



KWAZULU-NATAL PROVINCE

HEALTH
REPUBLIC OF SOUTH AFRICA

St Andrews Hospital

ST ANDREWS

NEWS

September 2023

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St Andrews Hospital staff celebrating Heritage Day....see full story at Page 2.



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Heritage day

ST ANDREWS HOSPITAL HERITAGE DAY 2023



Heritage Day plays a vital role in fostering unity and promoting cultural exchange in South Africa. It provides a platform for different communities to interact, learn from one another and appreciate the shared values that underpin their diverse cultural expressions. By breaking down barriers and embracing cultural diversity, Heritage Day contributes to the social cohesion and nation-building efforts in South Africa.

St Andrews Hospital team commemorated Heritage day on the 28th September 2023, Sister N. Mthimkhulu who was the program director for the day said having such events in the workplace brings unity, creates love among colleagues.

Ms. MM. Vane (St Andrews Hospital CEO) said Events like those organized for Heritage Day are an important part of how we encourage inclusivity and recognize the diversity that adds strength to our workplace. We believe that a diverse and fully inclusive work environment fosters a plurality of thought and perspectives that solves problems and creates value for our clients in our industry, for our communities. She thanked Mrs Cele and the team for well organizing event and the people who attended. Employees donned traditional outfits from their own nationalities and shared a meal together of traditional dishes from the employees' many cultures. The Maternity team took the first place when competing with other teams with their entertaining songs and dance.



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HERITAGE DAY 2023



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Meadowsweet Open Day

Meadowsweet clinic held its Open Day event on the 19th July 2023. The main purpose of hosting this event was to inform the community about the services that are offered by the clinic and equip the community not only with health related information but also to form part with other stakeholders. SAPS, DSD, SASSA, EDTAA, IEC representatives were part of this event.

It is of vital importance having such events timeously so as the community we are serving to have an understanding on how the health facility operates and what role the community should play in ensuring that the clinic functions smoothly.



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MEADOWSWEET CLINIC OPEN DAY



MRS N.G MADLALA- Program Director



Mr T.M Mohlaoli- uMuziwabantu Special Programs Manager



Mr Mbotho- Ward Counsellor



Ms P.O Gasa- Explaining the registration Process (HPRS)



Sister T.E Myeni—Informing community with services provided by the facility



Mrs T. Mathenjwa AD: Communications Ugu District; Complaints, Compliments and Sugg. processes



Ms. Z. Mthlane- From DSD



Mr F. Malinga- SASSA Representative



Mr CM Matandabuzo- From Economic Development, Tourism and Environmental Affairs.



Speakers



Mr Shibase – Nutrition Advisor



Sir S.R Ngcobo – Adolescent & Youth Friendly Services



Sir Socikwa – School Health



Mr Jwara (THP) – Integration of Western and Traditional Medicine



Mr Khandayi – Outreach Programs



Ms Zibi – IEC Representative



Simingaye Community Centre



67 Minutes For Mandela Day



Mandela Day was officially declared by the United Nations in November 2009, to acknowledge Mandela's values and dedication to the service of humanity and struggle for international democracy and peace throughout the world. St Andrews Hospital Maternity ward received a pleasant surprise of being visited by Umuziwabantu Municipality team led by the Mayor Mr S.Zungu on the 18th July 2023.

The purpose of the visit was to dedicate 67 minutes of their time, representing the 67 years Nelson Mandela dedicated towards the fight for social justice against apartheid in South Africa. The team came bearing gifts for the infants born on this day. "Mandela Day to me is a day of giving and engaging in acts of generosity. Nelson Mandela dedicated his entire life to struggle for human emancipation. By sharing the little we have with those less fortunate, we are able to follow his example and become beacons of change in our communities. For this reason, it was befitting that I spend my 67 minutes here today and extend a helping hand, said Mr Zungu.

The Mayor concluded by passing gratitude to St Andrews Hospital Management and the entire staff for providing quality healthcare to all people of Umuziwabantu and neighboring towns.

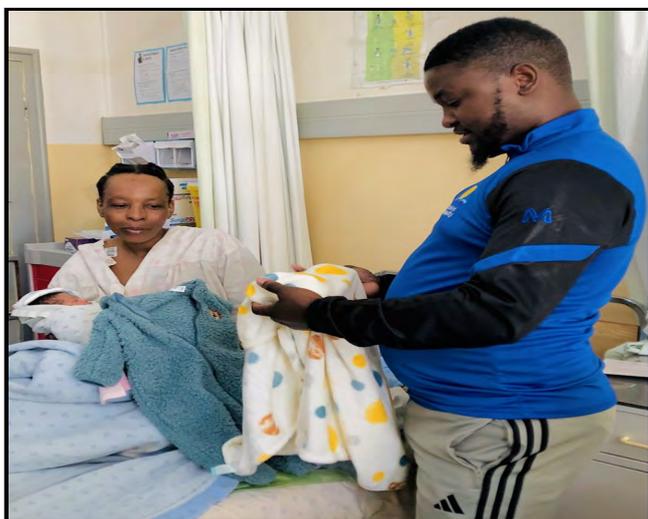


Nelson Mandela

"What counts in life is not the mere fact that we have lived, it is what difference we have made to the lives of others that will determine the significance of the life we lead"-



Mandela Day 2023



BREASTFEEDING WEEK

Every year the world marks Breastfeeding week from 01st of August to 7th August.

Breastfeeding week is commemorated to encourage breastfeeding and improve the health of babies around the world.

The ever energetic Dietetics team embarked on creating awareness during the breastfeeding week.

Hombakazi (St Andrews Hospital Dietitian said breastfeeding promotes the growth and development of children.

