



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

St Andrews hospital newsletter July – September 2015

Fighting disease, fighting poverty,
giving hope

ST. ANDREWS CELEBRATED ITS HERITAGE WITH PRIDE



Heritage Day encourages South Africans to celebrate not only their own cultural traditions, but also the diversity of cultures, beliefs and traditions that make up the South African Nation. St. Andrews hospital celebrated its Heritage on the 23rd September where all the staff wore their traditional attire and came together as one, not to stereotype one another but to trust those who do not look like us or who don't speak like us or who do not belong to the same economic section. The event emphasized mostly on in-

forming the audience that if we know where we come from, we will know where to go and if we know who we came from we will know who we are.

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EDITORS BLOG



Miss B.N Hlophe (PR Intern)

"Next to doing the right thing, the most important thing is to let people know that you are doing the right thing"

- John D. Rockefeller

This quarter has been a very busy one in the department of health and also at St Andrews Hospital, but you know what they say about all work and no play, therefore at St Andrews Hospital we have worked hard and played just as hard.

July was Mandela day, a day that all South Africans do their bit towards the 67 minutes in commemoration of the late Tata Nelson Mandela and of course St Andrews Hospital participated, we went out to Kwajali and did our bit. September was Oral health hygiene month and our Dental department visited a few Primary schools to conduct their campaigns. St. Andrews hospital encourages their employees to perform their daily duties the "Batho Pele way" which is a method of putting people's needs before their own and going the extra mile towards helping their clients.

Now about the playing hard part, Heritage day came along and we were dressed to the nines in our different and colorful traditional attires, enjoyed traditional delicacies and had a bit of traditional dancing. A big thank you to everyone who participated and made this day a huge success.

We also had quite a few activities that you can read about inside this issue..

Happy Reading!!!!!!

"We are what we repeatedly do. Excellence then, is not an act but a habit"

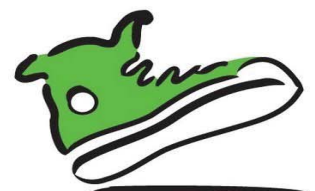
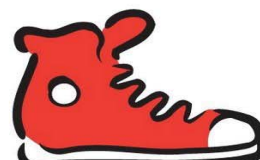
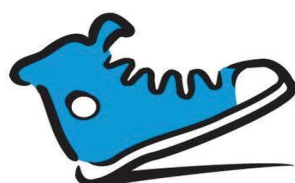
Lulu

FUN WALK

Walking can improve your health and fitness by helping you lose body fat, improve your fitness and avoid heart disease, diabetes, osteoporosis and some cancers. On the 28th August 2015, our EAP organized a very successful and well planned fun walk aimed at promoting healthy lifestyles, reducing excess body fat, and boost muscle power and endurance. The walk started at 07H30 in the morning and the participants surrounded the whole hospital. The staff attended in numbers as they understood that walking increases blood flow to the brain, has a low impact and requires minimal equipment. Many said that the walk was fun and they felt that it should be done often. Immediately after the walk, a Taebo session took place where all the attendees took part in stretching their bodies and exercising, they added that this is very important and entertaining at the same time, it enables them to start the day on a high note. Fun walks takes place every Friday mornings, for more information please contact our EAP Mrs. Cele ext. 219



