



health

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

# MURCHISON HOSPITAL

## MURCHISON STAR

## NEWS

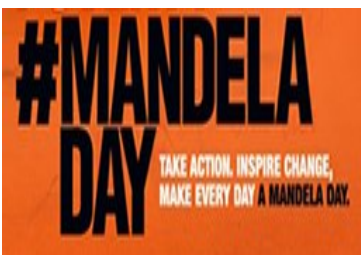
STAY INFORMED

JULY-SEPTEMBER 2017



**ABOVE:** Ms MZ Nxumalo CEO of Murchison District Hospital, Mr R Pillay MEC for Public Works and Human Settlements and Sister N Mjojeli Operational Manager for Paediatric Ward Murchison District Hospital

**O**n the 18th of July 2017 Murchison District Hospital was visited by the Honorable MEC for Human Settlements and Public Works Mr R Pillay in commemoration of Mandela Day. Goody packs ,donated by the Honourable MEC, were well received by clients and their mothers. Staff and Management were amazed at the gesture by the said MEC. The spirit of Ubuntu and of giving still lives on when such action is directed to the young ones as they are our future leaders.



MANDELA DAY Pg2

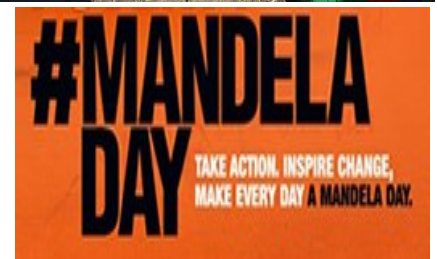


TB AWARENESS CAMPAIGN Pg 3



PHARMACY WEEK Pg 7

# PHOTO GALLERY—MANDELA DAY 2017



**LEFT: Boxer Stores surprised the Paediatric ward with a Mandela Day Cake Received by Operational Manager by Sr Mjojeli**

# TB AND HAND HYGIENE AWARENESS CAMPAIGN



**Above:** Sidumile Primary School Teachers with Murchison Hospital staff (Good Hope Centre and T.B team) together with Sidumile Primary School Learners

Murchison Hospital's MDR (Multi-Drug-Resistant) department hosted an educational outreach campaign about the spread of Tuberculosis, symptoms and how it can be prevented. The campaign took place in various surrounding schools which are Thobigunya High School, Mshweshwe High School, Shibase Primary School, Sidumile Primary School and Mgawulana Primary School.

During this campaign, the team emphasized the importance of hand hygiene as this could prevent the spread of unnecessary bacteria. The purpose of this outreach was to alert our young communities about the dangers of T.B as we live in communities where T.B is seen as a minor disease. What's more dangerous about this disease is that it's spread through the air we are all breathing and sharing the same air.

Furthermore awareness on the fact that bacteria does not only affect elderly people but can affect anyone at any age group regardless of ethnicity. During the awareness campaign, staff and learners assisted themselves with the use of information brochures, posters and illustrations TB and Hygiene while the teams conducted health screening on learners. To check if the students were listening and the awareness was helpful to them, they were asked questions and guided on coughing etiquette and hand washing technique.

After the educational information, the students were given time to ask questions and done screening on T.B and were asked to practically do the hand wash technique.

UNITE TO → END  
TB

# PHOTO GALLERY



**Mgawulana Primary School**



**Sidumile Primary School**



**Sidumile Primary School**



**Mshweshwe Primary School**




**Shibase Primary School**




**Thobigunya High School**

# ACCOLADES

Journal  
13 September 2017  
NAME: Sipho - M. Namini  
THANKS TO ALL THE DOCTORS & NURSES WHO TAKE GOOD CARE OF ME  


1. Udothela ungiphathe kahle.  
2. Ngiyabonga namnesi wote angiphathe kahle kakhulu.  
3. Ngiyabonga nabantu besiphawo bengiphathe kahle khulu.  
4. Ewankwe umavesi awe lolemashisini angiphathe kahle khulu.

1. Ngiyabonga kakhulu ngiyosi ka ngitshela nabanye.  
2. Sister langa bebont e. ewodini nitlalale, kahle emakhaya em.  
Ngiyohlala nginikhulu mbula njala.  
Ngiyayonithanda kakhulu.  
Ngisho mpatho yenu ninguboke njalo.

13 September 2017  
Np  
Ngiphatheke kahle yonke into byenzo kakhle May God Bless Them  
Thanks.  


I have been to many hospitals but waters here are so wonderful keep it up. doif good work! may God richly bless you! you excel!  
SS MDDA

U Sister Zuma uphathana kahle uma ung esithedlela uyabawzi fithi ukubuchazela ngokho konke.



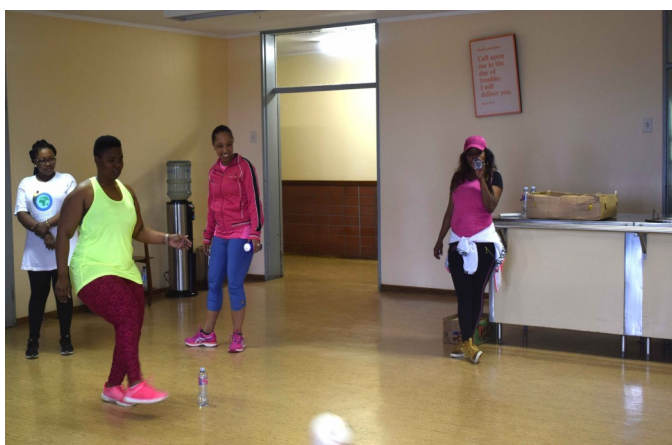
# WELLNESS DAY



**ABOVE: Murchison District Hospital Staff During Aerobics Session**

On the 15th September Murchison Hospital had wellness day event and the staff attended in numbers ready for action in their sports gear.

The program started with 2 kilometer brisk walk from Murchison Hospital to Nkonka High School. On return staff enjoyed Taebo session while medical screening was performed by GEMS.



### 5 Tips for a safe Summer Workout

- Pick the right time**  
Exercise in the morning or evening when temperatures are usually cooler.
- Wear the right clothing**  
Loose, breathable clothing that prevents chafing will help keep your body cool.
- Avoid Extreme Temperature Change**  
Don't go right from the heat to a cold room. Take the time to properly cool down.
- Slow Down**  
Extreme heat is not the time to go for your personal best. Don't push yourself.
- Water, Water, Water!**  
Staying properly hydrated before, during and after your workout is critical to avoiding injury or heat related illness.

**+** Always consult your doctor before exercising if you have health issues that could be complicated by heat exposure.

# PHARMACY WEEK 2017

**THEME**

Vaccination



**LEFT:** Sthule Xulu (Intern Pharmacist) giving a health talk to the patients of KwaMbunde Clinic on the 30th of August 2017

## The Flu Vaccine

Why get it?



People who are most vulnerable to the flu virus include the elderly, children and those with chronic diseases.



Protect the people you love by getting vaccinated so you do not pass the virus on to them.



It takes about 2 weeks for the protective antibodies to develop after vaccination.



You can't get flu from the vaccine because it doesn't contain any of the live virus.



**ABOVE:** Mpilo Xulu (Intern-Pharmacist) also provided information brochures during her health talk at Murchison District Hospital on the 31st of August 2017

# ACKNOWLEDGEMENTS



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*FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE*