



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

St Andrews Hospital Newsletter

October – December 2015

Fighting Disease, Fighting Poverty, Giving Hope.



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“A Long and Healthy Life for all South Africans”

EYE AWARENESS OUTREACH

On 07th of October 2015 St Andrews Hospital participated in an eye awareness outreach program held at Umuziwa-bantu area which was attended by over 300 senior citizens. The event was organized by Miss Thulile Langeni and Mrs. V.V Ncume. The outreach program targeted people over the age of 40 with eye problems from wards 7, 8 and 9. The purpose of the day, which was so eloquently delivered by Mrs. Nosipho Madlala, was to create awareness around treatable eye diseases and blindness and also to educate the people about issues around eye illnesses. Individuals were screened and there after reading glasses were awarded to those individuals who needed them and those who needed extensive medical attention were given referral letters to hospitals.

We were also joined by SASSA and DSD, who spoke to the audience about the services that they offer and assist-ed them with information regarding the use of their services. Age in Action helped the senior citizens to get moving with a workout routine created just for the elderly.

Amongst the dedicated health professionals who were present at the event was retired Sr Thabiso Toni, an ophthalmic trained nurse, who was later awarded a gift to thank her for coming to assist at the event even though she has retired.

After all the formalities were done and the elderly were screened, they were treated to a warm meal sponsored by Umuziwabantu Municipality, while being entertained by the electric sounds of Khalazome, a traditional music group whose performance got the senior citizens on their feet.

Other delegates that were present were; Mr. Sifiso Gwala from Amajuba District, Counselor Nyathi, Mr. Magic Mohlaoli from the Municipality's special program m department, Mrs. Cindy Mthethwa and Cllr Nyathi.

A big that you goes to the following people and organizations who helped make this event a huge success-:

- ◆ Brian Holdings Institute for lending us their eye equipment for the day
- ◆ Umuziwabantu Municipality for the transport and food
- ◆ The District Office for reading glasses
- ◆ EMRS for transport
- ◆ Department of health for the IEC material
- ◆ Age in Action (Nontuthuko Dlamini) for the workout
- ◆ Mweza, Mbonwa and Kwajali clinics for health clinic services rendered
- ◆ DSD and SASSA for services rendered
- ◆ Eye PHC Team for eye screenings



EYE AWARENESS OUTREACH CONT...



Matron Ncume addressing the crowd



OCCUPATIONAL THERAPY WEEK



From 05 October until 09 October 2015, was Occupational therapy week at St Andrews Hospital and the occupational therapy team celebrated this special event in numerous ways. The community service occupational therapists, Rochelle Romer, grabbed this excellent opportunity to promote and showcase what occupational therapists do and what they can offer to our struggling community members to help them live to the fullest.

A display table with various equipment, therapy tools and assistive devices was set up for patients and staff members to view in order for them to gain insight into what we can do to help individuals with illnesses, injuries and disabilities. English and Isizulu pamphlets were available to those interested. Posters were also made and fixed to hospital and clinic walls for passersby to view.

The Occupational Therapists also looked for opportunities to interact with the public by preparing and conducting informal talks in OPD educating patients on how we can help people of all ages. Isizulu pamphlets were circulated to all.

It was an extremely successful Occupational therapy week at St Andrews Hospital with staff and patients gaining an increased awareness of this amazing profession.

Below are pictures of Rochelle doing a presentation at the OPD.



