and caregivers.

The King Cetshwayo District Health office was also represented at the handover. South 32 also ensured that each cot bed was equipped with its own white board attached, to ensure that critical patient care information could be documented for quality care.

Several months later, SAME then donated drip stands that were custom made for these cot beds. These drip stands were specifically designed to fit into the cot bed structure, so that they function as a single unit. This has made clinical care of these patients much easier. The drip stands are of the same high

quality materials as the cot beds, ensuring longevity of the equipment. The addition of these donated items have made a significant impact in patient safety standards.

SAME Foundation also donated a much needed high range ultrasound machine to the facility, which has been placed in the operating theatres and critical care unit. The machine was procured under the careful guidance of the Radiology team and the clinicians and is fit for purpose. The staff have demonstrated their immense satisfaction with this donated item.

All donated items have undergone the strict processes regulating donations, and have been approved by the provincial Head Office, as well as by provincial HTS.

Partnership and collaboration has become a strong byword today, and has many benefits for our patients, the foremost being improving the quality of care.

and crisis. and healing.



WOMEN'S DAY

"Building a Resilient Economy for All."

Queen Nandi Regional Hospital proudly hosted its annual Women's Day event under the national theme "Building a Resilient Economy for All." The celebration brought together female staff members, stakeholders, and community representatives to honour the vital role women play—both within the healthcare system and in society at large.

The event highlighted the remarkable strength, leadership, and resilience of women who continue to carry families, communities, and workplaces forward amid challenges. At Queen Nandi Regional Hospital, women form the backbone of service delivery, leading teams, caring for patients, and driving innovation in healthcare.

The programme featured inspiring keynote addresses focused on economic empowerment, leadership growth, and the importance of creating inclusive and supportive environments for women. Speakers encouraged staff to continue uplifting one another and to actively participate in economic and professional opportunities that strengthen both the workforce and local community.

Workshops and interactive sessions explored topics such as:

- Financial literacy and sustainable economic participation
- Mental health and self-care for working women
- Leadership pathways within the health sector

Building collective resilience in challenging times
The event also included moments of appreciation, where outstanding female staff

members were acknowledged for their dedication, compassion, and exceptional service. Their stories reflected the spirit of resilience that the theme celebrates.

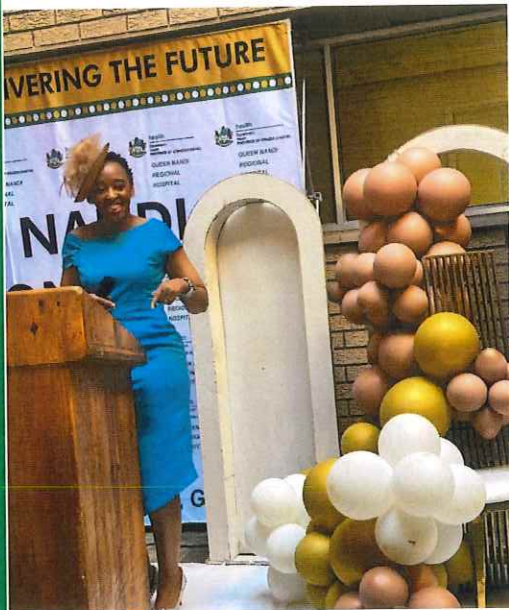
Staff enjoyed music, creative arts, and a vibrant atmosphere that reaffirmed unity among all departments. The hospital emphasized its commitment to ensuring that women continue to thrive in the workplace, supported by policies and initiatives that promote growth, safety, and equality.

In closing, Queen Nandi Regional Hospital reiterated its dedication to empowering women as key contributors to healthcare excellence and economic development. As the institution moves forward, it remains committed to creating spaces where women feel valued, protected, and positioned to lead.

This Women's Day was not just a celebration—it was a reaffirmation that empowering women builds a resilient economy for all



PHOTO HIGHLIGHTS



MENS FORUM

“Men Campaigning to Change.”

Queen Nandi Regional Hospital recently hosted a powerful and inspiring Men’s Forum, guided by the theme “Men Campaigning to Change.” The gathering created a safe and reflective space for male staff to confront societal expectations, discuss personal growth, and commit to positive change within their families, workplace, and community.

The forum focused on key issues affecting men today — including mental health, responsible leadership, healthy relationships, and breaking harmful stereotypes. Through open dialogue and shared experiences, participants were encouraged to embrace accountability, compassion, and emotional wellbeing.

A highlight of the event was a meaningful ceremony where the men of Queen Nandi Regional Hospital planted a tree on the hospital grounds. This act symbolised growth, renewal, and a long-term commitment to transformation. Just as a tree needs care to thrive, the forum emphasised that real change requires ongoing effort, support, and intention.

The Men’s Forum reinforced the hospital’s dedication to nurturing a healthy workforce and fostering a culture where men feel empowered to change, lead with integrity, and support one another. The event marked an important step toward building a more compassionate and resilient community within the hospital.

embrace cultural diversity, and strengthen teamwork within our hospital community.

