



KWAZULU-NATAL PROVINCE

HEALTH
REPUBLIC OF SOUTH AFRICA

ST ANDREWS HOSPITAL

ST ANDREWS

NEWS

DECEMBER 2020

SAH BIDS FAREWELL TO THE FINANCE MANAGER



Mrs Mdolomba, handing over the farewell cake to Mr. Ronnie Govender on his last day as Finance manager of St Andrews Hospital.

It was a bitter sweet day as the St Andrews management team bid farewell, to finance manager, Mr. Ronnie Govender, who will now be working at the Ugu health district office. The CEO and other colleagues spoke of how

humble and dedicated Mr Ronnie Govender (Affectionately known as Mr. G) has been and how it's been a great pleasure working with him. Under the leadership of Mr. G the St Andrews finance department was awarded with a

certificate of excellence in the Ugu district awards and he has promised that he'll always be available to help St Andrews where he can and trusts that the relationship that he and the hospital management has will continue to flourish.

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HUMAN TRAFFICKING

In recent months there has been a lot of paranoia and panic on South Africa's social media and online platforms. This panic is caused by the prevalence of Human Trafficking.

Human trafficking is the trade of humans for the purpose of forced labour, sexual slavery, or commercial sexual exploitation for the traffickers or others and has been in existence for a very long time, but currently South Africa presents conducive conditions for this heinous crime to flourish. South Africa's unemployment rate and worsening poverty under the Covid-19 lockdown exacerbate the situation.

The people that are most vulnerable to this crime are young women, job seekers, teenagers and children. A lot of South Africa's young women and job seekers are offered jobs and holidays on social media and online and a lot of the times these jobs and holidays are not legit. The victims are then tricked into going somewhere with their traffickers and subsequently captured and forced to live in places they're not familiar or comfortable with.

In most cases victims are trafficked by people they know and trust or are introduced to traffickers by a close person they know and trust. It is very important that people stay vigilant and do not trust easily.



There are basic things that people can look out for to see if they might be dealing with a trafficker or not and these are: An attractive job that is offered away from your home and that is in another province or country; no qualifications are required and free housing and transport is offered with the job; job interviews are offered in a block of flats, a hotel or in a dodgy place or a stranger who approaches you after you have posted something personal on your social media profile and suddenly offers money, help or a holiday away.

If you get a job offer and you suspect that you might be dealing with a trafficker it is advisable that you call the landline of that prospective employer to confirm if they're legitimate and recruiting, before accepting a job offer in a foreign country, check on the immigration website to find

out for yourself what the visa requirement are and sign the contract of employment with the employer before you leave home; a good employer would not object to this and call the south African chamber of commerce to check if the employer is registered company.

We can all play our part in protecting our communities against this crime by teaching our friends and families how to protect themselves against traffickers and what to look for in a potential trafficker. If anyone suspects that they might be trafficked or someone they know is being trafficked please contact the South African National Human Trafficking Hotline on 0800222777 or the South African Police Services on 0860010111 or send an anonymous email to stoptrafficking@saps.gov.za



FESTIVE SEASOSON DURING COVID-19

We can all agree that 2020 has dealt the entire world a tough hand that nobody saw coming, at this point most of us are just grateful to be alive. As much as this year has seen a lot of South Africans lose their jobs and in most instances, lose their lives, we are fortunate and blessed to be alive and healthy. We have gone through months of Lockdown which introduced us to a new normal. All south Africans felt a relief when the president announced that most restrictions were now lifted as we are now in lockdown level 1, as much the lifting of most of the restrictions is music to our ears, we are still expected to be responsible and take into account that this does not mean that our fight against COVID-19 is over. This is especially important for us to take cognizance of especially as we are approaching the festive season, a time where South Africans under normal circumstances will be planning their holidays and events where they will let their hair down and unwind.

St Andrews Hospital encourages the public to continue practicing social distancing, handwashing, sanitizing, wearing of masks and avoid touching your face. We all know that during these times everyone will be out and about enjoying themselves with their families some will be travelling long distances. We can still enjoy this festive without being around crowds that reach a number of 50, some people will be hosting traditional ceremonies this festive season. It is your responsibility as a host to ensure that your guest's do not exceed the required number and that all COVID-19 preventative measures are in place in order to prevent infections.



HELP PREVENT THE SPREAD OF RESPIRATORY VIRUSES:



WASH YOUR HANDS OFTEN AND WITH SOAP & WATER

for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.



STAY HOME IF YOU ARE SICK



COVER YOUR COUGH OR SNEEZE WITH A TISSUE

then throw the tissue in the trash. Follow with hand washing or sanitizing. If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.



AVOID CLOSE CONTACT

with people who are sick.



CLEAN AND DISINFECT

frequently touched objects and surfaces, such as cell phones, keyboard, and doorknobs.