*BEING HEALTHY IS NOT
A TREND OR A FAD, IT'S A
LIFESTYLE*



TAKE GOOD CARE OF YOUR BODY, IT'S THE ONLY PLACE YOU HAVE TO LIVE IN





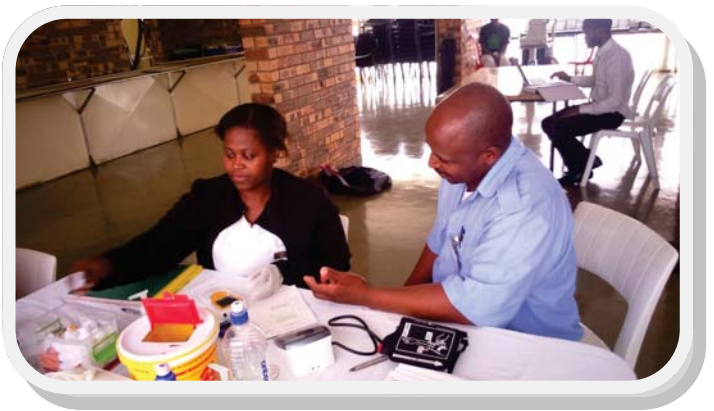
LIVING WELL

employee wellness program

Wellness is all about making choices towards a healthy and fulfilling life. On the 21st & 22nd September, St. Andrews hospital held its wellness event aimed at promoting a state of complete physical, mental, and social well-being, a conscious, self-directed and evolving process of achieving full potential as employees. The Eye doctor, Old Mutual and Nedbank also played their part in doing health screenings, checking the employees investments and assisting them in the drawing of wills etc. Some of the services rendered by the nurses from Old Mutual were BMI, VCT, BP, and other health screenings. The Wellness event was a huge success as the staff gave their full participation during the wellness event in both days.



Wellness is more than being free from illness, it is a dynamic process of change and growth.



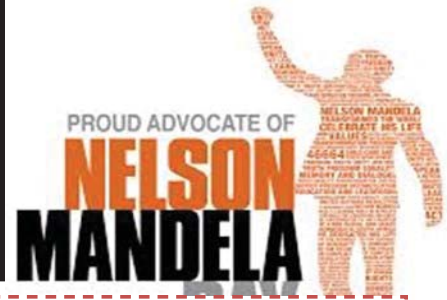
A nurse from Old Mutual screening Mr. Zukulu (security officer)



Left: Lungisani getting his eye tested by the Eye doctor



67 minutes of community service



In commemoration of the great leader St Andrews staff took the initiative to spend their 67 minutes at kuBhudlu area kwaJali, where an old granny who lives in a hut was discovered. Having learnt so much from Tata Madiba the staff desired to do something to celebrate the life of the mighty fallen champion. The gran lives with her 2 grandchildren as all her children have passed on. The staff washed windows, chairs, mended a fallen side in the granny's hut and cleaned her house. She was all smiles and couldn't stop shouting and dancing as she was so excited that indeed Mandela's spirit still lives on. In return for everything Madiba has taught us, we each owe it to him to support his work and legacy by doing and living our own as best we can, not just on this day, but throughout our entire lives



KNOW YOUR BATHO PELE PRINCIPLES

Consultation

Service Standards

Access

Courtesy

Information

*Openness and
transparency*

Redress

*Value for Mon-
ey*



TOGETHER BEATING THE DRUM FOR SERVICE DELIVERY

WE BELONG



Organization
cares about us
as human
beings and not
just as workers

BELIEF SET

WE CARE



It's about looking
after our internal
and external
customer

WE SERVE



It's about
serving your
customers with
pride and going
the extra mile

SAPHUTHELWA ESINEDOLO!!!

