



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA

St Andrews Hospital

ST ANDREWS

NEWS

September 2022

INSIDE THIS
ISSUE

Heritage Month

Mental Health Awareness

Women empowerment
celebration

Dr. Nsungu Farewell

Breastfeeding Campaign

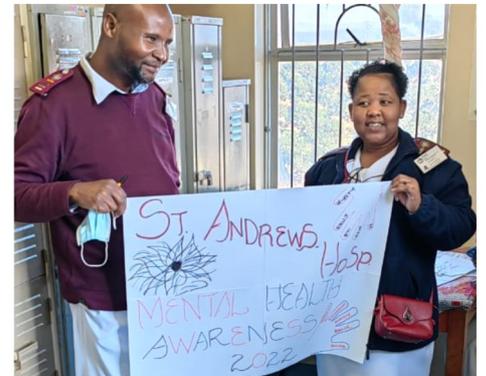
D-Ward staff appraisal

Compliments

Picture Gallery



St Andrews Management celebrating Heritage Day.....Continued on page 2



My culture, My Heritage

September is the month where we get to remember who we are and where do we come from. St Andrews Hospital also used September month to celebrate the employees roots, their rich , vibrant and diverse cultures. The goal of celebrating Heritage is to nurture and embrace cultures and accepting all races and genders. On this day all ethnicities, cultures and identities are celebrated and embraced equally.

St Andrews EAP Practitioner Mrs Cele decided to allow all components to celebrate their heritage day this year. Departments were to choose their preferred date to celebrate and this was done to accommodate all staff especially the Clinical staff as they usually never had time to attend hospital's bigger events. St Andrews Hospital marked the day by wearing traditional outfits, eating traditional foods, and even got the opportunity to learn about different cultures and spend time with colleagues without talking about work.

The staff used the idea of bringing and sharing food because it unites and connects people across different cultures and traditions. It is a way to blur different racial, religious and economic lines so that everybody feels welcomed and accepted.

Ms.MM Vane (CEO) extended gratitude to all members who attended the event and making it a success. She further stated that it is nice to have a day such as this one, where the staff get an opportunity to sit and share meals together. All staff members looked ravishing in their traditional attire.



