



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

St Andrews Hospital

St and News

STAY INFORMED

MARCH 2021

**INSIDE
THIS ISSUE**

CEO's Corner

Lockdown Level 1

COVID-19 Vaccine role out

MEC visit

Stakeholder engagement

Health Matters - TB & Covid-19

World Obesity day

Welcome our new finance manager

What's cooking

New Appointments

Compliments

Chuckles

Picture Gallery



St Andrews Hospital Support Visit by the MEC for health, Ms Nomagugu Simelane and the UGU health district team..... Continued on page 7



MEC Support VisitPage 7



Stakeholder engagement ... page 8

**UNITE TO
END
TB**

TB Awareness Page 9

The CEO's Corner

To all the staff in the hospital and clinics

The past year has not been easy with all the new changes in our lives. The pandemic took all our strength as we had to focus on ensuring that the staff is aware of the changes and that we all implemented new Standard operational procedures that kept on changing as new information was received. Lock-down and its stages brought difficulties to people who were travelling from their places to the hospital. Everyone ensured they managed to be on duty every day, this alone showed responsibility and honesty from our staff.



Ms. MM Vane (CEO - St Andrews Hospital)

We worked tirelessly to manage our day to day activities as some days were harder than others, with daily meetings to attend while the lockdown regulations were restricting meetings, we had to manage the hospital and clinics. Mass screening by Primary health teams made a big difference as we were learning and mapping where the hotspots were. Staff had to walk in order to reach areas where the vehicles could not arrive that also was done knowing how important it was to reach everyone in order to get the sample we needed. While we had to continue with all other services we experienced the shortage of staff as we had to reconfigure beds and allocate staff to deal with Covid 19 before we received assistance with additional staff. It has been hectic and frustrating for everyone but team work wins. I would like to thank everybody for the work done, you showed your dedication when it was required, changed your plans to manage the situation at hand you really have understood the concept of crisis management.

To all the managers; thank you for holding the fort and steering your teams to achieve the results we have I know it was not easy but it had to be done. There were some challenges with services that had to be put on hold due to them posing a risk as their nature was directly dealing with oral care and generating aerosols. Apart from the few services that were put on hold we continued monitoring our performance. We have done well under the circumstances, our plans were deviated. St Andrews hospital and the clinics lost 4 staff members from Covid 19. Our deepest condolences to their families, friends and colleagues, may their souls rest in peace. We had staff who contracted the Covid 19 virus but recovered, we thank God they managed to defeat it.

We pride ourselves with the manner in which we managed Covid 19, in spite of the challenges that we experienced at the beginning. The Management of the hospital would also like to appreciate the good relationship with our stakeholders, the disaster required that we work together this ensured that all stakeholders have a common understanding of what needed to be done and their cooperation made us successful.

The CEO's Corner Cont...

Our Chaplain and EAP did not cease with the much needed support offered to the staff both in the clinics and the hospital, we are really grateful. The strategies they put in place should be maintained, the staff needed this kind of support during this difficult time. Thumbs up to team flu clinic, tracing team and isolation ward, we thank the Almighty that there were no adverse events experienced by these teams.

We thank the Gift of the givers foundation for the PPE donations that were given to St Andrews hospital to assist in ensuring that the staff members are constantly protected as they continue saving lives and providing the much needed service to the community of Umuziwabantu.

The hospital did not have the perfect place to screen visitor's, patients and suppliers coming to our institution but had identified the area which was used as a waiting area for the visitors of our patients. Since visitation was stopped due to Covid 19, the same area was identified as the flu clinic/screening site. When the bus came it became a better place for the staff and patients as it offered an enclosed environment as opposed to what we were using and this is really appreciated by the hospital management

Visit by Legislature and the speaker

On the 24 January 2020 hospital was visited by the Legislature, this event went well a tour was taken around the hospital and the isolation ward including the flu screening area as well as the testing area for Covid 19. The management of the hospital was pleased with this support as the legislature was doing their oversight responsibilities this was specifically to get first-hand information on how the hospital had prepared and was coping with Covid 19. The team also visited Harding clinic where they also had some recommendations.

