



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA

HARRY GWALA REGIONAL HOSPITAL

IZINDABA ZASE HGRH

NEWS

OCT TO DEC 2023



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KwaZulu-Natal Department of Health

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**GROWING
KWAZULU-NATAL
TOGETHER**

FROM THE CEO'S OFFICE



Mrs. NT Nxaba
Chief Executive Officer

Fellow Colleagues; In my opening I want to quote King David Psalm on Chapter 145 verse 1 which says "I will extol You, my God, O King; And I will bless Your name forever and ever. Every day I will bless You, And I will praise Your name forever and ever "

It gives me a great pleasure to inform you of the achievements at HGRH during the third quarter of the financial year 2023/2024. Most of the shortfalls that were identified by Office of Health Standard Compliance during their assessment accreditation in February 2022 has been achieved. It should be noted that the hospital was found to be excellent but non-compliance in terms of the vital requirements, the hospital score was 87,43% and the essential score was 80.88%. During this quarter the hospital has achieved a lot of things , in particular the appointment of board members by our senior principals. The first meeting took place on the 16th of November 2023 so as to introduce and orientate the members about the hospital.



From left: Mr. B Mbatha, Prof CJ Thenjwayo, Mr . B Ndlovu, Miss NE Mkhize, Mr. SR Ninela, Mr. S Gabela and Rev TN Mkhize

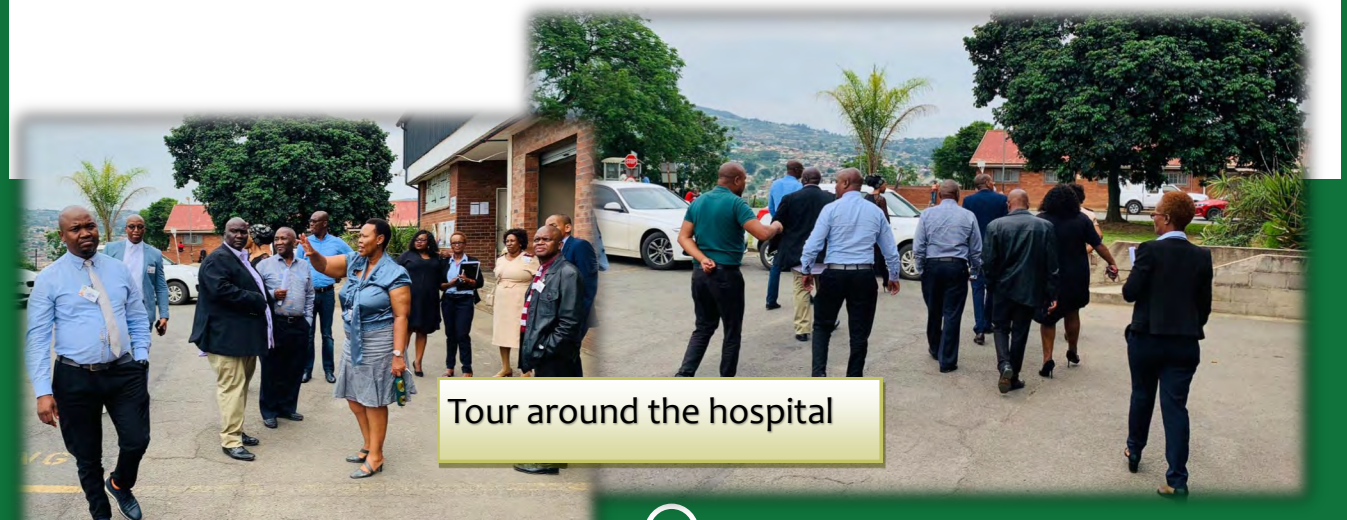


FROM THE CEO'S OFFICE.....



Members of the Hospital Board and the hospital Management during the walkabouts around the hospital.

During the Board orientation and introduction on the 16th of November 2023, the CEO Mrs. NT Nxaba presented the hospital profile to the members. Fortunately, Mr. S Gabela the former Chairperson of the board was re-appointed by Head Office to serve again at HGRH Board ; as well as Prof Thenjwayo and Mr. Mbatha. The four brand new members were born at HGRH and they are the citizens of the Edendale area. Rev TN Mkhize, Miss NE Mkhize, Mr. SR Ninela and Mr. B Ndlovu. Mr. S Gabela, the Chairperson explained what is expected from the board members as per Departmental prescripts and shared Terms of reference with the members.



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PHD HAT-TRICK FOR DRs

The Department of Internal Medicine at HGRH has made a remarkable achievement. Three physicians, all from the same department obtained PhD degrees. Department Clinical Head, Dr Douglas Wilson, Prof Somasundrum “Soma” Pillay and Dr Sapna Dela passed their degrees in 2019, 2017 and 2023 respectively.

