



KWAZULU-NATAL PROVINCE

HEALTH
REPUBLIC OF SOUTH AFRICA

HARRY GWALA REGIONAL HOSPITAL

HGRH NEWS !!

NEWS

OCT–DEC 2022

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HGRH HIGHLIGHTS / AMAZWIBELA NGEZITHOMBE



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FROM THE CEO'S OFFICE

The year has come to an end, God has been good to us as the HGRH Team. He has carried us through all the challenges and we are still strong to face 2023 with courage.

We have seen so much commitment and dedication from all departments striving to ensure that service delivery is a priority in spite of challenges faced by the institution.



Mrs. NT Nxaba—CEO

The institution has lost some of its staff members through retirements, resignations, some granted the opportunity to climb the ladder by being promoted and deaths—May their souls rest in peace. They have fought a good fight, God will reward them accordingly.

During this festive season, on behalf of the Executive Management I would like to take this opportunity to wish you all a Merry Christmas, Happy holidays and a happy new year filled with blessings. Those who will be travelling during this time, May God be with you all the time; be safe. To those who will be holding the fort, God will be with you. It is the busiest time of the year where trauma and emergency department service are in urgent need, please do your best in saving peoples lives. Remember our motto “Do right even no one is watching”

Let us take this opportunity to relax and recover after the hard 2 years that exhausted our minds, body and soul during the covid-19 pandemic . We have earned this after so much work and dedication. May God bless you all, enjoy, be safe and lets come back again in 2023 to excel in service delivery.



Season's greetings

On behalf of the Hospital Board, I would like to wish you and your loved ones happy holidays and a new year filled with prosperity and success. God bless you all .

Mr Sandile Gabela - Hospital Board Chairperson



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WORLD AIDS DAY CELEBRATION

On the 1st of December 2022, HGRH commemorate its AIDS Day in CDC Open area. The aim of the event was to educate, motivate and show case art work done by CDC clients to earn a living. The event was hosted in partnership with the NGO's working with the hospital supporting the programme. The NGO present were Think, HST, ITeach , Inkuzni isematholeni, Incema and etc. Mr M Mshengu who has lived with a virus for over 30 years motivated clients to comply with taking of medication. There was a dialogue where clients were sharing their experiences to motivate each other.



Dr N Nxumalo—Programme Manager

Candle lighting ceremony

“EQUALIZE AND INTEGRATE TO END AIDS”



Mr M Mshengu
Motivational Speaker

Exhibition of some of the CDC clients works eg beadwork, sewing, Art exhibitions and other achievements
(Stakeholders will be encouraged to buy)

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2022 SERVICE EXCELLENCE

On the 23rd of November 2022 service Excellence Awards ceremony was held at HGRH. A criteria was used to evaluate the performance of various functional areas. All departments were audited for compliance and departments who achieved 80% received certificates of commendation and a trophy. Departments who received 90% and above received Certificates of Excellence and a trophy. There were also special awards given.

Among the Guests speakers for the day, Dr T Zulu—District Director delivered a Word of encouragement to the hospital staff, on his speech Dr N Gumede emphasized on the hardships that people from the rural areas faced when it comes to health services; Mr. Rathumnum educated the audience on ones mental health. The category criteria were as follows: Outstanding achievement for innovation and best practice; best front line staff member; Compassionate Care: A HEALTH CARE WORKER who demonstrates exceptional knowledge and expert skills, and consistently applies both with compassion and integrity, so that the quality of the care experience and the care outcomes are improved for patients in any clinical setting or specialty.

“Quality conscience: doing the right thing”



Physiotherapy Department was awarded with an IPC floating trophy !!!

Mr Dlamini—Private Security Guard awarded as a Compassionate Care giver to all clients in need of the lifts, compliance with Batho pele Principles at all times

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SERVICE EXCELLENCE - IN PICTURES



GLOBAL HAND WASHING

The campaign was held on 19 October 2022 in Miss N.F. Njozela Hall. Based on the recommended focus target, the institution invited children from Mthethomusha Primary School to participate in the campaign. Each department prepared a stall to showcase and promote hand hygiene practices with the aim to instill the practice to children who will in turn live it and promote it to others at school, their families and the community. The children were made adjudicators of the day with the responsibility to choose the best hand hygiene promoting department based on the creativity, originality, organization and relevance. The Physiotherapy Department was chosen as the winner. The institution donated soap and face towels to all the children in attendance (±60) as part of hand hygiene and overall hygiene promotion and children provided musical items for entertainment on the day.