Ms Boyce who never forgets to visit our children during the Christmas to brighten their faces and cheer them up, also found some time to pop in and give nice goodies and toys to the admitted children and also to offer support to the staff and the moms, thank you Mphathi kwande apho uthatha khona.

Visit by the MEC for Health

On the 6th of January 2021 the MEC for Health visited the hospital with the aim to offer her support and to listen to challenges the hospital might have in dealing with Covid 19 regulations some of the resolutions she promised have been implemented for instance, the extension of contracts for Covid 19 contract staff this will help in reducing the shortage of staff and assist in service delivery improvement.

Positive gestures during Covid 19

The 27 bedded isolation ward was revamped with the female ablution facility which has two showers and two toilets. The number of oxygen points was increased by 11. There were also medical equipment that was procured to improve the management of patients like the ventilator machine for the isolation ward, video laryngoscope machine, ECG, 14 suction machines and seven Cpap machines. This isolation ward admitted 175 patients during the first and second wave with a total of 66 deaths due to Covid-19.

The last part of the financial year kept us very busy with Covid 19 vaccination and we would like to send our appreciation to all our staff who chose to get vaccinated some were on night duty and others were on vacation leave but they made an effort to receive the vaccination.

LOCKDOWN LEVEL ONE

ALERT
LEVEL

1

DUE TO DECLINING INFECTIONS
**SOUTH AFRICA
HAS BEEN PLACED
ON ALERT LEVEL 1**





MANDATORY MASK WEARING:

- WEARING A CLOTH MASK OR SIMILAR COVERING OVER THE NOSE AND MOUTH IS MANDATORY WHEN IN PUBLIC
- ANY PERSON WHO DOES NOT WEAR A MASK IN A PUBLIC PLACE WILL BE COMMITTING AN OFFENCE

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ALERT
LEVEL

1

DUE TO DECLINING INFECTIONS
**SOUTH AFRICA
HAS BEEN PLACED
ON ALERT LEVEL 1**





CURFEW:

- CURFEW IS FROM MIDNIGHT TO 4AM
- APART FROM PERMITTED WORKERS, NO PERSON MAY BE OUTSIDE THEIR PLACE OF RESIDENCE DURING CURFEW

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ALERT
LEVEL

1

DUE TO DECLINING INFECTIONS
**SOUTH AFRICA
HAS BEEN PLACED
ON ALERT LEVEL 1**




GATHERINGS:

- GATHERINGS ARE PERMITTED
- INDOOR GATHERINGS MAY NOT EXCEED 50% OF VENUE CAPACITY UP TO A MAXIMUM OF 100 PEOPLE
- OUTDOOR GATHERINGS MAY NOT EXCEED 50% OF VENUE CAPACITY UP TO A MAXIMUM OF 250 PEOPLE
- HEALTH PROTOCOLS MUST BE OBSERVED AT GATHERINGS, INCLUDING MAINTAINING A DISTANCE OF AT LEAST 1.5 METERS BETWEEN PEOPLE

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LOCKDOWN LEVEL ONE

ALERT
LEVEL

1



NEW CURFEW HOURS
MIDNIGHT to 4AM



**ALCOHOL
SALES
PERMITTED
AS NORMAL**



**GATHERINGS
NO MORE THAN
100 INSIDE
250 OUTSIDE**
WITH SOCIAL DISTANCING

**MASKS
MANDATORY
IN PUBLIC PLACES**

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ALERT
LEVEL



1

**WHAT CAN YOU
DO TO PREVENT A
RESURGENCE OF
THE VIRUS?**

- KEEP WEARING A MASK WHENEVER YOU ARE IN PUBLIC
- STAY AWAY FROM CLOSED OR CROWDED SPACES
- KEEP A DISTANCE OF ONE AND A HALF METRES FROM OTHERS
- WASH YOUR HANDS REGULARLY
- DOWNLOAD THE COVID ALERT SA MOBILE APP