02



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA



KwaZulu-Natal Department of Health



KZN Department of Health



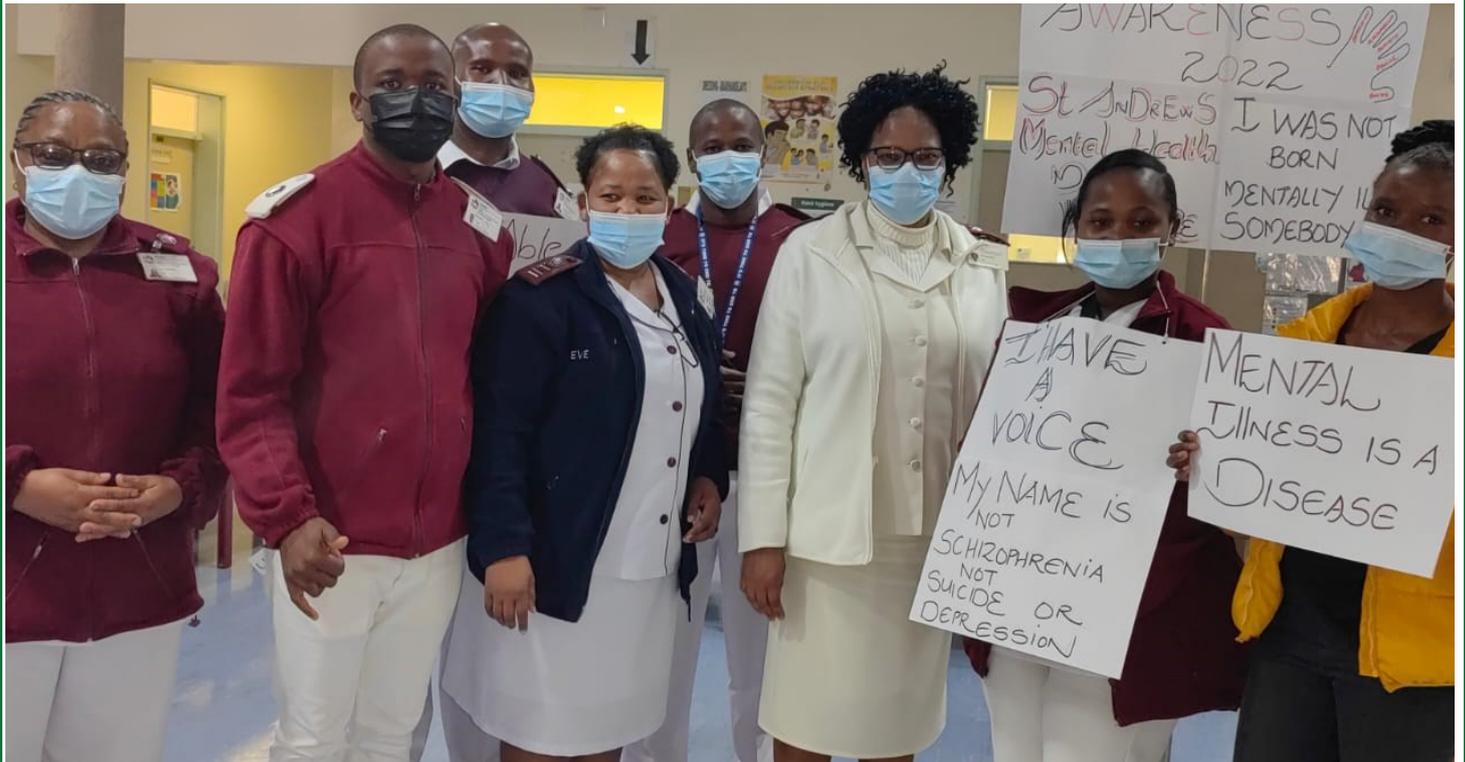
kznhealth



@kznhealth

**GROWING
KWAZULU-NATAL
TOGETHER**

Mental Health Awareness



St Andrews Hospital A-Ward staff took an initiative to raise awareness about mental health to patients. Who is better than highly dedicated, motivated and passionate Sr Jacobs to educate community members on possible causes of mental illness and steps that can be taken to prevent and to deal with mental illness. The awareness took place at OPD on the 26th July 2022

As the name suggests, this was to create awareness around mental wellness to help save lives and break the stigma around mental illness. There are so many types of mental illness such as anxiety disorders, depression, psychotic disorders, post traumatic stress disorder, eating disorders etc.

Sr Jacobs (Operational Manager of A-ward) taught people about the importance of seeking professional help if noticing symptoms of mental illness. St Andrews Hospital also render services such as counseling, Social development etc. Sr Jacobs encouraged people to reach out and seek for help for themselves and their children, she further added that because of misconception about mental health and mental fitness, people often suffer in silence and their conditions go untreated.

Mental Health awareness objective is not only of educating the public about mental health but also to reduce the stigma and discrimination that people with mental illness are often subjected to.

Lack of knowledge and understanding of mental health from families, individuals and the broader community may also contribute to the development of mental health problem. The A-Ward staff put in place this programme to ensure that mental health problems are recognized early and treated effectively.

03



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA



KwaZulu-Natal Department of Health



KZN Department of Health



kznhealth



@kznhealth

**GROWING
KWAZULU-NATAL
TOGETHER**

Women Empowerment Celebration



Women's month in South Africa is celebrated in August. It commemorates the significant role held by women in South African society and celebrates the accomplishments of 20,000 women who marched to the Union Buildings in August of 1956.

Although we continue to celebrate, the majority of women still do not have access to opportunities that empower them and their communities.

Mrs Cele (EAP Practitioner) explained the role of EAP Practitioner in health facilities further more she explained the purpose of the day that it was to empower women and celebrate women's achievement and the significant role that women from all walks of life have played and continue to do so therefore we must start reflecting on the challenges and expose women to opportunities that will positively contribute to their empowerment

This day was also to pray for the rapid increase in numbers of Gender based violence cases. She said, it is said in research that 25% of women are being raped daily in South Africa therefore we must not underestimate the power of prayer because God is at the Centre of everything we do. We must live by his word in order to overcome such problems in life.

Nomusa Cele (the Program director for the day) kept the audience entertained with her poem that talked about the preciousness of being a woman. Mrs Mnomiya passed a very powerful message to women that they must not be afraid of new adventures, they must not live to feel sorry for themselves, waste their time nursing anger, depression because God is with them.

