



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

St Andrews Hospital

St and news

STAY INFORMED

SEPTEMBER 2016

ORAL HEALTH AWARENESS



September is oral health month and St Andrews celebrated this by hosting awareness around Umuziwabantu Sub-District schools. We visited 3 schools KwaMphikwa Primary, Mjika Primary & Gabhamanzi Primary School.

The objective of this campaign was to create awareness around oral health, and to teach the community about the importance of practicing good oral hygiene.

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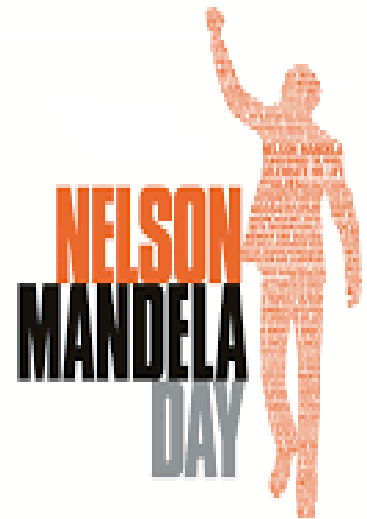


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67 Minutes



Blessed is the hand that gives, St Andrews Hospital in partnership with Umuziwabantu Municipality staff took the initiative to participate in spending their 67 minutes in helping girls who are less fortunate by donating 2 Boxes of sanitary pads and roll-on's to Linkasa Secondary School.

The main objective of this initiative was to bring resilient confidence & to decrease the number of school girls missing school due to not having sanitary pads during their periods. Sr. Mbekwana encouraged the young girls to maintain proper & clean hygiene “ an educated, enlightened and informed generation is one of the surest ways of promoting healthy society” she said.

Nelson Mandela has fought for social justice for 67 years. We're asking you to start with 67 minutes. People should take responsibility to make the world a better place for all, just like Nelson Mandela did for the nation. Tata would be honored if such a day can serve to bring people together to fight poverty, promote peace & reconciliation.

This visit was a big success in hope that St Andrews & Umuziwabantu Municipality inspired the change, in ensuring that Mandela's legacy continues forever



*“It always seems impossible until its done”
Dr. Nelson Mandela*

Heritage & Women's Day Celebration

South Africa's culture is one of the most diverse in the world

St Andrews celebrated this by hosting both Heritage and Women's Day celebration on the 22 of September 2016. On this day the staff is encouraged to celebrate their culture, the diversity of their beliefs and traditions, and also celebrating the strength & courage of a woman under the banner

"wathinta abafazi wathinta imbokodo"

Mr. Mbotho (Men's Forum) emphasized that *'umuntu kumele azazi ukuthi usuka kuphi, ukuze azazi ukuthi ubhekephi'*.

He also encouraged & motivated men to respect women at all times, 'we need men who are leaders, not men who rape and abuse women & children, REAL MEN ARE DEFINED BY THEIR ACTIONS, THEY PROTECT THEIR FAMILIES AND SOCIETIES THEY LIVE IN'



"Rainbow Nation"

Thanks to everyone who coordinated & participated to make the day possible.



Traditional food served on the day



ORAL HEALTH AWARENESS

Cont. from front page



The main event was held at Mjika Primary School on the 15th of September. Ms. Sosibo (oral hygienist) informed the public about the kinds of services that are offered at the Oral and dental clinic and also alerted the students about the importance of taking care of their teeth from the very young age, in order to prevent gum related diseases in a later stage.

Junior phase had presentations where they had a role play on oral health with posters. Senior phase did a debate based on a patient's case scenario. The children were awarded certificates and trophies for their excellent work. Sthembile 'lele' Mdluli from healthy lifestyle did taeko routine with the children & community.

The focus was not only on oral health, but also on HAST awareness for screening and testing for other chronic diseases such as TB, BP, Hypertension, Diabetes, HIV test/ counseling

The event was a huge success! Funds were raised to help make the day possible, and assisted in sponsoring free vouchers, trophies and giveaways.

Thanks to Umuziwabantu Municipality, Love-life, Soul Buddyz, Healthy lifestyle & Colgate for making the day possible.



Data & Information Management Launch

Programme
Director
Ms. Ndlovu
(HR
Manager)



Audience listening attentively

On the 22nd of July 2016, St Andrews hospital conducted data & Information Management Launch. The main objective of this initiative was to improve the quality of data.

Auditor General conducted the audits and there was a poor quality of data, the management of St Andrews saw a need of conducting a launch, in-order to capacitate all the relevant stakeholders to emphasize the importance of data. Ms. Vane (Hospital CEO) presented the purpose of the day where she indicated these few points;

- **To introduce data management policy.**
- **To sensitize the stakeholders on the importance of correct, complete and consistent data.**
- **An attempt to decrease the sub District's data error rate.**

She emphasized on checking the data before submitting to the FIO "Data is for service delivery:" she said.