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ALERT
LEVEL

1

DUE TO DECLINING INFECTIONS
**SOUTH AFRICA
HAS BEEN PLACED
ON ALERT LEVEL 1**




ALCOHOL:

- ALCOHOL SALES ARE PERMITTED AS NORMAL
- NO ALCOHOL MAY BE SOLD DURING CURFEW

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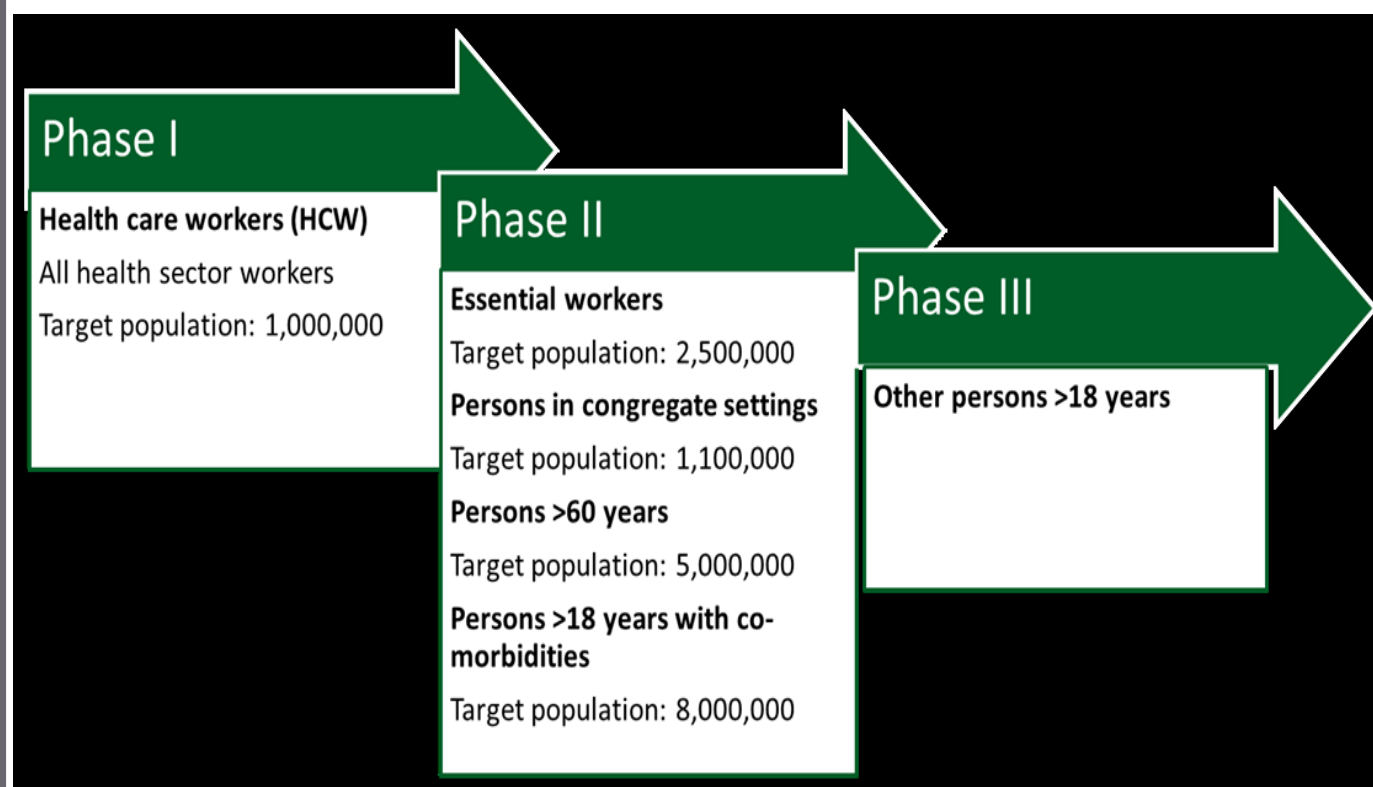
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SAFE**
PROTECT SOUTH AFRICA
saoronavirus.co.za