Ms. MM Vane took the audience to her personal Journey, she said as every woman has their own stories, she also experienced hardship in life. We must not forget that as women we are beautiful but we must enhance our beauty, We are intelligent but we need to sharpen our skills. We are leaders in our own rights. We need to focus, know our worth, know what we want to achieve and have a strategy of achieving our goals. We must fix each others crown and allow others to help you.

04



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA



KwaZulu-Natal Department of Health



KZN Department of Health



kznhealth



@kznhealth

**GROWING
KWAZULU-NATAL
TOGETHER**

Women Empowerment Celebration Continuation...

She added that as mothers/ women we need to go back and find out where did we go wrong.

Most of us grew up in households where fathers were not present most of the time, mothers were the ones doing so much and were never credited for it

We can not run away from the fact that times have changed and we are not living as we did in ancient times.

And of course the change will not be overnight, any change is slow and gradual , nevertheless we need to acknowledge the mistakes we did when raising our children, realizing our mistakes will bridge all other gaps in our society and we as a nation will prosper.

Ms. Ndlovu (St Andrews Hospital HR Manager) thanked the Wellness team for organizing the event. She thanked in particular Ms. Vane(CEO), Mrs Mdolomba(CEO's Secretary) and Ms. Mmembe(Nursing Manager assistant) for their huge contributions in making sure that the event was a success.

PHAMBILI NGENBOKODO, PHAMBILI!!!



Ms Vane(CEO) delivering her speech on the day



Mrs Mnomiya delivering the word of God



Needless to say that it was doek on fleek all the way



Ms Ndlovu singing before making the vote of thanks



Medical Department bid Farewell to Dr. Nsungu

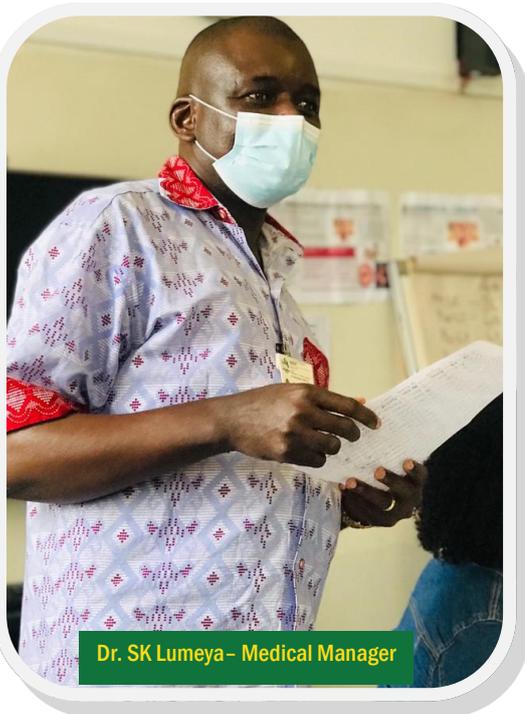
It was a bittersweet moment when the medical department were bidding goodbyes to Dr. Nsungu.

Dr. Nsungu joined St Andrews Hospital on November 2019 until October 2022.

The medical manager Dr. Lumeya said in order to get a post in Inkosi Albert Luthuli Central Hospital your profile must be good, they wouldn't take someone who has a blank profile.

He appreciates all the dedication and hard work he has put in his work and wished him all the best.

The Medical Department used this day also to celebrate their diverse cultures and traditions



Dr. SK Lumeya – Medical Manager

“Dr. Nsungu I like a doctor who never forgets why he/she chose this profession. I have not received any complaint with your name. Remain humble and never feel better than your patient, never compete with them. They only come to us to get healed all they want is for us to be there for them and give them hope. Empathize with your patients, inform them about your findings and walk with them through the healing process. Farewell, I wish you all the best. This is your life, if you want more, go for it the sky is no longer a limit”.

