

Pediatric Palliative Care Workshop

A highly successful Paediatric Palliative Care Workshop was held from 22–24 October 2025 at Meet Makaar Resort, bringing together 47 healthcare professionals from 18 hospitals across the region. The workshop was led by Dr Julia Ambler and Ms Tracey Brand from Umduduzi – Hospice Care for Children, a respected NGO dedicated to improving paediatric palliative care in KwaZulu-Natal.

Over the three days, participants strengthened their knowledge and advocacy skills in paediatric palliative care, focusing on holistic support for children with life-limiting and life-threatening conditions. The workshop created a valuable platform for collaboration, shared learning, and building a unified approach to delivering compassionate, child-centred care.

The event marked an important step in advancing paediatric palliative care services across the region and reaffirmed the commitment of local healthcare facilities to improving the quality of life for children and their families.



COPD MARKS OCTOBER 2025 WITH PINK FOR BREAST CANCER AWARENESS & PAP SMEAR DRIVE.

Queen Nandi Regional Hospital intensified its commitment to women's health this October by hosting a dedicated Breast Cancer Awareness and Pap Smear Drive in recognition of Breast Cancer Awareness Month.

The campaign focused on early detection, offering women essential education on breast self-examination, the importance of timely breast checks, and access to cervical cancer screening through Pap smears. Nursing staff, clinicians, and health promoters engaged patients and community members with information sessions aimed at

empowering women to take charge of their health.

The hospital's gynaecology and women's health units supported the drive by facilitating cervical screenings, raising awareness about HPV-related risks, and encouraging routine follow-up care.

Queen Nandi Regional Hospital remains committed to strengthening preventive healthcare and ensuring that women in the region have access to lifesaving screening services.



Queen Nandi Regional Hospital

Youth-Friendly Services Takes Teenage Pregnancy Awareness to iCora FM

On the 16th of October 2025 Queen Nandi Regional Hospital's Youth-Friendly Services team took to the airwaves of iCora FM to address one of the most pressing challenges affecting today's young people—teenage pregnancy. The engaging radio slot formed part of the hospital's ongoing outreach efforts to empower youth with accurate information, support, and practical solutions.

During the discussion, the team highlighted the rising concerns around teenage pregnancy, emphasising how it affects not only the health of young mothers but also their emotional wellbeing, education, and future opportunities. The Youth-Friendly Services spokesperson stressed the importance of creating safe spaces where young people can seek guidance without fear, stigma, or judgement.

Listeners were educated on key preventative strategies, including access to contraceptives, understanding reproductive health, responsible decision-making, and the importance of open communication between parents and young people. The session also debunked common myths surrounding sexual health—an essential step in ensuring that youth receive reliable, evidence-based information.



The iCora FM platform allowed the team to connect directly with young people from surrounding communities, encouraging them to visit the hospital's Youth-Friendly Services facility for confidential consultations, counselling, and support.

The hospital reaffirmed its commitment to empowering the youth: "Prevention begins with knowledge. Our duty is to ensure that every young person feels seen, heard, and supported," the team noted during the interview.

By taking the conversation beyond hospital walls and into homes and classrooms through radio, Queen Nandi Regional Hospital continues to drive impactful change—strengthening awareness, promoting healthy choices, and working towards reducing teenage pregnancy in the community.

Mental Health Awareness at Queen Nandi Regional Hospital

“Access to Services – Mental Health in Catastrophes and Emergencies”



Queen Nandi Regional Hospital hosted a comprehensive Mental Health Awareness Campaign in the month of October under the theme “Access to Services – Mental Health in Catastrophes and Emergencies.” The programme aimed to strengthen understanding of mental health challenges during crises, while empowering the community with information on available support services.

As part of the outreach, the Mental Health Team secured an informative radio slot on iCora FM, where key messages were shared on recognising mental distress, the importance of early intervention, and pathways to accessing care.

Beyond the airwaves, the team conducted targeted educational sessions with various groups within the hospital environment. These included the Mothers Lodge, where mothers were engaged on postpartum wellbeing and coping strategies; Work

Integrated Learning trainees, who received guidance on managing academic and workplace stress; and cleaners from Mabandlaonke, who were empowered with tools to identify early signs of mental strain and seek help when needed.