The theme for 2022 Global Handwashing Day campaign is “Unite for Universal Hand Hygiene”



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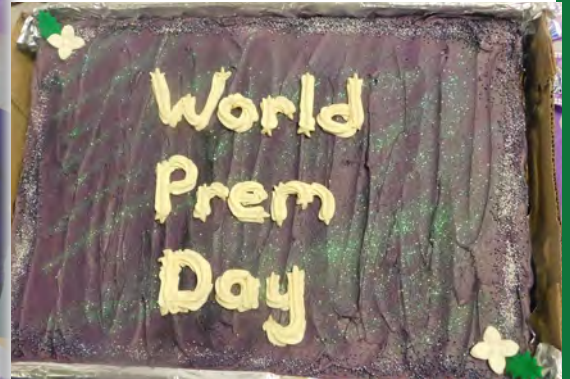
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WORLD PREM DAY CAMPAIGN



On the 17 November 2022, Harry Gwala Regional Hospital Neonatal Unit commemorated World Prematurity Day. This aimed at raising awareness of premature birth and the sometimes devastating impact it can have on families.

A non-profit organisation called Light a Sparke which collects up donations which have been knitted, crocheted or sewn by generous donors countrywide. There was a recent challenge to make prem baby items and the Pietermaritzburg community has risen to the occasion. Cake was served for the mothers in KMC and some few goodies for the mother/baby units . Purple is world prematurity colour

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BACK WEEK AWARENESS CAMPAIGN

Every year, the South African Society of Physiotherapy organises a focus week to draw attention to issues relating to good back health. National Physiotherapy Back Week this year was held from 17 – 18 October 2022.

Theme: Every spine counts #EverySpineCounts

As part of this national initiative, the Harry Gwala Regional Hospital, Physiotherapy department organised interactive information sessions to promote back health. The sessions were aimed particularly at the staff members of the hospital and staff members from all departments within the Hospital were invited to attend.

The information sessions were held in the Physiotherapy Department and covered basic anatomy and biomechanical aspects of the spine, advice for caring for your back in everyday activities, correct posture and ergonomics, the role of Physiotherapy in prevention and treatment of back problems, and exercises to prevent and manage back injuries. There were two sessions held every day throughout the week period. The participants were given opportunities to practice good kinetic handling principles and to adopt a correct posture. A total number of 84 clients attended the back week 2022. The campaign involved the following:

Information table by the hospital entrance which was operational from 8:30 hours to 14:00 hours. Pamphlets were issued to HW visiting the information desk. Practical demonstrations class was been conducted in the afternoon in the department on those days.

Facts about spine disorders:

- ⇒ In recent Global Burden of Disease Study, low back pain ranked highest in terms of disability, and sixth in terms of overall burden.
- ⇒ Up to 80% of people will suffer from back or neck pain during their lives.
- ⇒ 50% of the working population will experience back or neck pain symptoms at least once per year.
- ⇒ Age is one of the most common risk factors for spinal pain, and the greatest effects of population ageing are predicted in low- and middle-income countries.
- ⇒ Back and neck pain is one of the most common reasons for workplace sick leave.

The good news is that many of these common problems can be avoided.



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MENTAL HEALTH DAY

HGRH celebrated its World Mental Health Day on the 26th of October 2022. The theme 'Make Mental Health & Well-Being for All a Global Priority' a theme chosen by a global vote that was open to the public. There is increasing evidence that the prevention of mental health problems is possible by using both general and targeted evidence-based interventions. These can improve outcomes for individuals across the spectrum of mental disorders and life course. The aim was to target patients and staff at Harry Gwala Regional Hospital as the focus was on raising awareness about what preventive mental health interventions work. Stigma and discrimination continue to be a barrier to social inclusion and access to care, treatment and rehabilitation.

Raising awareness is one of the ways we can extend our arm, reaching out where we can't physically reach, by spreading information and increasing the likelihood of a change in health-seeking behavior of individuals.