Patients at OPD listening attentively to the presentation

GATEWAY CLINICS DIABETES & ARTHRITIS AWARENESS CAMPAIGN

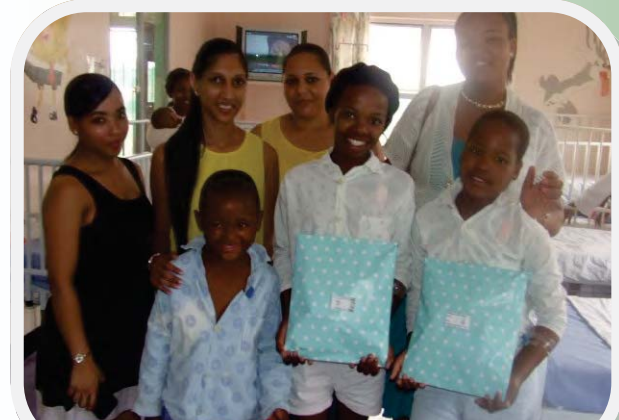
This massive campaign hosted by the Gateway clinic was an eye opener to members of the community in that they had expressed that most of the items that were being presented were all new to them. On the 10th November 2015, the Gateway clinic conducted an effective and educational awareness aimed at the management of diabetes and arthritis. Amongst other guests who were invited was our dietician, Miss Y. Sikhafungana, Rochelle Romer, Occupational therapist and Nicole Craddock, physiotherapist. Sikhafungana highlighted the different food types which can lead to diabetes and how to avoid those food types because they may cause a lot of danger in one's health in the long run. She explained the correct portion of food that is acceptable in one's plate and guided the audience in following the correct diet on order to maintain a healthy lifestyle. She clarified the importance of proteins, starch, zinc, calcium and ensuring that they have meals that contains all the necessary nutrients. Nicole explained the importance of exercise in order to maintain a healthy body. She mentioned that even walking 4-5 times a week can reduce weight and is good for the heart. Rochelle spoke about the importance of taking care of one's skin and the prevention of infections if one is diabetic. Each individual from each department explained the services that are provided by their departments. The members of the audience were given a chance to ask questions and were answered accordingly. Their participation made this campaign a huge success.



C– Ward Christmas



Matron Singh, Matron Magubane and Sr. Ngaleka with the happy Mothers and children



Harding Primary Teacher's with C—ward patients

During the month of December the Children at our C-ward were visited by Santa Clause, not once but twice. First it was the Teachers from Harding Primary School on the 02 December and then it was Pst Nzama, his wife and the members of his congregation (Christian Centre International) on the 28 December. The Teachers from Harding Primary stated that they wanted to also appreciate the nurses for the hard work that they do and also for taking good care of the ill children. After they gave the children gifts they also gave gifts to the nurses at C-ward. Pastor Nzama, his wife and congregation also payed our hospital a visit in a bid to spread some Christmas cheer to our Children that are admitted. When addressing the Mothers at the C-Ward Pst. Nzama stated that they as a church decided to bring some gifts for the children in the hospital so that the children can also enjoy Christmas and his Wife Mrs. Nzama said that the Children need to feel loved and know that even when they are in pain in hospital they need to know that they are important and that this gesture was just to put a smile on the little ones faces.

On behalf of the St Andrews Hospital management we would like to extend our appreciation to the Teachers of Harding Primary School, Pst. Nzama, His wife and his congregation for this act of kindness. The mothers and children were all smiles at the end of the gift presentation and for a moment the children forgot about the pain they were in and enjoyed their toys and which Mother does not like to see a smile on her child's face?



Pst Nzama and some of the members of his congregation



The gifts for the Children at C-Ward

CONDOM BASH

A—ABSTAIN

B—BE FAITHFUL

C—CONDOMISE

Our Simunye clinic hosted a condom bash on the 15th December 2015 at Harding taxi rank, aimed at spreading the word about condom usage in order to raise a healthy and HIV free generation. The clinic provided the community with services such as HIV testing, blood sugar, BP and the HCT package. The community members came in numbers to undergo the mentioned. Young males and females of Harding were very excited in discovering their health statuses and mentioned that they are happy and thankful to the department of Health because at certain times they would be terrified to come to the hospital and get tested. "It is not every-day that you find the hospital services coming to the people so we thank you for this" mentioned Nokuthula Gwala who was an audience member. As this campaign took place during the festive season, some stated that they are now going to be safe and practice safe sex during the holidays because they know their health status and will not gamble with their lives. We were most delighted to see our young generation of Harding coming in numbers to get condoms for free and getting tested. This showed that the young people in our community are really taking responsibility in 'getting to know themselves'. It was humbling when taxi drivers showed so much interest in taking a step towards the right direction and getting tested. The staff from Simunye clinic also surrounded Harding town and gave people condoms, which they were thrilled to receive.



YEAR END CELEBRATION 2015!!!