Staff enjoyed this delicious meal as part of the celebration.



BREASTFEEDING AWARENESS

"Prioritise Breastfeeding and Create Sustainable Support Systems."

Queen Nandi Regional Hospital proudly commemorated this year's Breastfeeding Awareness initiative under the theme "Prioritise Breastfeeding and Create Sustainable Support Systems." The event brought together healthcare professionals, mothers, families, and community partners to reinforce the vital role breastfeeding plays in the health and development of infants, as well as the wellbeing of mothers.

During the event, clinicians and specialist nurses highlighted the scientifically proven benefits of exclusive breastfeeding for the first six months of life, followed by continued breastfeeding with complementary feeding. Presentations underscored breastfeeding as the gold standard of infant nutrition, offering immunity, emotional bonding, and long-term protection against illnesses.

Participants were reminded that supporting breastfeeding is not only an individual responsibility but a collective commitment that strengthens the broader public health system.

Central to the theme was the importance of building reliable, accessible, and long-term support structures for breastfeeding mothers. The programme focused on:

- Empowering mothers with accurate information and practical guidance

- Creating mother-friendly workspaces in communities and workplaces
- Improving family involvement in supporting breastfeeding practices
- Strengthening health-facility support from pregnancy through postpartum care

Speakers emphasized that sustainable systems whether at home, work, or in healthcare settings directly influence breastfeeding success and contribute to healthier, resilient communities.

The event featured live demonstrations by lactation consultants, who guided mothers on proper latching techniques, expressing breastmilk, breast care, and safe storage practices. Interactive sessions allowed mothers to ask questions and share personal experiences, creating a supportive environment grounded in empathy and evidence-based care.

Queen Nandi Regional Hospital reaffirmed its dedication to championing breastfeeding as a cornerstone of early childhood development. The hospital continues to strengthen programmes that support maternal and child health, ensuring every mother receives the guidance and encouragement needed to breastfeed successfully. By prioritising breastfeeding and building sustainable support systems.



VISUAL HIGHLIGHTS



HERITAGE DAY

"Our Heritage, Our Pride."

Heritage Day is a special occasion that reminds us of the beauty, richness, and diversity of our South African cultures. At Queen Nandi Regional Hospital, we proudly come together as staff, patients, and community members to honor the traditions that shape who we are.

This day gives us an opportunity to celebrate unity in diversity — *ukuhlangana sibanye*, despite our different languages, beliefs, and backgrounds. It is a moment to appreciate our heritage through dance, traditional attire, and the sharing of cultural foods.

As a hospital, we recognize the importance of cultural understanding in providing compassionate and respectful patient care. Our strength lies in acknowledging each culture's values, customs, and identity. We celebrate not only our traditions but also the spirit of Ubuntu that guides our service to the community.

We encourage everyone to embrace and showcase their cultural roots with pride. Let us use this day to learn from one another, build stronger relationships, and promote harmony within our workplace and society.

The aim of the event was to honor our collective heritage, embrace cultural diversity, and strengthen teamwork within our hospital community.

Staff members were encouraged to wear traditional clothing representing their cultural backgrounds. The hospital came alive with colorful prints, beadwork, head wraps, and proudly displayed cultural fashions. This created a warm, festive atmosphere for everyone on duty.



PHOTO GALLERY



SPORTS DAY



On 23 August 2025, Queen Nandi Regional Hospital proudly participated in the annual Sports Day organized by King Cetshwayo District. The event, which brought together employees from various health facilities across the district, aimed to promote wellness, teamwork, and healthy lifestyles among healthcare workers.

The atmosphere was electric as teams competed in a variety of sporting codes, showcasing impressive athleticism and strong team spirit. The hospital was well represented, fielding both netball and soccer teams.

Among the standout performers of the day was the Queen Nandi Regional Hospital netball team, which delivered an exceptional performance from start to finish.

Through determination, discipline, and remarkable teamwork, the netball team secured first

place, earning the championship cup. Their victory has advanced them to the provincial level, where they will proudly represent King Cetshwayo District in a competition against top teams from other districts across KwaZulu-Natal.

The Sports Day served as a reminder of the importance of physical activity, wellness, and unity within the healthcare sector-especially for professionals who work tirelessly to care for others. Queen Nandi Regional Hospital looks forward to continuing its strong participation in future district and provincial sporting events.

As the netball team prepares for the upcoming provincial tournament, the entire hospital stands behind them with unwavering support and confidence.



DEAF AWARENESS



The Audiology Department recently took an important step in promoting Deaf Awareness by participating in a live radio interview on our local community station, Icora FM. The purpose of the interview was to educate the public about hearing health, the importance of early detection, and the everyday challenges faced by people who are deaf or with hearing loss.

During the broadcast, the team highlighted key topics such as:

Challenges deaf people or people with hearing loss face in the community

Communication methods and support for individuals who are deaf

How families and communities can create inclusive environments

Services offered by the hospital's Audiology Department

The radio interview provided a valuable platform to reach community members in their homes, workplaces, and schools—ensuring vital information is accessible to everyone. The Audiology team emphasized that Deaf Awareness is not just a once-off event, but a continuous effort to promote understanding, respect, and support for the Deaf community.

