



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

INDABA YETHU-NEWS



"What a Miracle"

LADYSMITH PROVINCIAL HOSPITAL
FEBRUARY – NOVEMBER 2012

'WHAT A MIRACLE'



It was a miracle indeed and unforgettable history when a woman gave birth to quadruplets in Ladysmith Provincial Hospital on the 23 February 2012.

Sandi Ndlovu (mother of quadruplets) has described a birth of her babies as a miracle from God. She said she was shocked to give birth to four babies because she was expecting Triplets as the last scan she had before giving birth showed that. Sandi was born in 1975 on the 8th August in a place called Mcitsheni. She is a married woman with two children a boy and a girl. She said at first she was shocked and scared that she gave birth to four babies but when time goes on she gets used to it and she is now happier than ever because she believes in that, these babies are a miracle from God. Dr Rampasard was the one who brought these babies into life, she confirmed that the babies are in a good condition. Sandi delivered girls first and followed by a baby boy, she decided to name the girls as Kwanele, Anele and Banele.

a boy Bandile ,she said the reason that made her to name them like this its because she had enough with the babies and their name simply means that.

We thank all the staff at Ward 10 and Nursery for taking good care of this family and lastly we thank all the companies that sponsored family and the quadruplets such as Ladysmith Municipality, TFS Wholesale and Johnson & Johnson. May God bless them.



'Investing in our future'



A joint initiative between the South African Police Service, the Department of Health, EMRS and the Department of Education saw over fifty people giving up their time to do make over at a small school in the rural community of Blue bank, outside Ladysmith. The group spent three days on the project, from 19 June to 22 June 2012.

The project was the brainchild of Colonel Vincent Mdunge from SAPS and Nikiwe Zungu from the Department of Health (EMRS). The aim of which was for these Departments to give something back to the community by supporting the youth. Addressing issues that have a direct impact on the welfare and upbringing of a child is a priority to all those involved on this project. Creating the environment more conducive to learning will have a profound effect on how children view world and how they develop later in life.



‘Our District Manager Mrs. Zulu in action leading by example’

What is learned in these development years can mould a child into growing up to become a productive member of society. The project is thus a worthy investment into our country’s future.

Over the first two days SAPS personnel from the Ladysmith Cluster joined hands with personnel from the Department of Health (EMRS), the local CPF, the SAPS Air wing, the Ladysmith TRT unit and ABI to paint the inside and outside of the school in order to make the learning

environment a safer and more enjoyable one for the 95 learners at the school. On the final day a library was set up and stocked with books, while the crèche was supplied with educational toys for the children. This was followed by the opening of the crèche, during the opening the audience was treated to music played by the SAPS Band as well as the ABI music truck, while the Ladysmith K9 unit gave the children a small display. Food parcels were also distributed to the children and their families by EMRS personnel.

Thank to generous support from the businesses such as ABI, African Bank. Nareshni Nanganathan from Shuter and Shooter (Pietermaritzburg), the AK Lockhart family from Durban, and AM Builders (Marian Hill) the project was made possible.

Article submitted by: Colonel Mdunge SAPS



Uthukela Health District Manager: Mrs. N.T Zulu & Brigadier Chirwa SAPS were part of the Delegation



SOUTH AFRICAN POLICE SERVICE CENTRE



The newly Installed Library

BREAST IS THE BEST

Breastfeeding week is held throughout the world from the 1st till the 7th August every year.

In 2002 the World Health Organization (WHO) and the United Nations Children's Fund (UNICEF) developed global strategies identifying a need for optimal infant feeding practices in reducing malnutrition as well as poverty. The Infant and Young Child Feeding global strategy was then launched and since the hospital all over the world have had to obtain and maintain their status as Mother and Baby Friendly Hospitals through the Mother and Baby Friendly initiative (MBFI). Lady-smith Provincial Hospital is striving to implement the same principles and to restore breastfeeding as the natural and normal practice for nurturing infants

Ladysmith Provincial Hospital is also proud to announce that they provide weekly infant and young child feeding support to assist mothers and caregivers with any difficulties or concerns they may have. Ladysmith Provincial Hospital will be participating in World Breastfeeding Week this year and we encourage all members of the community also observe this very important health awareness week.



MOTHER AND BABY FRIENDLY STATUS!

The Mother and Baby Friendly Initiative (MBFI) is an international programme initiated by WHO and UNICEF. The initiative is aimed at protecting, promoting and supporting safe infant feeding practices. The Baby Friendly status is not just about attaining another award but is aimed at improving child survival.

Ladysmith Provincial Hospital is proud to announce, that after an external assessment in July this year they have managed to achieve their status as a 'Mother and Baby Friendly' Hospital. The hospital has worked very hard over the last 2 years in preparing for this assessment, and finally all the hard work has paid off.

Breastfeeding, along with appropriate complimentary feeding, contributes greatly to achieving Millennium Development Goals no4(MDG's). Research has shown that breastfeeding could reduce child mortality by about 13% by reducing the incidence and severity of infectious diseases.

