



**health**

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

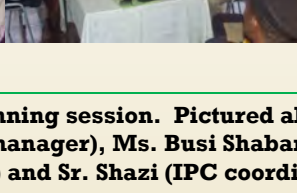
# St Andrews Hospital

## St and News

STAY INFORMED

MARCH 2018

### 2018/19 OPERATIONAL PLANNING SESSION



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One of the groups during the group activities at the OPS Planning session. Pictured above from left to right are: Thandeka Nxumalo (PRO), Sr. Ntuzela (Quality Assurance manager), Ms. Busi Shabane (Children's ward clerk) Ma-tron Singh (Deputy nursing manager), Ms. Sphiwe Jele (FIO) and Sr. Shazi (IPC coordinator).



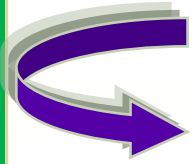
South African's take on the Listeriosis outbreak



Sukuma Sakhe session at KwaMachi



Happy Hour at KwaMbotho Clinic with MEC for Health



## HAPPY HOUR WITH MEC @ KWAMBOTHO CLINIC

The youth at KwaMbotho were delighted when MEC Dr. Sibongiseni Dhlomo visited their Clinic on the 22<sup>nd</sup> of February 2018. The main aim of the visit was to see if the youth make use of the Happy hour, a programme where youth can visit the clinic from 15:00 to 16:00 and discuss any health related issues with the nurses. The programme has been helpful to the youth of KwaMbotho as they testified on this day.



The MEC was accompanied by Department of Health workers, Miss Zanele Hlatshwayo (Provincial Director: Youth, Gender and Transformation), Mrs. Mkhize (Ugu Health District Director), and Ms. Vane (St Andrews Hospital CEO). Traditional leadership from KwaMbotho were also present together with Clinic Board members to honor the visit of the MEC to their clinic.

On this day MEC insisted that the young girls and boys should be the one that do the talking and they (as officials) will listen to their concerns. The youth affirmed that they make use of happy hour, they stated that they are now having freedom of visiting clinic without fear and knowing very well that they will receive a warm welcome and learn some new things about their health. "Happy hour gives us a freedom to talk about the things that we couldn't talk about with our parents, it gives us an opportunity to learn on how we must conduct ourselves at home and in the community", said one of the learners.

Responding to the youth MEC expressed his gratitude to the youth by using the facility, he also pleaded that they put education as their first priority and never engage in unnecessary activities like drugs, sex and crime as this can jeopardize their future. He further thanked the nurses for their good work.

Ms. Vane, Mrs. Mkhize and Mr. Skhosana (iNduna) thanked the MEC for a visit and Miss Hlatshwayo complimented the clinic for its implementation of the "Happy Hour" as it is the programme launched at her office.

The session was filled with joy as the kids were singing traditional songs with messages that motivates "ukuziphatha kahle".



MEC for Health Dr. Sibongiseni Dhlomo, Izinduna, Clinic Committee, Mrs. Mkhize (UGU district director), Ms. Vane (St Andrews Hospital CEO) and the community of KwaMbotho after short discussion session with youth.



## 2018/19 - OPS PLANNING SESSION



**O**n the 12<sup>th</sup> and 13<sup>th</sup> of February 2018 St Andrews held its Annual Operational Planning Session aimed at planning for the financial year ahead. The session was informative as it started by discussing the achievements and challenges faced in the previous financial year. Opening the Session, Hospital CEO Ms. Vane welcomed the members of the community, traditional healers and the representative from traditional leadership.

She motivated the St. Andrews staff to work with passion and show courtesy to Clients at all times. Miss Ndlovu Human Resource Manager as a programme director expressed a word of gratitude to all people who were participating on this two-day session.



Ugu Health District Monitoring and Evaluation Deputy manager Mrs. Govender demonstrated how teams should go about presenting their plans using the relevant templates.

## SUKUMA SAKHE @ KWAMACHI SCHOOLS AND KWAMBOTHO



Mdulashe High School and Siyaphambili High School pupils got an exciting opportunity when they were visited by Government departments on the 19<sup>th</sup> and 21<sup>st</sup> February 2018 respectively. Sukuma Sakhe committee at KwaMachi saw that there is a need to facilitate this initiative and invited the departments to reach out to these schools.

