



**KWAZULU-NATAL PROVINCE**

**HEALTH**  
REPUBLIC OF SOUTH AFRICA

# St Andrews Hospital

# ST ANDREWS

# NEWS

March 2023

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St Andrews Staff Maternity Ward embarked on creating Awareness around Pregnancy....see the full story at page 2



**YES!**  
**WE CAN END TB**  
WORLD TB DAY 2023



# Pregnancy Awareness Week



Pregnancy is a deeply distinctive experience. For some people it's a wonderful and joyous time. For others, it's a challenging and physically uncomfortable time. And still for many more, its mixed with lots of emotions that can range from grief to fear to love.

St Andrews Hospital Maternity team took an initiative and raised awareness on Pregnancy on the 14th February 2023. The main goal for this awareness was to cascade information of vital importance regarding pregnancy including tips on how to have a healthy pregnancy, how to prevent complications and many More.

Matron T. Nxokweni stressed the important issues that promote healthy pregnancy and safe motherhood. Mothers were also taught about the danger signs during Pregnancy which are:- Vaginal bleeding, Absence of foetal movements, abdominal pains, convulsions/ fits, high fever, blurred vision, gush of fluid from vagina, and foul smelling vaginal discharge and were encouraged to rush to their nearest Clinics and Hospital should they encounter these signs.

Furthermore, mothers were enlightened on how to count the baby kicks/ fetal movements as that can be a helpful guide and an indicator of how well your baby is doing.

Matron Nxokweni also emphasized that Pregnant women should attend antenatal care as soon as they suspect that they are pregnant.

The mothers showed an interest in learning about their pregnancy and the journey of being a new mom. They participated in activities that were introduced to them by the Maternity team and were opened to ask questions and share their experiences among others.

The team appreciated the work that is being done by the clinics as most mothers had knowledge about their pregnancies and well attending the antenatal care. They were offered small gifts for their cooperation.

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# Pregnancy Awareness



# TB Awareness Month

TB is the leading infectious disease killer in the world, Each year about 89,000 people die from TB. Yes effective treatment is made available to people and a country has made progress but so much work is yet still to be done to bring it under control.

As March is tuberculosis awareness month in the health calendar ,St Andrews Hospital Hast Team embarked on creating awareness around TB. This dynamic team went to Harding Taxi rank where people were taught about this infectious disease.

Sister Shozi said, as much as TB is a well know disease that we have been living with it for quite some time, people still lack knowledge about this disease and we are still losing our friends and families through TB. She then emphasize the need for people to consult at their nearest clinics

Mr Mahleka ( Hast OM) stressed the importance of early presentation to clinic/ hospital when a person is having signs of TB and these signs are; coughing for more than 3 weeks, feeling tired/ exhausted, high temperature or night sweats, loss of appetite, weight loss, feeling generally unwell.

He also had this important talk with the males that were in the taxi rank as it has been noted that most males are distancing themselves on matters concerning their health.

Sr Garane( Gateway Clinic OM) also emphasized the need to adhere to treatment and communicated the challenges they usually encounter when tracing TB Patients when they provided incorrect or unreliable details. The awareness was very informative as the



# Health Lifestyle Awareness Day



Healthy Lifestyle Awareness Day is a day dedicated to promoting healthy lifestyle choices and raising awareness about the importance of taking care of one's physical and mental well-being

The goal of Healthy Lifestyle Awareness Day is to encourage people to make positive changes in their lifestyle habits, to adopt healthy behaviours such as regular exercise, healthy eating, practicing stress reduction techniques, and getting enough sleep. By promoting healthy lifestyle choices, we can prevent many chronic diseases, improve our overall health and well-being, and live longer healthier, happier lives.

Being healthy should be part of your overall lifestyle. Living a healthy lifestyle can help prevent chronic diseases and long-term illnesses. Feeling good about yourself and taking care of your health are important for your self-esteem and self-image. Maintain a healthy lifestyle by doing what is right for your body.

