



**health**

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

# St Andrews Hospital

# St Andrews Times

# NEWS

STAY INFORMED

March 2016

# MMC CAMPAIGN SUCCESS

## MMC Campaign

Male circumcision is an act that has been happening for centuries in our country and it is an initiative that is of the utmost importance. As the department of health, we strongly support this initiative and On 04 March 2016. St Andrews Hospital successfully hosted a Medical Male Circumcision campaign, headed by Matron Gasa and her team, with some assistance from SACTWU. 200 boys were recruited from the schools in Umuziwabantu Municipality. The young men were also informed about the importance of MMC.

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MMC Campaign At St Andrews Hospital



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**Students at Sehole listening attentively**

## Teenage Pregnancy week

With the intention of spreading the word throughout the entire community (particularly schools) on the causes, dangers and prevention of teenage pregnancy during the National teenage pregnancy week, on the 10<sup>th</sup> January 2016 St Andrews hospital's social workers, their intern and five of our student doctors took the initiative to go out to Sehole Primary school and educate the learners on the very sensitive issue that affect most of our teenagers nowadays.

Simiso Nikwe, one of our student doctors introduced the topic for the day and performed spot checks to check if the children are alert on this topic and the learners responded positively but still needed more knowledge on the issue. Hortencia Singh 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.

Pinky Ntaka (SW Intern) expressed the importance of condom usage and she elaborated 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.

Simone Ryland 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.

Lindokuhle concluded by spot checking if the learners understood the lesson. The St. Andrews Social workers passed on their great word of appreciation to the teachers and the entire staff for allowing an opportunity for the children to be streetwise on the teenage pregnancy issue.



**Sr. Maquthu, Matron Singh and Matron Gasa**

## Farewell Sister Maqutu (Quality Manager)

On the 25<sup>th</sup> February 2016, St Andrews hospital had to bid farewell to the lady that breathes, talks, walks and lives Quality! Sr. Maqutu started working as a Quality Manager on the 1<sup>st</sup> May 2012 and has showed commitment ever since. It was a bittersweet moment for all the attendees as Sr. Maqutu dealt with each and every department in the institution. Mr. Sibiya opened with the word of God and gave the lady of the moment 'Joshua 1:8' to take with her as she embarks on a new journey. Matron Karuhije announced to the audience that Sr. Maqutu is transferring on promotion and what a pleasure it has been to have this hardworking and dedicated individual at St. Andrews hospital. Sr. Sapu stated that the OM's performed at their level best because they were supervised by Sr. Maqutu and today they know Quality because of her, she congratulated and wished her well on her new journey.

Matron Edonga who is her former supervisor took us back to the 1<sup>st</sup> day they met, she expressed the hard work, enthusiasm and dedication that Maqutu had and that it had never changed up until the point where she had to leave. "Maqutu took the Quality program and uplifted the standard" The Client Satisfaction rates went up, NCS, Adverse events improved. Innovations were established e.g. NCS champions etc. The Eastern Cape Province benchmarked from this hospital, she helped us to win 1<sup>st</sup> place in MASEA. She loved Quality and didn't hesitate to take anything less than the Quality standard. She gave support to the clinics. Interprovincial assessments have started in clinics because of her support. Her fingerprints are left behind. The clinics are compliant because of her good problem solving skills. She was advised to work with the team and not against them in her new venture.

In reply Sr. Maqutu thanked the Management and staff for allowing her room to grow and her supervisor specifically for all the advice and her treatment. 'Job satisfaction is not about salary but about the satisfaction in the environment and people you work with' concluded Sr. Maqutu.



**Matron Gasa, staff and some of the boys during the MMC campaign**

## MMC Campaign

Although 200 boys were recruited for MMC, only 147 were done and the others were sent home due to medical reasons and some absconded.

We appreciate everyone who worked hard to ensure that this campaign was a huge success. Let us continue to spread the gospel of Medical Male Circumcision, it can save a life.

### **Facts About MMC**

Medical male circumcision is the complete surgical removal of the foreskin covering the head of the penis under local anaesthesia. It is performed in a sterile setting by trained doctors and nurses. The operation takes between 20 and 30 minutes. There may be some bleeding and a little pain, but that is all. The risks are minimal.

Patients are discharged immediately after they receive their medication and come back for check-ups.

- Reduces the risks of acquiring sexually transmitted diseases, including HIV
- Improves your hygiene.
- Is provided by the Department of Health at no charge
- Does not affect the size of your penis and your sex drive.
- Results in moderate pain after the operation.



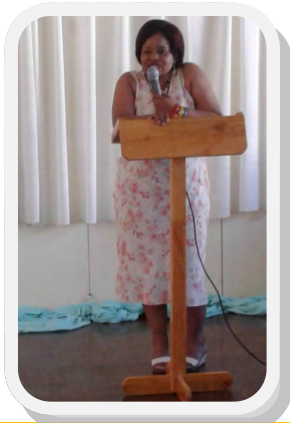
**Top: Volleyball, bottom left: Shumpu, Bottom Right: iscathamiya**

## St Andrews Hospital Sports Day

On 11 of March 2016, St Andrews Hospital had its wellness day organized by the wellness committee and a little surprise Scathamiya performance for the ladies in celebration of women's day. The day started with the Scathamiya group serenading the ladies with some music then we made our way to the grounds to begin the days events. Amongst the games that were played on the day were, Volleyball, soccer , netball, tug of war and Shumpu.

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 letting the children inside of us come out and play.





