



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

St Andrews Hospital

St And News

STAY INFORMED

JUNE 2019

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Kwambotho clinic hosted a successful "she conquers" event which saw beautiful young girls showing off their heritage..... Read more on page 08



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Kwambotho Youth Dialogue



On the 12th April 2019 St Andrews hospital's Crisis Center team visited the Kwambotho area with the intention of educating the youth about the dangers of teenage pregnancy and how it can be prevented as well as creating an awareness about the detrimental effects of drug abuse. The team which was led by Sr. Mngomeni (Kwambotho Clinic Operational manager) took some time away from their day to day duties and reached out to the youth.

Love Life Support Group was also present and they led the group of youngsters in song as an icebreaker before the official dialogue began.

The team from love life also facilitated a pop quiz in order to determine how much the learners knew about the topic that was to be discussed. Love Life support group member expressed the importance of condom usage and she also shared that the best way to avoid getting pregnant is abstinence. Condoms protect one from pregnancy and diseases while abstinence is the best because one is 100% sure that they are safe from diseases. Sr Mngomeni stated how having a baby at a young stage (when your body is not fully developed) can affect your health, education, family etc. "Having a baby makes you tired and you tend to have sleepless nights" by these words the kids saw the light in discovering how difficult it would be to learn for an exam or a test when you're so busy taking care of the baby, also expanded on the use of contraceptives. She mentioned that this normally takes place when you're in puberty stage, there are certain tablets, injections and implants that one can take to prevent pregnancy but they are not advised for under age children because they can have dangerous side effects, the children were then advised to visit clinics to get knowledge before taking any contraceptives. Mahelane High School entertained us with an educational stage play, where they gave us spot check on what they know about drug abuse, outcomes of substance abuse.

The programme director concluded the event by asking Mahelani High School, Mlotshwa Secondary and Subuthe Primary learners a few questions just to check if they had understood the day's lesson. Sr. Mngomeni expressed her appreciation and gratitude to the teachers and the management of the three schools for allowing them the opportunity to educate the learners about teenage pregnancy issue and drug abuse.



SAH Pre-Passover service

Passover is a time of the year when all Christians celebrate the death and resurrection of our Lord Jesus Christ. During this time Christians around the country have services to commemorate this special event that allowed every person on the earth to be able to be made right with God thus gaining the right to be called the children of God. This year It was the vision of the CEO of St Andrews Hospital, Ms. MM Vane, that before the Passover weekend begins, there needed to be a service at the institution to benefit those employees who would be on duty during the Passover weekend and would not be able to attend services at their respective churches. The CEO further stated that she saw that within the institution there were a number of staff members who were gifted when it came to the preaching of Gods word. The CEO then felt that because of the environment that we work in, the staff members truly needed motivation with the word of God. Stating that we work in an environment where we are constantly surrounded by sick people, some staff members witness the death of patients as well as having to comfort and give hope to depressed family members.



Ms. NV Ndlovu (HR Manager)

Mrs Cele (EAP) the organized the event with assistance from the HCF members. It was indeed a wonderful time in the presence of the Lord where the staff members of St Andrews hospital were gathered together in worshipping God and listening to the 7 words of Jesus on the cross, delivered by St Andrews hospital staff members and 2 local pastors. The St Andrews staff is blessed to have a woman of God as our leader. A woman who not only ensures the smooth running of the institution but also cares for the overall wellbeing of the staff.

This service was attended by management, all categories of staff and some community members, who were all blessed, motivated and encouraged by the service.



Some of the staff members during the service



Mrs Cele (EAP) MC for the day



SAH Handwashing Campaign

On the 31 of March 2019, St Andrews hospital led by Sr Shazi (Infection Prevention & Control) conducted a campaign in order to promote hand hygiene. The aim of proper handwashing is to prevent the spread of germs within the institution and in our community. During her handwashing demonstration, Sr. Shazi stated that hand hygiene is the most important way to prevent the spread of germs, and that using the correct handwashing steps can prevent contamination. Sr. Shazi also taught the border mother's at the children's ward about when and how to wash their hands properly "As you touch people, surfaces and objects throughout the day, you accumulate germs on your hands. In turn, you can infect yourself with these germs by touching your eyes, nose or mouth. Although it is impossible to keep your hands germ-free, washing your hands frequently can help limit the transfer of bacteria, viruses and other microbes. Always wash your hands before, preparing food or eating, treating wounds, giving medicine, or caring for a sick or an injured person, blowing your nose, coughing or sneezing into your hands, using the toilet or changing a diaper and Inserting or removing contact lenses." Said Sr Shazi also added that it is generally best to wash your hands with soap and water.

