



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

Queen Nandi Regional Hospital

BAMBINO

STAY INFORMED

NEWS

Quarter 4 2017/18, Issue 1

Pregnancy Awareness Day—2018, A Great Success



Queen Nandi Regional Hospital had an event on the 1st of March 2018 which was hosted by High Risk Clinic. The purpose of the event was to educate pregnant women about conditions affecting pregnant women. The theme of the day was “Power To Decide: Each Pregnancy Counts”.

The event was supported by EXCO members and fellow colleagues. Pregnant women formed the audience and actively participated in their event. The media that was part of the event was 1-KZN TV. This event was co-ordinated by Ngxongo BRS the GOPD/HRC Operational manager

The event was well organized and our sponsor was Dr Mathenjwa (Medical Officer). Dr Mathenjwa sponsored for décor and catering for our guests. The programme director was Dr MK Setshego (the intern) The opening prayer was done by

Pastor Ntombi Mtshali from Christ Embassy at Empangeni. Our Chief Executive Officer made the words of welcome to the patients and the entire staff including consultants. Operational manager NP Mhlongo was giving the purpose of the day which emphasized that patients have power to decide, each pregnancy counts. We then entertained by the Mabandl'onke Cleaning Services, Mr BZ Mkhumbuzi. High Risk Clinic team gave us inkondlo with music to entertain the audience.

Our guest speaker touched the issue of hypertension and the importance of fetal kick counts. She also mentioned the signs and symptoms of hypertension, the diagnosis and the management of hypertension. The evaluation on those topics was done and patients received gifts according to their responses. Bio oil sponsored with tokens and pamphlets. Matron SM



Ngema gave talk on impact of HIV/AIDS on pregnancy. We also had a talk from PN NT Khumalo on importance of family planning; she emphasized the importance of Long term Contraceptive methods and types of long term contraceptives. MCWH Officer Ms Sthandwa Mngayi gave talk on early bookings and mentioned the recommendations in eliminating the rate of perinatal mortality and morbidity as well as maternal mortality and morbidity rate.

The event was at high standard. Our acting nursing manager Mrs Z Zobolo gave the vote of thanks to all people who made that day special. O&G Consultants were there to give support.

Written by : Ngxongo BRS



PASSOVER SERVICE

HAPPY, HEALTHY & PRODUCTIVE

The institutional HCF organized the Passover Service which was held on 28th March 2018 at Pharmacy foyer. It was a great experience when we remembered the last seven words of Christ on the cross. The service was aimed at spiritual revival for staff members and patients where we one another of the work that Christ did for our redemption on the cross. The service was well attended and the overall theme was the fundamental truths of Christianity which is forgiveness and how Christ came without sin and was made sin in order to purchase us who are sinners through His love.

Hospital Management graced the service where the hospital CEO, Mrs CNN Mkhwanazi gave warm words of welcome and emphasized the importance of the service and the message about the suffering that Christ had to go through in order to redeem people. We should listen and heed what is being said.

Mrs. NT Mayise was driving while we had ground breaking sermons from the staff in our Nursing, Human Resources and Systems divisions as well as local Ministers, Rev. IM Zwane

from Anglican Church, Pst. T Zulu from Threshing Floor Bible Church. Positive feedback has been received from staff on this service and it appears that this will be an annual service.

Written by:

Mrs. M Hlophe

Staff Wellness Programme

On the 14th March 2018 Queen Nandi Hospital hosted the Employee Wellness Day. It was a fun filled day that started with 5 km Fun run followed by aerobics session, educational talks and health screenings.

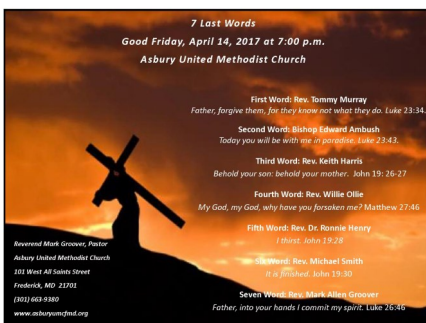
Aerobics session was facilitated by Mr. SG Ngcobo from HRD and educational talks included talks on TB Awareness, substance abuse and healthy eating. Mr. L. Mashaba from District office gave a talk on TB awareness, Ms. L. Mhlango from SANCA gave a talk on substance abuse awareness and Ms. T Ramothata our comm. Serve dietician gave talk on healthy eating.

