



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

St Andrews Hospital

St and News

STAY INFORMED

SEPTEMBER 2018



Pictures above are some of the St Andrews Hospital Ladies during our Heritage day celebrations.

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Heritage Day

On 27 September 2018, St Andrews hospital staff celebrated heritage day. It was a colorful day as most staff members were dressed in their traditional attire showing off the beautiful and diverse cultures that we have not only in the institution, but in our beautiful country. It was a day full of music, laughter and dance as the staff led by the wellness team gathered to share some pearls of wisdom and to also reminisce about the ways of the past. Men were reminded of their role in the community as protectors and breadwinners, men were also reminded of the importance of MMC which is part of taking care of themselves and staying healthy. The women were also addressed on the correct way to conduct themselves and to also instill morals in the children they are raising as we know that a mother in most cases is the one who spends more time with the children. Amongst other things the staff members who were present also got to enjoy some African traditional delicacies. The St Andrews management and staff is thankful to the wellness team, led by Ms. NV Ndlovu (HR Manager and Mrs. Cele (EAP) for coordinating such a powerful and fun event.



Breast Feeding week

St Andrews Hospital is an institution that encourages breastfeeding and is passionate about educating the community and staff about the importance of breastfeeding. On 21 August 2018 the breastfeeding team and St Andrews hospital staff took to the streets of Harding in an effort to raise awareness on breastfeeding. The walk started off at the St Andrews hospital bottom gate to the Harding Clinic in town next to the taxi rank and back to the hospital. On the way songs and slogans encouraging breastfeeding were being sang and some community members even joined in on the action. At the Harding clinic in-service training was done to the community about the importance of breastfeeding, amongst other things, it was said that Breastmilk is the best food that a mother can give to her child as it is healthy, costs no money and is readily available. Mothers who are HIV Positive were also encouraged to visit their nearest clinic as soon as they suspect that they could be pregnant in order to be put on treatment to prevent their unborn child from being infected with the virus. HIV positive and mothers were also encouraged to continue breastfeeding their babies and practice safe sex by using a condom even though they are HIV positive. All the mothers must breastfeed their babies till the age of two years.



Diabetic Clinic

The Diabetic Clinic was started by the Dietetics department in May this year with an aim of educating diabetic and hypertensive patients. A Multi Disciplinary Team approach has been taken as a Dr and nurse (OPD) are assigned to the clinic once a month. Patients are educated about nutrition, related to their disease profile and vital signs are taken and medication is prescribed and delivered by pharmacy at the venue. Patients are given nutritional pamphlets to take home as a daily reminder of key messages.

The diabetic clinic has started small with only 5 patients attending in June but the attendance has increased in July to 10 patients and it has been noticed that patients bring their family members along as well in order to be educated and for support. In September, 20 patients were seen. The future vision of the diabetic clinic is to encourage a change of lifestyle, better management of Hypertension as patients attending the clinic will improve their diet therefore controlling the diabetes and hypertension. It also hopes to decrease the patient load at SAH OPD.



Mental Illness Awareness

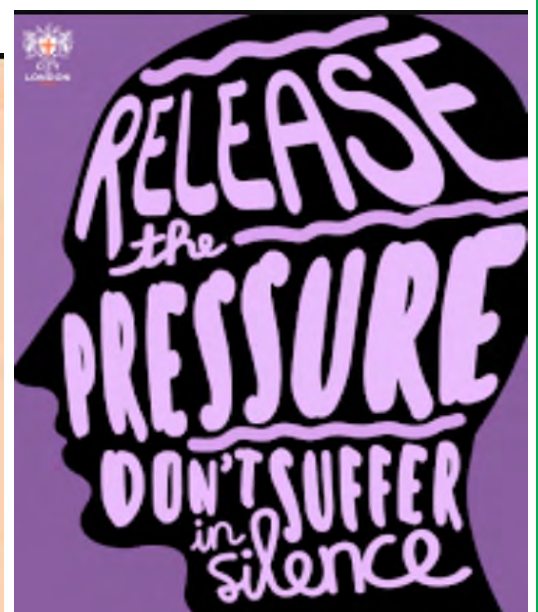
The Month of July has been declared as Health Illness Awareness month with the objective of not only educating the public about mental health but also to reduce the stigma and discrimination that people with mental illness are often subjected to.