## **Here are some few tips on promoting and maintaining a healthy life style and body weight:**

1. Measure and Watch Your Weight Keeping track of your body weight on a daily or weekly basis will help you see what you're losing and/or what you're gaining.
2. Limit Unhealthy Foods and Eat Healthy Meals Do not forget to eat breakfast and choose a nutritious meal with more protein and fiber and less fat, sugar, and calories.
3. Take Multivitamin Supplements To make sure you have sufficient levels of nutrients, taking a daily multivitamin supplement is a good idea, especially when you do not have a variety of vegetables and fruits at home. Many micronutrients are vital to your immune system, including vitamins A, B6, B12, C, D, and E, as well as zinc, iron, copper, selenium, and magnesium. However, there's currently NO available evidence that adding any supplements or "miracle mineral supplements" to your diet will help protect you from the virus or increase recovery. In some cases, high doses of vitamins can be bad for your health.
4. Drink Water and Stay Hydrated, and Limit Sugared Beverages Drink water regularly to stay healthy, but there is NO evidence that drinking water frequently (e.g. every 15 minutes) can help prevent any viral infection.

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# Sukumasakhe at ENgunjini Community Hall



Ms MM VANE (CEO) & MRS VV NCUME AT KWAMACHI COMMUNITY HALL

The KwaMachi area under Umuziwabantu Municipality was visited on the 16th March 2023 by different stakeholders.

The visit was part of Operation Sukuma Sakhe with the aim of addressing service delivery issues in line with government's target to eradicate poverty, unemployment and inequality.

Mr Mondli Ncane ( UGU District Youth Manager) Who was the Program Director for the day reiterated the government's

commitment to bettering the lives of people, particularly the youth. He urged community members to

work with government to ensure that resources and services provided are protected at all times as they are meant to benefit them.

Some topics that were discussed were;- Drug abuse, Teenage Pregnancy, High rate of unemployed Youth, Crime. Community was also empowered with health related topics, Knowledge of how to apply for tertiary education, Bursaries, Applications for employment, Career expos. All stakeholders introduced and elaborated on the programs initiated to benefit especially our youth. Such events/Programs are very much needed to our community because people lack knowledge on so many things and end up making bad choices.



“ Knowledge is power. Sharing Knowledge is the key to unlocking that power”

Mrs Ncume—Primary Health Care Manager

# OPS PLAN ANNUAL REVIEW 2023/24



Ms. NV Ndlovu – AD:HR – Was the Program director for the day



Matron TM Mbuwako – M&E



Ms MM Vane – Hospital Manager



Dr SK Lumeya – Medical Manager



CATERERS



## SAH STAFF BID FAREWELL TO MR MOKOENA, SR MATYI AND MATRON NXOWENI



GOODBYE



*Saying farewell to a colleague can be an emotional and challenging experience but also an opportunity to express gratitude, appreciation and good will.*

*On the 28th March 2023, St Andrews Nursing Department bided farewell to these amazing people. Mr Mokoena passed his words of gratitude to the whole team for a good cooperation and for having the same passion that is to Provide quality health care to the clients and ensuring that, that passion is fulfilled. Sister J. Mantji thanked St Andrews Management and staff and appreciated all she has learnt at St Andrews the past 10 Years and that she got this promotional post because of what St Andrews Hospital has taught her.*

*Matron J. Nxokweni also passed few words of gratitude to Mrs Singh and complimented her leadership and management skills and she also thanked the entire team for accepting her and hoping the few strategies and ideas she has shared with them this short time she was with them will assist going forward and she added that though it was for a short space of time but she is grateful to have met this team.*