Sr. Nogwina, Mrs. Bhili and Sister Ncayiyana ensured that they leave their workplace and partake in this visits to educate pupils on issues such as teenage pregnancy and drug abuse. At Mdulashe High School Sr. Nogwina taught pupils about the dangers of getting pregnant to pupils under the age of 21. She urged them not to practice sex at young age as this may lead to abnormalities in the future. She further stated that girls giving birth at early stage normally suffer from cervical cancer at their adult hood. The pupils asked questions about these issue and Sr. Nogwina was so happy to answer them and motivating them to actually focus on their education first as this will ensure them a brighter future. Sr. Ncayiyana also expressed the same words at Siyaphambili High School, she emphasized that at Crisis Centre they deal with a lot of cases of teenagers facing problems caused by falling pregnant at their age. Mrs. Bhili (Hospital Social Worker) warned the students about drug and substance abuse as the issue that have negative impact in the society, she defined this habit as life threatening and can lead to immoral behaviour . Other departments also taught the pupils about different topics such as career opportunities, starting business and the importance of registering to vote for next elections. Mrs. Magwala (educator at Siyaphambili) thanked all the stakeholders for the this insightful sessions.

### KWAMBOTHO ESABELWENI VISIT

St Andrews Hospital together with various government departments within the Umuziwa-bantu Municipality once again visited the KwaMbotho community (ESabelweni) to inform and educate them on how they can access services. The initiative was so insightful, the young school kids (from UMzimkhulu Primary School) and members of the community gathered at the Church and were educated about the various social issues. Sister Mkhashana (from Crisis Centre) spoke about the dangers of rape and ensured that children know what to do if they happen to be the victims of rape. She told the kids to report anyone who rapes or attempts to rape them to their parents, friends, teachers or police to ensure that such incidents are reported. She encouraged the community to make use of Crisis Centre, Police and Social Development. Mrs. Bhili (Social Worker) addressed parents on how they can become a part of their children's life. She said it's every parent's duty to see if the child is mentally, physically and emotionally stable at all times. This can help on reducing the rate of unreported rape and assault cases. Department of Social Development also warned the community about the dangers of drugs and substance abuse. Mr Mbotho (from DSD) said that DSD is well prepared to help drug addicts by sending them to rehabilitation centers without charging any fee. The community was then encouraged to make use of the department services as it is there for them. Mr Mazibuko from Environmental Health division enlightened the community about Listeriosis.

Closing the ceremony Mr Ngwane and Mr Cebisa (Hospital Board members) outlined that community must make use of available facilities and should not be afraid to raise their concerns using the relevant protocols. The community showed much appreciation; they thanked the departments for this visit and urged that they should be done often.





# Listeriosis

Since National Health Minister, Dr. Aaron Motsoaledi made an announcement about Listeriosis outbreak on the 4th of March, South Africans made jokes about it especially in the social media. The outbreak of this pandemic is traced on certain meat products, such as polonies, Vienna, Russians, frankfurters, and cold meat. People on social media made fun of this but it was indeed a serious case as 172 people reportedly died from Listeriosis. The Minister of health urged all consumers to remove specific products from refrigerator's and clean them as the bacteria can hide in freezers. Please take a look at some of the memes that South Africans came up with.



Russian Roulette in 2018



South Africa is too much. A foreign family took control of the state, a city surrounded by water has no water, the third largest political party is determining the national agenda and polony is killing us.

Thought this was going to be a lekker year; just to now find out that my vienna chip roll actually wants to kill me.

Is your Partner Or Spouse Cheating on You???



Dont Compromise, Serve Enterprise...

The Fall of Kota #Listeriosis



Goodbye my friend 😞

Listeriosis looks beautiful 😍

#Listeriosis



## HEALTH MATTERS

### MARCH — TB AWARENESS MONTH



# MARCH IS TB MONTH

About one third of the world's population is infected with tuberculosis (TB) bacteria. Only a small proportion of those infected will become sick with TB. People with weakened immune systems have a much greater risk of falling ill from TB. A person living with HIV is about 26 to 31 times more likely to develop active TB.

One of the targets of the Sustainable Development Goals for 2030 is to end the global TB epidemic. The WHO *"End TB Strategy"*, approved by the World Health Assembly in 2014, calls for a 90% reduction in TB deaths and an 80% reduction in the TB incidence rate by 2030, compared with 2015.