Discussions focused on the mental health impact of emergencies, traumatic experiences, and rapid life changes. Participants were encouraged to prioritise self-care, break the silence around mental health stigma, and utilise hospital services when facing emotional or psychological distress.

Queen Nandi Regional Hospital remains committed to promoting mental wellness and ensuring that every person—regardless of background or circumstance—has access to professional mental health support, especially during times of catastrophe and crisis. and healing.

QUALITY LEARNING CENTRE LAUNCH



On the 20th November 2025 Queen Nandi Regional Hospital hosted a historic event where the Quality Learning Centre was launched. The following facilities were in attendance: Ngwelezan Hospital CEO, Melomed Hospital CEO, Garden Clinic team, District Office team, Queen Nandi Management team.

The Theme for the event was :
Revolutionizing the Quality of Care through Intersectoral Collaboration, Clinical Governance, and Improved Access to Health Services.

It reflects our shared commitment to excellence, collaboration, and transformation in healthcare.

The Quality Learning Centre was established on a simple but powerful principle: that together, we can achieve far more than we ever could in isolation. By bringing together all relevant stakeholders hospitals, both public and private — alongside clinics, school health programs, nursing colleges, and general practitioners, will help create a vibrant ecosystem of learning and shared accountability.

The theme of the day “Revolutionising the Quality of Care through Intersectoral Collaboration, Clinical Governance, and Improved Access to Health Services,” reminded us that quality is not the responsibility of one institution or one profession. It is the result of coordinated effort, where clinicians, administrators, educators, and community partners work side by side to ensure that every patient, regardless of where they live or who they are, receives the best possible care.

Revolutionising quality means rethinking how we deliver services — harnessing data, strengthening clinical governance, and promoting transparency and accountability in all we do. It means embracing innovation, but also deepening our compassion. It means creating systems that are both safe and equitable, ensuring that quality care is not a privilege, but a guarantee.

The launch was a huge success. The teams made a commitment to work together, strengthen the foundation of clinical governance, promote meaningful collaboration, and ensure that access to high-quality healthcare becomes the hallmark of Kind Cetshwayo Health District.



PREMATURITY AWARENESS

“SMALL ACTIONS BIG OUTCOMES”



Queen Nandi Regional Hospital joined the global community in observing World Prematurity Day, an important event dedicated to raising awareness about premature births and the challenges faced by premature babies and their families. This year's theme, "Small Actions, Big Outcomes," highlighted how even the simplest acts of care, compassion, and support can make a meaningful difference in the lives of newborns.

The hospital's Neonatal Unit led the programme, bringing together healthcare professionals, mothers, and community members to shed light on the importance of early intervention, specialised care, and continuous support for preterm infants. Staff shared valuable information on preventing preterm

births, understanding risk factors, and the crucial role of Kangaroo Mother Care in improving survival rates.

Parents of premature babies also had an opportunity to share heartfelt stories of resilience, hope, and gratitude, reminding everyone of the strength found in unity and the dedication of healthcare workers.

The event emphasised that every small act—from proper prenatal care to offering emotional support—contributes to better health outcomes for premature babies. Queen Nandi Regional Hospital remains committed to promoting maternal and child health, ensuring that every baby receives the best possible start in life.

CAPTURED MOMENTS



QNRH MARKS WORLD AIDS DAY

“HOPE BEGINS WITH AWARENESS”

In commemoration of World AIDS Day, staff from the HAST (HIV, AIDS, and TB) Department at Queen Nandi Regional Hospital conducted a community outreach programme at a local mall, bringing vital health services and information directly to the public.

The initiative aimed to raise awareness about HIV prevention, encourage early testing, and strengthen community education on treatment adherence. With the mall offering high foot traffic, the outreach created an accessible and friendly environment for individuals to receive free HIV testing, counselling, and educational materials.

HAST staff engaged community members with informative discussions on the importance of knowing one's status, the benefits of early treatment, and the availability of lifesaving antiretroviral therapy. The team also addressed common myths and stigma associated with HIV, empowering people to make informed health decisions.



The event was well-received, with many participants expressing appreciation for the convenience and supportive approach of the hospital team. By taking services beyond the hospital walls, Queen Nandi Regional Hospital reinforced its commitment to improving public health and strengthening the fight against HIV in the community.

