

Fighting disease, fighting poverty, giving hope

KZN legislature visits St Andrews hospital



WHAT TO LOOK FOR...

- ◆ Legislature visit
- ◆ Quality day
- ◆ Nutrition week
- ◆ Xmas Special.
- ◆ Healthy life style

MEC for Social Development Mrs Weziwe Thusi, together with other members of the KZN legislature visited St Andrews Hospital on the 16 October 2014 to check on the hospitals performance. The purpose of the visit was to check the functionality of the hospital and do hospital tour-conduct oversight on quality of services rendered by the hospital and its infrastructure in Outpatient department Pharmacy and relevant ward.

Mr. Nguza (Acting District Manager) gave a brief presentation on challenges of the UGU district.

The presentation highlighted the history of the hospital , questions were asked based on the presentation done by the CEO.

St Andrews's CEO Mrs. Ntleko gave a comprehensive presentation on achievements and challenges of the hospital.

It was evident that some of the challenges will be addressed at different levels.

The following departments were visited:

1. Female Ward
2. Pharmacy
3. Outpatient.
4. Casualty.

QUALITY DAY



Quality has different meanings to individuals, for St. Andrews Hospital it means providing excellent service and adding value to the services rendered. On the 13th of November 2014 St. Andrews Hospital held the biggest Quality/Open day event. The day was aimed at informing the community about health services offered by the hospital. The community and representatives were enlightened about the hospital referral system, since the hospital is experiencing a problem of community members bypassing their clinics and using the institution as the first level of care.

Strengthening the quality of services was also one of the main objectives of the day, departments within the hospital came up with Quality Improvement Projects, where they identified problems and steps to follow in order to overcome the problems identified by each department. Departments who participated and presented Quality Improvement Projects were as follows;

Out Patient Department; X-Ray, A-Ward, B-Ward, C-Ward, D-Ward, E-Ward, Simunye Support Centre, Rehabilitation team, Occupational Therapy and Theatre.

After the presentations the best Quality Improvement Project was announced. Awards were also given to departments and individuals with the most compliments that come from the suggestion boxes where clients compliment the quality of service.

Awards were as follows:-

| QIP's (Quality Improvement Project) | Compliments | Individuals compliments | IPC (Infection Prevention and Control) |
|--|--|--|--|
| 1 st position = OPD 2 nd position = Maternity 3 rd position = TB ward | 1 st – OPD , 2 nd Casualty and 3 rd X-ray Dept. | 1 st – Lay counsellor Madikizela (OPD), 2 nd Sr.. Mjuqu (OPD) and 3 rd position EN Gebashe (Casualty) | 1 st position = Theatre 2 nd position= Crisis centre 3 rd position= X ray Dept. |

NATIONAL NUTRITION WEEK

Theme: Choose your portion with caution

Dieticians at hospital level had a staff competition where staff had to come to the dietetics department for a nutritional assessment and counselling and automatically they were entered into the draw. On the 9th the community service dietician did a presentation at the CME on how to choose your portion with caution. On the last day of the week a draw was conducted and staff won some awesome prizes.

At clinic level, the nutrition advisors at the various clinics, with the help of the community service dietician went out to the primary school near them and did nutritional assessment and education for the children. Those that needed further medical attention were sent to their respective clinics for further management.



PAEDIATRIC WARD FULL OF CHRISTMAS PRESENTS.

Ugu Municipality, Umuziwabantu Municipality, BMW and Impi MCC came to St Andrews Hospital to hand out presents to the children, the main purpose was to make a change in the children's life's, bring happiness and give hope to them. Mrs. Nciki the Mayor of Umuziwabantu Municipality highlighted that there are those children who do not have any relatives to care for them, therefore this will make a difference to them. She also thanked Impi MCC for sponsoring the presents. Mr. Mthethwa, the Impi Secretary highlighted that as the project stakeholders they felt privileged and honored to come and make a difference and give hope to the children. The hospital appreciated this collaboration between Ugu District Municipality, Umuziwabantu Municipality, Impi MCC, BMW and Ugu Health District Office because it is a sign of love and gives hope to the kids.



Gifts donated by BMW



Mrs. Nciki Mayor of Umuziwabantu Municipality giving gifts to the children.



Umuziwabantu Municipality, Ugu district Municipality and Impi MCC

Umuziwabantu community gathered together and saw the importance of coming to St Andrews Hospital and giving a helping hand that will bring smile to the children's face. On the 24th of December 2014 they decided to do a Christmas party for the kids. The hospital thanks the community for bringing the presents for the kids.

QUALITY DAY CONTINUES....



Sir Chiliza receiving the OPD award



P.R.O in-service trainee also being recognized for her dedication.

