



# INDABAYETHU

# NEWS

OCT –DEC 2024

GROWING KWAZULU-NATAL TOGETHER

## LADYSMITH REGIONAL HOSPITAL WELCOMES THE NEW CEO



**Dr M.E. Pule, Mrs T. Mpembe, Mr K.Z. Dlamini, Mrs Q. Khanyile**

Ladysmith Regional Hospital is pleased to announce the appointment of Mr Khulekani Dlamini as the new Chief Executive Officer (CEO). This significant announcement was made on October 1, 2024, to both the Senior Management and Extended Management teams, where Mr Dlamini had the opportunity to present his vision, mission, and desired goals he aims to achieve during his term of office. Mr Dlamini brings a wealth of experience and expertise to the role, having developed his skills and knowledge over many years in the healthcare sector.

His leadership will play a crucial role in guiding the hospital to new heights of excellence. We are confident that his strategic direction and commitment to high standards will drive the continued growth and success of our facility, ensuring that we remain at the forefront of healthcare service delivery.

As the new CEO, Mr Dlamini is dedicated to maintaining the hospital's core mission of providing quality healthcare to the Ladysmith and UThukela

district community. We are eager to work with him and excited for the future of Ladysmith Regional Hospital under his guidance. With his vision and expertise, we are confident that the hospital will continue to thrive, achieving its goals and enhancing the health and well-being of our community. Together, we look forward to ensuring that the hospital not only meets but exceeds the service standards our community expects and deserves.



# EMBRACING CHILDREN LIVING WITH CEREBRAL PALSY

Cerebral palsy is a group of conditions that affect movement and posture. It is caused by damage that occurs in the developing brain, most often before birth. Symptoms typically appear during infancy or preschool years and can vary from very mild to severe.

On the 20th of November 2024, the Rehabilitation Unit at Ladysmith Regional Hospital took the initiative to organize an event for children living with cerebral palsy. The aim of the event was to embrace these children and provide a wide range of information, with insights from esteemed guests.

One of the keynote speakers stressed the significance of self-awareness for parents and caregivers of children living with cerebral palsy. Parents, as caregivers, were encouraged to identify stress triggers, manage stress, and adopt healthy techniques that work for them, such as family therapy, individual therapy, or learning more about the condition. The speaker also highlighted the importance of self-care, reminding parents that “you cannot pour from an empty jar.” This advice was aimed at helping caregivers avoid burnout and emotional stress.

Families were encouraged to adhere to treatment plans at all times. While acknowledging that it can sometimes be challenging to follow all the instructions provided by therapists from different units, parents were urged to remain consistent. They were also reminded to honour their physiotherapy appointments to ensure their children's condition continues to improve.

At the end of the event, parents were given the opportunity to ask questions and seek guidance from the various dignitaries present while the little one received goodie bags.



CHILDREN LIVING WITH CEREBRAL PALSY



REHAB TEAM WITH ESTEEMED GUEST





# WORLD PREMATUTE DAY

On November 18, 2024, the Neonatal Intensive Care Unit (NICU) at Ladysmith Regional Hospital celebrated World Prematurity Day. The event aimed to raise awareness about preterm births, which occur when babies are born before the 37th week of pregnancy. Preterm births can be caused by a variety of factors, including medical conditions, age, lifestyle, genetic factors, previous pregnancies, and pregnancy complications.

The celebration focused on educating new mothers and caregivers about the critical importance of improving care for premature infants by providing vital information and resources. The event sought to empower parents with the knowledge to reduce the risks associated with premature birth and help decrease the mortality rate among preterm babies. This initiative was an essential step in fostering a deeper understanding of the challenges faced by preterm infants and supporting efforts to ensure better health outcomes for these vulnerable babies.

To show support, the NICU staff invited two guests (preterm mothers) who had been in a similar situation. One of them spent one hundred days in the hospital caring for her premature baby. During the event, she shared her story, offering hope to other mothers who were still caring for their infants in the hospital. Her words alone brought encouragement and renewed strength to those present, inspiring them to persevere through their own struggles.

As a form of entertainment, questions were asked, and anyone who answered correctly received a gift. Everyone was given the opportunity to participate, as the organizers believed that everyone is a winner. The children were showered with gifts, while the mothers received toiletries as a token of appreciation.



LADYSMITH REGIONAL HOSPITAL DOCTORS



MEDICAL MANAGER AND NICU STAFF



NICU OPERATIONAL MANAGER, STAFF AND BOARDER





# 16 DAYS OF ACTIVISM AGAINST GENDER BASE VIOLENCE

On November 27, 2024, the Social Workers Unit at Ladysmith Regional Hospital organized an awareness campaign to educate the public about gender-based violence (GBV). The event highlighted that GBV is a serious and harmful issue that affects both men and women, though women and girls are excessively affected.

