



**health**

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

# St Andrews Hospital

## St And News

STAY INFORMED

SEPTEMBER 2019

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St Andrews Hospital celebrated heritage day in style. This year, we celebrated and learnt a lot about the Indian heritage... Read more on page 2.



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## Heritage Day celebrations

**S**eptember is heritage month. A time when south Africans celebrate its beautiful and diverse heritage. It is our differences that ultimately make us a unique country and the country at large needed to be reminded of this especially at a time where Xenophobic attacks around the country are on the rise. What we have seen being done to our fellow Africans in our country in the past few weeks has been horrific, inhumane and cruel and we do not condone it.

St Andrews hospital hosted its annual heritage day event with a twist. This year the wellness committee opted to celebrate the Indian heritage. This was done in an effort to learn about other traditions and cultures within our communities apart from our own. The day was filled with music, dance and laughter as majority of the St Andrews staff was dressed to the nines in their Indian attire. The event began by the audience being led in an Indian prayer which was followed by a presentation about the diverse religions within the Indian culture, executed beautifully by our finance manager, Mr. Govender. He also touched on the variety of Indian delicacies and the different idols that are worshiped in the Indian culture. Mrs Singh the proceeded to present the different Indian attires, their significance and when and how it should be worn. Mrs Singh's approach was vibrant and filled with lots of humor.

The day was filled with performances from the staff members. The Pharmacy team took the stage with African traditional songs and dance, reminding us of our roots. Then the Medical and allied ladies, performed a graceful Indian dance, that had the audience on their feet. The



Pharmacy Staff members "Osokhemisi" right before they rendered an item which left the crowd wanting more.

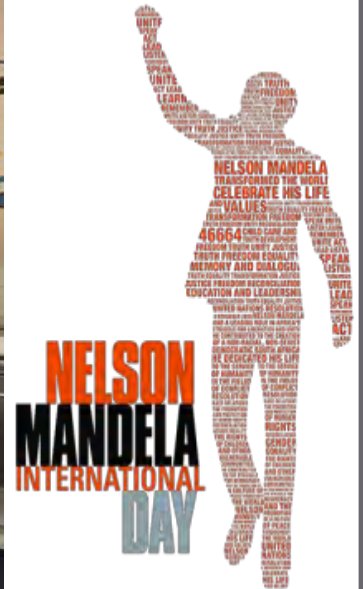
St Andrews hospital wellness committee led by HR Manager Ms. NV Ndlovu AKA Mrs Ramparsad, Thanks the staff members for their contributions which enabled the committee to execute such a successful event. The wellness committee also appreciates the staff members who provided entertainment for the day.



## C-Ward Mandela Day



St Andrews Hospital management team with Boxer staff members at the childrens ward



On the 18th day of July every year the country celebrates the life of one of the most inspirational men that has ever walked the earth. This day marks the birth of Tata Nelson Mandela. On this day the entire country puts in their 67 minutes of doing good for the less privileged. This year St Andrews hospital, Childrens ward was honored to be visited by the team from boxer Stores, who came bearing gifts and a big cake to celebrate Mandela day with the ill children admitted at the childrens ward.

Ms. MM Vane (CEO of St Andrews hospital) was present to receive the gifts, she then thanked the team for this heart warming gesture. While addressing the team Ms. Vane stated that Nelson Mandela day should not only be celebrated on this day but every single day we as south Africans need to celebrate this hero by making correct decisions and appreciating where the country has come from. She further stated that it is because of the sacrifices that Nelson Mandela and others like him made that allow us to live the lives that we live today, not only that but these people made it possible for black people in the country to be able to have dreams and work towards seeing those dreams materialize. Ms. Vane encouraged all those who were present to work harder so that we can also leave a mark in our communities, that would have positive impact on generations to come.



## Xhamini Clinic Outreach

It is an unprecedented undertaking to change the life of the local community, on the 18<sup>th</sup> of July 2019 St Andrews team together with Xhamini Clinic staff visited one of the destitute families in Xhamini area to donate wheelchairs and to paint the family home. The team also brought along some groceries for the family.

