



**health**

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

# St Andrews Hospital

## St and News

STAY INFORMED

MARCH 2019

### UGU Health District Awards



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St Andrews hospital management and staff with all the awards that they scooped at the UGU health district Excellence awards



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**St Andrews Hospital CEO Ms. MM Vane, Mrs Fica and the St Andrews Hospital management team on stage receiving an award**

It was an auspicious occasion that saw many UGU health district employees dressed to the nines and for most of them it was a rare opportunity to get out of their work uniform and get all dolled up in their favorite outfits and shine. This was the UGU health district's very first Excellence awards hosted its on the 27th of February 2019 at the Civic centre in Port Shepstone.

It was a day filled with celebration and jubilation as all the health institutions in the UGU district had a day to

look back and reflect on the past financial year's achievements and take a break from the fast paced world of health care and be acknowledged for the hard work and the long hours that these health professionals put into their jobs on a daily basis and often even go beyond the call of duty to ensure that the communities that are served by these institutions are well taken care of and are receiving quality healthcare, taking into consideration the staff shortage challenges that the department is currently facing but despite this challenge and more, these institutions still managed to deliver quality services to the community and meet targets.

St Andrews Hospital was amongst those institutions that were awarded on the day as they walked away with five awards. Of the five awards. St Andrews hospital finance department took 1st place in financial management, 2nd place in National Core Standards. The following Umuziwabantu clinics were awarded as well; 1st place in vitamin A coverage went to Xhamini clinic, Pisgah clinic walked away with 2nd place in ideal clinic realization and finally Weza clinic took 2nd place for TB Programme management.

St Andrews Hospital management is Extremely proud of these achievements and encourages the staff to continue doing their best and striving for excellence in service delivery. We are also grateful to the UGU health district for organizing such a beautiful occasion where innovation was encouraged and excellence was rewarded as per one of our Batho Pele principles.

Shine St Andrews Hospital and Umuziwabantu PHC !!!!

## OPD TB AWARENESS DAY

**TB** is a dangerous yet curable disease if detected in time. On the 15th of February the St Andrews hospital Outpatient department hosted a TB awareness campaign. The campaign was aimed at raising awareness about the fast spreading disease which affects most people from our society today. Many people lose their lives without even knowing that they have contracted the disease because in most cases



people are scared to come to the hospital and get tested, and in the community that we serve most people still believe in traditional medicine which is also a cause for people to come to the hospital very late and the disease becomes fatal. People were encouraged to get tested for TB and to preach the message of getting tested for TB when they return to their communities. The audience members were informed about the signs and symptoms of TB, the different types of TB were explained thoroughly and how his illness affects our lives in different ways. It was explained which type of TB can leads to amputations which leads to patients having to use orthopedic shoes and other walking aids. The dangers of defaulting the medication were discussed 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 Sr Mavundla. The audience was encouraged to spread the word out in their communities, encourage neighbors and family members to get tested for TB. The treatment for this illness is free. It is also vital to follow all orders given by the doctor when it comes to taking the TB

treatment and managing your health. In conclusion Sr Mavundla mentioned that drinking and smoking are not good for one’s health and it then worsens the situation if one is infected with TB. The patients were then encouraged to support people who are infected with TB.

The patients who attended the awareness campaign were also given educational material on TB.

**UNITE TO**  
**END**  
**TB**

## SAH ETHICS LAUNCH

**O**n 28 March 2019, St Andrews hospital launched its Professional Ethics. This was an effort to revive professionalism in the workplace and reinforce the Batho Pele principles that are the tool that is used by the health institution to provide quality service delivery to the community that we serve. We took some time to look at the number and type of complaints that the institution has received during the 2017/18 financial year and also the reputation that our institution has within the community. Thus this launch was organized in order to strengthen the staff member's work ethic and professionalism.

We were honored to have the public service commissioner, Dr. Sithole as our guest speaker for the day. She spoke about the duties of the public service commission amongst which she mentioned that they handle citizen complaints, corruption and any other grievances that people may have about the government system. When addressing the audience, she dwelled on the issue of enhancing Ubuntu in the public service, stating that often times we forget the service part of service delivery which must accompany the physical deliverables that we offer to the community that we serve.