Pillay’s doctoral work looked at improving diabetes care in the clinic settings, where he designed a blueprint that has been rolled out in clinics in KwaZulu-Natal (KZN) and the rest of the country to improve overall diabetes care, decreasing complications of the disease and economic costs for the country. He left the Department in 2018 for a post in Durban at the Nelson R. Mandela School of Medicine.

Congratulations!



Dr Wilson’s PhD found that tuberculosis (TB) in HIV-positive adults presented significant diagnostic challenges leading to delayed or missed diagnosis, associated with substantial mortality and multidrug-resistant infection. His ground-breaking study contributed to an improved overall understanding of diagnostic issues in HIV-positive patients with TB in South Africa (SA). “This is a life milestone” said Wilson.

Dr Dela recently graduated with her PhD for her study on the incidence of osteoporotic hip fractures (HF) and development of FRAX® models for SA. She found that HF have a higher burden on the public health sector, where admission and surgery times exceed international recommendations as well as low levels of diagnosis and treatment of osteoporosis despite a high prevalence of clinical risk factors.



“It is incredible that despite the challenges of working in the public sector, we were able to complete important research projects across a wide spectrum of diseases, the findings of which will inform healthcare policy and ultimately improve the lives of the poorest South Africans, the majority of whom depend on the public health sector for care. Providing quality health care to patients in the Edendale community remains close to our hearts;” said Dela and Wilson.

SERVICE EXCELLENCE AWARDS

"Quality: Realizing Your Competitive Potential," was 2023 Quality Month theme. The hospital hosted its Annual event on the 22nd of November 2023 at Ms NF Njizela Hall. The program aims to recognize the outstanding achievements of staff who contribute to quality improvement in the delivery of healthcare services. The managers and staff were given an opportunity to nominate staff members using the nomination forms and accompanied by portfolio of evidence. Quality and Infection Prevention and Control Team compiled an assessments reports on quarterly reviews; the public compliments were also considered in order to award the most complimented ward as well as the individual. The event was graced by the presence of Mr. Brian Shezi (Guest Speaker), Rev S Shangase (Motivational Speaker), members of hospital board, HGRA management and staff



Obstetrics & Gynecology won IPC floating trophy



Mrs. Roopan (Monitoring & Evaluation Manager) appreciating our Guests Mr. B Shezi and Rev S Shangase

AWARDS IN PICTURES....



MENTAL HEALTH AWARENESS

As part of HGRH commitment to mental health advocacy, On the 18th of October 2023 celebrated World Mental Health Month, with a globally chosen theme; **“Mental Health is a Universal Human Right “**.

There is evidence from both local and international studies, reporting on the prevalence of mental illness, burnout and emotional distress, amongst healthcare workers (HCW's), especially in the post covid19 era. There are evidenced based interventions and mitigation strategies to address such challenges, however it begins with creating awareness, sensitizing, psycho-educating healthcare workers and supervisors.

The aim was to target healthcare workers and staff at Harry Gwala Regional Hospital. The main focus was on raising awareness, presenting features of highly prevalent mental illness /emotional distress and informing on appropriate actions or interventions for such mental health challenges.

The following activities took place in Charlotte Searle :

- ⇒ three speakers, who delivered PowerPoint presentations on three different topics, as follows; A Psychologist - Burnout symptoms, prevention and treatment of the latter, A psychiatrist - gave a talk on Stress; clinical presentation, common causes and interventions. The employee assistance programme (EAP) practitioner gave a talk on; EAP functions, roles and interventions in assisting employees.
- ⇒ Information sheets and pamphlets on depression signs and symptoms were handed out to the event attendees at the Hall.
- ⇒ There were question and answer sessions with each presenter after each presentation as well as the panel at the end of the three sessions.

*We all
have a role
to play!*

**MENTAL
HEALTH
MONTH
OCTOBER**

There is evidence of high prevalence of emotional distress, burnout amongst HCW's. Stigma and fear of discrimination or victimization are some of the barriers to accessing care, appropriate interventions, treatment and rehabilitation. The employment conditions, resource constraints such as human resource or equipment shortages are major contributing factors in the post covid19 era. Raising awareness, sensitizing employees and supervisors is one of the ways we can intervene and advocate for the mental health of HCW's. The event was successful and the response from the targeted group was great.

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HAND WASHING AWARENESS

On the 1st of November 2023; HGRH celebrated its hand washing awareness campaign which was led by Infection Prevention and Control Team. Sibongamandla Junior Primary School was visited by IPC Team the same day at 08h00 to promote handwashing. The donated care packs which includes hand soap, face towels, toothpaste/brushes etc. to a total of ± 800 were distributed to the learners. The institutional event started at 10H00 which involved the following activity: each department was requested to develop; present a poster on its departmental pledge and commitment to handwashing including, but not limited to the current theme.