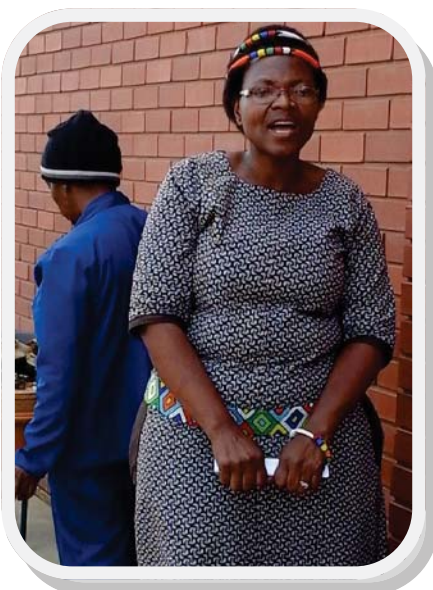


Kwakukuhle kudelile kukhonjwa ngo phakathi mhla kugujwa usuku lwamasiko esibhedlela I St. Andrews ngomhlaka 23 ku Mandulo. Umcimbi wawuhanjelwe abasebenzi ababalelwa emashumini ayisikhombisa. Abasebenzi babephume ngobuningi babo bevunule beconsa. Uba uNdlovu obephethe uhlelo usithathe wasibuyisela emuva lapho sivela khona. U Mrs. Maqutu ukhulume egameni labesifazane wachaza ukuthi bangabaphathi bamakhaya nokuthi umama uziphatha kanjani njengoba lomcimbi ubuhlanganise usuku lwabesifazane namasiko. U Mr. Ndadane ukhulume egameni lamadoda njengoba ephethe ikomiti lamadoda. Bekuculwa amaculo esintu, kusinwa umama Madikizela ube esekhuluma ngosuku lwamasiko. Kuthe emuva komcimbi izithameli zazibusisa ngokudla kwesintu okuconsisa amathe, ekubalwa kukho isigwamba, isitambu, amanqina, Ujeqe, inyama yenkomo, amahewu nokunye okuningi. Kwakufinywa ngendololwane kugujwa usuku lwamasiko.



MALIBOOONGWE!!! IGAMA LAMA-KHOSIKAZI

Any woman who understands the problems of running a home will be nearer to understanding the problems of running a country.”





Backcare Awareness Week

You only have one back, so look after your busy

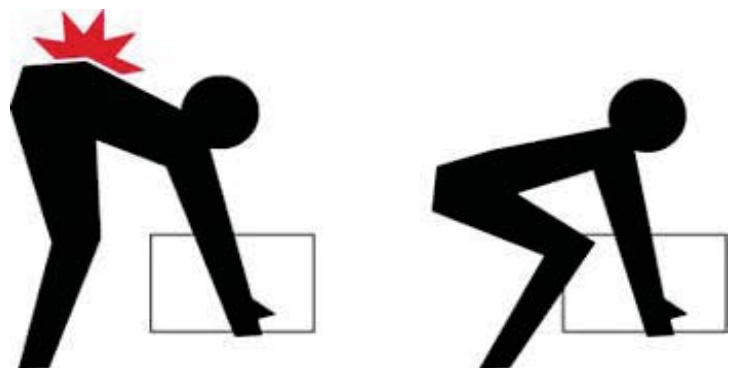
Back aware

ness week (7-13 September, 2015) aims to raise awareness of the problems back pain can cause and therefore how to protect your back by correcting your posture and performing your activities of daily living in the most safe and effective way possible. Back awareness week, (run by Nicole Craddock - Community Service Physiotherapist), aims to educate patients on the spine, teach patients how to bend and lift objects correctly as well as how to sit appropriately in a chair, at their desk and when driving.

Monday, the 7th September and Thursday the 10th September was spent at the clinics (Weza, Kwajali, TLC, Pigsaw and Mbonwa) educating the patients and staff on how to protect their backs. Short demonstrations were given on the correct bending and lifting techniques as well as sitting postures. Posters were put up around the clinics to remind patients on a daily basis.

Tuesday, Wednesday and Friday (8th, 9th and 11th of September) was spent at St Andrews Hospital. Different departments were addressed focusing on different aspects of back awareness week. In the paediatric ward, staff members were educated on how to bend and lift children correctly, in the HR department staff members were shown how to sit correctly at their desks, the Transport department were educated on how to sit correctly when driving and the Maintenance staff were given a demonstration on how to correctly bend and lift objects. Each department was then given pamphlets to remind them of the information above.

On a patient basis, demonstrations were given at OPD where patients collect their folders. Here they were educated about the structures in their spine and therefore the importance of protecting and looking after their back to prevent pain at a later stage. The correct bending and lifting technique was demonstrated as well as the correct sitting posture. Posters were put up in the main OPD area to remind patients of the above.