*Words from St Andrews
CEO – Ms. MM Vane*

From St Andrews Family, We wish you continued success in all your future endeavors. Your hard work and contributions will not be forgotten at St Andrews Hospital



05



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA



KwaZulu-Natal Department of Health



KZN Department of Health



kznhealth



@kznhealth

**GROWING
KWAZULU-NATAL
TOGETHER**

Breastfeeding Campaign

Ugu Health District, St Andrews Hospital and Supporting Partners (Save children) paid visit to Santombe clinic. The purpose of this visit was to support Santombe Clinic and also to promote, protect and support breastfeeding. The campaign was fruitful as it gave the mothers an opportunity to enhance knowledge about so many things that they weren't aware of.



Mrs Ncume teaching mothers the correct way of holding a breast when breastfeeding

St Andrews Dietitian Hombakazi Madikizela said it is of essence that the mothers breastfeed their babies as breastfeeding contributes to child survival and prevents malnutrition.

She went on to say breastfeeding can help to protect babies against some short and long term illnesses.

Breastfed babies have a lower risk of asthma, obesity, type 1 diabetes, heart disease, allergies, wheezing and rashes later in life and sudden infant death syndrome (SIDS). Breastfed babies are also less likely to have ear infections. The benefits of breastfeeding also extend to the mother as it lowers the risk of breast and ovarian cancers as well as osteoporosis and promotes bonding between moms and their babies.

The save children organization also encouraged exclusive breastfeeding as mothers can breastfeed anytime and anywhere without worrying about having to prepare formula and also that it has the advantage of cutting down the costs.

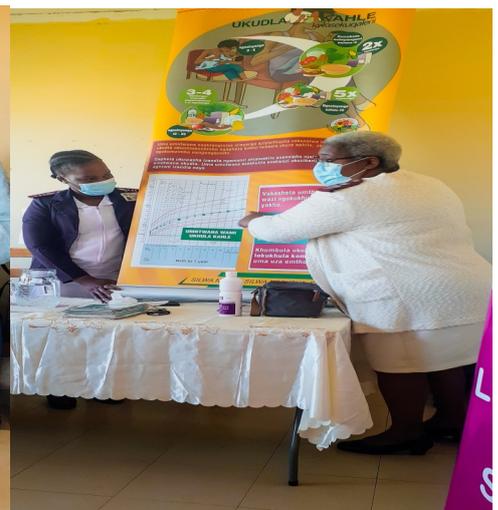
Santombe clinic CHW's kept the audience entertained by their play that was very educational and entertaining to say the least. Mothers were also given the opportunity to share their experiences of breastfeeding.



Save Children Organisation



Nompilo and Hombakazi singing breastfeeding songs



Mrs Ncume



St Andrews Hospital Female Ward Staff Appraisal

D – Ward Operational Manager FK Mzolo hosted a staff appraisal on the 15th September 2022. Mr Mzolo stated that the purpose of this day was to appreciate the staff efforts and dedication. With their team work spirit they managed to reduce the death rate despite of their high rate of bed occupancy.

Sr Mantyi encouraged the staff to love one another because that creates unity among them. They must keep it in their mind that as Nurses they are advocate of their patients, the comforters, and also healers. Patients feel welcomed by seeing their bright smiles.



Sr Sheyi was nominated based on her dedication. In August she did 14 PAP smears out of 15 and the target for a month is 10 PAP smears. This was a huge achievement as this is a monitored ward's QIP.



G/O Ndongela was nominated by her colleagues for best team mate



ENA Mbanjwa – Patients preference



Admin Clerk: De Vries – Nomination based on her flexibility, confidence, compassion and honesty



D-WARD STAFF

Dr Hadebe: his nomination is based on his ambition to work with D Ward, his passion about being part of D-Ward team which is demonstrated by his time management, his monetary contributions to make the ward a better place to work on. He is also very flexible and approachable when it comes to doctor-nurse-patient relationship.



COMPLIMENTS

FORM TO LODGE A COMPLAINT OR RECORD A COMPLIMENT OR SUGGESTION

Date completed: 2022-09-14 Ref no: (office use)

Do you want to: Complain Give a compliment Make a suggestion

Details of the person lodging a complaint or recording a compliment or suggestion

Surname: LAWRENCE
 First Name: Eddis
 Contact details: Cell number: 0767541203
 Postal address: Livingstone Street Harding
 Physical address: Livingstone Street Harding
 E-mail address:
 If you were admitted, the ward number:
 Hospital or clinic file number: 04-08-16
If you are lodging a complaint on behalf of someone else, please complete the following:
 Relation to the patient, e.g. mother, etc.:
 Patient's Surname:
 Patient's First Name:
 Contact details of the patient: Cell number:
 Postal address:
 Physical address:
 E-mail address:
 If patient was admitted, the ward number:
 Patient's hospital or clinic file number: CRISIS CENTRE

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:
 This is to appreciate the good service rendered to me by sister Mkhathshane listening quietly, educating with knowledge loving mother.