At the beginning of every year each person has plans and goals that they set for themselves. In our planning we lean upon Gods grace to keep us so that we are able to fulfill our goals and reach our dreams. When the end of the year comes, it is only right that we take a moment and look back and be thankful if not for anything else, the gift of being able to wake up each morning and serve our purpose in this world.

When November arrived at St Andrews Hospital, it was time for us to count our blessings and be thankful for the year 2015, celebrate the good and learn from the bad and reap what was sown throughout the year.

On 24 November 2015, we had our Year end function. This was a day when all staff members came together in song, dance and prayer to thank The Lord for keeping us throughout the year. It is also a day when staff members that have performed outstandingly throughout the year get to be recognized and they receive gifts, certificates and awards. This is done in order to encourage all employees to perform their duties to the best of their abilities and to always give their best.

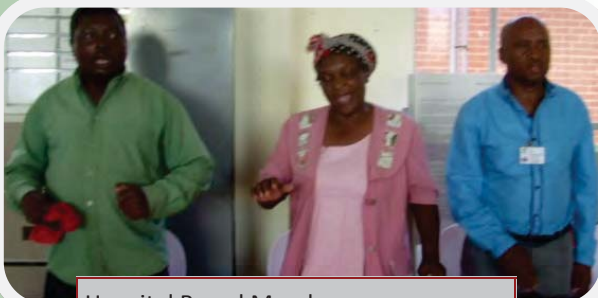
Congratulations to all the staff members that walked away with Gifts, Certificate and awards. Here's to an even better 2016!!!



Sr. Mbekwana MC for the day



Staff members at the celebration



Hospital Board Members



Mr. Pungavanam, Matron Singh and Matron Edonga



"Turn up yangempela" by Hospital Management members

YEAR END CELEBRATION 2015 SOME OF THE WINNERS!!!



Sr. Mkhize receiving an award on behalf of the Casualty Department



Qual Care Team celebrating their victory



Maternity Ward Staff and their prizes



Mr. Gwacela receiving the special CEO Award



Our Very own PR intern (Ms. Hlophe) receiving the Special CEO Award



L/C Madikizela with the most number of compliments

FAREWELL MATRON VANE!! (DMN)



Guest of honor, Ms. Vane

Goodbyes are never easy, this must be the most difficult word to utter, although we know that we are not meant to spend our entire lives in one place, with the same people, or doing the same things and that sometimes growth is accompanied by this word that we dread so much. We find solace in the memories that we have created and the lessons that we have learnt during the relationship that we have had. As the saying goes, “its better to have loved and lost than to not have loved at all..”

It was no different when the St Andrews Hospital Family bid farewell to one of its managers, Ms. Vane. It is indeed a loss to us that this strategic, dedicated, warm and prayerful woman is leaving us. These are just some of the words that were used by those who have worked hand in hand with Ms. Vane. To describe her and her work ethic. She was also described as an advocate for education and personal growth.

Even though the farewell event was filled with joyous jubilations and song, it didn't mean that we were happy to see a member of our family go, it was simply our way of celebrating the amazing manager and colleague that she has been to us.

Ms. Vane's Supervisee, Matron Magubane simply said that “Ms. Vane was very generous with information, she would help her supervisee's to prep for interviews. She planted a seed in us”

Our acting CEO Dr. Lumeya thanked everyone for working as a team and expressed his dismay about Ms. Vane's exit, he spoke about the great and reliable leader that she is and her astounding level of commitment to her job, he also mentioned that Ms. Vane had a winner mentality.

In reply Ms. Vane thanked all the departments and stated that working with all departments has contributed to the person that she is today. She also thank Nokuzola, saying that she has always been there for her. She went on to thank all those that she has



MC for the day, Mrs. Cele

A PICTURE IS WORTH A THOUSAND WORDS!!!