ORAL HEALTH AWARENESS



September is Oral health month and St. Andrews hospital dental department pulled all the stops for their campaign/awareness. They visited 3 schools in Harding i.e. Give Hope Primary, Phumza Primary and Maqakaleni Primary school. The schools participated in debates and plays. They were given dental related topics and scenarios that they prepared with the help of their teachers. A winner from Junior and senior phase were awarded with a trophy in each school. The aim of the awareness

was to empower the learners on the importance of oral health and it was a learning experience for the school at large. It also educated them on the steps they can take to prevent dental caries and what kind of help one can get when one has dental caries or gum disease.

The Dental team was accompanied by Mr. P. Ntanzu (Chief audiologist), Mr. S. Ndadane (Physiotherapist), Dr. Mbili who is the District coordinator for oral health in UGU and lastly Mrs. Khowa (social worker) throughout their campaign. On the 10th September, the dental team went to

Harding corner to screen the community members and give oral health education. The community was also informed on the services rendered at St. Andrews dental department. The dental department also extends its great word of appreciation to Umuziwabantu municipality for their assistance during their campaign.



Drug Awareness Campaign

On the 21st July 2015, the OPD department conducted a drug awareness campaign marked at alerting the public on the danger of drug and alcohol abuse. Sister Ndatyana expressed that there are certain types of drugs which can lead to crime, rape and death because of all the chemicals that drugs contain. People that are hooked and the public as a whole were advised to stop the spread of drugs and prevent the usage of these substances as this causes depression and has immoral results in the end.

Parents may not be aware that their sons and daughters are using drugs, that is why they were encouraged to be more involved in their children's daily life as to minimize the drugs effect. Peer pressure from friends also play a significant role in the usage of drugs amongst children. Community members also have an important role to play as it is said that "its takes the entire village to raise a child" therefore it is in every community member to sway any children from being victimized by substance abuse.

Questions and answers were asked during the awareness campaign as to enhance better knowledge to community members and encourage them to fight against any drugs abuse in their homes and their villages. Different help routes were shared by Nurses/Sisters where drugs and alcohol users can be taken as to rehabilitate, Alcohol Anonymous (AA) and any drug free facilities that helps rehabilitate substance abuse victims are there to assist those who are willing to change whatsoever.



KWAKUKUHLE KUDELILE KUVALELISWA INTOMBI ENDALA

Retirement means that one stops living at work and starts working at living. On the 27th August 2015, St Andrews hospital Management and staff said goodbye to one of its longest serving member nurse Mjoli who has served our hospital since 1973. She worked at various departments inside the hospital but she retired when she was at the eye clinic. Many described her as one of a kind as she was gifted and she embraces everyday her fathers words who clarified before passing on that their daughter is going to be a nurse. Sr. Khumalo welcomed and thanked the Mjoli family for attending the event as we bid farewell to their mother and grandmother. Her colleagues celebrated and gave praises to the Almighty in stating that her retirement came when she is still alive and healthy which is rare at this day and time. ENA Dlamini and nurse Cwele mentioned that at certain times patients would run all over the hospital looking for Mjoli because of her kind heart and integrity. They recalled the good old days when they were still young, when they first came to St. Andrews and the commitment they showed in improving the hospital services. Simunye and OPD choirs blessed the audience with profound music. Sr. Nkasela explained that they have learnt such a huge lesson and the whole department is sad that she is now leaving but they have found a mother, a friend and a dear sister in her and they are grateful because she was a good example and had excellent nursing care. All the speakers mentioned that she has worked tirelessly and did her work with much passion. "If a person is unable to see, there are many things that a person cannot do, what Mrs. Mjoli did was very important"...Matron Vane

Happy

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IXOXWA NGEZITHOMBE!!



