



**health**

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

# St Andrews Hospital

## St And News

STAY INFORMED

December 2019

### Simunye's 1st MDR Success story

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Simunye Clinic Staff Members, M&E manager Mrs Thabisa Ngcakaza and the happy client who is now been cleared of MDR..



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## MDR SUCCESS STORY

**I**n October 2018, St Andrews hospital, Simunye Clinic opened up the MDR unit and in January 2019, they received their first MDR case. The client had been diagnosed with TB the previous year and he had gone through the treatment for six months and a month after completing the TB treatment, he noticed that he began to lose weight, began coughing and sweating at night. He then went to Meadow sweet clinic where he was transferred to St Andrews Hospital, At St Andrews hospital he was transferred to Murchison hospital where he was diagnosed with MDR and was initiated on treatment, and thereafter referred back to St Andrews hospital where he would be managed.

The 21 years old patient had to drop out of School due to the side effects of the medication. He stated that the medication made him tired and therefore was unable to continue with attending school. He had to take the year off to focus on getting better so that he could continue with his studies in the following year. The patient is thankful to the staff members of Simunye clinic, further stating that they have walked him through the illness and educated him about his condition. Sir Masondo expressed his excitement about their first MDR patient being cured, he further stated that, the patient had to visit the Simunye clinic every month and during the nine months that he has been on treatment, he has never missed an appointment and he was very cooperative.

On the patients last visit to the Simunye clinic, the team organized a gift for him and some celebratory eats to celebrate his last day of treatment and cure .

This is a testament that patients do not need to die from TB or MDR , the main message is that as soon as one experiences TB symptoms , one should visit the nearest clinic for TB screening and initiation on treatment as soon as possible if TB has been detected. This way the patient can be put on treatment early and avoid unnecessary deaths due to TB.

St Andrews hospital management is proud of the Simunye team for the work that they have done and encourage them to continue saving lives and creating an awareness around TB.



Sr. Shozi, Sir Masondo and our 1st client to be cured of MDR at SAH



## NEW HIV DRUG LAUNCH



**O**N 26 November 2019, Health minister, Dr. Zweli Mkhize led the launch of a new anti-retroviral, which is said to be more effective and affordable than the current ARV's. The Launch was held in the UGU district, as this district is said to have one of highest HIV infection rates in the world, with 27% of the population living with the virus.

The UGU district has achieved the set targets for the 90-90-90 initiative. The aim of this initiative is to diagnose 90% of all HIV positive people, provide antiretroviral therapy for 90% of those diagnosed, and achieve viral suppression for 90% of those treated by the year 2020.

Dr. Zweli Mkhize stated that he hopes that the launch of this new drug (TLD) will assist in reaching the 90-90-90 target. This new drug is a combination of a relatively new drug (tenofovir, lamivudine and dolutegravir), used alongside a drug called efavirenz.

This drug will be rolled out in the year 2020, but the minister of health cautioned pregnant women not to use the drug during the early stages of pregnancy as it may be harmful to the fetus, but after the first trimester the drug is safe to be used by pregnant women.



## HEALTH MATTERS—SKIN CANCER



December is skin cancer awareness month, which is fitting since December is beach season. Firstly let's get this myth out of the way that makes people believe that skin cancer only affects those people with a lighter skin complexion. Even though naturally, people with dark skin do have a much lower risk of skin cancer, they are not immune to the disease. If they experience overexposure to the sun, malignancies can still develop and they too can suffer different forms of UV damage. Furthermore, skin cancer in people with darker skin is often not detected until the later stages when it is most dangerous. Therefore skin cancer affects us all and here are a few tips that you can use this summer to lower your risk of skin cancer.

### Foods to eat

- Beta-Carotene: found in carrots, mangoes, kale, squash and sweet potatoes.
- Lutein: found in watermelon, Guava, Apricots and especially tomatoes.
- Selenium: found in Meat. Bread and brazil nuts.

### Things to do

- Seek the shade, especially between 10Am and 16:00
- Avoid getting sunburned.
- Avoid tanning and never use UV tanning beds.
- Cover up with clothing, including a broad brimmed hat and UV blocking sunglasses.
- Use a broad spectrum (UVA/UVB) sunscreen with an SFP of 15 or higher everyday.

Remember to take care of your overall health this summer.

# GENDER BASED VIOLENCE AWARENESS EVENT



On the 06<sup>th</sup> of December 2019, St .Andrews hospital collaborated with a few non-profit organizations in order to host the **#Gender Based Violence awareness day**. The theme was “fighting against women and child abuse”. The event was held at Mkhoba Reserve, in Ward 07.