FAKA ISIKHALAZO NOMA BHALISA/REKHODA ISINCOMO NOMA ISIPHAKAMISO

Usuku lokugcwaliswa: 19/09/2022 Inombolo yereferensi: (kusethenziswa yithoveli)

Ngabe ufuna: Ukukhalaza Ukuncoma Ukwenza isiphakamiso

Iminingwane yomuntu ofaka isikhalazo noma obhala / orekhoda isincomo noma isiphakamiso

Isibongo: Nw-Mondla
 Igama: Nwabaga
 Iminingwane yokuxhumana: Inombolo yeselula: 0767541203
 Ikheli Leposi: Ikheli Lendawo:
 Kunye ne e-mail address: nwabagamonndla@gmail.com
 Uma wawulalwase esibhedlela, inombolo yewodi:
 Inombolo yefayili lasesibhedlela noma lasemtholampilo:
Uma ufaka isikhalazo egameni lomunye umuntu, sicela ugcwalise okulandelayo:
 Ubudlelwane nesiguli, isb. umama, njll.
 Isibongo Sesiguli:
 Igama Lesiguli:
 Iminingwane yokuxhumana yesiguli: Inombolo yeselula: Ikheli Leposi: Ikheli Lendawo:
 Kunye ne e-mail address:
 Uma isiguli sasilalwase esibhedlela, inombolo yewodi:
 Inombolo yefayili lesiguli lasesibhedlela noma lasemtholampilo: c-ward

Sicela uchaze isehlakalo noma unikeze isincomo noma wenze isiphakamiso.
 * Lapho kunokwenzeka khona bhalisa/rekhoda nabasebenzi ababandakanyekayo kanye nomnyango lapho isehlakalo zenzeke khona.

Usuku okwenzeka ngalo isehlakalo:
 I would like to thank the mid-day staff for being so helpful and selfless. I managed to help my child because of them. The mid-day staff were easy to ask for something that you need without giving you any attitude & keep it up!!!

Isiginisha yomuntu ofaka isikhalazo noma orekhoda isincomo noma owenza isiphakamiso: Isiginisha yesiguli:

FAKA ISIKHALAZO NOMA BHALISA/REKHODA ISINCOMO NOMA ISIPHAKAMISO

Usuku lokugcwaliswa: 29/05/2022 Inombolo yereferensi: (kusethenziswa yithoveli)

Ngabe ufuna: Ukukhalaza Ukuncoma Ukwenza isiphakamiso

Iminingwane yomuntu ofaka isikhalazo noma obhala / orekhoda isincomo noma isiphakamiso

Isibongo: B. Ntsoakhe
 Igama: B. Ntsoakhe
 Iminingwane yokuxhumana: Inombolo yeselula: 073 540 1153
 Ikheli Leposi: NAABENI 4482
 Ikheli Lendawo: MBANGWENI
 Kunye ne e-mail address:
 Uma wawulalwase esibhedlela, inombolo yewodi: Wodi 3
 Inombolo yefayili lasesibhedlela noma lasemtholampilo:
Uma ufaka isikhalazo egameni lomunye umuntu, sicela ugcwalise okulandelayo:
 Ubudlelwane nesiguli, isb. umama, njll.
 Isibongo Sesiguli:
 Igama Lesiguli:
 Iminingwane yokuxhumana yesiguli: Inombolo yeselula: Ikheli Leposi: Ikheli Lendawo:
 Kunye ne e-mail address:
 Uma isiguli sasilalwase esibhedlela, inombolo yewodi:
 Inombolo yefayili lesiguli lasesibhedlela noma lasemtholampilo:
 Sicela uchaze isehlakalo noma unikeze isincomo noma wenze isiphakamiso.
 * Lapho kunokwenzeka khona bhalisa/rekhoda nabasebenzi ababandakanyekayo kanye nomnyango lapho isehlakalo zenzeke khona.

