



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA

MURCHISON DISTRICT HOSPITAL

NEWSLETTER DECEMBER 2022 EDITION

MURCHISON NEWSLETTER

NATIONAL NUTRITION AWARENESS/ STAFF HEALTH WELL- NESS DAY AT MURCHISON DISTRICT HOSPITAL

Murchison District Hospital hosted a national nutrition awareness/wellness day on the 28th of October 2022 at nurses home (Tennis court)

There were different sporting codes played on the day such as sack race, egg and spoon race, tug of war, netball, soccer and the mother of all competitions which was called **THE BIGGEST LOSER COMPETITION**. This was initiated to motivate and encourage people to loose weight, live a healthy lifestyle and eat a healthy diet. This competition was aimed at raising awareness since the month of October us recognized as the Nutrition Awareness Month on the health calendar.

The fun filled day was organized to also support and raise awareness on breast cancer since October is also known as breast cancer awareness month.

The event was made possible by our loyal sponsors such as Sanlam & Half-way and Toyota.



UKZN NURSING STUDENTS



ABOVE: UKZN STUDENTS. We got to interview them and they had a short message for us

“ We are here for an awesome/enlightened experience of being in rural parts of Kwa-Zulu Natal doing our clinical/practical training. We are driven to do nursing because it’s a touching career but needs a deep heart that not mere words can express and make a difference in this world one patient at a time”

Thank you to these young and driven students for putting other people first as Murchison District Hospital staff we appreciate all of you!!

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NATIONAL NUTRITION AWARENESS

Murchison District Hospital dieticians team took it upon themselves to take an initiative and go to the taxi rank just outside the hospital premises to render their services to Murchison community. The aim was to encourage people to take care of their diet and educate them on how to stay healthy .

The ever energetic team also distributed information brochures to the community that will educate to them the positive outcome they can get if they stick to the right diet and right lifestyle. It all went well and staff members supported through their participation.

The rest is displayed in pictures



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PHOTO GALLERY OF NUTRITION & STAFF HEALTH WELLNESS DAY



16 DAYS OF ACTIVISM AGAINST WOMEN AND CHILDREN ABUSE & INTERNATIONAL DAY OF PERSON'S LIVING WITH DISABILITIES



MR L.G NYAWO SPEAKING ON BEHALF OF DOH AND CANDLE LIGHTING FOR THE VICTIMS WE LOST TO VIOLENCE

Izingolweni hosted an event in December 2022, which focused on spreading awareness, combating women and children abuse and hosting international day of people living with disabilities. In this case, children from neighbouring schools were invited to be part of the most crucial event where everything about domestic violence, rape and substance abuse was shared, children really participated in matters concerning them and they showed great interest in the topic as they were sharing their views, answering and asking questions, as in house we had different organisations such as social and welfare department, SAPS, Department of Health.

Department of health Murchison district hospital was rendering their services to Izingolweni community on site. The community participated. Different organisations were delivering their speeches and educational talks.

At the end there was a touching moment where people were asked to light the candles to pay respect to those who lost their family members, to children and women violence.

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GBV AND WORLD DISABILITY DAY EVENT



Various stakeholder and sister departments took turns in giving talks and encouraging people to speak up in cases of abuse. Elderly and frail patients were encouraged to utilise local War Rooms to voice out their concerns and challenges through their nearest local Sukuma Sakhe structure.



WORLD AIDS DAY 2022



Various departments commemorating World Aids Day 2022 at Izingoleni Community Hall



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COMPLIMENT CARDS



TB COVID WARD



MATERNITY WARD



SURGICAL WARD



OUT PATIENTS DEPARTMENT

ABOVE: CEO AWARDED COMPLIMENTS SLIPS BY THE PATIENTS THROUGH SUGGESTION BOXES TO STAFF WHO GOT COMPLIMENTS FOR GREAT SERVICE AND POSITIVE ATTITUDE TOWARDS PATIENTS. THIS INCLUDES THE DOCTORS, NURSES AND OTHER CATEGORIES OF STAFF

SITHI QHUBEKANI NOMSEBENZI OMUHLE. UMPHAKATHI UYANIBONA FUTHI UYABONGA.



16 DAYS OF ACTIVISM GBV



Ms S Mpisane (Senior Social Worker) with patients at Lindokuhle Center

Social Workers Services engaging with patients regarding Gender Based Violence at various departments.

Ms S Mpisane (Senior Social Worker), Ms N Cele (Social Worker) and Mrs N Mazubane educating patients at the Out Patient Department



Ms S Mpisane (Senior Social Worker), Ms N Cele (Social Worker) and Mrs N Mazubane educating patients at the High Risk Department



RADIO SLOTS



ABOVE: TE Mteshana (EN-Pediatric Ward), N Mazubane (-Supervisor-Social Worker) educating community about Child abuse and Gender based Violence

BELOW: N Madlala (Pharmacist) educating about Pharmacy awareness month



As a Public Health Institution, the utilisation of radio slots works to our advantage as this platform reaches the mass population of the public especially within the District.

Staff that are scheduled for to participate in the radio slots are encouraged to prepare their own script based on the topic. The Mass education of the community through radio slots is always received with enthusiasm & excitement, Follow up quests arise after sharing the information, which allows for fruitful engagement.

We continue to educate and inform our clients!!!



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CHRISTMAS DÉCOR



TB/ COVID WARD

Various departments have done their best in making patients feel the spirit of the Merry Season.

Best wishes of happiness, recovery and good health as you celebrate the season with the people closest to your heart.



Merry Christmas!"



MATERNITY WARD



ACKNOWLEDGEMENTS

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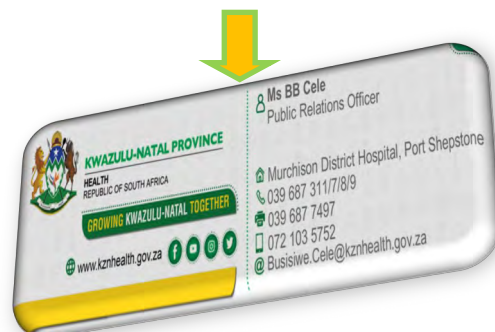
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