The Nkomo family was discovered by the CCG's during their weekly home visits. The CCG's found that the Nkomo family was in need of health services. The family needed two wheelchairs for the family members who are paralyzed. The head of the family is the Mrs Nkomo (80 years old) who takes care of her two granddaughters who are paralyzed with her pension grant. The grandmother stated that she had a challenge when she needed to take her grandchildren to the clinic because she had to carry them on her back one by one as she has no other mode of transport.

Sr. Rosho (Xhamini clinic operational manager) stated that all the staff members at Xhamini clinic decided to donate some money in order to buy groceries for family, since no one in the family is employed. She also asked the Hospital to provide the family with the health services that the family needed. The Occupational health department provided the family with two wheelchairs. Some staff members also volunteered to assist Mrs Nkomo by fetching clean water from the clinic and by doing the laundry for the entire household. A Voucher was also handed to the family which would assist them to buy electricity and other essentials that they may need.

Mrs Nkomo expressed her gratitude towards the Xhamini clinic and St. Andrews hospital staff members for the good deed that they had done for her family. She stated that this day has been such a blessing to her as her grandchildren will now be able to move around much easier than before. Mrs Nkomo also thanked God Almighty for touching the hearts of the staff members who all contributed from their own pocket to make this day a success, May God bless each and every one of you and your families on what you have done to my family, "said Mrs. S Nkomo.

Sr Rosho stated that she is extremely proud of Xhamini staff members as this shows that when we work together we can achieve big things and change people's lives.



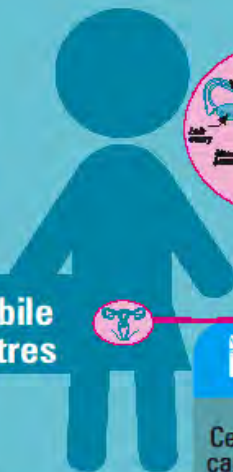
Xhamini Clinic Operational manager and Staff during the outreach visit



# No. 2 X **THE BIG 5 CANCERS AFFECTING WOMEN IN SA** **CERVICAL CANCER**

## WHAT YOU NEED TO KNOW

CERVICAL CANCER IS THE 2<sup>ND</sup> MOST COMMON CANCER



## Go for regular Pap Smears

Women ages 18 - 25 who have ever been sexually active should have Pap smears every 3 years, or 2 years later after first sexual activity (whichever is later) and continue until age 70

### CANSA offers Pap smears via our Mobile Health Clinics & our CANSA Care Centres

(Pap Smear = reliable screening test for the early detection of cervical cancer - a swab of cervical cells)

Human Papilloma viruses (HPVs) are a group of more than 100 related viruses. About 40 types are sexually transmitted through genital contact while 2 types (16 + 18) are considered high risk in South Africa

#### High risk HPV is estimated to cause...

- 70%** of cervical cancers of anal cancers
- 50%** of vaginal and vulvar cancers of penile cancers
- 20%** of head and neck cancers

### MYTH vs FACT

- Cervical cancer can't be treated** Cervical cancer can be effectively treated if detected & diagnosed early
- HPV infection is uncommon** HPV infection is common & is transmitted via skin-to-skin contact & body fluids
- Older women don't need Pap smears** All women aged 25 + need regular Pap smears until age 70
- Smoking is not linked to cervical cancer** Smoking increases the risk of cervical cancer

Toll-free 0800 22 66 22  
[www.cansa.org.za](http://www.cansa.org.za)



## Breastfeeding Week

**D**uring the month of August we celebrate National Women's Month as well as breastfeeding week. During this month we tend to focus more on women-related issues, which include women's health and breastfeeding, as breastfeeding has positive effects on both mother & child, as it was once said that *"Breastfeeding mothers are happy mothers"*.