New data from WHO reveal that the global TB burden is higher than previously estimated. Countries need to move much faster to prevent, detect and treat TB if the "End TB Strategy" targets are to be achieved in the next 15 years.

### Key facts

- Tuberculosis (TB) is one of the top 10 causes of death worldwide.
- In 2015, 10.4 million people fell ill with TB and 1.8 million died from the disease (including 0.4 million among people with HIV). Over 95% of TB deaths occur in low- and middle-income countries.
- Six countries account for 60% of the total, with India leading the count, followed by Indonesia, China, Nigeria, Pakistan and South Africa.
- In 2015, an estimated 1 million children became ill with TB and 170 000 children died of TB (excluding children with HIV).
- TB is a leading killer of HIV-positive people: in 2015, 35% of HIV deaths were due to TB.
- Globally in 2015, an estimated 480 000 people developed multidrug-resistant TB (MDR-TB).
- TB incidence has fallen by an average of 1.5% per year since 2000. This needs to accelerate to a 4–5% annual decline to reach the 2020 milestones of the *"End TB Strategy"*.
- An estimated 49 million lives were saved through TB diagnosis and treatment between 2000 and 2015.

Ending the TB epidemic by 2030 is among the health targets of the newly adopted Sustainable Development Goals



## Reach for a dream visited Pediatrics ward



**O**n Wednesday 14 March 2018. St Andrews hospital was visited by Members of the Reach For a Dream foundation. The team came to give gifts to the children admitted at the Pediatric department. Ms. Kerry Donkin presented the goodies to the kids and the gifts definitely did brighten up the kid's faces. The staff, Parents and their children gathered to sing a song in appreciation of the gifts and goodies that were received.

Ms. Kerry Donkin stated that at the Reach for a Dream foundation, they deal with children who suffer from Life Threatening illnesses, between the ages of 3 and 18 years of age. Their role is to fulfil the dreams of children who have these illnesses. Dreams vary from child to child, and they don't deal with medical fees or social needs, such as food, transport, medicine etc. The aim is through the power of a dream, to inspire hope, she also requested the staff to let them know if there are any children who suffer from the following illness . Aplastic Anaemia, autoimmune hepatitis, bone marrow transplant, bowel cancer, brain tumor, cancer of the bladder, cancer of the kidney, cancer of the rectum, choriocarcinoma, chronic liver disease, gliomas, HIV(cd4 count below 200), heart transplant, liver transplant, liver cancer, osteopetrosis, pulmonaryblastoma, spinal tumor, spinal muscular atrophy, testicular cancer, uterine cancer, etc. Matron Magubane thanked everyone for their Presence and for taking care of these special kids and appreciated the visitors who made this day possible.



# SMOOTHIE THAT WILL BOOST YOUR IMMUNE DURING WINTER

'We are what we eat'



## CARROT AND PEAR SUPER JUICE

### Ingredients

- 5 large carrots
- 2 medium apples
- 1 medium pear
- 1/4 of fresh ginger roots
- 1 tablespoon of fresh mint leaves

### Method

In juice blender, add the fruits and carrots. Remember to cut them into smaller pieces so that they are easy to juice.

Once the carrots, pear have been juiced, add the 1/4 root of ginger and fresh mint leaves and blend.

Serve cold...



## Grape Smoothie

### Ingredients

- 1 teaspoon chia seed,
- 2 scoops protein powder (vanilla flavor),
- 1 and a half cups seedless red or purple grapes
- Half a cup blueberries

1 teaspoon flaxseed oil

Half a cup water

### Method

Blend all these ingredients together and serve with kiwi fruit garnish

# Healthy Winter Detox Diet

## Say yes to...

- Simple, Nutrient Dense Foods
- Cooked Root Vegetables
- Grass Fed Meats
- Cold Water Fish (Salmon)
- Farm Fresh Eggs
- Cooked Greens (Kale, Collards, etc)
- Winter Squash
- Healthy Fats
- Bone Broth Soups
- Fermented Foods
- Bitters with Meals
- Warming Spices (Garlic, Ginger, Cinnamon, Pepper)
- Immune Supporting Herbs (Astragalus, Reishi, Cordyceps)

## Avoid

- Cold Foods
- Ice water
- Excess Raw Foods
- Cold Dairy Products
- Processed Foods
- Sugar
- Excess Alcohol
- Cereal Grains
- Vegetable Oils (Canola, Sunflower)

[www.HerbalRemediesAdvice.org](http://www.HerbalRemediesAdvice.org)



## PATIENT EXPERIENCE OF CARE RESULTS

### INPATIENT OVERALL RATINGS FEBRUARY 2018 - 98%



### OUTPATIENT OVERALL RATINGS FEBRUARY 2018



### COMPLAINTS RESOLUTION

During the 4th quarter we received complaints under the following categories:-

6 Waiting time

352 compliments were received .