AVOID TOUCHING YOUR EYES, NOSE, AND MOUTH

with unwashed hands.

RADIOGRAPHY DAY

World Radiography Day marks the anniversary of the discovery of x-radiation, by Wilhelm Roentgen in 1895. Each year on November 8, radiography professionals around the world celebrate their vital contribution to modern healthcare by promoting the profession and raising public awareness of their important work. This year we celebrate how radiographers have come together during the Covid-19 crisis and the hugely important role that they have played in the response, and continue to play.



On the 10th of November 2020 St Andrews Hospital Radiology celebrated the day by educating the patients about the X-ray department,

the radiography field and the different services that the radiography department provides to the patients.

The patients who were present were then asked questions based on the presentation that was done, and those patients who were able to answer correctly were given goodies.

The Radiography day did not only enlighten the patients about the of the radiology department but it also promoted unity within the department and the radiology staff members also used this as an opportunity to strengthen patient care.



St Andrews Hospital X-RAY Department staff during the Radiography day celebration.

HEALTH MATTERS– SKIN CANCER AWARENESS

01 December marks the start of the Skin Cancer awareness period and the awareness runs from 01 December – January 31, a perfect time to remind South Africans of the dangers of being over exposed to the sun's Ultraviolet rays as the major cause of skin cancer.

Skin cancer is the most common cancer worldwide and South Africa has one of the highest monitored ultra violet (UV) levels in the world, resulting in one of the highest skin cancer rates globally. Although the skin cancer awareness runs from December to January, it is advisable that all South Africans should be Sun Smart throughout the year and especially during summer.

South Africans have been cooped up indoors since the start of the Covid -19 lockdown, the lockdown regulations have been relaxed, its summer and with the summer holidays are just a few weeks away, a lot South Africans want to go out and enjoy South Africa's warm beaches and show off the summer bodies they have been working on during the lockdown.

The sun's UV radiation is the major cause of skin damage leading to skin cancer and the good news is you can reduce your risk for skin cancer.



It helps to understand your risks and how to protect yourself. Get the truth behind some of these skin cancer myths.

Myth 1: Dark-skinned people don't get skin cancer.

No one is immune to skin cancer. People of all skin colours, including people who are dark skinned. While skin cancer occurs more frequently in lighter-skinned people, the death rates are higher in darker-skinned people.

Myth 2: I need to get sun exposure to get vitamin D.

You don't need to bake in the sun to get the vitamin D you need to stay healthy. You get enough of this essential nutrient from typical daily exposure and from food.

Myth 3: When it comes to sunscreen, the higher the SPF the better

SPF protection doesn't increase proportionately with the designated SPF number. SPF 30 absorbs 97% of the sun's burning UV rays, while SPF 50 absorbs just slightly more – 98%. And, SPF 100 absorbs 99%.



So, choose a sunscreen with at least an SPF 30.

Protection from the sunrays exposure helps minimize the risks of skin cancer and some of the methods that people can use to protect themselves against sunrays include but not limited to: seek shade between 10 a.m. and 4 p.m. when the sun's UV rays are strongest. Wear protective clothing, such as a wide-brimmed hat, sunglasses and clothes with an ultraviolet protection factor (UPF) as high as 50 and Wear sunscreen that's At least SPF 30, broad spectrum, water resistant and apply liberally every two hours.



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MENTAL HEALTH AWARENESS EVENT



In October 2020 A-ward and D-ward under leadership of Mrs E.P Jacobs and Mr F.K Mzolo organized and hosted an awareness event on Mental Health in recognition of October as a Mental Health Awareness month. The event was also as a result of mental health related cases that St Andrews has had recently and to raise awareness on mental health issues; their effects if they are left untreated or not managed properly.

The event was on the 28th of October 2020 at the Outpatient department and the speakers on that day were representatives from Occupational Therapy, the Social work office, Crisis Centre and the Operational Managers of both A-ward and D-ward.

The speakers spoke at length about the causes of mental health issues and addressing the stereotypes and stigmas around mental health, about how they affect the family setting and the society in general, how these issues can be addressed and the services that St Andrews offers to the public to help deal with the causes and effects of mental health problems.

The event could not have come at a better time as most people are dealing with a lot during these trying times under the Covid-19 lockdown.

Recently a lot of people have had to deal with losing their loved ones, their sources of income due to the Corona pandemic and the those factors alone can make a lot of people slip into depression or start abusing drugs to escape from their harsh realities.

It was evident in the faces of those in attendance; both the staff and patients, that the event was informative and that a lot of people could relate to what the speakers shared on the day. Mental health issues affect everyone in one way or the other and learning about the underlying causes, the signs that someone might be suffering in silence, the effects of not dealing with the issues and the help that is available to the public goes a long way.

Its events such as these that show that the staff at St Andrews works together to care and serve the public to the best of their ability and even going beyond the call of duty to help save lives.