A stand was erected at the main entrance of the hospital. Information sheets and pamphlets on mental health topics were handed out to all who accessed the institution as well as interacted with the public and staff, raising awareness on mental health and mental health problems.



A talk was conducted by one doctor and one nurse at the general waiting area at the Patient Admin section from 08H30. A question-and-answer session was commenced after the talks. The focus was on public mental health topics.



ORAL HEALTH

On the 5/10/22, the dental clinic hosted an oral health awareness day in celebration of oral health month. Our purpose of the day was to educate our patients on the importance of maintaining good oral health. Often oral health is overlooked, however there is a direct connection between oral health and overall body health.

Our goal was for patients to firstly take care of their teeth and gums and also to recognise the importance of early intervention. By visiting the dentist regularly, we can intervene and prevent further dental issues. A carious tooth in the early stages of decay can be restored and doesn't need to be extracted. Gum disease can be diagnosed early and a scaling and polishing can be done before the infection sets in.

Our dental awareness day started in our reception area. Patients were educated on oral hygiene, gum disease and the different stages of tooth decay. Demonstrations were done on models to show how to properly brush and floss teeth. Patients had the opportunity to voice any concerns they had and to ask questions on oral health. Toothbrush and toothpaste kits were handed out to our patients.



Education talks in Reception area



Exhibitions

A stand was set up outside the hospital main entrance whereby we engaged with the passing patients from all departments. Fruit was handed out to patients. We also gave education and demonstrations. All patients were offered a free screening which was then done at our dental clinic due to privacy concerns. Relevant patients either had their teeth extracted or cleaned.

2022 OPEN DAY

On 2nd of November 2022 Harry Gwala Regional Hospital had their first Annual Open Day after 2 years of not having any functions due to Covid19 restrictions. The event took place at NF Njozela Hall. The aim of this function was to allow hospital stakeholders to interact with the hospital and be exposed to the hospital activities and service provided. The engagement of this nature will also present the hospital with an opportunity to share ideas on different aspects of service delivery. Each department exhibited, showcased, and provided educational talks and screening services free of charge to all participants.

This event was honored by the presence of Schools/Learners from the surrounding area. Learners were educated on the importance of a healthy living, HIV, TB, teenage pregnancy, mental health and then Harry Gwala Regional Hospital Human Resources Department explained and guided the learners on the importance of career choices.



Mrs NT Nxaba—CEO

Mrs. NT Nxaba, Chief Executive Officer of Harry Gwala Regional Hospital delivered a speech on the Hospitals background and explained fully on the services that are offered by the hospital. During the Mrs. Nxaba was proud that Harry Gwala Regional Hospital is one of the biggest site in ARV rollouts. The community was given an opportunity to ask questions about services offered and clarity on how referrals works since the institution deals with patients who are referred by local clinics, district hospitals and etc. Mrs. Nxaba also explained on the complaints procedure. Mrs. Nxaba further mentioned that there are boxes in each department and all over the hospital where patients/ stakeholders can compliment, complain or suggest on the hospital services.



Provision of Education talks



Audience listening attentively to the speeches

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2022 GATEWAY OPEN DAY

On the 30th of November 2022 Harry Gwala Gateway clinic had their annual open Day. The main aim for this event was to educate youth on teenage pregnancy occurring in girls between the ages of 10-19 years. Adolescents' pregnancy remains a serious health and social problem worldwide, and has been associated with numerous risk factors evident in the young people's family, peer, school, and neighborhood contexts. During the open day ceremony a representative from Thuthuzela Care Centre educated the community in the importance of How to stop gender based violence, Make your voice heard by declaring publicly that enough is enough: Gateway Clinic Open day was conducted during the 16 days of activism campaign which was celebrated under the theme: "Socio-Economic Rights and Empowerment to build Women's Resilience against Gender-Based Violence and Femicide: Connect, Collaborate, Contract!" Matron Kundethe explained in detail about the referral pattern and catchment population that is used within the organization.



Educational talks



EDITORIAL

*Warmest thoughts and best wishes for
a wonderful holiday and a Happy
New Year.*

May the spirit of Christmas
infuse your life and that
of your family members
with hope, positivity,
and joy.

Merry Christmas
and Happy New Year.



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