



# COVID REMEMBRANCE DAY



The CEO of Wentworth Hospital, Mrs OT Khanyile addressing the staff members

Covid 19 has been the biggest most life changing pandemic that the entire world has had to face. Specifically for South Africa March 2020 our lives would change forever.

Families lost loved ones, people lost their jobs, homes and businesses. The health system was immensely strained. This pandemic saw the entire world go under

lockdown and people were not allowed to leave their homes and most people who were lucky enough to still keep their jobs were working from the....

# COVID REMEMBRANCE DAY

comfort of their homes. This was not the case for health care workers because, if there was ever a time where the country needed healthcare workers it was during this trying time, when most people were at home with family members, healthcare workers did not have this luxury of being safe at home. On a daily basis they had to be out there saving people from a virus that was new to everyone, a deadly virus that at the time we were not sure how one contracts it.

It was at this time that our country saw our healthcare workers for the true heroes that they are.

Just like an army that goes to war against the enemy, we were bound to lose some of our best soldiers during the fight against Covid. It is because of this reason that the Wentworth team decided to host a day where we remember the healthcare workers that we lost to Covid and also to thank God for those of us who made it to the other side and are able to tell the tale.



**The CEO presenting awards to staff members**



This was a day where management recognised those departments and staff members that went beyond the call of duty to ensure that service delivery was not interrupted during this uncertain time.



We were also blessed to have a word of God by the anointed Pastor Wele.

Wentworth hospital thanks the planning team for such an outstanding job as well as the individuals who sponsored the event. Without the donations, dedication and hard work, the event would not have been such a big success.

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# DIABETES AWARENESS



The Planning team during the awareness campaign

The diabetes prevalence in South Africa has reached **11.3%**, the highest in Africa. The country has also registered an estimated 96,000 deaths due to diabetes in 2021. A lot of people develop complications as a result of poorly controlled diabetes. These include **eye problems, kidney disease and cardiovascular diseases**. Some even develop wounds that don't heal, resulting in limb amputation.

It is because of these reasons that On the 16 November 2022, the MOPD team hosted a diabetes awareness campaign. The campaign was aimed at educating patients about the disease and the implications it has on their health. Further more patients were educated on the importance of complying with their medication. The dietician also spoke about the importance of having a balanced diet and how the food that we eat affects our bodies.

Students from DUT exercise science were present and spoke about the importance of exercise, they also demonstrated a few exercises that patients can do in the comfort of their homes, without having to go to the gym. Patients can start by taking a walk and simply moving their bodies towards a healthier lifestyle.

The team from African bank was present to educate the patients and staff about the importance of being financially smart and other products that African bank offers.

This was indeed a successful campaign, patients left with so much information and tools to better manage diabetes.

A big thank you to the MOPD team for championing such an educational activity.



Patients during the awareness Campaign

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# CHILD PROTECTION WEEK



The Planning team during the awareness campaign



Child Protection Week is commemorated in South Africa annually to raise awareness about the rights of children as articulated in the Children's Act of 2005. The campaign that began in 1997 also aims to mobilize all sectors of society to ensure the care and protection of children. The campaign is led by the Minister of Social Development; however it is incumbent on all of us to play a role in protecting children and creating a safe and secure environment for them.

Wentworth Hospital social work team hosted a child protection campaign at MOPD waiting area where patients were educated about the importance of child protection, children's rights as well as signs to look for in a child that is abused and how we can all assist such children. The team also handed out pamphlets with vital information about things that we all do to ensure that our children and the children around us are safe and well taken care of because after all it does take a village to raise a healthy and a happy child.



## CHILD PROTECTION IS EVERYBODY'S BUSINESS



It's mine... and it's yours!