It provides not only the best possible nutrition, but also protects children against diseases and assures their care. Exclusive breastfeeding without other foods or fluids for the first 4 to 6 months of life is the best start for all babies. Gateway Clinic nutrition adviser Thabile Blose also provided health education to mothers around the benefits of breastfeeding

Breastmilk produces no waste: it is produced in the right amounts for the baby's needs

Mothers need only the smallest amount of extra energy, which is often taken from body fat (even malnourished mothers can produce enough quality breastmilk to feed a baby)

Breastmilk needs no extra packaging

Breastmilk does not have to be shipped around the world (but a mother has a ready supply wherever she goes).



Amy demonstrating breasts switching

Breastfed babies are healthier, saving families time and money spent on doctor visits and medicines

Moms that breastfeed lose weight faster, lowering health risks caused by obesity, which helps save on medical costs.

Amy(Dietician Com Serv) enriched mothers with foods that promotes breast milk production and educated them with switch nursing (switching breasts several times during a feeding has been shown to increase milk supply).

Amy went on to say food such as whole grains, especially oats and barley provide good nutrition. She encouraged mothers to eat rich foods like fish, chicken, meat, beans and vegetables like spinach, cabbage and healthy fats(nuts, seeds, olive oil and avocados). She also informed them on foods to avoid when breastfeeding. Food such as fast food like burgers, fries, pizza, soda or soft drinks with added sugar, desserts and sweets like cakes, pie, or cookies and snack foods like chips.

Hombakazi equipped mothers with storage of breast-milk education. “Breast milk can be stored in a sterilized container, or special storage bags – remember to label and date it , Your breast milk can then be kept at the back of the fridge – not the door – for up to 8 days (at 4C or colder) in the ice compartment of the fridge for up to 2 weeks in the freezer for up to 6 months (at -18C or colder)”

Those were the words from the dietician. She further added that the best way to defrost frozen breast milk is by leaving it in the fridge to thaw out completely before use.

However, if you need it straight away, you can defrost it by placing the bag or container in a jug of warm water, or by holding it under running warm water.

Whichever way you defrost the milk, it must be used immediately and you should throw away any leftover milk after feeding.

Never re-freeze defrosted milk and she encouraged mothers not to use microwave when defrosting breastmilk.

Breastfeeding Week



WOMEN'S CELEBRATION EVENT

The journey of being a woman goes back a long way. We grew up in times where men were deemed as superior while women were regarded as inferior. Society had this ideology that women are the sole laborers of a household; they were not granted the same privileges as men. In addition, women have been negatively affected by this stereotype. Women have been portrayed on television as being submissive to men.

The depiction of women on television portrays the implications of a societal view of women. From a man's perspective, an ideal woman is a housewife who does all the household duties herself.

However, over the years, studies have shown that gender roles have slowly advanced, women have started taking part in the many activities other than family and kids.

Women play a great role in everyone's life without whom we cannot imagine the success of life. They are highly responsible for the successful continuation of the life on this planet.

St Andrews Hospital also took initiative to celebrate this month with a high note.

The event was held on the 23rd of August 2023.



WOMEN'S MONTH EVENT.



FIRE DRILL

St Andrews Hospital Environmental health Practitioner Mr I. Matshoba and Safety Officer Mr NF Cele conducted a fire drill exercise on the 22nd September 2023.

The fire drill aim was to help prepare the staff and patients for an emergency situation. Running drills lets people know what to expect and how to respond safely when there is an emergency situation. Mr Matshoba used the fire alarm and the loud hailer to alert people to evacuate.

In response, everyone went out of the building according to the fire evacuation plan that was previously communicated. Mr Matshoba and Mr Cele have been conducting these drills to prevent panic and undue fear so people can practice fire drill procedures with awareness and cooperation.

The staff was not only trained on preparing for fires but also on a number of potentially life-saving skills, including: how to leave the office quickly in case of any emergency or life safety situation, how to engage Environmental Health and Safety (EHS) when there's a potential hazard, how to locate escape routes and where to go after vacating the premises and what to expect once emergency responders arrive.

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EMERGENCY FIRE DRILL



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PEC SURVEY 2023



NEW APPOINTMENTS

NAME	RANK	DATE OF APPOINTMENT
LE Mthembu	Artisan– Plumber	2023/07/01
SA Cele	SMO– Asset	2023/07/01
KP Jaca	GO	2023/07/01
SF Ndaba	Dental Ass.	2023/07/01
NJ Naicker	AMN	2023/07/01
FN Qayiso	Operational Manager	2023/08/01
NF Cele	Safety Officer	2023/08/01
ES Ncayiyana	Operational Manager	2023/08/01
SN Shabalala	Patient Admin Supervisor	2023/08/01
NG Mngqibisa	PN	2023/08/01
LB Khomo	CNP	2023/08/01
CS Nzimande	RN	2023/08/01
S Ndzoyiya	Supply Chain Supervisor	2023/08/01
M. Mbucane	Supply Chain Supervisor	2023/08/01
GV Bubesi	Artisan Production Electrician	2023/08/01
N.Gwija	GO	2023/08/01
NS Mhlongo	Food Service	2023/08/01
ZW Nhlumayo	Food Service	2023/08/01
XV Mkhize	HR Supervisor	2023/08/01
H.Madikizela	Dietician	2023/08/01
SB Memela	Linen Orderly	2023/08/01
B. Nogula	Senior Systems Manager	2023/09/01
BP Cele	PRO	2023/09/01
SC Ngubelanga	OM	2023/09/01
PP Xolo	OM	2023/09/01
NA Sithole	QA Co-ordinator	2023/09/01
L. Vanzly	FIO	2023/09/01
S. Makardoij	MO	2023/09/01
S. Mdunyelwa	MO/ Session	2023/09/01

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