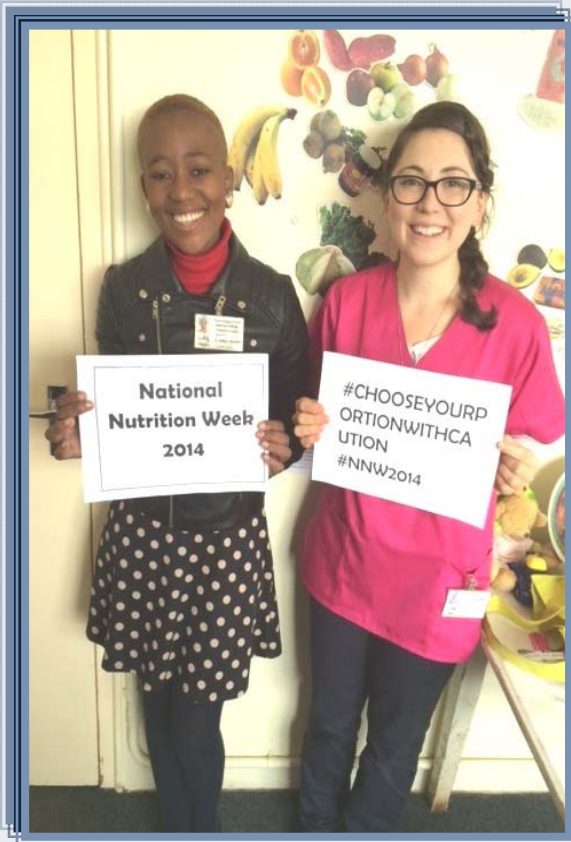


The Pharmacy staff was acknowledge for their hard work



Last image depict the excitement in some of the members of the St Andrews Hospital during Quality Day celebration

Nutrition day CONTINUES...



Dietician Y. Sikhafungana the coordinator of the #NNW2014.



Sphindile Hygienist at the Nutrition week 2014

NATIONAL Nutrition WEEK
9th -15th October 2014

Participate in the **STAFF COMPETITION**
'Choose your portion with caution competition'
How can you enter?

Come get a nutritional consult by a Dietician on the 10th, 13th -15th of October 2014 in the DIETETICS department.

You will automatically be entered into the lucky draw to win one of two **PEDOMETERS** with a calorie counter worth R300 each and other yummy prizes.

Please bring your staff file when you come for a consult.

Attend the **Staff CME** meeting on the 9th October at 08:00 am in the boardroom to learn more about the week and eating for a healthy heart.

We look forward to seeing you

Get fit. Get healthy. Eat right.

These were the actual schedules of the national nutrition week 2014

Ixoxwa Ngezithombe

Nutrition week



Mrs. T. Dlangisa from Pharmacy Department



Miss. N. Chala from Revenue Department



Community Service Dietician doing a presentation during the National Nutrition week.

Quality Day



Guests attending the event



Awards received by the staff



Hospital CEO Mrs. Ntleko, and Quality Manager Mrs. Maqutu awarding Miss. Ngubane from X-Ray Dpt.

KZN legislature visits to St Andrews



Systems Manager Miss Ngwenya and Social Development MEC Hon. W. Thusi



KZN Legislature Delegates visiting the wards.



Deputy Nursing Manager Miss. M. Vane with Social development MEC.

Healthy life styles

You hear a lot about living a healthy lifestyle, enough that the phrase '*healthy lifestyle*' maybe one would like to permanently retire.

The problem is that the phrase describes the life we need to live if we want to feel good and look good. So, what does it actually mean? Well, there are the obvious things that describe a healthy person: he/she doesn't smoke, has a healthy weight, eat healthy food and exercise on a regular basis. It sounds so simple, its funny just how hard it is to do all those things in our current world.

The good news is, you don't have to change everything at the same time. In fact tricks to healthy living is making small changes. Take more steps each day, adding fruit to your ce-real having an extra glass of water or saying no to that second helping of buttery mashed potatoes.

Exercise

One of the biggest reasons we are having a weight problem these days is because we sit around too much. We know we need to exercise, but we have so many excuses not to do it. We are not motivated or we are afraid that we will injure ourselves or we are afraid that exercise has to be vigorous for what our bodies can handle. The truth is, everything counts the more you move, the healthier you will be.

Source: Paige Waehner, exercise expert update—16 December 2014

JOKES

Shortly after the 911 emergency number became available, an elderly and quite ill lady appeared in a Rochester hospital emergency room, having driven herself to the hospital and barely managing to stagger in from the parking lot. The horrified nurse said, "Why didn't you call the 911 number and get an ambulance?" The lady said, "My phone doesn't have an eleven." (Actually a true story)

One day a man takes his frail, elderly mother into hospital.
"I hope the nurses treat you well, mum." he said.
After a while, the old lady slowly tilts to one side, so 2 nurses put her back up.
In half an hour, the old lady tilts to the other side, so the same nurses pick her back up again. When the woman's son comes to see how she's doing, he says, "Have the nurses been treating you well?"
"Yes," replied his mum. "But they won't let me fart!"

Patient: Doctor, I have yellow teeth, what do I do?

Dentist: Wear a brown tie.....

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