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# WORLD AIDS DAY PRAYER

**World AIDS Day**, designated on 1 December every year since 1988, is an international day dedicated to raising awareness of the AIDS pandemic caused by the spread of HIV infection and mourning those who've died of the disease. The acquired immune deficiency syndrome (AIDS) is a life-threatening condition caused by the human immunodeficiency virus (HIV). The HIV virus attacks the immune system of the patient and reduces its resistance to other diseases. World AIDS Day was first conceived in August 1987 by James W. Bunn and Thomas Netter, two public information officers for the Global Programme on AIDS at the World Health Organization in Geneva, Switzerland. Bunn and Netter took their idea to Dr. Jonathan Mann, Director of the Global Programme on AIDS (now known as **UNAIDS**). Mann liked the concept, approved it, and agreed with the recommendation that the first observance of World AIDS Day should be on 1 December 1988. Bunn, a former television broadcast journalist from San Francisco, had recommended the date of 1 December that believing it would maximize coverage of World AIDS Day by western news media, sufficiently long following the US elections but before the Christmas holidays.

In its first two years, the theme of World AIDS Day focused on children and young people. While the choice of this theme was criticized at the time by some for ignoring the fact that people of all ages may become infected with HIV, the theme helped alleviate some of the stigma surrounding the disease and boost recognition of the problem as a family disease.

The Joint United Nations Programme on HIV/AIDS (UNAIDS) became operational in 1996, and it took over the planning and promotion of World AIDS Day.

Wentworth Hospital social work department hosted a World aids day prayer, where patients were educated on the virus, the importance of getting tested for the virus. Apart from the vital information that was shared on the day, a patient living with HIV also shared her story and encouraged the audience to comply with treatment , saying that "HIV positive is not a death sentence"



# PHYSIOTHERAPY—BACK CARE AWARENESS

**Y**our back is an important muscle in your body. It has a level of strength and flexibility to carry you through your day that is phenomenal – however, because of this, it is also susceptible to problems. Here are some top tips the physiotherapy department shared on taking care of your back during the back care awareness campaign.

When you develop problems in your lower back, this can extend to your legs and hips, so protecting your back is important. More and more people are experiencing back pain, but it is normally manageable and can improve within a few weeks or months.

Many find they suffer from back pain in a workplace through sitting at a desk for long periods of time, heavy lifting or driving, but there are many things that could be done to help you prevent injury or pain. The muscles and ligaments stretch a lot and any excessive movement can cause tears, tissue damage and even muscle strain. More and more people are spending increasingly long hours at work so ensuring you do all you can to contribute to good back care is vital.



## Prevention

There are a number of things that you can do to prevent lower back pain:

Keep a strong core – doing regular exercise on your core will be a big benefit.

Keep a good posture - if you suffer with bad posture, it can increase the pressure on your back.

Ensure you are correctly lifting heavy objects – It does not matter what age you are, you can still cause injury and damage if you are not lifting heavy objects correctly.

Keeping a check on your overall physical health – The condition of your spine reflects the overall condition of your body.



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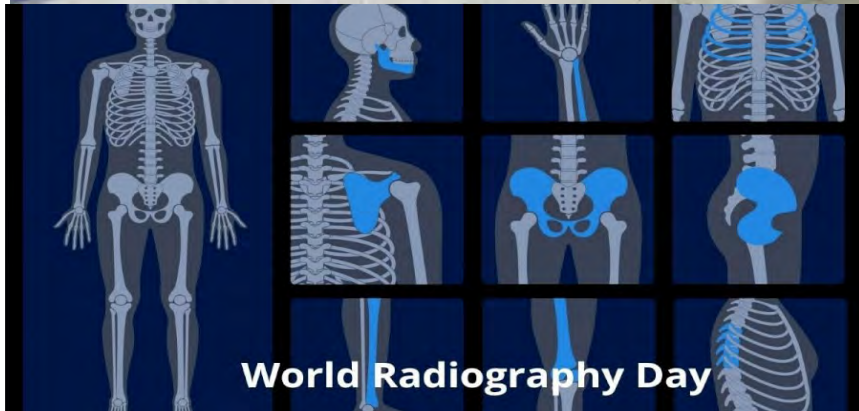
# WORLD RADIOGRAPHY DAY



World Radiography day is held annually on the 8th November to mark the anniversary of the discovery of x-rays by Wilhelm Roenteg in 1895.