REPUBLIC OF SOUTH AFRICA



COVID-19 VACCINE ROLE-OUT



PHASE 1—SEQUENCING OF HEALTH CARE WORKERS

Category one : Those in contact with patients

Category two: Those not in contact with patients

Phase 1a – All patient facing workers in hospitals and emergency medical services workers

Phase 1b - All patient facing workers in other health care facilities

Phase 1c - All patient facing workers working at community level

Phase 1d - Non patient facing workers in the health sector

5 steps for healthcare workers

- ◇ Register on EVDS
- ◇ Respond to SMS invite for early access
- ◇ Provide consent to be vaccinated
- ◇ Receive your vaccination voucher
- ◇ Attend vaccination centre for administration

THE MEC VISIT'S SAH



In January 2021, St Andrews hospital had the honour of being one of the facilities that were visited by the MEC for health, Ms Nomagugu Simelane. Since the country had its first Covid positive case in march 2020, health facilities have had to implement a lot of changes in order to be able to manage during this pandemic.

This was the primary reason for the MEC's visit. The CEO of St Andrews hospital started off by presenting the Umuziwabantu Covid status as well as the challenges that the institution is currently having as related to managing during the Covid-19 pandemic, one of those challenges which has been prevalent was the issue of shortage of staff, more so because the pandemic required the facility to create an isolation ward which the facility did not have pre-Covid-19. This isolation ward has increased the need for staff to be added so that the facility is able to better manage patients.

Following the presentations, the St Andrews management team led the MEC on a walk about to some areas of the hospital, these areas included the Covid ward, the casualty department where the PPE control register was shown to the team to ensure that PPE is being issued accordingly to staff members. The team then visited the area that has been dedicated as the Covid screening area before patients enter the facility.

St Andrews management was appreciative of the support that was received from the MEC during this pandemic and will continue the fight against Covid-19.

Stakeholder engagement



On 19 February 2021, the St Andrews hospital management coordinated a meeting with the traditional healers of the Umuziwabantu sub district to discuss the Covid-19 vaccine role out plan. Traditional healers play a big role in the community of Umuziwabantu by providing traditional medicine to assist the community in various ways. This makes them an integral part in the Covid vaccine role out plan. Traditional healers see patients on a daily basis and so can be exposed to the virus, therefore in the Umuziwabantu Covid-19 vaccine role out plan they were included in phase one of the role out. This was done not only to protect them from the virus but so that they could act as influencers and be able to take the vaccine message forward to the community. This is crucial because of the fake news that have been published about the Covid vaccine as well as the conspiracy theories that the public have been posting on social media, hence this has caused the public to doubt the vaccine and even go as far as believing that the vaccine is meant to cause them harm and not assist with preventing the spread of the Covid-19 vaccine.

The news of the vaccine was welcomed by the traditional healers of Umuziwabantu and they were eager to pass on the correct information about the vaccine to their clients as well as continue to preach the hand hygiene, social distancing and wearing of masks gospel, in order for us to be able to overcome this pandemic and be able to begin recovering from the damage that it has caused not only to our health but also to the economy.

TB and COVID-19



Dual burden of TB and COVID-19

Tuberculosis (TB) and COVID-19 are both infectious diseases that attack primarily the lungs. Both diseases have similar symptoms such as cough, fever and difficulty breathing. TB, however, has a longer incubation period with a slower onset of disease.

While experience on COVID-19 infection in TB patients remains limited, it is anticipated that people ill with both TB and COVID-19 may have poorer treatment outcomes, especially if TB treatment is interrupted. TB patients should take precautions as advised by health authorities to be protected from COVID-19 and continue their TB treatment as prescribed.

WHAT ARE THE SIMILARITIES BETWEEN HOW COVID-19 AND TB SPREAD?

COVID-19 and TB are both respiratory infections that can be transmitted by a person with the disease who may release pathogens into the air when breathing out. These pathogens can then be inhaled into the respiratory tract of another person.

