



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

Queen Nandi Regional Hospital

BAMBINO

STAY INFORMED

NEWS

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Men's day: March Against Women and Children Abuse



Queen Nandi Regional Hospital Men's Forum celebrated their men's day by Marching against Woman and children abuse on the 20/07/2018. The forum noticed with great concern the violence and against woman and children abuse and decided to pioneer a March. Seeing that the abuse of woman and children is a societal challenge that needs collective

effort in eradicating, the forum resolved to invite Provincial and District men's forum other forums

of nearby facilities, Ngwelezane Hospital and Nseleni CHC men's forum. The march started outside the gate of the hospital and went straight to Empangeni Civic Centre where a memorandum of support was read and handed over to the Chief Magistrate G.Z. Kunene.

After the handover the march came back to the hospital using Maxwell Street.

by: Mr. SM Zungu



QNRH Breastfeeding awareness day

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Breastfeeding Awareness Day—2018

Breast is the best! Queen Nandi Regional Hospital Conducted a talk to pregnant mothers and new mothers at KMC, Post Natal ward, Antenatal ward and High Risk Clinic.



The talk at KMC was done together with occupational therapist to engage moms about breastfeeding and attachment. Messages around breastfeeding, expressing of breast milk, breastfeeding, issues around going back to work or school and encouragement moms on being a donor were conveyed.

Health education using breastfeeding flipchart to mothers and pregnant women waiting in line at the clinic was conducted by the hospital dietetics. Expressing competition at the nursery lifted the spirits of the mothers having something different/new to do in the day also encourages and show others that expressing is possible especially if they going back to work/school.

Health talk regarding breastfeeding was done by various speakers at the facility (Dietician, MBFI Committee, Deputy Nurse Manager, Occupational Therapist, Speech Therapist, Paeds Nurse).



The audience was able to answer questions which were asked on the day. Audience was motivated to listen because of prizes which would be handed out, staff members posting with the #Breast Is Best QNRH to raise awareness across social media

Written by: Ms Tselane Ramothata —Dietician



Environmental Health Awareness Day

According to WHO, September is considered as an Environmental Health month where it addresses all physical, chemical and biological factors that can potentially affect human health and the environment.

Queen Nandi Regional Hospital Waste Management and Health & Safety unit hosted awareness on the 12 September 2018 and the theme of the event- **Encouraging green and safe environment** aimed to sensitize all staff about Environmental Health issues (Health Safety and Waste Management) and also to market programmes and engage all staff in everyday activities.

External stakeholders who formed to be part of the event were representatives from the Department of Labour, Umhlathuze Municipality, Compass waste services and Mpact recycling.

Written by: Ms T MFekayi





Pharmacy Week



September of each year is Pharmacy Month. Pharmacy Month provides pharmacy personnel with the opportunity to further improve patient awareness to the role that pharmacists play in their daily health care needs, and foster the understanding of the importance of pharmacists in the provision of quality health care.

The national theme for 2018 was “Use Medicines Wisely” focusing on medicine knowledge, medicine storage, travelling requirements and building a relationship with your pharmacist in order to enquire more about medicines.

QNRH embarked on a number of different activities to commemorate Pharmacy Month throughout the month of September, with special focus given to the first week of the month. These activities included different talks offered by pharmaceutical representatives from different pharmaceutical companies, including NBI, B Braun, etc. The Pharmacy Month main event was held on Friday 7th September 2018. The day was packed with a lot of activities, great prizes and lots of fun, with the key note address to

patients and staff members by the Pharmacy Manager, Mrs P.P. Mthethwa. The biggest highlight of the event was the poster presentations done by the pharmacy team in line with the national theme.

One of the key highlight was a Spa Day for the Pharmacy Staff just Elegance Health and Beauty Spa, where staff members had to choose between the different types of massages offered for pampering.



Written by: Mrs P.P Mthethwa –Pharmacy Manager



Women's Forum 2018: Recipe Book Launch



The recipe book project was an initiative of the Queen Nandi Regional Hospital women's forum chaired by Lilian Mbatha. We were honored as a committee to have had such an opportunity to compile this recipe book. This initiative was birthed from a need to empower one another as women in the Kitchen.

We believe that preparing a healthy meal for our families doesn't have to be a headache hence this recipe book has simple recipes that are easy to prepare reducing the fuss in the kitchen after a busy working schedule.

This project was greatly supported as women at QNRH willingly availed their recipes. A special thank you to the Hospital CEO, Mrs CNN Mkhwanazi and Nondumiso Shobede, Case Manager for extra ordinary support.

As for the recipes it is worth noting that these recipes had both an individual and local touch, meaning they were put together with local ingredients in mind enabling everyone who possess this recipe book to easily prepare the meals.

The launch of the recipe book was an important event for the committee as this initiated the journey of liking and trusting the book. A number of recipes from the book were prepared by staff members for tasting. Though initially a tasting event; it became a feast and was enjoyed by all present.

We thank the management for trusting and allowing us such an opportunity, currently more than 200 copies of the recipe book has been distributed to staff members at QNRH.

Written by: Mrs N L Mbatha –Speech Therapist

The Pics Say It All! Ixoxwa Ngezithombe!

Breastfeeding Awareness Day-2018



The Queens Celebrating Women's Day



ACKNOWLEDGEMENTS & APPRECIATION



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“On the sands of time,
you have left your foot-
prints with glory.

Everyone will know your



Mrs. CNN Mkhwanazi
Chief Executive Officer
EDITOR & SUPPORTER



health

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