The event was a huge success , all thanks to St Andrews Management & staff, Broad reach, Provincial & UGU District Data Management team.

August is National Women's Month and also breastfeeding week. We tend to focus on women-related issues, the benefits of breastfeeding on both mother & child, as it was once said that "Breastfeeding mothers are happy mothers".



Breast milk provides the ideal nutrition for infants. It has a nearly perfect mix of vitamins, protein, and fat, everything your baby needs to grow. And it's all provided in a form more easily digested than infant formula. Breast milk contains antibodies that help your baby fight off viruses and bacteria. Breastfeeding lowers your baby's risk of having asthma or allergies. Plus, babies who are breastfed exclusively for the first 6 months, without any formula, have fewer ear infections, respiratory illnesses, and bouts of diarrhea. They also have fewer hospitalizations and trips to the doctor.

What's more, the physical closeness, skin-to-skin touching, and eye contact all help your baby bond with you and feel secure. Breastfed infants are more likely to gain the right amount of weight as they grow rather than become overweight children. Breastfeeding also plays a role in the prevention of SIDS (sudden infant death syndrome).

Breastfeeding Benefits for the Mother?

Breastfeeding burns extra calories, so it can help you lose pregnancy weight faster. It releases the hormone oxytocin, which helps your uterus return to its pre-pregnancy size and may reduce uterine bleeding after birth. Breastfeeding also lowers your risk of breast and ovarian cancer. It may lower your risk of osteoporosis, too.

Since you don't have to buy and measure formula, sterilize nipples, or warm bottles, it saves you time and money. It also gives you regular time to relax quietly with your newborn as you bond.

Breastfeeding is a natural "safety net" against the worst effects of poverty ... Exclusive breastfeeding goes a long way toward cancelling out the health difference between being born into poverty and being born into affluence ... It is almost as if breastfeeding takes the infant out of poverty for those first few months in order to give the child a fairer start in life and compensate for the injustice of the world into which it was born."



IXOXWA NGEZITHOMBE

ORAL Awareness



B. Mnomiya & N. Mvundla Farewell Party



Pharmacy week



HERITAGE DAY CELEBRATION



MANDELA DAY



DATA & INFORMATION LAUNCH



CCMDD LAUNCH



WELLNESS



NEW APPOINTMENTS



<u>NAME</u>	<u>RANK</u>	<u>DATE OF APPOINTMENT</u>
M.M Vane	Chief Executive Officer	2016-07-01
H Qoza	Professional nurse	2016-07-01
F.N Myaka	Professional nurse	2016-07-01
B Dlamimi	Staff Nurse	2016-07-01
Z Phembela	Nursing Assistant	2016-07-01
M Mtshaka	PN Comm-serve	2016-07-01
N.W Tshazi	Professional nurse	2016-07-01
Z.F Ngwazi	Professional nurse	2016-07-01
N.G Xotyeni	Clinical Manager	2016-08-01
N.P Nxasana	Professional nurse	2016-08-01
N.F Gasa	Professional nurse	2016-08-01
L.N Ntintili	CNP	2016-08-01
K.F Lusasa-Gqunu	CNP	2016-08-01
T Mzobe	Professional nurse	2016-09-01
S.T Matee	Pharmacist	2016-10-01

On behalf of our managers, supervisors and staff we welcome you into our department. As part of our team, we believe that you are going to be an asset and that you will accomplish your day-to-day tasks. We are pleased to welcome you and we look forward of working with you.

JOKES



MY NEW PRIMARY CARE DOCTOR

Q: Doctor, I've heard that cardiovascular exercise can prolong life. Is this true?

A: Heart only good for so many beats, and that it... Don't waste on exercise. Everything wear out eventually. Speeding up heart not make you live longer; it like saying you extend life of car by driving faster. Want to live longer? Take nap.

Should I reduce my alcohol intake?

A: Oh no. Wine made from fruit. Brandy distilled wine, that mean they take water out of fruity bit so you get even more of goodness that way. Beer also made of grain. Bottom up!

Q: Aren't fried foods bad for you?

A: YOU NOT LISTENING! Food fried in vegetable oil. How getting more vegetable be bad?

Q: Is chocolate bad for me?

A: You crazy?!? HEL-LO-O!! Cocoa bean! Another vegetable! It best feel-good food around!

Q: Is swimming good for your figure?

A: If swimming good for figure, explain whale to me.

Q: Is getting in shape important for my lifestyle?

A: Hey! 'Round' is shape!

healthy
lifestyle



- **Drink more water.**
- **Get enough sleep.**
- **Exercise**
- **Eat more fruits & vegetables.**
- **Cut down on processed food.**
- **Don't drink alcohol.**
- **Love your self.**
- **Live a life with purpose.**
- **Go organic.**

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