An estimated 400 Million people worldwide suffer from mental or neurological disorders or from psychosocial problems. These include disorders related to alcohol and drug abuse.

Like physical disorders, mental and brain disorders vary in severity. There are those that are:

- Transient (An Acute stress disorder)
- Periodic (bipolar disorder)
- Long lasting and progressive (Alzheimer's disease)

- Other Conditions Include:-
- Schizophrenia
- Dementia
- Depressive disorder
- Obsessive compulsive disorder
- Panic disorder
- Post traumatic stress disorder



Open Day Event

As part of the St Andrews hospital initiative to constantly engage the community that we service and to also implement the Batho Pele principles, The institution held its annual Open day event on 27 July 2018. where members of the community were in attendance, including the traditional healers, hospital board members, and traditional leaders. The event started off with Matron Singh (DMN) welcoming all who were present and also delivering the purpose of the day which was to update the community on the services we offer and to also listen to them in order to address any challenges that they may have related to our institution. Presentations on Mother and child challenges, the referral system, teenage pregnancy, TB & HIV (The importance of getting tested, knowing your status and taking treatment as prescribed by the Doctor.) HRD processes were also discussed, letting the public know about the process to be followed when an individual is seeking employment with the department of health. Staffing challenges were also discussed by the HR department. The community was also encouraged to utilize the clinics when they need medical assistance and at the

clinic level when it is determined that they need a hospital then the clinic will refer them. The event was a success and we thank the Hospital board for their contribution in making the day a success.



WELLNESS DAY

St Andrews hospital hosted a wellness day on 28 September 2018. The event was organized by the wellness committee. The two sports that were played on the day were soccer and netball.

The games took place at the Harding sports grounds. Institutions that took part in the fun and games were, St Andrews Hospital and Gamalakhe CHC,

Being involved in sports is a fun way to get active and to get to know one another better. This was an opportunity for individuals from different institutions to interact and get to know each other better.

On behalf of the St Andrews Hospital Staff, we thank the wellness team for organizing such a beautiful day.



NEW APPOINTMENTS



NAME	RANK	DATE OF APPOINTMENT
NB Ngcamu	Pharmacist assistant	01/07/2018
NS Mthembu	Professional Nurse	01/07/2018
BP Ngonini	Operational Manager	01/07/2018
TP Mkhwanazi	Professional Nurse	01/07/2018
LG Dondashe	Operational Manager	01/07/2018
FN Qayiso	Operational Manager	01/08/2018
S Lushozi	Professional Nurse Com-serv.	01/08/2018
BG Ncane	Operational Manager	01/08/2018
ZG Gubela	Operational Manager	01/09/2018
SI Dlamini	Operational Manager	01/09/2018
TP Shozi	Operational Manager	01/09/2018



Welcome to the new PR INTERN



My name is Theresa (**Terry**) Myeni. I was born and bred in Mtubatuba but currently living at Port Shepstone KwaMadlala. I went to University of Zululand where I studied National Diploma in Public Relations Management. I joined St. Andrews Hospital on the 3rd of April 2018 as an intern to gain more exposure in Public Relations. I am a very confident, determined individual who understands work constraints, in that I am able to manage my time and prioritize relevant tasks to avoid conflict and delays.

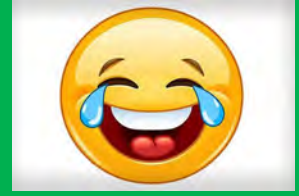
This opportunity will be good foundation in my formation as Public Relations Practitioner and will secure me great experience while climbing the corporate ladder. It will also help me to gain more skills and enhance my productivity in communication department .i am very grateful for the warm welcome I receive at St Andrews Hospital with beautiful mountains and fresh air.



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CHUCKLES



Two children were in a doctor's waiting room. The little girl was softly sobbing. "Why are you crying?" asked the little boy. "I'm here for a blood test, and they're going to cut my finger," said the girl. When he heard this, the little boy started to cry. "Why are you crying?" asked the girl. The boy looked at her worriedly and said, "I'm here for a urine test."

When someone asks me who do I think I am



when a girl with drawn on eyebrows starts acting up



I've finally lost my mind.
If found,
Don't bother
to return it.
It wasn't
working
properly anyway..



**Q: How do you know you can't trust doctors and lawyers?
A: Because they both "practice" their professions.**

PICTURE GALARY





ACKNOWLEDGEMENTS



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