**Top: Audience, bottom: Miss Ndlovu, Mr. Govender and Dr. Lumeya**

## Open Day

An Open day is a day where the public is invited into our institution to learn more about the services that we offer as well as also to get clarity on any issues that both the public and the Hospital might have. This is important as it helps the institution to know if there are any gaps in our service delivery. It also a day where the members of the public get to share ideas with the Hospital management on making our services better, because as an institution, we are here to serve the community and to ensure that they receive the best quality of health care.

The day began with staff members from different departments in our institution presenting about their departments and the challenges that they face to the community which was followed by a question and answer session which was managed by our MC for the day, Miss NV Ndlovu (HR Manager).

Amongst those who attended the open day event were, religious leader, Pst Nero, Traditional healers, Clinic Committee members from our clinics, izindunas and amakhosi. We appreciate each and every person that attended and gave input on how we can improve our services.



**Clients at Gateway Clinic during the TB awareness campaign**

## TB Awareness Campaign

TB is a dangerous yet curable disease if found in time. The month of March is TB month and nurse Mlima from our Simunye clinic together with our Gateway clinic staff conducted a campaign aimed at raising awareness with regards to the fast spreading disease which affects most people from our society today. Many people lose their lives without even knowing that they are infected because in most cases people are scared to come to the hospital and get tested, due to this reason, people were encouraged to get tested and spread the word in their communities i.e. the importance of getting tested for TB.

The audience members were informed about the signs and symptoms of TB, the different types of Tb were explained thoroughly, how it affects our lives in their various different ways. It was explained which type of TB leads patients into using orthopedic shoes etc. The dangers of defaulting the medication was instilled because many deaths are caused by such. "Once you stop taking your medication, the TB travels extra fast and affects other organs of your body" stated nurse Mlima. The audience was encouraged to spread the word out in their communities, encourage neighbors and family members (with symptoms) to get tested at an early stage.

The treatment is free of charge and do not delay in starting the treatment but it is vital to follow what you have been told by the doctor as is. The stages of TB were thoroughly explained and in conclusion Mlima mentioned that drinking and smoking are not good for health purposes and it then worsens the situation if one is infected with TB. The audience was also trained on HIV/AIDS. They were asked to encourage and support people that are infected.

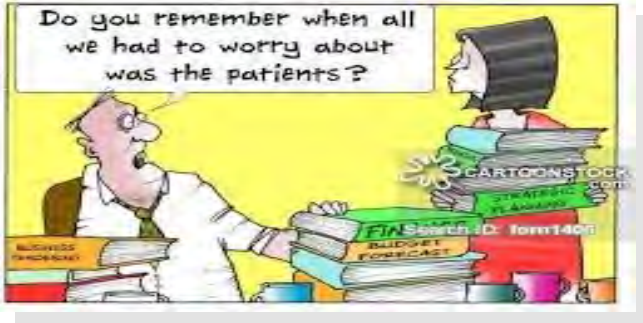
\*Pamphlets were handed out for more knowledge on TB.

### PERIL OF DELIVERY THROUGH C-SECTION

An estimated 1 in 4 South African women deliver their babies through C-section. This far exceeds the WHO's recommended maximum of 15% of Caesareans per country. According to the ministry of health, at least 70% of those births in SA were from the private sector. Just less than 20% were done in public hospitals, in a trend Health Minister Dr. Aaron Motsoaledi attributes to a commercially driven procedure as opposed to one that has anything to do with the lives of the mother and baby.

NATURAL BIRTH	CAESAREAN SECTION
A natural birth is the vaginal delivery of the baby upon full labour, after which the baby is placed on the mother's chest while she is being stitched for any tearing.	A caesarean birth is the surgical removal of a baby through incisions on the abdomen and uterus of a pregnant mother
With natural birth there is immediate contact between mother and baby.	The baby is pulled out and suctioned, the umbilical cord is clamped while the mother is cleaned up, the placenta removed, uterus stitched and abdominal incision closed. Bleeding must be stopped and blood administrated.
Breastfeeding can be initiated almost immediately, vaginal muscles squeeze fluid out of the baby's lungs and clear breathing passages.	C-Section represents 4 times the risk of death from bleeding during and after the operation, longer hospital stays, prolonged pain and discomfort, confinement after discharge from hospital and delayed initiation of breastfeeding
An early dose of good bacteria is contracted by the baby through the birth canal, to boost the baby's immune system and to protect the intestinal tracts.	Long-term problems include greater risks of future pregnancy complication like uterine rupture and placenta abnormalities.

## GIGGLES





## New Appointments

<b>Name</b>	<b>Position</b>	<b>Date Of Employment</b>
Ngxabi B	Medical Officer	20160101
Nzimakwe TG	Professional Nurse	20160101
Malevu ZS	Professional Nurse	20160101
Hlophe PS	Staff Nurse	20160101
Rosho CM	Operational Manager	20160101
Mnguni NO	Clinical Nurse Practitioner	20160101
Ndatyana K	Professional Nurse	20160101
Mkhwanazi ZN	Professional Nurse	20160101
Mpiana MM	Medical Officer	20160101
Cele KM	Professional Nurse	20160101
Ngcobo BS	Staff Nurse	20160101
Mthembu ES	Supply Chain Mngt	20160101
Mpisi ZM	General Orderly	20160201
Mbanjwa NM	Data Capturer	20160301
Malishe JJ	Data Capturer	20160301
Dlamini NZ	Data Capturer	20160301
Mazongolo R	Data Capturer	20160301
Njisane L	Data Capturer	20160301
Satshwa P	Data Capturer	20160301
Nondabula ZZ	Clinical Nurse Practitioner	20160301
Madubela LM	Data Capturer	20160301
Gansa MB	Data Capturer	20160301
Nompumza AAE	Data Capturer	20160301
Shezi N	Data Capturer	20160301



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.

# ACKNOWLEDGEMENTS



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