# NEW APPOINTMENTS



NAME	RANK	DATE OF APPOINTMENT
RX Hlophe	Nursing Assistant	01 January 2018
NI Ngubelanga	Nursing Assistant	01 January 2018
GH Mthembu	Staff Nurse	01 January 2018
LP Ntozakhe	Staff Nurse	01 January 2018
GM Maila	Diag. Radiographer (com Serve)	01 January 2018
PL Laloo	Speech therapist (com Serve)	01 January 2018
MT Mileva	Occupational Therapist (Com. Serve)	01 January 2018
MC Mdlaka	Physiotherapist (Com. Serve)	01 January 2018
L Labuschagne	Medical Officer	01 January 2018
R Aspelng	Medical Officer (com. Serve)	01 January 2018
XP Khumalo	Professional Nurse (com. Serve)	01 January 2018
J Naidoo	Pharmacist (Com. Serve))	01 January 2018
M Nzimande	Audiologist	01 January 2018
SV Ngema	Medical Officer (Com. Serve)	01 January 2018
NF Sithole	Professional Nurse (Com. Serve)	01 January 2018
JK Singh	Dietician (Com. Serve)	01 January 2018
MT Zuma	Professional Nurse (Com. Serve)	01 January 2018
L Allie	Audiologist (Com. Serve)	01 January 2018
PJ Khubisa	Professional Nurse (Com. Serve)	01 February 2018
OA Jauza	Clinical Associate	01 February 2018
H Dalindyebo	Professional Nurse (Com. Serve)	01 February 2018
NJ Mmembe	Staff Nurse	01 February 2018
S Mkhithi	Staff Nurse	01 February 2018
NP Ntombela	Professional Nurse (Com. Serve)	01 February 2018
N Dube	Clinical Associate	01 February 2018
BP Zulu	ENA	01 February 2018
PS Tsolunyane	Assistant Manager Nursing	01 February 2018
KS Ngadlamba	ENA	01 March 2018
Y Nciki	Staff Nurse	01 March 2018







# CHUCKLES



Boss: This is the third time you've been late to work this week. Do you know what that means?

Me:



If Colgate kills 99.9% of germs ... what does Colgate Sensitive do?



it kills 99.9% of germs without hurting their feelings

*Dara Min-ge-Spin*

How I feel when someone uses capslock



amgtooreal.tumblr.com

Boy: My father's name is LAUGHING and my mother's name is SMILING.

Teacher: You must be kidding?

Boy: No, That's my brother. I'm JOKING... 🌸



I did not hit you... I simply high-fived your face.



When A Married Couple Gets Into An Argument, There's The Person That's Right, And Then, There's The Husband.



I WAS A FOOL WHEN I MARRIED YOU!

I know dear. But I was in love, and I didn't notice.



GreatCleanJokes.com

FAREWELL NOTE FROM OUR 2017/18  
PR INTERN

**H**allow, my name is Siyabonga Ncwane from Scottburgh (KwaCele), I came to St Andrews Hospital on April 2017 as a Public Relations Intern.



I would like to thank Department of Health, specifically St Andrews Hospital for granting me an opportunity to showcase my eager and talent while learning the practical aspects of Public Relations. As an intern I needed some guidance and motivation which Mrs. Thandeka Nxumalo (PRO) offered without any hesitation and limitations. I would like to pass my sincere gratitude to her. To all the St Andrews staff including Management I would like to thank you... ever since I came to St Andrews none of you has shown a sign of disapproval on my attempts to contribute with my knowledge to tasks that were done on my presence... You appreciated that little input I ought to add to hospital projects and assignments...

Thank you... may God bless you all...





# PICTURE GALLERY





PICTURE GALLERY





# ACKNOWLEDGEMENTS



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