The theme for 2022 was “radiographers at the forefront of patient safety”. Radiographers play a crucial role in applying their protocols and procedures ensuring safe practice not only in radiation but also other areas in our engagements with patients.

At Wentworth Hospital a number of activities were undertaken to celebrate the day. A display was done for patients at the entrance of the department to highlight radiation safety and pamphlets and posters were provided for information purposes.



The staff had a fun team building motivational day. A radiography edition of tv series :amazing race” was held and proved to be a great success. Staff were gifted survival gift bags, a personalized key ring, and treated to a specially prepared lunch for the day.

“teamwork is the secret that makes common people achieve uncommon results”



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# INTRODUCING NEW FACES OF MANAGEMENT



**Mrs. Busisiwe Anderson**



**Mr. Khulekani Mthimkhulu**



**Mr. "C" - Finance Manager**

Wentworth Hospital welcomes the new members onto the management team. We hope that you will enjoy working as part of Wentworth hospital management. We look forward to the innovative ideas and fresh energy that you bring with you.

Mr. Cotchobos, affectionately known by Mr. C. Is our new finance manager.

Mr. K Mthimkhulu has taken the seat as the new Deputy Manager Nursing

Mrs. Busisiwe Anderson has taken the role of Monitoring and evaluation manager

Here's to your new job and no one finding out how much you lied on your application.

someecards



welcome  
TO THE  
TEAM

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# Chuckles

LAUGH A LITTLE



“My boss is threatening to fire the employee who has the worst posture. I have a hunch it might be me”



Me: I'll do it at 8

Time: 8.05

Me: looks like I gotta wait till 9 now



Zulu people talk about food like it's people.  
Uph'uCarrot? Ukhona yini uShukela la ekhaya?  
ubani oke wabona uJam?



# What's Cooking Good Looking?

## Chicken Chow Mein



*This **Chow Mein Recipe** is just like what you get at your favorite Chinese restaurant but it's made at home in under 30 minutes! It's made with tender noodles, fresh sautéed veggies, lean chicken, and a simple savory sauce. A crave-worthy dinner!*

### Ingredients

- 1 lb refrigerated chow mein noodles\*
- 1 lb skinless chicken breasts, sliced
- 1 cup thinly sliced celery (3 stalks)
- 2 Tbsp vegetable oil
- 3 cups thinly sliced green cabbage
- 1 1/2 cups matchstick carrots
- 2/3 cup chopped green onions
- 2 tsp minced ginger
- 2 garlic cloves, minced
- 4 Tbsp low-sodium soy sauce,
- 1 Tbsp oyster sauce (or more to taste)
- 1 Tbsp granulated sugar
- 1 1/2 tsp sesame oil

### Instructions

Prepare noodles according to directions on package.

In a bowl whisk together soy sauce, oyster sauce, sugar and sesame oil, set aside.

Heat oil in a wok or large and deep non-stick skillet over moderately high heat.

Add chicken (working to leave a little space between pieces so they'll brown) and cook 3 - 4 minutes, turn and continue to cook until cooked through, about 2 - 3 minutes longer. Transfer to a plate or sheet of foil.

Reduce heat slightly add remaining 1 Tbsp oil in skillet, add celery and saute 3 minutes.

Add cabbage and saute 2 minutes, then add carrots, green onions, garlic and ginger and saute 1 - 2 minutes longer, until veggies are all crisp tender.

Toss in noodles and chicken then pour soy sauce mixture over top and toss to coat. Serve warm.





# PHOTO GALLERY



Covid Remembrance Day



Covid Remembrance Day



Diabetes Awareness day



Diabetes Awareness day



Diabetes Awareness day



Support Visit by National DOH





# PHOTO GALLERY



World Radiography Day



World Radiography Day



District Quality Day



Best implementation of KMC programme award



Gender base violence Awareness day



Gender base violence Awareness campaign





# ACKNOWLEDGEMENTS



CEO's Corner

## EDITORIAL TEAM / DETAILS

### Contributions by:-

Mrs. G Cotchobos

Social work department

Physiotherapy Department

