



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

St Andrews Hospital

St And News

STAY INFORMED

JUNE 2016

WELLNESS DAY



Active and Healthy Living !!!



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On the 13th of May 2016 St Andrews had the privilege to host its wellness day in an easy and fun way, it was guaranteed to be exciting and very rewarding. This opportunity promoted physical activity & healthy living, build community and increase opportunities for excellence

We were honored to unite participants from all over Ugu District such as Gama-lakhe, Murchison and Port Shepstone. The main objective of this campaign was to develop and appreciate the role of multidimensional wellness in the balance of life through fitness and wellness programs, provide leadership and service to the community.

Many thanks to the all team leaders, wellness team, and sponsors who dedicated themselves and made this event to be a success.

“To keep the body in good health is a duty... Otherwise we shall not be able to keep our mind strong and clear.”

#safeHANDS



Practicing hand hygiene is a simple yet effective way to prevent infections. On the 5th of May 2016 St Andrews hospital promoted the handwashing campaign under the banner ' *clean hands for zero infection* '

This event aimed at promoting Health education in hand hygiene as part of the IPC programme. Sr. Ntuzela (Quality Manager) emphasized that health care workers should lead by example, raise awareness and teach our communities about handwashing vital importance "Cleaning your hands can prevent the spread of germs, including those that are resistant to antibiotics and are becoming difficult, if not impossible, to treat' she said.



This event was a huge success, thanks to the coordinators and to every one who came with their best skill to promote hand washing.

" hand hygiene is arguably our most important life skill. So teach it well & teach it often"



UGU NURSES DAY CELEBRATION 2016

'Because being a nurse is more than just a



Nursing is not just a job, it's a calling. These were just one of the ways that nurses were described at the prestigious event held at Port Shepstone civic hall, organized by the UGU district Nursing Managers assisted by the PRO's to honor and celebrate the nursing profession, inspired by nursing legend, Florence Nightingale.

The day was aimed to celebrate the nursing profession, their achievements and milestones. This was also an opportunity for the nurses to be appreciated for the hard work and long hours that they put into their jobs in order to save lives as adequately stated by the UGU district DM, Mrs. Mkhize.

Her worship the Mayor Mrs. NH Gumede, also shared some memories of the time when she was still practicing as a nurse. She narrated an incident where she had a case against her assisting a white woman to deliver a baby during a time when black nurses were not allowed to touch a white patient. She further commended the nurses who are still able to study despite the work load of their profession and encouraged the nurses to not underestimate their profession as it is the backbone of the health discipline.

Amongst the speakers of the day was Mrs. NC Radebe who shared her testimony as a nurse. She described nursing to be a spiritual calling. She further described nurses as mothers, givers of hope, comfort and support to the patients.

Mrs. TL Ntleko, a retired nurse stated that the positions that nurse hold are given to them by God and encouraged the nurses to do their jobs exactly the way that God wants it to be done. She also spoke about the importance of taking the nursing profession back to basics and reigniting the passion that is needed to be a good nurse.

The keynote speaker Mrs. K Majola stated that Nurses are a force for change. She further discussed the career of Florence Nightingale and stressed on the fact that resilience is what turned Florence Nightingale into a force to be reckoned with. She further explained the meaning of the lamp.

The event ended by the candle lighting ceremony which was led by Mrs. M. Ndlovu and the nurses pledge. After all the formalities, the nurses and guests were treated to some refreshments

Central Chronic Medicine Dispensing and Distribution Programme (CCMDD)

The Department of health is embarking in a CCMDD program. Whose aim is to decongest facilities, reduce patient waiting times and ensuring that patients collect medicines close to where they stay and work.

To achieve these objectives, the department of health pharmaceutical services has partnered with Medipost. Medipost is a Pharmacy that is based in Pretoria. Our Hospitals and clinics send prescriptions to Medipost. On a monthly basis, Medipost will make parcels of medication that is required by the patient and send them via courier to facilities or identified pick up points.



Pick up points (PUP) can be places of work, community structures like churches; halls etc. or they can be pharmacies or doctors surgeries. The treatment is put into brown boxes and sealed; this is done in order to maintain patient confidentiality. Only patients that are stable on treatment will benefit from this program. They will be identified by our clinicians and recommended for enrolment. Patients are encouraged to enquire with clinicians if they can benefit from the program. All chronic patients including ARVs can enroll except for patients on injections with the exception of insulin. The program requires that the patient continue to adhere to treatment and collect medicines on time every month. If the patient's condition becomes unstable, the patient will be deactivated from the program until such time that the condition is stable, after which the patient can enroll again.

Enrolment is said to start in September. We hope that the first delivery of parcels will be in October or November.

We are requesting to make SUREJOY a PUP. This is because we felt that many of your staff will benefit from the program. If our request is successful, our staff will come monthly on predetermined days to hand out medicine parcels. Depending on the number of employees, the handout will take an hour or maximum two hours. We will require that you provide us with a list of patient names, ID numbers, Hospital /clinic numbers as well as an indication of which clinic or hospital the staff is attending. We do not require details of medication the patient is on .