The campaign reminded the community that hearing health is an essential part of overall well-being. Through awareness, education, and accessible services, Queen Nandi Regional Hospital continues to advocate for equal access to healthcare and improved quality of life for people with hearing difficulties.

Their participation on Icora FM reflects the department's dedication to improving communication access, empowering individuals with hearing challenges, and strengthening community education.



Pharmacy Month at QNRH

“Think Health, Think Pharmacy – One Profession, Many Roles”



Queen Nandi Regional Hospital proudly celebrated Pharmacy Month 2025, recognising the essential role pharmacists and pharmacy support staff play in patient care. This year's theme highlighted the profession's wide range of responsibilities — from clinical support and medication safety to counselling, chronic disease management, and community health education.

Throughout the month, the pharmacy team engaged patients through educational

activities on safe medicine use, antibiotic resistance, adherence, and

proper storage and disposal of medication. These efforts reinforced the message that pharmacists are accessible, knowledgeable, and central to improving treatment outcomes.

Pharmacy Month also allowed the department to showcase its ongoing commitment to quality service, efficient medicine management, and teamwork across hospital units.

At Queen Nandi Regional Hospital, the message remains clear:

When you think health, think pharmacy — one profession with many roles dedicated to patient wellbeing.

Queen Nandi Regional Hospital (QNRH)

5 STAR REVIEWS

CELEBRATING THE VOICES THAT INSPIRE US AT QUEEN NANDI REGIONAL HOSPITAL

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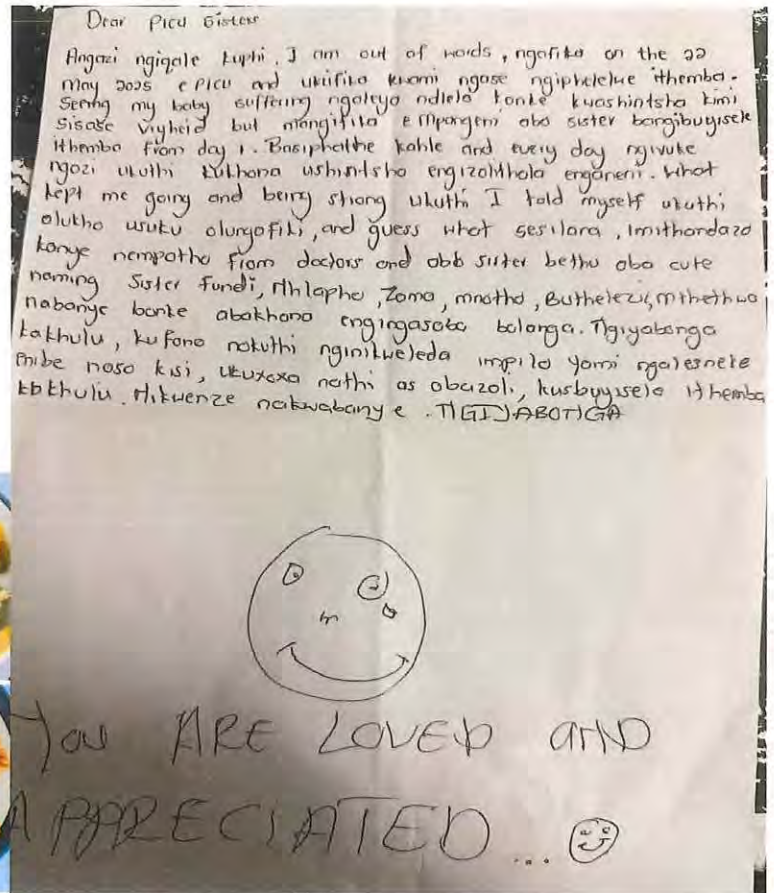
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Iwest aylahlani niyaz nani

Cha ke kodwa iQueen Nandi komele siyibonge

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Izolo bekbuzwa ukuth Bakhona yin abasabathayo



Queen Nandi Regional Hospital continues to draw strength and motivation from the heartfelt

compliments shared by our valued clients. Each message of appreciation reminds us why we serve to provide compassionate, quality healthcare that restores dignity, hope and healing.

Over the past months, patients and families have expressed gratitude for the professionalism, warmth and dedication shown by our staff.

These words are more than compliments; they are a reflection of the commitment our teams bring to every ward, clinic and department. From nurses offering comfort in

challenging moments to doctors going the extra -mile, our clients have noticed and their appreciation fuels our passion.

As a hospital, we honour every compliment received. They affirm our mission and encourage us to continually raise the standard of care. We extend our deepest gratitude to all clients who take the time to share positive feedback. Your confidence in Queen Nandi Regional Hospital inspires us to keep delivering excellence, every day.

Thank you for trusting us. Thank you for appreciating us. Thank you for inspiring us

ACKNOWLEDGEMENTS

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TOGETHER**