As the world reflects on the progress made in combating HIV, the hospital remains dedicated to ensuring continued awareness, accessible testing, and compassionate care for all.

Queen Nandi Regional Hospital Welcomes Newly Appointed Staff Members

Queen Nandi Regional Hospital is proud to welcome a new group of dedicated staff members who have recently joined the institution. Their arrival marks an exciting chapter as the hospital continues to strengthen its commitment to delivering quality, compassionate, and patient-centred healthcare to the community.

The newly appointed staff bring a wide range of skills, experience, and enthusiasm across various departments, including clinical services, nursing, allied health, administration, and support services. Their contributions will play a vital role in enhancing service delivery, improving patient outcomes, and supporting the overall functioning of the hospital.

Speaking on the appointments, hospital management expressed their gratitude and optimism:

“We are pleased to welcome our new team members. Their passion for healthcare and their willingness to serve our community reflect the values we uphold at Queen Nandi Regional Hospital. We look forward to the impact they will make as part of our healthcare family.”

The new staff members have already begun orientation programmes designed to familiarise them with hospital procedures, values, and the high standard of care expected at Queen Nandi. These programmes ensure that every new employee feels supported, equipped, and ready to

contribute meaningfully from day one.

As Queen Nandi Regional Hospital continues to grow, the addition of these professionals reinforces the hospital's mission to provide accessible, safe, and reliable healthcare services to the people of King Cetshwayo District and beyond.

The hospital community extends a warm welcome to all the newly appointed staff and wishes them great success in their roles. Together, we look forward to achieving new milestones and continuing to put patients first in everything we do.

- **Ndlovu B**
- **Mthembu NN**
- **Mhlongo SCM**
- **Mavundla SL**
- **Ngcobo SG**
- **Ndlela N**
- **Khuboni PL**
- **Mtetwa LI**
- **Masondo NB**
- **Phakathi NL**

Queen Nandi Regional Hospital Bids Farewell to Exiting and Late Staff Members

Queen Nandi Regional Hospital recently came together in a heartfelt gathering to honour staff members who are leaving the institution, as well as to pay tribute to those who have sadly passed away. The moment served as a reminder of the dedication, compassion, and service that each of these individuals brought to the hospital community.

Farewell to Exiting Staff Members

Colleagues shared messages of appreciation and gratitude for the staff members who are moving on to new paths. Their years of service, professionalism, and commitment to patient care have contributed greatly to the continued growth and success of the hospital.

Hospital management expressed sincere thanks, saying:

"We appreciate the hard work and dedication shown by our departing staff. Their contributions will always be remembered, and they leave behind a legacy of excellence and teamwork. We wish them the very best in their future endeavours."

Honouring Staff Members Who Have Passed Away

The gathering also included a solemn and touching tribute to staff members who have passed away. Their absence is deeply felt, and their memory lives on in the lives they touched—both within the hospital and in the broader community.

A moment of silence was observed to honour their lives and the selfless service they offered over the years. Management shared words of comfort:

"We honour our colleagues who are no longer with us. Their dedication, kindness, and commitment to healing will forever remain part of Queen Nandi Regional Hospital's story. We extend our heartfelt condolences to their families, friends, and colleagues."

Moving Forward With Gratitude and Unity

As Queen Nandi Regional Hospital continues its journey, the memories, contributions, and spirit of both the exiting and late staff members remain woven into the fabric of the institution. Their impact will continue to inspire those who remain, reminding everyone of the importance of compassion, teamwork, and service.

The hospital extends its deepest gratitude to all staff—past and present—and remains committed to honouring their legacy through continued excellence in healthcare.

- **Mtshali TG**
- **Khumalo TG**
- **Nkosi DR**
- **Ndlovu TG**
- **Zwane NW**
- **Grant AJ**
- **Mkhize JS**
- **Ngema NU**
- **Biyela IZ**
- **Mbongwa LB**
- **Mthembu VS**
- **Hlongwane SN**
- **Kunene SJ**
- **Zulu ND**
- **Gumbi FP**
- **Mthembu TN**
- **Govender L**
- **Diamond NN**
- **Zulu NP**
- **Gilman K**
- **Mbonambi NS**
- **Nene AB**
- **Ndlovu NF**
- **Dladla PE**
- **Van heerden DJF**
- **Manqele LD**

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