Breastfeeding is also known as nursing, it is the feeding of babies with milk from the mother's breast. Health professionals recommend that breastfeeding begins with the first hour of a baby's life and continue for as long as the baby needs it. During the first few weeks of life babies may nurse roughly every two to three hours. The duration of a feeding is usually ten to fifteen minutes on each breast. Mothers may pump milk so that it can be readily available for the baby even when the mother is not around to breastfeed. Breastfeeding has a number of benefits to both mother and baby that instant formula lacks. Breast milk provides the ideal nutrition for infants, it has the perfect mix of vitamins, protein, and fat that the baby needs to grow and it's all provided in a form more easily digestible than infant formula. Breast milk contains antibodies that help your baby fight off viruses and bacteria. Breastfeeding lowers the 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.

### 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 the uterus to return to its pre-pregnancy size and may reduce uterine bleeding after birth. Breastfeeding also lowers the risk of breast and ovarian cancer. It may also lower the risk of osteoporosis.



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.





## Essay Writing Competition

**M**rs Mngomeni, Operational manager of Kwambotho Clinic with assistance from her multi-sectoral team, comprising of the Harding SAPS, Department of social development, Harding youth society and the department of education put together have begun a 5 year program for the learners of the Kwambotho area aimed at alleviating drug abuse and the high rate of teenage pregnancies in the area. During this 5 year plan this team will mentor the learners from grade 8 until grade 12

Amongst other activities that are hosted by this multisectoral team is the essay writing competition which is for the grade 8 learners. The participants in the essay writing competition were given the topic "I am the starting point of my future" to write about. This activity encourages the learners to read and it also plants a seed of writing in the minds of the learners. The essay writing competition gave the team the opportunity to discover the challenges that the learners face and they were able to determine what the learner's plans for their future is.

On this day the purpose was to award those learners who had done well with the essay writing and to also encourage the other learners to work even harder. A delegate from the department of social development spoke about the importance of child safety and education. He touched on the negative effects that drugs have on a young person's future he also encouraged the learners to speak to their educators about any issues that they may be facing in the community, at home or at school in order for them to be able to get assistance.

All the learners who had participated in the competition were then awarded, there were also special awards for those learners who had done really well in the competition and received 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place.

The event was concluded by having professionals from various fields to speak about their profession and what subjects the learners needed to focus on in order for them to be able to get into the different careers.

The knowledge that was shared with the learners on the day has the potential to change these childrens lives for the better.



Sr. Mngomeni, Mrs Mavis Munsamy ( district office) and the essay writing competition participants

## Rural Health Conference 2019

**T**he Rural health conference is a forum where all health professionals working in various health facilities in South Africa come together to discuss and share strategies on ways to bring positive change in service delivery for the different communities that they serve. This conference is organized by various individuals in the health profession, which include doctors, therapists, nurses and clinical associates in all nine provinces of south Africa.



Mrs T. Ngcakaza (St Andrews Hospital M&E Manager)

The event is funded by Discovery, UKZN and HST. The goal of this conference is to look at ways to empower health professionals and in turn those health professionals will then be in a position to empower others in the health environment and also give recommendations in terms of improving service delivery. This conference rotates around all provinces to ensure equitable share in terms of knowledge and accessibility. This year KwaZulu Natal hosted the conference and amongst the organizer's, was St Andrews hospital's very own, Mrs T. Ngcakaza, (M&E Manager). The role that she played was to find a venue for the conference, organize speakers from the department of health (both district and provincial) and to organize entertainment for the gala dinner. On the day of the conference Mrs Ngcakaza was responsible for assisting with registrations, welcoming the guests on behalf of the nursing organizing committee and hosting the district.

Mrs Ngcakaza stated that one of the most important lessons that she learnt from the conference was the importance of consultation. She further added that often times as health workers, we do not take a lot of time to strategically plan and package our services in a way that will satisfy our clients. She also stated the importance of hearing the voice of the community that we are serving as the department of health and acting on the needs of the people that we serve and to never deliver service to our clients based on assumptions and that is why the Patients experience of care survey is paramount when it comes to health facilities taking decisions that relate to patient care and service delivery because it is in this survey that the department of health is able to deduct exactly how our clients feel about the service that is provided to them. Involving patients and families in decisions that involve improving patients conditions is something that we need to do for a successful achievement of our goals as the department.