Management: Matron Edonga, Dr. Ngomo, Mr. Govender, Dr. Lumeya and Father. T. Mdunge



Mrs. Cele and Dr. Lumeya getting down



Simunye Choir



Staff members in dance



Handing over of gifts

WELCOME TO THE NEW SAH FAMILY MEMBERS

<u>NAME</u>	<u>RANK</u>
1. Phewa VW	Human Resource Officer Supervisor
2. Nxumalo TP	Public Relations Officer
3.Mbebe V	Enrolled Nursing Assistant
4. Mdolomba M	Professional Nurse
5. Cele NP	Nursing Assistant
6. Holmen SD	Medical Officer
7.Singh MR	Deputy Nursing Manager
8.Pungavanam	Systems Manager
9.Royppen T	Pharmacy Manager
10.Memela ZE	Professional Nurse, Speciality
11.Hadebe BP	Chief Radiographer
12.Khandayi GM	Staff Nurse
13.Mtolo PM	Senior Finance Manager

Welcome The our family, glad that you made it through the tough journey of shortlisting and the biggest hurdle of them all, the interview. We trust that you will enjoy your new home. We welcome you with the famous words of Eric Thomas “ When You want to succeed as bad as you want to breath, you will be successful.”

Here's to your new job and no one finding out how much you lied on your application.



Introducing new Management Members



Mrs. M. Singh—Deputy Nursing Manager

Mrs. Singh Joined St Andrews as our new Deputy Nursing manager on 01 November 2015. here are a few facts about her that will help us get to know her better.

Fast Facts:-

- ◆ She matriculated on the grounds of this community in Harding State High School in the year 1982.
- ◆ Has 30years of experience in her field
- ◆ Has 4diplomas and a degree to her name.
- ◆ She is married with 3 children and looking forward to the arrival of her first grandchild.
- ◆ She is motivated by happy people, being a bubbly person herself.
- ◆ Her last words—”everyone should do their job as if God was watching them, be honest at all times no matter how difficult it may be”

Welcome to St Andrews Hospital Mrs. Singh!!!!



Mr. R. Pungavanam Systems Manager

Mr. Pungavanam is our new Systems Manager. He joined the St Andrews Hospital Family on 01 November 2015. here are a few facts about him, that will help us to get to know him better.

Fast Facts:-

- ◆ Was Born in a small coastal town of Umzinto.
- ◆ Has 26 years of experience in his field.
- ◆ Has a diploma in Public Management.
- ◆ Has 2 Children with his late wife Maya.
- ◆ Is very passionate about his job and intends to give off my best efforts for the betterment of this hospital and its staff.
- ◆ His last words— “Taking a leaf from my book, it’s never too late to further one’s education. Above that I would encourage to set themselves individual goals in their respective careers and aspire to succeed beyond what was previously possible. In trying to exceed beyond their limitations, this Institution is the perfect frontier to develop and practice their skills – always striving to give off their best efforts “

Chuckles!!!!

Snail Visits Bar



The Landlord of a pub, is just locking up, when there's a ring on the doorbell

He opens the door, and there is a snail sitting there. "what do you want?" asks the landlord.

The snail replies that he wants a drink.

"Go away, we are closed, and we don't serve snails anyway".

The snail pleads and pleads with the barman to give it a drink, at which point the landlord gets fed up, kicks the snail and slams the door.

Exactly one year later, he's locking up again, and there is a ring at the doorbell. The landlord opens the door, and looks down to see a snail sitting there. "what do you want" says the landlord.

"What did you do that for" says the snail.



MEET THE NEW "PRO"



Mrs. Thandeka Nxumalo (PRO)

It has only been three months since I joined the St Andrews Hospital Team as the Public Relations Officer. It is a great pleasure for me to humbly shoulder this duty despite it being a constantly demanding task.

Between handling clients complaints, conducting Surveys and Batho Pele trainings I get to play the role of "editor in Chief" of our Hospital's newsletter. It is always daunting to step into someone else's shoes, but I hope that with my skills I bring a fresh perspective and maybe a few changes to our Newsletter and the Public Relations Department.

Putting this issue together has been a lot of work and fun, we have had a lot of events during the October—December Quarter and not all of them have been featured in this issue. The Men's Forum Launch and Quality day can both be found on the intranet.

I trust that the festive season has been a good one to everyone and that we are all refreshed, energized and ready to give the new year our best. Remember it is not about what the new year has instore for you, but its about what you have instore for the new year. I hope you enjoyed reading this issue as much as I enjoyed putting it together!!!

Thandeka. N