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GIRL CHILD EMPOWERMENT EVENT



Matron T. N Ngcakaza speaking at the Girl child empowerment event

On the 27 of October 2020, the office of the Premier's wife of KwaZulu Natal hosted an event aimed to open up a dialogue about issues that affect young girls. The event took place at the Umuziwabantu municipality hall. During the event a lot of topics were discussed as relating to the issues and challenges that the girl child faces in today's world. The African age old practice of virginity testing was also encouraged, as it is one of the ways to ensure that young girls abstain from premature sexual activities, which then protects them from HIV and other sexually transmitted illnesses, this practice can also assist to cut down on the number of teenage pregnancies that we currently have within the community, which also leads to these young girls dropping out of school.

Girls were informed that their purity was something to be proud of and something to be treasured and guarded. The issue of substance abuse was discussed at length with the attendees of the event, it was also noted that substance abuse is the root cause of most para suicide cases.

Care packs that included sanitary pads were given to the young girls who were present at the event.



Some of the Umuziwabantu residents who came to support the event hosted by the Office of the premier of KZN at the Umuziwabantu municipal hall.

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UMUZIWABANTU COMMUNITY DIALOGUE

On 30 November 2020, St Andrews hospital in collaboration with Umuziwabantu PHC hosted a community dialogue which was aimed to tackle some of the challenges that the hospital and PHC are facing as related to service delivery. The CEO of St Andrews hospital explained in her presentation that both St Andrews hospital and the PHC facilities in Umuziwabantu have lots of services to offer the community but one of the challenges is that there are services that are not being properly utilized by the community of Umuziwabantu. She further stated that the reason for having the dialogue was to be able to get to the root of this challenge and also find solutions.

One of the biggest challenge that the Umuziwabantu community is faced with is the high number of teenage pregnancies especially between the ages of 10 to 14.

Furthermore these teenagers are not attending Antenatal care which leads to a lot of complications during delivery and in most cases the newborn babies don't survive.

During the dialogue session that was led by Mr. Siphetho Mkhize, some of the contributing factors that lead to the sub district having such a high teenage pregnancy rate were said to be Poverty, Parents not being home because they have to work, peer pressure, children living away from home at an early age and the focus being only on the girl child.

It was also discussed that once a teenager is pregnant this leads to the pregnant teen dropping out of school which then leads to poverty. The community members who were present also raised that the reason why these pregnant teenagers don't attend antenatal care is because most of them hide their pregnancies and by attending antenatal care at the clinic, they will be seen by the people in the community, another issue that was raised was that the attitude of health care workers towards pregnant teenagers is negative and it discourages them from seeking medical attention once they discover that they are pregnant.



CEO: Ms MM Vane, during her presentation

The dreams programme was then introduced, which is a programme that is funded by PEPFAR.

This is a programme for young girls that will empower and educate these young girls. The programme has begun in Umuziwabantu and will continue until December 2021.

The dialogue was very informative and the issues raised by the community members will be taken into consideration by the department in order to close the gaps that were identified.

The St Andrews hospital management thanks all the stakeholders who honored the invitation to the dialogue and also for providing input that will assist to improve service delivery for the people of Umuziwabantu.



CHRISTMAS MEAL IDEA

Christmas lunches are known for the abundance of food and meat and it stands to reason that there'll be some meat leftover after the big Christmas lunch, whatever your choice of meat is. If you're traditional like most people are and you've got leftover turkey or chicken but you're wondering what to do with it, well there are a number of recipes you can try with that leftover bird and below is a simple to make sun-dried tomato and turkey Roll ups recipe to keep things nice and light after all the indulgence of the big meal.

Sun-dried tomato and turkey Roll ups

Ingredients

- 4 fresh basil leaves
- 2 tablespoons sun-dried tomato paste
- 1/2 cup spinach, not packed
- 2 oz. sliced provolone cheese
- 4 oz. sliced turkey
- 1 large tortilla (I used a whole wheat/spinach blend)



Instructions

First, spread 2 tablespoons of sun-dried tomato paste on your tortilla.

Top tomato paste with turkey slices and cheese. Finally add on fresh spinach and basil leaves.

Roll the tortilla tightly so that all ingredients stay wrapped up in the tortilla.

Use a sharp knife to slice the roll up into pinwheels.

Stick a toothpick in each pinwheel to hold it together.

Serve immediately or place into a meal prep container for lunch throughout the week.