The objective was to raise awareness on the issue of Women and children abuse. The main message of the day was; No means No and that the community needs to unite and put an end to the violence against women and girls. Gender-based violence (GBV) is a result of normative role expecta-

tions and unequal power relationship between genders in society, and gender-based violence can also be described as being physical, sexual, emotional, financial and structural. GBV can be perpetrated by intimate partners, acquaintances, strangers and institutions. There are also many expectations associated with different genders which vary from society to society. It was also mentioned that patriarchal power structures dominate in many societies where male leadership is seen as the norm and males also hold the majority of power. Patriarchy is a social and political system that treats men as superior to women where women cannot protect their bodies, meet their basic needs or participate fully in society where men perpetrate violence against women with impunity. Forms of gender-based violence were mentioned as followed:

- Violence against women and girls
- Violence against LGBTI people
- Intimate partner violence
- Domestic violence
- Sexual violence

The event was all about dialogues regarding self-awareness, developing self-esteem and gender based violence. During the dialogue session teenagers and young girls amongst other topics discussed the issue of self-awareness.

Mrs Mkhathshane of St Andrews hospital Crisis Centre stated that many people are being abused emotionally and sexually but they are afraid to report the abuse, she further encouraged those who are experiencing any kind of abuse must visit the crisis centre at St Andrews hospital for assistance.



## C- WARD CHRISTMAS CHEER

During the month of December the Children at our C-ward were visited by Santa Clause, not once but twice. On the 02 December we were visited by the principal and educators of Barnies daycare and then on the 20 December we were honored to be visited by the chief whip for the ANC in the KZN legislature, Ms. Nontembeko Nothemba Boyce, with her team from Umuziwabantu municipality . Ms. Boyce began by meeting with the management team to discuss some of the challenges that the institution is facing and to also receive an update on the facility profile, the team then proceeded to the children's ward to deliver gifts to the ill children as well as goodie bags for the border mothers. The Teachers from Barnies daycare also presented the children at C-ward with educational gifts, they also performed a few songs for the children, which the children really enjoyed. The principal of Barnies daycare 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. They further stated that When they decided to bring some gifts for the children in the hospital so that the children can also enjoy Christmas regardless of the illnesses that they are faced with.

On behalf of the St Andrews Hospital management we would like to extend our appreciation to the Teachers of Barnies daycare and Ms. Nontembeko Boyce for their 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?



Childrens ward staff with the team from Barnies day care



# BACK TO SCHOOL TIPS

Back to school time is always a big transition, not only for children but for parents. While children are with excitement and the first day jitters, parents are filled with thoughts of “Am I prepared enough” to help eliminate these thoughts, and help you and your child prepare for the new school year. All you need is a little organization and forethought. This basically means it's time for a fresh start, a blank slate for you to write your new future and redefine who you are and what you want to do. Here is back to school tips to kick-start the New Year and get you prepared for a fresh start.

**Get back into your sleep routine**-To help eradicate those stressful schools morning, set up a regular bedtime and morning time routine to help prepare your child for school. Begin your usual school sleep routine about a week or so before school starts.

**Shop for school supplies together**- to get your child excited about starting a new grade, shop for supplies together. Allow them to pick out their own lunch box and backpack.it the great way to give them a little bit of responsibility too.

**Re-establish schools routines**- have your child practice getting back into the rhythm of their daily school routine. You can do this by having them wake up at the same time every day and eat around the same time they would at school.

**Set up homework station**- sit down with your child and together designate a time and place where he can do his homework each day. This can be somewhere quiet like in the dining room or even in the kitchen while you are preparing dinner.

**Turn off the TV and Video game**-for a lot of children summertime is filled with endless videos games and TV programs. Children are usually in shock when they begin school and realize that six hours of their days is going to be spent on learning not playing games and watching TV. Ease your child into the learning process by turning off the electrics and encourage them to read or play quietly.

## **Back to school study tips**

You don't need one study space. A well –stocked desk in a quiet place at home is key.

Track more than homework in your school planner

Start small

School supplies ( alone) don't make you organized

Get into a routine

Learn how to create a distraction free zone

Use class time wisely.