TB pathogen causes infection in humans by being inhaled or breathed in. TB pathogens are released into the air by an individual with TB disease, with the commonest route being coughing. TB pathogens are small (a droplet nuclei, $<5\mu\text{m}$ in diameter) and they are small enough to remain airborne for long periods of time. TB pathogens can stay airborne for up to 6 hours, but their concentration is decreased by the movement of air (open windows, well ventilated spaces), and exposure to direct sunlight, which can kill them. As inhalation of TB bacilli can cause infection, being in close contact with someone who has TB disease, especially if they are not on an appropriate TB treatment and with symptoms such as cough, will increase the risk of being infected.

ARE THE SYMPTOMS OF COVID-19 AND TB SIMILAR?

Both COVID-19 and TB cause respiratory symptoms – cough and shortness of breath. Both cause fever and weakness. One of the biggest differences is the speed of onset. TB symptoms do not tend to occur immediately after infection and when they develop, are of a gradual onset, often over a period of weeks or longer, unlike COVID-19, where symptoms can occur within a few days.

TB usually has a period of time where bacteria are present in a person but the person is well and not infectious to others. During this time, the person has TB infection (sometimes referred to as latent TB), which has the potential to become active TB disease in the future. Thus, a person exposed to TB pathogens may: become sick within weeks (likely due to a severely weakened immune system); sick after years of carrying the bacteria when the immune system becomes weakened and cannot fight off the disease anymore; or infected but never sick.

WORLD OBESITY DAY

What is obesity?

Obesity is defined as being overweight or as having too much body fat – especially in your waist area. A high-risk waistline is 80cm or higher for women and 94cm or higher for men. Once your waistline goes above these levels, it increases your risk of high blood pressure, diabetes and cardiovascular disease.

The healthy body mass index (BMI) range is 18.5 – 24.9, while overweight people score 25 to 29.9 and obese people score 30 or higher.

How to calculate your BMI.

Calculate BMI by dividing weight in kilograms by height in centimeters twice, for example: 90 kg / 180 cm = 50 and then you divide the answer by your height 50 / 180cm = 27.8

Why obesity matters

Being overweight can increase your risk of having the following health problems:

- Heart disease - extra weight puts strain on the heart.
- High cholesterol levels, which can increase the danger of heart attack and stroke.
- Diabetes.
- Certain cancers.
- Gallstones.
- Sleep apnoea.
- High blood pressure.
- Arthritis.
- Psychological problems (obese people may feel very insecure about their weight).

What causes obesity?

There are several factors that cause obesity:

- Poor eating habits - such as takeaways and animal fats.
- Lack of exercise.
- Family history - if parents are overweight, children often follow the pattern.
- Pregnancy - the more pregnancies a woman has, the more likely she is to put on weight.
- Negative emotions, which can cause some people to eat as a comfort mechanism.

WORLD OBESITY DAY



How do We fight obesity?

The following lifestyle changes are recommended for losing unwanted weight:

- Exercise regularly.
- Increase your intake of fibre, which makes your stomach feel fuller for longer.
- Eat at least five portions of vegetables and fruit daily.
- Use healthier cooking methods such as steaming, boiling and grilling.
- Choose low fat foods.
- Eat smaller portions.
- Limit your salt intake, because salt makes your body retain water.
- Drink between six to eight glasses of water a day.



MEET THE NEW FINANCE MANAGER

I am Mr NI Mdingi and I grew up in Kokstad, attended Primary school at Jakuja JPS and Tela JSS in Mt Ayliff, eastern Cape. I attended my secondary school at Carl Malcomes High school, in Kokstad.

While in high School, I developed a love for engineering and went to pursue mechanical engineering at Mangosuthu Technicon. However due to financial constraints and family issues I dropped out of school and could not finish my engineering diploma.