Usuku okwenzeka ngalo isehlakalo:
 Isiphakamiso engisincamayo ngaphetheka kahle, ngosuku lokugala ngafika esibhedlela ngase ngahle ithemba ngempilo yami ngathi sekuphelle ngempilo yami ngiqsibonga kakhulu ngoBuphatheka kahle ngadlulisa ukubonga kakhulu ngaba kwenzeka kuzima kungathi bangakwenzeka ngakwabanye ngemsebenzi wabo omuhle

Isiginisha yomuntu ofaka isikhalazo noma orekhoda isincomo noma owenza isiphakamiso: B. Ntsoakhe Isiginisha yesiguli:

FAKA ISIKHALAZO NOMA BHALISA/REKHODA ISINCOMO NOMA ISIPHAKAMISO

Usuku lokugcwaliswa: 14/09/2022 Inombolo yereferensi: (kusethenziswa yithoveli)

Ngabe ufuna: Ukukhalaza Ukuncoma Ukwenza isiphakamiso

Iminingwane yomuntu ofaka isikhalazo noma obhala / orekhoda isincomo noma isiphakamiso

Isibongo: D. Ulla
 Igama: D. Ulla
 Iminingwane yokuxhumana: Inombolo yeselula: 073465008
 Ikheli Leposi: PO Box 325 Harding 6020
 Ikheli Lendawo: Corner Street Harding
 Kunye ne e-mail address: D.ulla@gmail.com
 Uma wawulalwase esibhedlela, inombolo yewodi: c-ward
 Inombolo yefayili lasesibhedlela noma lasemtholampilo:
Uma ufaka isikhalazo egameni lomunye umuntu, sicela ugcwalise okulandelayo:
 Ubudlelwane nesiguli, isb. umama, njll.
 Isibongo Sesiguli:
 Igama Lesiguli:
 Iminingwane yokuxhumana yesiguli: Inombolo yeselula: Ikheli Leposi: Ikheli Lendawo:
 Kunye ne e-mail address:
 Uma isiguli sasilalwase esibhedlela, inombolo yewodi:
 Inombolo yefayili lesiguli lasesibhedlela noma lasemtholampilo:
 Sicela uchaze isehlakalo noma unikeze isincomo noma wenze isiphakamiso.
 * Lapho kunokwenzeka khona bhalisa/rekhoda nabasebenzi ababandakanyekayo kanye nomnyango lapho isehlakalo zenzeke khona.

Usuku okwenzeka ngalo isehlakalo:
 Excellent Service from Nurses & Doctors. I'm loss of words for how to adequately thank them for their tender care, dedication, consideration and caring attitude towards our kids and us, their patients' mothers. Could not be more grateful

Thank you

Isiginisha yomuntu ofaka isikhalazo noma orekhoda isincomo noma owenza isiphakamiso: Isiginisha yesiguli:



St Andrews Hospital received 211 compliments during the 2nd quarter . Above are just a few compliments received from our clients. Keep up the good work St Andrews Hospital Family.



IXOXWA NGEZITHOMBE



EXCO AND NURSING MANAGEMENT



MONITORING & EVALUATION COMPONENT



THEATRE STAFF



MORTUARY, CRISIS CENTRE, SOCIAL DEVELOPMENT DEPARTMENT



OUTPATIENT DEPARTMENT



ST ANDREWS STAFF HAVING MEALS TOGETHER



PICTURE GALLERY



MEDICAL DEPARTMENT



Nursing Component



FINANCE DEPARTMENT



CASUALTY DEPARTMENT



Ixoxwa Ngezithombe



Ixoxwa Ngezithombe

Women Empowerment Event



Breastfeeding Campaign



Mental Health Awareness



Some of the traditional Meals served on the day



ACKNOWLEDGEMENTS

EDITORIAL TEAM / DETAILS



Writer & Photographer
Ms. PT Ngubo (PRO Intern)



Edited By
Ms. MM Vane (CEO)

CONTACT DETAILS

Physical Address: 14 Moodie Street

: Harding

:4680

Postal Address: P/Bag X1010

: Harding

: 4680

Email: StAndrews.PRO.kznhealthgov.za

Tel: 039 433 1955 Ext 301