In closing Mrs Ngcakaza expressed her gratitude for the opportunity for her to be a part of a conference that focuses more on the end user of the service that we provide and in doing so attempting to change the negative notions that our south Africans have about the public health system in our country.



# NEW APPOINTMENTS



NAME	RANK	DATE OF APPOINTMENT
ASA Ngcobo	PN Com. serv	01 July 2019
P Ndevu	PN Com. serv	01 July 2019
Z Mathula	PN Speciality	01 August 2019
PJ Khubisa	Professional Nurse	13 August 2019
T Jokazi	PN Speciality	19 August 2019
XP Ntaka	Staff Nurse	02 September 2019
X Madika	Professional Nurse	02 September 2019



## JOB ADVICE

#6 IF YOU DON'T  
KNOW WHAT  
YOU'RE DOING  
WALK FAST  
AND  
LOOK WORRIED.



© Carson-Dellosa CD-1486



# PATIENTS' FEEDBACK

Patient's hospital or clinic file number

Please describe the complaint or give a compliment or make a suggestion.

\* Where possible also record the staff involved and department where the incident took place.

Date on which the incident took place:

21-08-2019

At St Andrews Hospital, their staff they treated me well their behaviour was so amazing towards us, I really wish that god keep for the future generation that will still come to this hospital. Thank for your treatment to sister Zikuzi thank for the lessons you taught me even though I was angry at first but we ended up being friends thank you.

Service area (e.g ward no, reception, pharmacy)

Patient's hospital or clinic file number

Please describe the complaint or give a compliment or make a suggestion.

\* Where possible also record the staff involved and department where the incident took place.

Date on which the incident took place:

THERE WAS NO INCIDENT

at all. IT WAS VERY VERY NICE. THANK SO MUCH THE WAY YOU TREATED US. PLEASE CONTINUE DO THIS TO OTHER PATIENTS. THANK YOU THANK YOU !!!

I appreciate the service here at B WARD, actually I prefer or I would recommend for someone who wishes to deliver a healthy and happy child, the service is excellent.

If you are submitting on behalf of someone else, please complete the following:

Relation to the patient, e.g. mother, etc.	MOTHER
Patient's Surname	THALENTE MHLONGO
Patient's First Name	THALENTE
Contact details of the patient	Cell number
	Postal address
	Physical address
	E-mail address
Service area (e.g ward no, reception, pharmacy)	WARD C
Patient's hospital or clinic file number	

Please describe the complaint or give a compliment or make a suggestion.

\* Where possible also record the staff involved and department where the incident took place.

Date on which the incident took place:

I am happy with the way the staff treated my baby. I was like a medical aid client thank you Day Staff and night Staff keep it up.



## EMPLOYEE OF THE MONTH



Matron Mbekwana with employee of the month for the month of July, Sr. Dlamini



# Batho Pele

Together beating the drum for service delivery



Matron Mbekwana with employee of the month, for the month of July, Sr. TP Sheyi



Operating Theatre Operational manager, Sr. Mantjie with Employee's of the month for the month of August. Ms. NP Sikwekwe, Mr. M Dlola and Mrs SE Vezi.





CHUCKLES



Dear Friday,



I'm so glad we are back together. I'm sorry you had to see me with Monday, Tuesday, but i swear i was thinking about you the whole time.



I'm great in bed. I can sleep for days.

**EDUCATION IS IMPORTANT**  
• BUT •  
**COFFEE IS IMPORTANTER**





PICTURE GALLERY

Heritage Day Celebrations



Xhamini Clinic Mandela Day Outreach





PICTURE GALLERY

**C- Ward Mandela Day With Boxer, Harding Branch**



**KwaMbotho Essay Writing Competition**





# ACKNOWLEDGEMENTS



Mrs. T P Nxumalo (PRO)



Ms. ZT Myeni (PR Intern)  
Photographer



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