



health

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

## Indabayethu

## NEWS

### STAY INFORMED

October 2016



Above: Mrs Evette Cilliers receiving the certificate for Best Implemented Programme/ Project.



From Left to Right: Mr. Thabo Sithole (PRO), Ms. Nomkhosi Zwane, Mrs. Evette Cilliers & Mr. Mandla Sithole (Finance Manager).

#### Occupational therapy:

#### Skills training program for mental health care users

In 2014 the psychiatry department and Occupational therapy department compiled a strategy to assist mental health care users reintegrate into their community. The aim of the project was to teach the mental health care user skills to manufacture products that could generate an income. The ability to sell products manufactured by them could improve their self-esteem and self-worth. A skills training program commenced in 2014.

Mariette Viljoen, community service therapist, started a crochet group for female MHCUs. During the year they were taught how to crochet placemats, hand bags and pot holders. In 2015 the skills training was expanded to include craft and sewing projects like sleeping socks, wash mitts, mats, Christmas decorations – including crochet stars, decorative starch wool balls and cards). A baking group was added to the program in 2015 and included skills to bake chocolate fridge biscuits, baking and decorating cupcakes and making scones. The project continued in 2016 including various crochet and baking groups.

The MHCUs reported that they enjoy the group setting, feeling safe to discuss issues that they experience at home or in the community. They often encourage each other and at times provide solutions from their own experiences. Life skills like conflict handling, self-assertiveness problem solving, stress management and budgeting skills are discussed informally. The group has now expanded to include female patients suffering from chronic pain and other physical deficits like recovering hand injuries.

Compile by: Evette Cilliers  
Occupational therapist

# WORLD'S HAEMOPHILIA DAY



## PHOTO GALLERY



As part of the World Haemophilia Day Ladysmith Regional Hospital nurses walk around the hospital singing about haemophilia. As they were informing the public about this rare bleeding disorder which is commonly found in males, they handed out pamphlets.

The aim of this walk was making the patients aware of hemophilia, what it causes are, how it can be treated and how can patients cope with it.

The dedicated team also visited Gateway clinic and talked with patients who visited the clinic that day. "Many people are still unaware of the symptoms of hemophilia and bleeding disorder, we are here today to inform you about this very rare disease that mostly attack males", Matron Mhlophe told the patients at the Gateway Clinic.



# WORLD'S HAND HYGIENE DAY

Ladysmith Regional Hospital held World's Hand Hygiene on the 04<sup>th</sup> of May 2016. The nurses had walkabout in all wards. This was to remind the patients about the importance of washing hands and also educate them on how to properly wash them.

They urged the patients to spread the word once they are discharged and to encourage others as well at home to ensure that their hands are washed all the time.

It took the dedicated staff three days to make sure that the message about hand hygiene is sent out

## PICTURES





**Refreshments were served!!!**

### **Nelson Mandela Day Activities by Ward 7 & Social Services Department**

The social Services Component and Ward7 honored Mandela by visiting the St Antonines' Old Age Home at Uitvaal Indaka Area.

The staff engaged themselves in cleaning the walls and the floors, cleaning the windows and fixing curtain rails. They also painted the ceiling in the kitchen and entrance doors were painted with vanish paint. Playing and listening to the senior citizens' concerns was the game of the day. They also donated all the cleaning material as well as the blankets. The senior citizens were also entertained with goodies (hot dogs, chocolates, chips and lollipops) as you can see on the pictures. Madiba was really honored.



**“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 PICTURES



**EVERYTHING THAT HAPPENED ON THE DAY!!!!**

# INTERNATIONAL NURSES DAY



On the 25<sup>th</sup> May 2016, Ladysmith celebrated the Nurses Day of Prayer with a candle lighting ceremony.

The theme being **“Nurses: A force for change: Improving Health Systems resilience”**

Matron N. Nkehli gave a brief summary on the purpose of the day, highlighting that the Nurses’ Day of Prayer is celebrated internationally on the 12<sup>th</sup> May in memory of our Professional Legend “Florence Nightingale”.

The Programme director, Mr S. Mdakane excelled in keeping the audience alive, with his inspirational talks quoting from different authors and good verses from the bible

The Nursing Manager, Mrs Buthelezi appreciated Nurses for their hard work and commitment to patient care. She further encouraged the nurses, as the largest category amongst the health care Professionals within the institution and globally, that they should excel in their performance moving South Africa forward on good health outcomes.

The ceremony was blessed by the presence of Mrs C. Ndlovu, Deputy Nursing Manager of St. Chads CHC, as the guest speaker.



# INTERNATIONAL NURSES DAY



# LAUCHING OF THE LADYSMITH REGIONAL HOSPITAL WOMEN'S FORUM

On 22 September 2016, Ladysmith Regional Hospital held a function at Ladysmith Motel to celebrate the launching of the Women's Forum.

The aim of this forum will be to share the challenges, our views and voices, regarding issues which women face on a daily basis, at home and at the work place for e.g. social, spiritual, financial etc.

This forum will be a sounding board for today's important ideas and a springboard for tomorrow's solutions. It will not be limited to only women issues, simply because all issues are women's issues.

## **Objectives:**

- ⇒ To improve the status of all women at all levels within the institution
- ⇒ To work for the advancement of understanding, goodwill and peace
- ⇒ To promote justice and universal respect for human rights and fundamental freedoms
- ⇒ To be united and foster high ethical standards, to implement programs, and to provide mutual support and fellowship

**The Ladysmith Regional Women's Forum committee members were introduced by Mrs. M.Q. Khanyile.**

Linda Anderson : Chairperson  
Etty Madela : Deputy Chairperson  
Dolly Mthembu : Treasurer  
Yasmeen Stephen : Secretary  
Amanda-Ngwenya : Deputy secretary

Ruby Nkabinde  
Nkehli Nomusa  
Lucia Yam  
Dr. L Nyathikazi  
Sanelisiwe Hadebe

There were speakers at the function who motivated and encouraged women to support each other.

**Dolly Mthembu – How to avoid being abused by partner, children, friends and family**

**Amanda Ngwenya – How to live a healthy lifestyle**

**Dr. ME Kekana – Guest Speaker – Achievements made by women around the world**

The function was a great success and enjoyed by all that were present.

Photographs were taken in remembrance of the day's activities.

We would like to thank all the guys who supported abafazi

**Wathinta abafazi Wathinta imbokodo.**



# WOMEN'S FORUM PHOTO GALLERY



**WATHINTA ABAFAZI WATHINTA IMBOKODO!!!**



# ACKNOWLEDGEMENTS



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