Winners of Fun Run for both males and females were congratulated by our Hospital CEO Mrs. CNN Mkhwanazi during presentation session.

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|--------|---|
| Male | 1 st prize: Scelo Sithole |
| | 2 nd prize: Lindokuhle Mkhwanazi |
| | 3 rd prize: Nkosinathi Mpanza |
| Female | 1 st prize: Nozipho Mdletshe |
| | 2 nd prize: Sarah Oberholzer |
| | 3 rd prize: Kath Gioia |

The day was made possible by our sponsors, Standard bank, Avbob and Old Mutual and Umhlathuze traffic officers. Thanks to the Coordinators; Wellness team, Women's Forum and Communications office.

Written by: Ms. LS Mchunu





CERVICAL CANCER SCREENING BREAKFAST TALK SHOW

CERVICAL CANCERS

Cervical Cancer is the commonest cause of death in women compared to other cancers that affect women in South Africa. About 1 in 36 South Africans get cervical cancer. It is caused by human papilloma virus which is transmitted via skin to skin contact and body fluids.

Cervical Cancer can be effectively treated if detected and diagnosed early. Pap smear is a reliable screening test for the diagnosis of Cervical Cancer. This disease has a great psycho-social impact in women with this condition.

Our vision is to prevent cervical cancer and reduce the number of women dying from cervical cancer and our goals are to empower communities through prevention programs, heighten public awareness, mobilize and utilize community resources like Primary Health Care facilities, provide timeous treatment, offer specialized training and educational programs on cervical screening and cancer prevention, provide advice and support counselling to those with disease and the family and undertake and encourage more research on cervical cancer.

We offer the following services to alleviate unnecessary deaths due to Cancer:

1. Cancer awareness talks through campaigns.

Routine vaccination for girls and boys as early as 9 years old of age.

2. Pap-smear screening to all women as per provincial guidelines.

3. Offer Colposcopy for treatment of pre-cancerous lesions.

4. Provide Oncology services for appropriate treatment to those already with the disease.

THE BREAKFAST TALK SHOW

Dr. T Mathenjwa hosted Cervical Cancer Screening and prevention breakfast talk show in the Department of Obstetrics & Gynaecology on the 29 November 2017. Accolades in support of my show were received

from the Hospital CEO, Mrs CNN Mkhwanazi, Medical Manager, Dr Popa and HOD, Dr L Govender, including the staffs from different department.

The show highlighted the psycho-social impact of cervical cancer in women affected by the disease. In our clinics, we see these women on a daily basis and their pain is also our pain as healthcare workers. Our intention is to explore various ways of bringing education on cervical cancer including the talk shows through the local radio stations and television channels.

Our department is currently running the cervical cancer campaign; however we feel that this program does not reach the broader community. The psycho-social impact of the disease, especially those women with advanced cervical cancer, is overwhelming. These women are often depressed, anxious, worried, feel neglected and are have persistent pain. They often wonder what the future holds for them. Many of them interviewed had never previously heard anything about this disease, including the cancer screening programs. Had they have known or received any form of education related to cervical cancer; they probably would not be suffering from this disease.

I was motivated by the workshop that was held on the 3rd - 4th November 2017 at IALCH on Gynaecological cancers. The workshop was well organized and the speakers were excellent. The Speakers included Drs. Kamen Govender, Makhathini, Mayat, Kas Govender, Adam, Sean Mould and Hoffman.

The Gynaecological cancers affecting women in South Africa were discussed. Cervical cancer was found to be the leading cause of death from the gynecological malignancies and yet it is a preventable disease. The presenters emphasized on early detection and prevention of cervical cancers and the way forward. The workshop enlightened my mind on the great negative impact the disease has in women and motivated me to rise up and also do something to prevent it.

Written by: Dr. T Mathenjwa

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Mrs. KS Dlamini
Public Relations Officer
DESIGN & PHOTOGRAPHY



Mrs. CNN Mkhwanazi
Chief Executive Officer
EDITOR & SUPPORTER

“On the sands of time, you have
left your footprints with glory.

Everyone will know your name
and shall recall your story”.

Author : Unknown



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