Nutrition Facts

Serving Size: 1 Calories: 287 Sugar: 6 Fat: 14 Carbohydrates: 26 Fiber: 6 Protein: 17



CHUCKLES

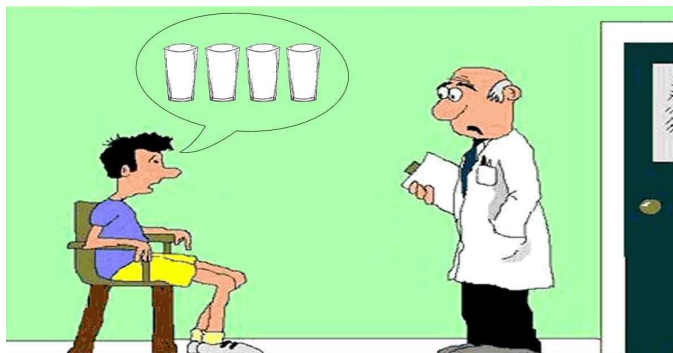


Me: aren't you gonna treat me?

Doc: I am treating you

Me: you're just staring at me

Doc: it's called silent treatment



Doctor: You should take at least 10 Glasses of water every day.

Patient: It is Impossible.

Doctor: Why?

Patient: I have only 4 Glasses at home..!

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PHOTO GALLERY



PHOTO GALLERY



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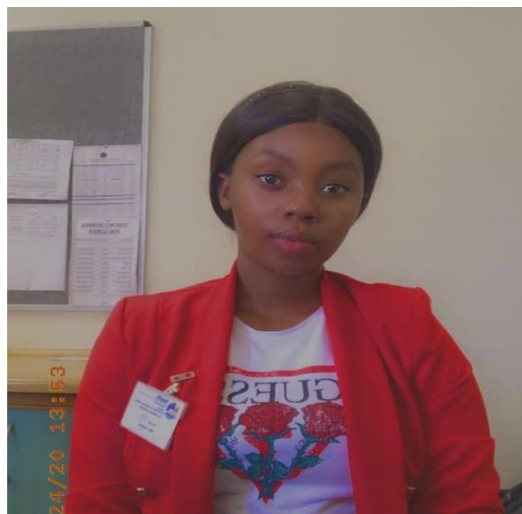
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WELCOME THE NEW PR IN-SERVE



My name is Amanda Jali from Harding KwaJali location; I'm a 23 year old raised by a single parent with 5 siblings. I chose Public Relations because it enables me to work with people and keeps me on my toes as it is a profession that requires one to be on the pulse of everything that goes on within the organization. I believe that nothing comes easy in life and that the universe favors those who never give up. When i was growing up the only careers that i was exposed to were teaching, nursing and police so it was a bit difficult to think outside the box though my dream has always been to one day be a business woman and run a company of my own. After my 1st year of studying Public Relations, i knew that my dream of running a PR agency would come true, and I would be able to hire the unemployed PR graduates. I'm now a Public Relations In-service trainee in my home town and it feels so good to be given this opportunity to learn and to

serve people in the community that i grew up in. I hope that my stay at St Andrews hospital will be a fruitful one and that I can take everything that I will learn here and apply it in my Public relations career in future.

STAFF APPOINTMENTS

NAME	RANK	DATE OF APPOINTMENT
KF Mzolo	Operational Manager-Nursing	01 October 2020
NN Cele	Admin Clerk	26 October 2020
Z Biyela	Admin Clerk	26 October 2020
YS Silangwe	Admin Clerk	26 October 2020
NM Mbotho	Admin Clerk	26 October 2020
N Bewu	General Orderly	26 October 2020
S Mbotho	General Orderly	26 October 2020
N Nsimbi	General Orderly	26 October 2020
B Luthuli	Clinical Psychologist	09 November 2020
S Selepe	Audiologist	09 November 2020
WN Mkhahane	Enrolled Nurse	10 November 2020
ZJ Mnguyane	Enrolled Nurse	10 November 2020
QJ Mntonga	Enrolled Nurse	10 November 2020
BT Mmembe	Enrolled Nursing Assistant	23 November 2020
PS Nzimande	Enrolled Nursing Assistant	23 November 2020

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COMPLIMENTS

My stay as of this far has been pleasant, all the staff has been extremely helpful and well-coming and supportive. I appreciate all the help given to my daughter and I, by the morning/midday staff of Dr Hadebe, SR Dubazane, sister Cwele, sister Phakathi and sister Mbuyisa. I wish that they carry on with their tender care and warm hearts to all patients that come here. I'd also like to thank the evening staff for taking over and keeping us up to date with all our questions.

Ngibonga kakhulu ngosizo abangiphelona abahlengikazi

Notthando abantu. Banothando kakhulu futhi

bayakucacisela lapho osuke udinga ulwazi kithona.

Ngibonga kakhulu kabalengikazi engifikele kubona

ngoba nengane yami ngihamba ngayo iphila

NGIYABONGA!!!

~~Usuku okwenzeka ngalo lokho okwenzeka ngemva~~

Nguyabonga ngiphatheke kahle indlela ebengi

Qabangelwa ngayo kodwa ngina kekelwe kahle

kakhulu



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