Mrs. Cwele spoke as Mjoli's long time colleague



Simunye choir blessed the audience with music



The handing over of gifts



Listening attentively to the speeches are Mrs. Mjoli and family



Mrs. Mjoli giving the reply



The crowd celebrated and danced as they bid farewell to Mrs. Mjoli



FAREWELL RENAY



It's time to move on to conquer new battles and scale new heights for our HRO supervisor, Mrs. Renay Gobey who has served St. Andrews hospital for 11 years. It was a bittersweet moment for the HR staff as they said their goodbyes to their supervisor who was more like a mother and a tutor to them declares Zwelidumile Dlamini who spoke on behalf of the colleagues. Zweh mentioned that he has learnt so much from Mrs. Gobey both professionally and on a personal level as well and wished her well on her journey ahead. When opportunities come, one has to grab them by the collar and squeeze them until the very last drop and Mrs. Gobey has set an example of that. "The path to the top can be steep and long but the view is amazing" declared Mrs. De Vries who spoke as a dear friend, she mentioned that they've known each other from High school and their friendship grew ever since. The HR Manager mentioned that Renay was always eager to learn and she never worked as per her job description. "Renay outperformed in her work and maintained excellent working skills". She reassured her that she is going to outshine and encouraged her to work with the staff of her new venture and not compare them to St. Andrews staff. In reply, Mrs. Gobey was very teary and sad yet excited and had the fear of the unknown but she thanked each and every member at the HR department. "I came to St. Andrews crawling but now I can walk" she thanked God for the wonderful plans he had in store for her.

It is hard to say goodbye to a colleague who has been less of a co-worker and more of a friend. We will miss you and we are sad that the joyride of working with you has to come to an end.



Mrs. De Vries, Mrs. Gobey & Mrs. Jackson



Mr. Ntusi was the MC for the day



Left: Zweh saying his goodbyes and, Sandile listening attentively

NEW APPOINTMENTS

<u>NAME</u>	<u>RANK</u>
* B.B. BHENGU	MEDICAL OFFICER
* S.C. CELE	PROFESSIONAL NURSE
* X.E. SIKHOSANA	PROFESSIONAL NURSE
* M. NZAMA	PROFESSIONAL NURSE
* H.P. MHLUNGU	PROFESSIONAL NURSE
* K. NKASELA	PROFESSIONAL NURSE
* N.J. NDLOVU	PROFESSIONAL NURSE
* N.R. MNISE	PHARMACY ASSISTANT
* F.P. KHAMBULE	PHARMACY ASSISTANT
* P.D. NHLAPO	PHARMACY ASSISTANT
* S.C. MCHUNU	PHARMACY ASSISTANT
* G.E. SIBUTHA	PROFESSIONAL NURSE
* M.C. XABA	HRD OFFICER
* F.N. QAYISO	CLINICAL NURSE PRACTITIONER
* M. MCOBOTHU	SUPPLY CLERK
* Z.P. ZONDI	PROFESSIONAL NURSE
* Z.P. NGIDI	PROFESSIONAL NURSE
* N.O. MKHIZE	CLINICAL NURSE PRACTITIONER
* S.I. MAHLASI	PROFESSIONAL NURSE
* N.M. MNEMBERE	PHARMACIST

**WE WOULD LIKE TO WELCOME YOU TO OUR INSTITUTION AND
OUR CLINICS AT LARGE BY REMINDING YOU TO ALWAYS:**

ASPIRE TO INSPIRE BEFORE YOU EXPIRE!

Health News



KZN Health MEC Dr. Sibongiseni Dlomo, taking part in a race.

The KZN Health MEC, Dr. Sibongiseni Dlomo in a bid to inspire us to live a healthy lifestyle, called the public to participate in healthy lifestyle programmes, such as road running, he further said that such habits are crucial in reducing the burden of disease facing KZN.

Dr. Dlomo completed a 21km run on 27 September 2015 and has in the past completed 2 comrades marathon races.

If this is not leading by example, I don't know what is.

Thank you for taking your time in reading our newsletter.

Should you wish to comment or lay a complaint, please don't hesitate to contact the Public Relations Department at

JOKES

So this old man goes to the doctor and the doctor says, "Your test results came back and I'm afraid I have some bad news. You have Cancer and you have Alzheimer's". The old man says, "That ain't so bad, at least I don't have Cancer!"



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