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Handwashing steps to follow

- ◆ Wet your hands with running water - either warm or cold. Apply liquid, bar or powder soap.
- ◆ Lather well.
- ◆ Rub your hands vigorously for at least 20 seconds. Remember to scrub all surfaces, including the backs of your hands, wrists, between your fingers and under your fingernails. Rinse well.
- ◆ Dry your hands with a clean or disposable towel or air dryer. If possible, use a towel or your elbow to turn off the faucet.



HEALTH MATTERS

JUNE — NATIONAL BLOOD DONOR MONTH

June is dedicated to blood donors. Without them and their contribution to blood donation, lives would be lost.

World blood donor day is commemorated annually on 14 June in a global celebration of the millions of people throughout the world who give their blood on a voluntary, unpaid basis to save the lives of those in need.

Donating just a unit of blood saves lives of those who are in desperate need of blood. Below are a few requirements that one needs to meet in order to be able to become a blood donor:-

Minimum Requirements to be a blood donor

- A first time donor has to be between the ages of 16 and 75 years of age.
- Minimum weight has to be 50kgs
- You have to be in good health
- Lead a low risk lifestyle
- Consider your blood safe for transfusion
- You have had a balanced meal within 4 hours of donating blood
- You have not donated blood in the last 56 days
- Your pulse is between 50-100 regular beats per minute
- Your blood pressure is below 180systolic and below 100 diastolic
- Your heamoglobin level is 12.5 g/dL or above.

For more information on blood donation and the nearest place to donate, contact SANBS on the following website:- www.sanbs.org.za



Weza Clinic TB Screening Campaign

**HAYBO
WENA**



TB is a dangerous yet curable disease if detected early. On the 4th and 5th of May 2019 the staff of Simunye clinic conducted a TB awareness campaign at Weza clinic, this campaign was aimed at raising awareness about the fast spreading disease which affects most people in our communities today. Many people lose their lives without even knowing that they are infected with TB because in most cases people are afraid to come to the hospital and get tested. The people who attended the campaign were encouraged to get tested and to also share the importance of getting tested for TB with their

family, friends and communities. The audience members were informed about the signs and symptoms of TB, the different types of TB were explained and how each type of TB affects our lives. The dangers of defaulting the medication were unpacked because many deaths are caused by defaulting. “Once you stop taking your medication, the TB travels extra fast and affects other organs of your body” stated Sir Masondo. The treatment for TB is free and it is vital that once a person has been diagnosed with the virus they begin treatment and follow the doctor’s orders thoroughly with regards to the management of TB. In conclusion Sir Madoda also stated that drinking and smoking are not good for health purposes and it then worsens the situation if one is infected with TB. Sputum jars were then handed out to the audience in order for them to be tested for TB.



SAH WELLNESS EVENT

On the 07th of June 2019 St Andrews Hospital had the privilege of hosting a wellness sports day. It was guaranteed to be exciting and very rewarding day for all staff members who were able to get away from their daily duties and participate in this refreshing event. The employee wellness programme promotes physical activity and a healthy lifestyle, building teamwork and interpersonal relations amongst the staff members.



Sport is a beautiful way to get active and to get to know one another better. This was an opportunity for individuals from different departments to interact and get to know each other better. The most interesting part was that none of the sporting codes had trained beforehand, and all employees got a chance to play each sport for the first time as a result there were a lot of flips and falls and rolling on the grass, which was all part of letting our hair down and allowing our inner child to come out and play.

On behalf of the St Andrews Hospital Staff, we thank the wellness team for organizing such a beautiful day for the staff. Thank you to Murchison hospital, department of education, Harding SAPS, Checkout, Gamalakhe CHC and Harding Sundowns soccer team for being a part of our wellness day.



Health & Wellness

SHE CONQUERS CAMPAIGN



The “She Conquers” initiative was birthed by the ex- MEC for Health, Dr. Sibongiseni Dhlomo, the aim of this campaign is to improve the lives of adolescent girls and young women in South Africa.

On the 26th of June 2019 the KwaMbotho Clinic team visited the Kwambotho community at Umkangala hall with the intention of spreading the “she conquers” message and to empower the adolescent girls and young women in the Kwambotho area.

