



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

Murchison Hospital

Murchison Star

NEWS

STAY INFORMED

March 2017

Pregnancy Awareness Week

A woman's health is essential to the good health of her baby. Women who eat well and exercise regularly along with regular prenatal care are less likely to have complications during pregnancy. They're also more likely to successfully give birth to a healthy baby.

On the 08 February 2017 Murchison Hospital maternity department had an awareness campaign, educating expectant mothers on the importance of a proper eating plan.

Eating a nutritious diet during pregnancy is linked to good fetal brain development, a healthy birth weight, and it reduces the risk of many birth defects.

A balanced diet will also reduce the risks of anemia, as well as other unpleasant pregnancy symptoms such as fatigue and morning sickness. Good nutrition is thought to help balance mood swings and it may improve labor and delivery as well.



Left to Right Sr JJ Ncaiyane awarding a antenatal patient with a present



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Healthy Lifestyle Awareness at Murchison Taxi Rank

Good nutrition is an important part of leading a healthy lifestyle. Combined with physical activity, your diet can help you reach and maintain a healthy weight, reduce your risk of chronic diseases (like heart disease and cancer), and promote your overall health.

On 28 Februarys 2017 the Outpatient and Lindokhule department (ARV Clinic) combined forces and held a healthy lifestyle awareness campaign at the Murchison Taxi rank. HCT, TB screening , condom distribution and healthy lifestyle educational talks were given. Taxi drivers and their conductors were given the new flavored condoms, they were also given pamphlets and brochures to encourage them to practice a healthy lifestyle at all times.

An unhealthy lifestyle is a large contributing factor to illness and diseases. These include heart disease, hypertension (high blood pressure), type 2 diabetes, osteoporosis, and certain types of cancer. By making smart food choices, you can help protect yourself from these health problems.

The risk factors for adult chronic diseases, like hypertension and type 2 diabetes, are increasingly seen in younger ages, often a result of unhealthy eating habits and increased weight gain. Dietary habits established in childhood often carry into adulthood, so teaching children how to eat healthy at a young age will help them stay healthy throughout their life.

The link between good nutrition and healthy weight, reduced chronic disease risk, and overall health is too important to ignore. By taking steps to eat healthy, you'll be on your way to getting the nutrients your body needs to stay healthy, active, and strong.



Winners Of The 2016 Service Excellence Awards

Service Excellence Awards –Why are they important ? They are important for a fundamental number of reasons . They encourage staff to excel in their respective field / department, they motivate one to never stop trying .

On the 30 November 2017 Murchison Hospital held its service excellence awards. The purpose of the event was to honour those departments /wards who have excelled in their respective components.

Throughout the year various assessments and inspections were conducted, by various assessors in an aim to note down those departments who are complying with the NCS requirement. Those departments/wards who showed consistence and always passed were honoured at the final end year ceremony .

The event was held at the hospital Chapel. More then 100 staff attended. Special guest judges from various institution also honoured us with their presence.



Wellness Day

Exercise can help prevent excess weight gain or help maintain weight loss. When you engage in physical activity, you burn calories. The more intense the activity, the more calories you burn.

Regular trips to the gym are great, but don't worry if you can't find a large chunk of time to exercise every day. To reap the benefits of exercise, just get more active throughout your day — take the stairs instead of the elevator or rev up your household chores. Consistency is key.

On 31 March 2017 Murchison hospital held its wellness day . The event was filled with so much fun . The participation this time around was so much improved . The day began with participants gathering at the nurse's lounge and doing their registration. After the registration , all staff embarked on a brisk walk of about 1,5km and then returned back to the hospital. The following sporting codes were played: soccer and netball . Refreshments were supplied, water and fruits were available for all who participated .

The best players were crowned .The day finished of at around 13h00.

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