We would like to thank all staff at Ladysmith Provincial Hospital for their hard work and dedication that has brought us to this achievements. We would particularly like to acknowledge the work of our Breastfeeding Champion and the Dietitians in heading up this initiative.



Dietician and Quality Assurance Manager



Bite into a Healthy Lifestyle!

We as Dietician Department in Ladysmith Provincial Hospital have adopted the motto, “ Bite into a Healthy Lifestyle “ for this year and have provided some tips below on how to kickstart a healthy lifestyle.

A Guide to Healthy Eating

- 1. Enjoy a variety of foods**– because one type of food does not contain all the nutrients we need.
- 2. Make starchy food the basis of most meals**– these are food are rich in carbohydrates and provide the fuel our bodies need.
- 3. Chicken, fish, meat, milk or eggs can be eaten daily**– these foods are rich in protein and help to keep our immune system strong.
- 4. Eat plenty of fruit and vegetables everyday**-aim for at least 5 portions of vegetables and /or fruits a day.
- 5. Eat dry beans, peas, lentils and soya regularly**- they are a cheaper source of good protein and can be eaten at least 3 times per week with starchy foods.
- 6. Use salt sparingly**– add very little /if any salt at the table and during cooking. Avoid salty and processed foods.
- 7. Use fats sparingly** –high fat diets have been linked to cancers, obesity and high cholesterol levels. Unsaturated fat (plant based fat) is healthier and is also essential.
- 8. Drink lots of clean, safe water**– water helps with the digestion and absorption of food and with the removal of waste products. Aim for 8 glasses /2L of water a day.

**Article submitted by:
C. Lazenby (Dietician)**



MEET OUR NEW CEO SECRETARY

She is Gugu Mbhele originated from Escourt (KZN) , She started her lower education in Phasiwe Primary school and her high school education at Ngibongeleni High School. She then further her studies at Durban University of Technology where she obtained a Diploma in Public Management.

After her graduation she started looking for a job and fortunately in year 2010 she got an internship at Natalia (Investigating Services) then in the same year in November she was appointed as the Secretary of the Hospital Management in Greytown Hospital. She enjoyed working at Greytown Hospital though it was difficult for her because its far from her home, In April 2012 she applied for a post that was advertised by Ladysmith Hospital wanted the secretary of the Acting CEO and luckily she was shortlisted .

She said since her arrival in Ladysmith Provincial Hospital she has noticed that all people are friendly but always busy and Ladysmith Hospital is a big Hospital she's trying to adapt to the environment very fast, but she do not know how long she will stay in this hospital as she is still young and have huge dreams about her career

She thank all the staff of Ladysmith provincial Hospital for a warmly welcome.

WALK  TO
CURE DIABETES

WORLD DIABETES DAY!

Diabetes is a chronic disease that occurs either when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produce enough insulin or when the body cannot effectively use the insulin it produces. September fact sheet No. 312

(WHO :2012)

The number of new diabetics patients including those with uncontrolled diabetes increases every year worldwide. Diabetes has become a global problem.

Ladysmith Provincial Hospital celebrated world Diabetes Day on the 14th November 2012, the purpose of the event was to educate diabetics clients and their relatives on having a healthy life while being diabetic. The focus was on maintaining healthy diet, regular exercise and on prevention of complications .

Different multidisciplinary Health Teams presented their health talks encouraging the diabetic clients to keep their blood sugar levels controlled and encouraging support from the family members.

Thanks to all who participated on the Day !!!



'Wathinta abafazi wathinta imbokodo'

WOMEN'S DAY CELEBRATION EVENT



'Babegiya beqephuza omama bethokozile ngosuku lwabo behaya izinkondlo, behlobile bebahle.





‘Nezicukuthwane nazo zazikhona zithamele umcimbi womama’



DATE: 18 OCTOBER 2012



This was our
programme
director

**NOKULUNGA NGOBESE
(WASTE MANAGEMENT
OFFICER)**

GO IPC! GO IPC!

**THAT WAS HER SLOGAN WHEN SHE WAS
WELCOMING EVERYONE WHO WAS IN THE EVENT**

BY MRS TM MTHETHWA

**WHO WELCOMED
EVERYONE WITH A
PRAYER**

M&E MANAGER (MRS SBB
NDABA) AND IPC
COORDINATOR (NOMUSA T
KHANYILE)

**WELCOMED EVERYONE AND TOLD
THEM THE PURPOSE OF THE DAY ALSO
GAVE THE KEY NOTE TO ADDRESS**

THE THEME OF THE DAY

**WATCH OUT PREVENTION IS
BETTER THAN CURE**



NOLUNGA NGOBESE (WASTE MANAGER)

**DO NOT WASTE YOUR WASTE”(PROMOTE RE-CYCLING
THERE IS NOTHING GENERAL ABOUT CONTAMINATED GENERAL WASTE :IT ALL BECOMES INFECTIOUS
SEGREGATE YOUR WASTE AT THE POINT OF GENERATION**



IT WAS TIME FOR PRIZE GIVING, AS THE WARDS WAS JUDGED ON IPC PRACTICES AND THEIR COMMITMENTS ON IPC EVENT WEEK FROM 15-19.10.2010 THEY WERE JUDGE ALSO ON WASTE MANagements AS PEER REVIEW TEAMS WERE ALLOCATED TO CHECK THE WASTE MANAGEMENT .