# NEW APPOINTMENTS



| NAME          | RANK                 | DATE OF APPOINT- |
|---------------|----------------------|------------------|
| SA Sibiya     | Pharmacist assistant | 01/10/2019       |
| B Yamba       | Medical Officer      | 01/10/2019       |
| C Mattie      | Professional Nurse   | 01/10/2019       |
| AO Olaniyan   | Medical Officer      | 01/10/2019       |
| I Nsungu      | Medical Officer      | 01/10/2019       |
| BE Gwala      | Enrolled Nurse       | 01/11/2019       |
| KS Ngubelanga | Data Capture         | 01/11/2019       |
| NG Sihya      | OM Speciality        | 01/11/2019       |



## JOB ADVICE

#6 IF YOU DON'T KNOW WHAT YOU'RE DOING WALK FAST AND LOOK WORRIED.



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## PATIENT FEEDBACK

Usuku okwenzeka ngalo lokhu okhalaza ngakho:

THE SERVICE I GOT WAS SUPERB. WHEN I COMPLAINED THEY LISTENED. THEY DIDN'T SHOUT AT ME. I EVEN COMPLAINED TO NURSE MTHEMBU THE WAY SHE DRAINED AND RE INSERT THE SOLUTION OF DRIP FROM ME, SHE DIDNT REAPET (THAT SHOWED APOLOGY) TO EVERY NURSES AND SISTERS I SALUTE YOU DOCTORS & GOD BLESS YOU ALL  
DR NGUBELANGA & MXESHANA & THE CREW

Usuku okwenzeka ngalo lokhu okhalaza ngakho:

I am a very observant person and I saw a good Doctor attending to his patients very nice, calm and friendly. He treated me nicely and been seeing him with other patients especially children. He would hug them talk like a big brother to young boys. He is Dr Dubie from Casualty (clinical associates). We need more Doctors like these, keep him, he is painting the hospital with a good paint; Doing exactly what Batho Pele wants us to do.

NGIPHATHEKE KAHLE ESPECIALLY AT NURSERY WHERE MY BABY WAS ADMITTED FOR JONICE SISTER SHABALA IS THE BEST, SHE TREAT PEOPLE WITH RESPECT AND SHE IS VERY NICE. AND DR MUNGWANA, SISTER. MBOKAZI THEY REALLY REALLY DO THEIR JOB WELL. DR MOUNJELWA DR. AM NOT SURE ABOUT HIS SURNAME HE IS VERY NICE. THE HOSPITAL IS CLEAN FROM THE ROOM THAT I WAS IN AND NURSERY, THE FOOD, THEY COOK VERY WELL AND THE CLEANERS ARE VERY NICE MRS VEZI AND MISS SKHOBANA THEY TREATED ME VERY WELL.



# CHUCKLES

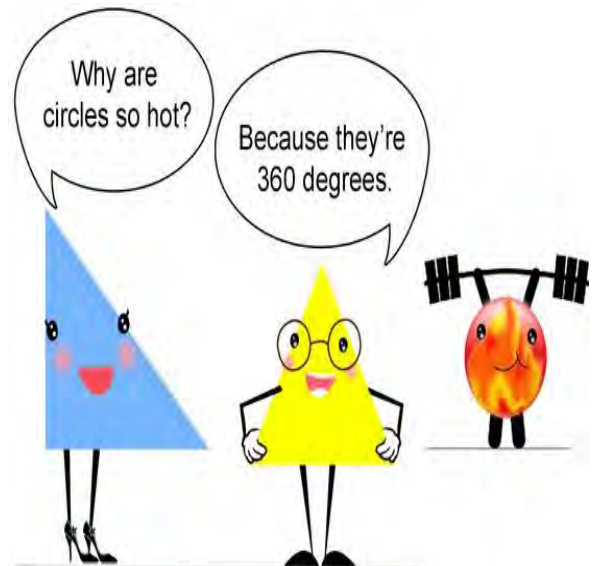


A woman's husband had been slipping in and out of a coma for several months, yet she stayed by his bedside every day.

One day he told her, "You have been with me through the bad times. When I got fired, you were there. When my business failed, you were there. When I got shot, you were there. When we lost the house, you were there. When my health started failing, you were there. You know what?"

"What is it, dear?" she asked.

He responded, "I think you bring me bad luck."



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**Why is Santa Claus  
always a man?**

**Because...**

**No woman will wear.  
the same dress year  
after year...**



w3mirchl.com



# PICTURE GALLERY





PICTURE GALLERY

**NEW HIV DRUG LAUNCH**



**WELLNESS DAY**





# ACKNOWLEDGEMENTS



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