She concluded her talk by asking the audience three vital questions that she said we as public servants need to continually ask ourselves in order to improve the service that we render to the community. No. 1 What does the institution do for the community? How does society feel about our service? What have we done to advance South Africa and to give citizens confidence that the country is in good hands professionally? And lastly what is the area of excellence that the institution is known for?



Indeed this day was beneficial to the staff of St Andrews hospital and we are aiming to improve our attitude and the manner in which we deliver our services to the community.

We are thankful to Dr. Sithole for honoring our invitation and sharing such knowledge and wisdom with the St Andrews hospital team.

## STAFF FAREWELL



On the 28th of February 2019 the St Andrews Hospital family had to bid farewell to one of its own. Mr V.S Mntungwana, who was a General Orderly.

This was no ordinary farewell celebration as Mr. Mntungwana knew nothing about it until it began. Don't you just love a good surprise!

The staff members who were present at the farewell celebration spoke about the positive impact that Mr. Mntungwana has had on them. They also mentioned that he was a valuable staff member who showed a high level of professionalism, passion for his job and hard working. He was described as an employee who has performed all his duties to the best of his ability during his time at St Andrews hospital. Apart from the good attitude towards his work he was regarded as a worker with good communication skills which made working with him a breeze. His colleagues also thanked God for allowing their paths to cross thus giving them a chance to work with such a wonderful man.

Mr Shebi, his supervisor stated that the departure of a staff member always leaves an empty void and thus puts more pressure on the remaining staff, because of the current staff shortage challenge that the department is faced with. Mr. Shebi further wished Mr. Mntungwana a happy retirement and saying that Mr Mntungwana deserves to rest after spending 14 years of his life in service. Mr Mntungwana thanked the staff for organizing the farewell celebration and for having had the opportunity to be a part of a respectful, loving and passionate team of workers. Working with such wonderful people has indeed been an honour Mr Mntungwana continued, as he thanked his supervisor for the good working relationship that they had over the years also saying that he had learnt a lot from his supervisor.



St Andrews Hospital General Orderlies



## 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

# YOUR WINTER MEAL

Winter is upon us and as much as we hear a lot of people saying “summer bodies are made in winter” this time of the year has most of us looking forward to a lazy day indoors with a warm meal, a cozy blanket and a movie after a long week of work. Now if you are feeling this lazy weekend at home on a cold day vibe, we have got you covered with an amazing meal that you won't mind gaining a few KG's over. ;-)

Most people will agree that chicken is the one item that has been overdone but here are a few recipes to spice up your chicken game.

## **The Spicy Portuguese Chicken**

### Ingredients

- 1/4 cup olive oil
- 1/4 cup tomato paste
- 4 garlic gloves
- 2 tablespoons lemon zest
- 1/3 cup lemon juice
- 4 small red chilies
- 1 tablespoon paprika
- 1 tablespoon dried oregano
- Salt and black pepper
- 1 whole chicken
- 1 lemon, quartered
- 1 teaspoon dried thyme



## **Instructions**

Blend the oil, tomato paste, garlic, lemon zest and juice, chilies, paprika, oregano and salt and pepper until smooth. Place the lemon quarters and thyme inside the cavity of the chicken. Make a pocket under the skin of the chicken breast, drumstick and thighs with your fingers. Using disposable gloves (avoid getting the chilies on your skin), rub 1/4 cup of the paste under the skin. Tuck the wing tips under the chicken and tie the legs together with a piece of string. Rub 1/4 cup of the paste all over the chicken. Roast for 1 hour in the oven preheated to 200°C, until the chicken is cooked. Serve with some salad and some fresh Portuguese rolls.

**TIP:** place the rest of the sauce in a bowl and serve with the chicken or keep it in the fridge for your next Portuguese chicken.

## COMPLIMENTS RECEIVED

Please describe the complaint or give a compliment or make a suggestion.

\* Where possible also record the staff involved and department where the incident took place.