TB DAY

St Andrews hospital in partnership with UGU TB/HIV Organisation, BROADREACH, Red Cross and Umuziwabantu Municipality launched a campaign to tackle the growing incidence of tuberculosis (TB). The campaign aimed to raise awareness and knowledge of TB in communities and also help to target high-risk communities to help break down negative stereotypes and stigmas associated with TB within these communities



‘HHAYBO WENA USE YOUR ELBOW’

St Andrews TB Ambassador Matron Singh encouraged the community to go and get tested ‘ TB is a curable disease if found in time, people should get tested early to avoid Multi-drug resistant TB (MDR-TB), symptoms are well known but the death toll is still too high ” she said

Mayor Cllr. D Nciki (Umuziwabantu) emphasized that Tuberculosis infection is a real threat and many people do not want to use health facilities allocated to them because they are mostly ashamed of what others might think or say, ‘This year we commemorates World Tuberculosis Day under the theme "finding, treating and curing TB in hard to reach communities." she complimented the Department of Health staff for their hard work and dedication.

With the emergence of resistant strains of TB, currently used medications are becoming less effective, and for some strains, treatment is extremely difficult .For you to win the battle against TB one of the main things is that you need to live a healthy lifestyle, eat proper food and do not default on your medication.



YOUR BLOOD CAN SAVE LIVES

Every day thousands of people would die if others did not donate their blood. By donating blood, you are giving a patient something money cannot buy and science cannot create

While there is only a slight increase in demand for donor blood over holidays, there is also a corresponding decrease in elective surgery during these times.

So the demand for donated blood remains pretty steady all-year round. Blood usage in South Africa is more or less at a plateau, but slight increases are visible as the population increases.

Who can donate blood?

Anyone who is over 17, weighs at least 50 kilograms and who has not donated blood in the preceding 56 days, who is healthy, not anemic, not on certain types of medication, or whose social behavior does not place them at an increased risk of transmitting the HIV or a Hepatitis Virus.

The donation process

Donating blood is a safe and simple procedure that takes about 30 minutes. All needles are new, sterile, used only once and incinerated after use.

But many people are still uncertain as to exactly what happens when you donate blood.

This is how the actual donation process works: like this:

- You will complete a donor questionnaire that includes your personal details;
- You will answer questions regarding your health and social behaviour;
- You will undergo a one-on-one interview with a staff member following the questions you answered on the donor questionnaire;
- Your iron (hemoglobin) level will be checked and your blood pressure and pulse rate will be taken; During the donation process you will donate one unit of blood (480ml), which your body will quickly replace; and
- You will receive refreshments to aid in replacing lost fluid.



After donating, eat well and increase your fluid intake for the next four to six hours. Do not smoke for at least 30 minutes. Also avoid strenuous physical exertion and lifting heavy objects with the arm used for making the donation

Contact your nearest health care facility for more information.



PICTURE GALLERY

Pharmacy CCMDD Training



UGU Nurses Day Celebration



WELLNESS



TB DAY



HANDWASHING CAMPAIGN



NEW APPOINTMENTS



<u>NAME</u>	<u>RANK</u>	<u>DATE OF APPOINTMENT</u>
<i>T E Oni</i>	<i>Doctor</i>	<i>2016-04-01</i>
<i>B P Tshezi</i>	<i>Data Capturer</i>	<i>2016-04-01</i>
<i>T Y Shibe</i>	<i>Finance Intern</i>	<i>2016-04-01</i>
<i>M L Mjaji</i>	<i>P.R.O Intern</i>	<i>2016-04-01</i>
<i>Z A Mbuthuma</i>	<i>Staff Nurse</i>	<i>2016-05-02</i>
<i>T R Ngwenya</i>	<i>Pharmacy Manager</i>	<i>2016-06-01</i>

WELCOME OUR NEW PR INTERN



Miss. M Mjaji

On behalf of our managers, supervisors and staff we welcome you into our department. As part of our team, we believe that you are going to be an asset and that you will accomplish your day-to-day tasks. We are pleased to welcome you and we look forward of working with you.



PATIENT-DOCTOR

Patient: Doctor, I have a problem. I feel unhealthy and depressed.

Doctor: You should cut down on drinks.

Patient: I don't touch a drop.

Doctor: You should cut down on smoking.

Patient: I don't smoke.

Doctor: You should stop taking drugs.

Patient: I don't do drugs.

Doctor: You should cut down on womanizing.

Patient: Haven't touched a woman in my life.

Doctor: In that case, get yourself a drink, learn to smoke, do some drugs, and find a couple of girlfriends.



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..!

Patient: "Doctor, I'm ugly."
Doctor: "You're not ugly."
Patient: "But everybody says I'm ugly!"
Doctor: "Listen, you are not ugly."
Patient: "I know I'm ugly."
Doctor: "You are a fine, strong looking man."
Patient: "I'm a woman."

MEET THE TEAM



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