The social workers visited various wards to engage with stakeholders informing them that GBV does not discriminate based on gender, race, or background. They stressed the importance of reporting abuse and offering support to victims. The awareness campaign focused on educating people on how to identify the signs and symptoms of abuse. They also emphasized the need for vigilance and compassion in assisting those who may be experiencing violence.

One of the key messages in peds ward was for mothers to protect their children, warning against dangerous practices like storing paraffin in unsafe containers or turning a blind eye to abuse. The campaign also pointed out the harm caused by behaviours such as physically disciplining children in ways that imitate violent acts or misusing child social grants.

In a male ward, they emphasized that they are aware that man too face abuse, whether it's emotional, verbal, financial or physical. It was mentioned that man usually search for unhealthy ways when they feel the pressure to cope with abuse or personal struggles, which includes suicide. The message therefore encouraged seeking proper channels for help rather than choosing destructive solutions. Another speaker also highlighted that non-compliance of medication is also an abuse. One of the keynote speakers highlights that refusing to take necessary medication when ill can be considered a form of self-abuse. This not only worsens the person's health but also causes emotional distress for their loved ones who are concerned about their wellbeing.

The new South Africa has a vision of no tolerance for abuse, and everyone is encouraged to seek professional help when needed. True peace starts with individuals taking responsibility for their actions, making apologies when wrong, and actively caring for each other. Living in harmony requires that everyone be at peace with themselves first.



Social workers in ward 5



SOCIAL WORKERS IN PEDIATRIC (peads) WARD





# EARLY CHRISTMASS GIFT FOR THE LITTLE ONES



**N3 TOLLS IN PAEDIATRIC WARD**



**PARAMEDIC HANDING OVER TEDDY BEAR**

On the 4th December 2024, Ladysmith Regional Hospital had the honour of being visited by N3 Tolls, who were accompanied by SAPS, Lifeline social workers, paramedics, and Sharaj Ambulance Service as part of a heartfelt initiative to give back to the community. With the spirit of Christmas in the air a time of giving and spreading joy, they brought smiles and warmth to the children admitted in ward six and eight.

The joy and gratitude on the children's faces were truly heart-warming. It was a powerful reminder of how small acts of kindness can make a big difference, especially during the holiday season. Seeing those smiles melted our hearts, and we were reminded of the importance of coming together to support those in need and the spirit of UBUNTU.

As a symbol of love and care, every child in the ward was given a soft teddy bear to bring some comfort during their stay.



**SAPS IN THE WARD**



**SAPS IN THE WARD**



# ANNOUNCEMENT

## NEWLY APPOINTED DEPUTY DIRECTOR FINANCE



Mrs Nontandokazi Silindokuhle Mthembu

I started my journey in the Department of Health in 2011 as a Finance Intern at the Amajuba District Office. Since then, I have worked my way up to my current position, gaining growth and experience through various institutions along the way. I am passionate about financial management and hope that my experience and qualifications will contribute positively to the vision and mission of the department.

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**KWAZULU-NATAL PROVINCE**  
HEALTH  
REPUBLIC OF SOUTH AFRICA



KwaZulu-Natal Department of Health



KZN Department of Health



kznhealth



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**GROWING  
KWAZULU-NATAL  
TOGETHER**



# PHOTO GALLERY



NICU STAFF



DOCTORS



NICU STAFF



CEREBRAL PALSY EVENT



PARENTS SEEKING GUIDANCE

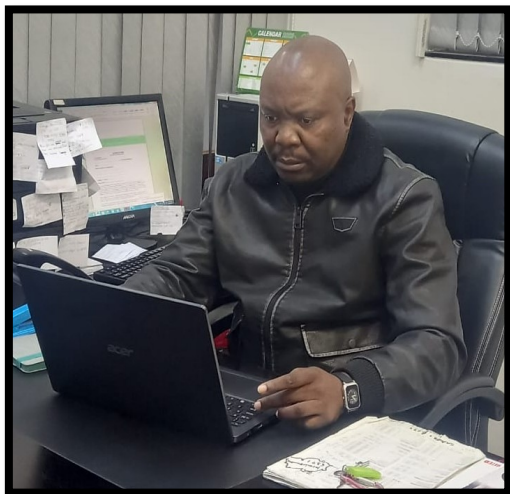


SOCIAL WORKERS IN WARD 5



# ACKNOWLEDGEMENTS

## EDITORIAL TEAM



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