Date on which the incident took place: \_\_\_\_\_

GOOD SERVICE BY STAFF. DEPARTMENT CLEAN.  
 SURE THE WAY YOU ARE DON'T BE CHANGED BY OUR  
 BEHAVIOR. SISTER SHAZI IS BEEN SO GOOD SINCE WE  
 KNOWN HER. SHE IS ONE OF A KIND. ALWAYS  
 SMILING

Usuku okwenzeka ngalo lokhu okhalaza ngakho: \_\_\_\_\_

I did receive a very Emergency Help. I got no complaints  
 Nurses were very USEFUL, Respectful and nice  
 I wish them nothing BUT LUCKY. may GOD BLESS THEM  
 And they may keep doing nice Job.

Please describe the complaint or give a compliment or make a suggestion.

\* Where possible also record the staff involved and department where the incident took place.

Date on which the incident took place: \_\_\_\_\_

Sister Zakuzza had good communication  
 With patients. she must carry on  
 TANK YOU

St Andrews hospital received 382 compliments during the 4th quarter. Above are just a few compliments received from our clients. Keep up the good work St Andrews hospital family .



# NEW APPOINTMENTS



<b>NAME</b>	<b>RANK</b>	<b>DATE OF APPOINTMENT</b>
SL Nikwe	Medical Officer Comserv .	01 January 2019
AS Ndujelwa	Medical Officer Comserv .	01 January 2019
PP Cele	Medical Officer Comserv .	01 January 2019
P Nqopiso	Dietician Comserv.	01 January 2019
Y Ngudze	Physiotherapist Comserv.	01 January 2019
JL Mapstone	Professional Nurse Comserv.	01 January 2019
SP Cele	Professional Nurse Comserv.	01 January 2019
EM Corder	Professional Nurse Comserv.	01 January 2019
W Mnojxadi	Professional Nurse Comserv.	01 January 2019
PF Mchunu	Speech Therapist Comserv.	01 January 2019
S Selepe	Audiologist Comserv.	01 January 2019
E Mthembu	Pharmacist Comserv.	01 January 2019
MI Gebashe	Professional Nurse Comserv	01 January 2019
MR Cele	Professional Nurse Comserv	01 January 2019
ZB Gumede	Professional nurse Comserv.	01 January 2019
H Mkhonto	Pharmacist Comserv.	01 January 2019
SS Naidoo	Dentist Comserv	01 January 2019
LJ Price	Occupational therapist Comserv	01 January 2019
KG Zondi	Professional Nurse	01 January 2019
W Mpfana	Enrolled nursing assistant	07 January 2019
TP Mkhize	Enrolled nursing assistant	07 January 2019
NCB Silangwe	Enrolled nursing assistant	07 January 2019
LJ Sikhosana	Staff Nurse	07 January 2019
S Buthelezi	Pharmacist Comserv	14 January 2019
MS Cele	Professional Nurse Comserv	01 February 2019
T Ngema	Professional Nurse Comserv	01 February 2019
D Dakalo	Medical Comserv	01 March 2019
H Maphinda	Enrolled Nurse	01 March 2019
MB Ngoie	Medical officer	01 March 2019
CN Ncobela	Professional Nurse	01 March 2019
PP Mpfana	Professional Nurse	01 March 2019
TN Zondi	Staff Nurse	01 March 2019
ZC Chiliza	Porter	08 March 2019
NW Gumbi	General Orderly	08 March 2019
SP Sikhosana	General Orderly	08 March 2019
PB Nyawose	Porter	08 March 2019



## CHUCKLES



### SMILE A WHILE



Teacher: "Kids, what does chicken give you?"

Students: "Meat"

Teacher: "Very good! Now what does the pig give you?"

Students: "Bacon"

Teacher: "Great! And what does the fat cow give you?"

Students: "Homework"

The teacher fainted!



In the beginning,  
God created the  
earth and rested.  
Then God created  
Man and rested.  
Then God created  
Woman.  
Since then, neither  
God nor Man has  
ever rested.

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



# PICTURE GALLERY

## St Andrews Hospital VMMV Campaign



## UGU Health district Awards



PICTURE GALLERY

**ST ANDREWS HOSPITAL ETHICS LAUNCH**



**OPD TB AWARENESS CAMPAIGN**



# ACKNOWLEDGEMENTS



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