GOOD LUCK WITH YOUR NEW ADVENTURE. MAY YOUR NEW ROLES BRING PLENTY OF HAPPINESS AND FULFILLMENT

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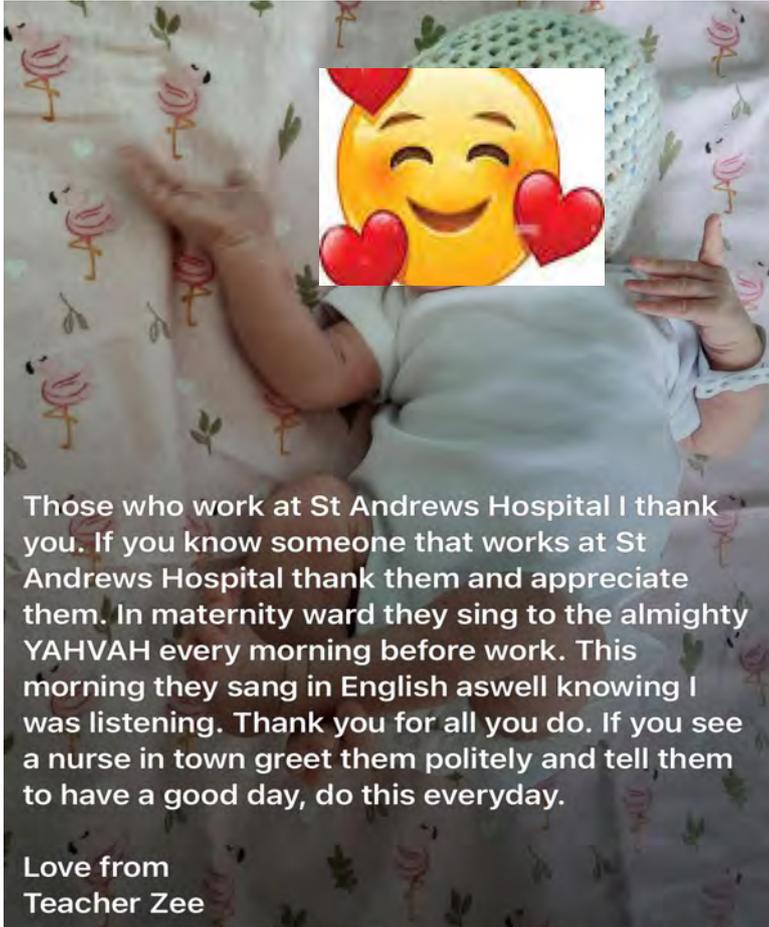
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# COMPLIMENTS FROM THE MEDIA



Those who work at St Andrews Hospital I thank you. If you know someone that works at St Andrews Hospital thank them and appreciate them. In maternity ward they sing to the almighty YAHVAH every morning before work. This morning they sang in English as well knowing I was listening. Thank you for all you do. If you see a nurse in town greet them politely and tell them to have a good day, do this everyday.

Love from  
Teacher Zee



We really appreciate it when people take the time to tell us when things have gone well



**Mamshingila Mbhele** ► **Insimbi Online Radio & News**

4d · 🌐

Admin ake nje ngiphakamise o sister base Andrew's Hospital lapha ku ward B ai ai bandla baze banobubele abantu ngafika ngolwesine olwedlule ima ngiphuma kulolu uLwesine angikaze ngiphoxeke besihleka emini sihleka ebusuku, phela umuntu uyakudinga ukunconywa mayenze kahle mawubuza into or ucela into bengashintshi ngisho ubuso ai ngithi baqhubeke engath nabanye kuma ward bangezwa njengalabaya sister Memela and Sister Mbokazi nje engibaqaphele kakhulu ai nginithanda hooray❤️❤️❤️❤️ngibonga nje nokuphuma siphilile nentombi yam encinci❤️❤️❤️inkos inandisele nonke

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# TB AWARENESS AT OPD & AT A TAXI RANK



# TB AWARENESS AT OPD & GATEWAY CLINIC



# IXOXWA NGEZITHOMBE



# IXOXWA NGEZITHOMBE



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