I had no choice but to look for a job, I was lucky to be employed at EG Usher memorial hospital as an admin clerk back in 2002. My plan was that I could save money and later resign to pursue my engineering diploma but that did not happen as my family depended on me as in was the only bread winner at that time. It was due to that reason that I decided to forfeit my engineering dream to pursue a qualification that was relevant to my work and would be beneficial to both myself and my employer. I then decided to choose a qualification in financial management studying part time at UNISA.



The reason I chose finance was because the country had a challenge of qualified and competent financial management practitioners and as a result most public service departments always get qualified audit results from the auditor general. I therefor wanted to gain sound knowledge, skills and competencies that would make me able to assist the department to get a clean audit opinion and ensure that public funds are spent in a manner that is fair, transparent and accountable.

My wish and plan for the finance component is to ensure that we deliver goods and services to the end user as and when required following prescribed legislation, policies and procedures. The impact would be seen from client satisfaction reports as the aim is to ensure that our clients receive the service due to them without fail. Regular training and development to the staff is of utmost priority to keep them abreast with the latest developments and the skill to be able to perform their duties.

I am glad to join the St Andrews family and hope that I will contribute positively to service delivery and the to the finance component reaching new heights.

WHAT'S COOKING

Spicy Citrus Chicken Bake

CHICKEN

- 6 each chicken legs and thighs, skinless
- 4 cloves of garlic, crushed
- 5 ml fresh ginger, finely grated
- Zest of 1 orange
- 10 ml flaked sea salt
- 5 ml freshly ground black pepper
- Juice of 4 oranges

MARINADE

- 300 g plain yogurt
- 30 ml tandoori or korma or butter chicken paste

SERVE WITH

- 2 garlic bulbs, top part cut off
- 4 oranges, cut in half along the width
- 200 g green beans, tops removed
- 200 g sugar snaps, tops and fibres removed
- 30 ml olive oil, plus extra for drizzling

METHOD

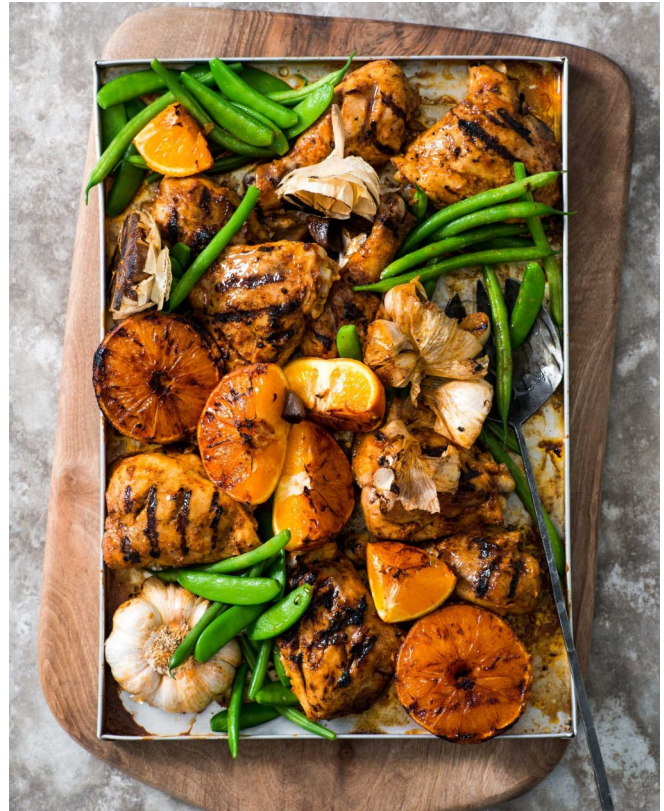
To make the chicken: Score each chicken piece with 3 deep slashes and place in a large, flat dish. Rub the chicken with garlic, ginger, the orange zest, salt and pepper. Pour the orange juice over it and marinate in the fridge for at least 1 hour.

To make the marinade: Mix together the yoghurt and the paste of your choice. Pour over the chicken, making sure it seeps nicely into the incisions. Reserve some of the marinade for pouring over the chicken later. Marinate for 3 hours or, ideally, overnight. Preheat the oven to 200°C and lightly grease a sheet pan with oil.