A big part of the event was to also reward the young girls between the

ages of 21-25 years who had abstained from sex and were still virgins and to also encourage adolescent to abstain from sexual activities until they are married. Abstinence can save them from the high rate of teenage pregnancy, (KwaMbotho clinic has seen 26 pregnant teenagers during the financial year 2018/19) which leads to young girls dropping out of school and from being infected with HIV & AIDS. Sr Mngomeni (Clinic Operational Manager) stated that they also visit the local schools as department of health and other multi- teams such Harding Youth Society and SAPS to promote abstinence and to teach about the dangers of alcohol & drug abuse. Sr. Mngomeni stated that she wishes that the community could form programmes which educate young boys and ensure that they are guided into becoming principled men, a platform where the young boys will also be taught about their role as men in the community. She also mentioning that they are training young girls to become better women but on boys side it lacking. Sr Mngomeni also stated that at the clinic they have session called the happy hour where Sr Hlophe assist youth with health talks and also provides a platform where the youth is able to discuss any challenges they may be facing so that they can get assistance. As the event proceeded, the young girls took to the stage to render items as a form of entertainment, traditional songs and dance were the order of the day. We also witnessed a 25 years old virgin being rewarded for keeping her virginity and for being a positive example to the younger girls. Sr. Mngomeni thanked the SAPS, department of social development and the Kwambotho community for making this event a huge success.



NEW APPOINTMENTS



NAME	RANK	DATE OF APPOINTMENT
N. Msongelwa	Operational Manager (Casualty)	01 May 2019
NP Mthimkhulu	Operational Manager (Maternity)	01 May 2019
NP Ngcobo	Operational Manager (Simunye Clinic)	01 May 2019
B. Mancini	Pharmacist Assistant	01 May 2019
SR. Ngcongco	Pharmacist Assistant	01 May 2019
M. Mkhungo	Pharmacist	01 May 2019



JOB ADVICE

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



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COMPLIMENTS RECEIVED

Dear CEO and Manager of st Andrews

On the 15th of May, at about 15h00 my son was admitted to st Andrews hospital. The time we entered casually the staff was amazing. My son was having short breath and weak, he had recently (5 days) been discharged from p/s hospital but without any improvement and had become worse in spite of the medication. We met Dr B Hadebe in casualty and 2 other RN's and ENA who were amazingly comforting and smiling for the family and patients. Without any waste of time Dr Hadebe did an investigation and ordered to admit the patient for further management. Even when we entered ward A, no one from the nurses pulled their faces but they smiled instead and took him for admission. My son was discovered by Dr Ngoeie and his team that the right lung had pus and air and they inserted the intercostal drain and since then to date he is much better . I will never forget st Andrews Hospital's competent health workers. The service we received really lifted our spirits and the following staff members are the best always: Dr Ngoeie, Dr B Hadebe, Sr Shezi, Sr Luqhide, Sr Ngobese, Sr Dlamini, Sr Mthembu Sr Phakathi(casualty), EN Zondi, EN Mpofana, EN Cele (casualty), ENA Mkhize, ENA Cwele, and ENA Mpofana and all general workers in A ward.

Thank you and Keep up the good work.
Regards: Thandi Vezi

Indawo othole kuyo usizo (e.g ward no, reception, pharmacy)
Inombolo ye file yakho

CASUALTY & X-RAY

Sicela uchaze kabanzi ngesikhalazo noma Isincomo noma umbono wakho

Usuku okwenzeka ngalo lokhu okhalaza ngakho:

I was attending SPORT DAY at HARBING then I got injured on the field and they took me to ST ANDREW'S HOSPITAL and I received an excellent treatment in staff and doctors, the courtesy was very in order, even the smile was very exquisite, even in the X-RAY were very humbled.

KEEP UP THE GOOD WORK GUYS!!!

NGCOBO, NZIMAKWE, NDADANE, PHENA MDINTLWA, DONCABE DR DLIBE together with their colleagues that were on duty on the 07 June 2019, Afternoon.

EMPLOYEE OF THE MONTH



Sir Gubela (E-ward, Operational Manager) & Employee of the month Sr. ZF Ngwazi



Sir Gubela (E-ward, Operational Manager) & Employee of the month Mr. E Jali



OPD Employee of the month Sir Cele



Batho Pele

Together beating the drum for service delivery





CHUCKLES

Son: I Don't Want To Go School Ma!
All The Teachers Think I Am Stupid
&
The Kids Hate Me.



Mom: No!
You Should Go, Because You
Are The
"Principal"



www.shutterstock.com 564985714

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..!

Question By A STUDENT !!



If A Single Teacher Can't
Teach Us All The Subjects,
Then..
How Could You Expect
A Single Student To
Learn All Subjects??

InstantHumour.com



PICTURE GALLERY

Kwambotho Youth Dialogue



St Andrews Hospital Pre-Passover Service



PICTURE GALLERY

KWAMBOTHO, "SHE CONQUIRES" EVENT



St ANDREWS HOSPITAL WELLNESS DAY EVENT



ACKNOWLEDGEMENTS



Mrs. T P Nxumalo (PRO)



Ms. ZT Myeni (PR Intern)
Photographer



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