The best pledge was judged based on its originality, Creativity, Relevance and how educational part of it. The Winners of the best pledges were as follows: Internal Medicine; Critical Care/Burns/ED; O & G and Physiotherapy Department. This was an educational day of fun. The aim of the campaign was to strengthening awareness on the importance of hand washing with clean water and soap or using sanitizers ; Promoting and creating conducive environments for good hygiene practices in schools and health facilities .



Harry Gwala Regional Hospital IPC Team rendering musical item

BREAST CANCER AWARENESS



HGRH Management in attendance



Audience listening attentively



HGRH radiology department hosted its breast cancer awareness day on the 25th of October 2023, which was a tremendous success. Community members and employees were warmly welcomed and provided with essential resources to help them learn about breast cancer. The event was an excellent achievement, and patients were thrilled with the information provided as well as the gifts. Well done to the Radiology.

MAFAKATINI CLINIC – OPEN DAY

Mafakatini Clinic launched its Men's Health Service on the 3rd of November 2023 to encourage greater participation of local men in seeking health services. The following services were provided on the day of the event: HIV testing, Pre-exposure Prophylaxis, post exposure prophylaxis, Sexual transmitted diseases management, recruitment and booking for male medical circumcision, male sexual reproductive health, prostate cancer screening, TB Screening, hypertension screening, referral services and acute services. Men's health services targets all males above the age of 24 years old and there is youth friendly services that accommodates younger males. The poor attendance of males in the clinic was noted and clinic management decided to approach the community structures which includes traditional, political leadership and partners so as to have a community dialogue; identifying the issues and come up with remedial actions. The event was a success; male community fill up the tent and they were interacting during the dialogue session.



Audience interacting during community dialogues

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GATEWAY CLINIC—OPEN DAY

Harry Gwala Gateway Clinic hosted its an annual Open Day event on the 1st of November 2023 at the clinic waiting area at 09h00. The function was graced by the presence of Ward 22 Councillor Thembinkosi Zondi, Primary Health Care Management. Operational Manager Phungula welcome everyone present and emphasized the facility ownership by the clients as per ideal clinic definition. The clinic package of services were presented as well highlighting the new services recently introduced which includes Adolescent and Youth Friendly Services (AYFS), reviving of MENS corner. The community was given an opportunity to seek clarity through questions and answer s section.



Ward 22 Cllr T. ZONDI addressing the community members present



END YEAR PARTY IN PICS



HAPPY RETIREMENTS



Mrs. CB Nene
ANM: Paeds



Mrs. TA Shange
HAST Coordinator



Mrs. Barbara Madlala
HR Officer



Miss Khange Ntumba
HR Officer

Congratulations on your retirement and enjoy the world of possibilities ahead of you, wishing you all the best

Eye Care Awareness Month is commemorated from 20 September to 17 October to raise awareness about the importance of eye health, specifically around the prevention and treatment of avoidable blindness.

Seventy-five percent of blindness is avoidable either through prevention or through treatment – which is why is important to get your eyes tested at least once per year.

Symptoms of eye conditions can include:

- vision loss
- altered eye movements
- eye pain
- visual field loss
- bulging eye

PINK EYE AWARENESS UPHENYANE

QAPHELA IZINKOMBA ZOPHENYANE

- Ukushintsha kweso lakho libe bomvu noma libe pink
- Ukuzizwa unobuhlungu emehlweni
- Ukuzwa amehlo akho eshisa futhi eluma
- Ukuphuma izinyembezi
- Ukuphuma kwezimbici noma izintongo emehlweni (okusaketshezi oluphuzi, noma olumhlophe okanye oluluhlaza)
- Ukuvuvukala kwamehlo

Uma usola ukuthi unophenyane, yakashela umtholampilo oseduzane



CHRISTMAS & NEW YEAR BABY



Honorable Mayor Cllr Mzimkhulu Thebola and Deputy Mayor Cllr Mxolisi Mkhize visited HGRH having gifts for the new year babies



KNOW YOUR DOCTOR

DR NBA MADLALA

Head Clinical Unit - Radiology Department

HARRY GWALA REGIONAL HOSPITAL

Why radiography?

Diagnostic Radiology is intellectually stimulating, as a radiologist I get to solve diagnostic mysteries that other clinicians need assistance with. We are currently living in a technology oriented society and we are one specialty in medicine that benefits from these advances.

I love teaching as well, as a rare specialty we get to help equip doctors in rural areas with special skills to interpret general -x - ray to help them diagnose abnormalities.

#KnowYourDoctor



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