On a stove top, place a griddle pan on high heat until very hot and brush with canola oil. Place the marinated chicken pieces in the hot pan for 1 minute on each side until it has charred griddle lines. Transfer to the sheet pan

Arrange the garlic bulbs and halved oranges around the chicken. Pour some of the leftover marinade on the chicken and roast for 30 minutes. Add the green beans and sugar snaps and cook for 5 more minutes. Serve immediately.

ENJOY!!!!!!!



New Appointments

NAME	RANK	DATE OF APPOINTMENT
N. Bubu	Operational Manager	01 January 2021
CT Daniel	Speech Therapist - Com serve	01 January 2021
NA Kheswa	Operational manager	01 January 2021
MN Dlamini	Professional nurse	01 January 2021
N Kheswa	Radiographer - Com serve	01 January 2021
MS Mvelase	Medical Officer - Com serve	01 January 2021
E Mphethi	Physio - Come Serve	01 January 2021
NB Mkhwanazi	Dentist - Com serve	01 January 2021
T Ncanini	Professional Nurse	01 January 2021
R Moodley	Pharmasist - Com serve	01 January 2021
AH Mlambo	Medical Officer - Com Serve	01 January 2021
B Ntshobane	Pharmacist - Com Serve	01 January 2021
L Kunene	Dietician	01 January 2021
Y Ogle	Radiographer - Com Serve	01 January 2021
S Sikhukula	Medical Officer - Com Serve	01 January 2021
A Swbaran	Medical officer	01 January 2021
N Lugetye	Professional Nurse Speciality	01 January 2021
NC Maphumulo	Professional Nurse	01 January 2021
B Hadebe	Medical Officer	01 February 2021
P Gugwana-Smith	Clinical Nurse Practitioner	01 February 2021
DR Hlophe	Admin Clerk	01 February 2021
Gwija	General Orderly	01 February 2021
NR Xelithole	General Orderly	01 February 2021
S Zindela	Admin Clerk	01 February 2021
Y Ndebele	Admin Clerk	01 February 2021
E Mbhele	Admin Clerk	01 February 2021
S Dlamini	Pharmacist intern	01 February 2021
S Jam Jam	Pharmacist Com serve	01 February 2021
B memela	General Orderly	01 February 2021
S Mandutt	Pharmacist Com serve	01 February 2021

Compliments

I am happy with every things inside and out side of the hospital. Nurses are protecting me good and they even treat me in a good condition. The ST Andrews Hospital is having a good cleanliness. They also know how to talk with their pershance. I will like to thanks all the staff of the hospital for there good care. Thank you.

Nurses they are very kindly to patients and they make sure that every one is taken care. They is very clean here and works they make sure that every room is clean and toilet bathrooms. food is good and sometime people they does not like this food. Security is very tiet and they make sure that every one is safe when she/he is inside the hospital.

Usuku okwenzeka ngalo lokhu okhalaza ngakho:

Ngincoma isiphutho se sibhedlela Sami
Odototela Umia Sister, kanye Namacleaner
bangiphutha kahle ngifika ngaze ngayolamba
nginamile ngizizwa ngisethaya



CHUCKLES



My mum always told me I wouldn't accomplish anything by lying in bed all day. But look at me now! I'm saving the world!

Who's idea was it to sing "Happy Birthday" while washing your hands? Now every time I go to the bathroom, my kids expect me to walk out with a cake!



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If each day is a gift,
I would like to know
where I can return
Mondays.



I asked my new **Girlfriend** what
sort of books she's interested in..



She said:
Cheque books.



When a woman
asks you to
guess her age,

it can be like
deciding which
wire to cut to
defuse a bomb!

PICTURE GALLERY

The MEC Visit's St Andrews Hospital



PICTURE GALLERY

Stakeholder engagement with Traditional healers



TB awareness day at the OPD



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Mrs. T P Nxumalo (PRO)
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