WARD 10 (POST NATAL WARD PLUS NURSERY)



THEY GOT **POSITION ONE** AND THEY RECEIVED A **FLOATING TROPHY** FOR INFECTION PREVENTION AND CONTROL, THEY ARE DEDICATED IN MAINTAINING A HIGH STANDARD IN INFECTION PREVENTION AND CONTROL, THEY ALSO DID A PROJECT ON THE 17/10/12 WHERE THEY WERE PROMOTING HAND WASHING TO THE VISITORS.



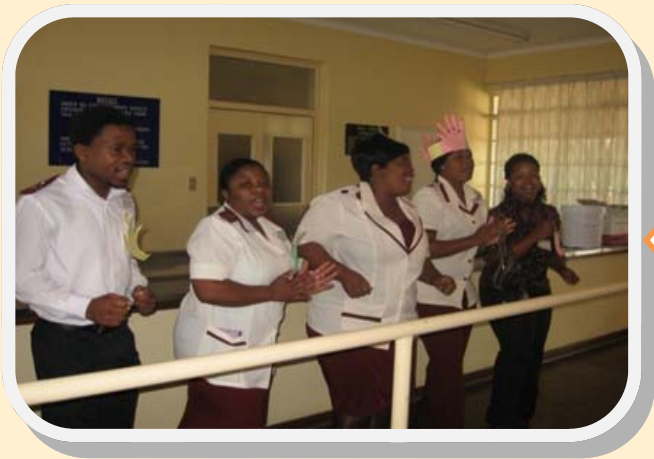
THEY GOT **POSITION TWO**, BECAUSE THEY DO ALL THEIR BEST TO MAINTAIN OR APPLY THE IPC PRINCIPLES IN THEIR DEPARTMENT, THEY WORK AS A TEAM TO PROMOTE INFECTION PREVENTION AND CONTROL IN THEIR DEPARTMENT, JUDGED ON CLEANLINESS, HAND WASHING, WASTE MANAGEMENT, IV LINE

WARD 3 (ORTHOPEADIC WARD)



X-RAY DEPARTMENT

THEY GOT **POSITION THREE** AS THEY ARE SHOWING GOOD INTEREST IN INFECTION PREVENTION AND CONTROL PRACTICES, THEIR PROJECT WAS **COUGH ETTIQUETE**, AND THEY DEMONSTRATED HAND WASHING, AND ALL THEIR HAND WASHING FACILITIES ARE COMPLETE, THEY ARE SEGREGATING WASTE AS WANTED BY INFECTION PREVENTION AND CONTROL GUIDELINES



WARD 10
GAVE US MUSIC
TITLE OF THE SONG (AKESIGEZE
IZANDLA)



NOMATHEMBA (LAB REPRESENTATIVE)
WAS TALKIN ABOUT LINK BETWEEN LAB AND IPC,
“WHEN TAKING A SPECIMEN TO SEND TO LAB A
PERSON MUST MAKE SURE THAT SHE/HE DOES
NOT CONTAMINATE IT BECAUSE IT GIVES
WRONG RESULTS, AND WHEN THE IPC TEAM
GOES AND DO THE NVESTIGATION THAT CAN
BE A PROBLEM AND THE LINK HAPPENS WHEN
THERE IS A POSITIVE BUG ISOLATED, LAB HAS
TO REPORT FAST, SO THAT IPC TEAM HAS TO
ACT FAST”



MRSA CAN BE PREVENTED
“IT IS THE COMMON BUG FOUND IN THE NUMBER OF
PEOPLE, 1 OF 3 PEOPLE CAN BE COLONISED BY THIS
BUG, AND IT IS RESISTANCE TO SOME OF THE ANTI-
BIOTICS, and prevention can be achieved by following,1.
Hand washing, 2. Avoid overcrowding, sharing of contaminat-
ed objects, using of antibiotics unnecessary,
MRSA CAN BE PREVENTED”

MZOKHONA NKALA(IPC NURSE)

DATE: 18 OCTOBER 2012



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(WASTE MANAGEMENT
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BETTER THAN CURE**



From left: Sister Khanyile (IPC Coordinator) ,Matron Ndaba (M&E Manager) M. Nkala (IPC Nurse)



NOKULUNGA NGOBESE (WMO)

THIS IS THE TEAM THAT WAS BEHIND ALL THIS EVENT, **NT KHANYILE OUR IPC COORDINATOR WHO MADE IT POSSIBLE** FOR THIS DAY TO HAPPEN, WHO MADE DONATIONS FROM VARIOUS DEPARTMENT AND TOGETHER WITH THE IPC AND THE MANAGERMENTS MADE IT POSSIBLE,



VOICE OF THANK BY MATRON HLATSHWAYO ON BEHALF OF THE MANAGEMENT, VERY EXCITED AND VERY THANKFUL !!!!!!!.

MATRON HLATSHWAYO

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Remember our Communication Lines are open!

