



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

MURCHISON DISTRICT HOSPITAL

MURCH-UPDATE NEWS

APRIL- SEPTEMBER 2018



ABOVE: Ms B Nzama with her new born, Ms S Zama (Ntombizonke Organisation) with goodies for the infant and Mrs B.S Mdluli (AMN M&E Murchison District Hospital)

On the 9th of May, Murchison District Hospital in partnership with Ntombizonke Organization visited the Maternity ward and bequeathed gifts in celebration of mothers day. Mothers were esteemed when receiving the gifts as this gesture also aimed to remind women of all walks of life, how important they really are, not just in their families but also in the community at large.



TB Awareness P5



Pharmacy and Oral Hygiene P7



Farewells/Retirees P12

FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE

MOTHERS DAY PHOTO GALLERY



Above: ANM BS Mdluli, ANM JG Gigaba, stealing a glimpse on the gift of the new borns' presented by Sphesihle Zama, Sthabile Mzele and Sinenhlanhla Nzimande of Ntombizonke Organization

It was a day of joyful day when Ntombizonke Organization visited mothers who delivered their bundle of joy on the 911h of May, as it was also the weekend of celebrating Mothers Day which originally is on the 13th of May. This gesture was well appreciated by mothers as they felt valued and appreciated not just by health care professionals but by the community as well.

"Mothers Love is the fuel that enables a normal human being to do the impossible"

Marion C Garretty



CEO'S DESK

It is with great pleasure to welcome Mr. R.E Manyokole as the new Chief Executive Officer of Murchison District Hospital. Mr. Manyokole takes after Ms. MZ Nxumalo who retired in March 2018.



As he is no stranger to the facility, he shared light from his journey from being part of Stanger Regional Hospital propelling to lead Murchison Hospital. "This facility is known for its great level of care and is one of the cleanest hospital I have came across and I intend to maintain the standard if not exceed it" said Mr. Manyokole who intends to stick to his words.

NEW STAFF

Dr T Mohlamonyane Medical Manager	Sr N Qankqiso OM- Good Hope Centre	Mr. R.D Njokweni EPWP	Mr. V.P Nene CNP	Mr. LD Mkhize EPWP
Sr Z.C Sisilana CNP	Sr H Mathenjwa Comm Serve- PN	Sr M.N Mzobe CNP	Ms. N.P Dlalla EPWP	Mr. B.O Cele EPWP
Mr. MM Khalala EPWP	Ms. N.C Mbili EPWP	Ms. NN Ndwalane EPWP	Dr E.N Muyahuli MO	Ms. N.P Jama EPWP
Mr. M Jama EPWP	S.D Blose Staff Nurse	Sr N.N Gasa Comm Serve- PN	Ms. Z Mlambi EPWP	Ms. NG Sikobi EPWP
Sir L.S Ncwane Comm Serve- PN	Sr N.A Mbili Comm Serve- PN	N.I Mbili EN	Mr. S.L Ndovela EPWP	Sr C.N Khumalo CNP
Sr NG Madlala CNP				

CHILD PROTECTION WEEK



ABOVE: Mrs Nokwanele Mazubane (Social Worker) addressing learners of Merlewood Primary school on Rights of a Child.

Most of our youngsters do not know their rights and it is taken upon public sector to take the initiative to create awareness and educate the youth of the right. On the 27 May– 3 June 2018 Murchison Hospital Social Services embarked on an outreach campaign in creating awareness on child protection. “children are most vulnerable and they may be abused in some cases they are not even aware” said Social Worker Mrs N Mazubane. Crime stat SA in Kwa-Zulu Natal reveals that the province has dropped in 2016/2017 financial year to 1036 cases reported under sexual assault. It may be decreased but it is still a huge number when one thinks of violating the rights of a child. Our role as a hospital is continuous caring which is a process of helping, guiding and counselling needs of a patient. Lastly of curing, referring to the act of diagnosis and management during illness.



FOR SOCIAL SERVICES PLEASE VISIT OUR HOSPITAL FOR FURTHER INTERVENTION OR CALL EXT 195.

TB AWARENESS RELOADED



ABOVE: EN N.F Mthuli at Siphakamile Primary School addressing learners on substance abuse and Tuberculosis.

The month of May is known to be Anti-Tobacco Campaign Month according to the 2018 Health Awareness Calendar and the Murchison District Hospital TB Team headed to Sphakamile Primary School on the 9th of May 2018 . Murchison District hospital TB team visited Siphakamile Primary School for an awareness campaign on TB/MDR where they also did the screening for TB. Learners were also informed about the importance of eating healthy food to prevent malnutrition. After screening 40 learners, 1 learner was referred to the PHC for further management.

Signs and Symptoms of Tuberculosis

In most cases, only a tuberculin skin test (used to figure out if someone has been infected by the tuberculosis bacteria) is positive, indicating that the child has been infected. Children with a positive tuberculin test, even if they show no disease, will usually need to receive medication.

This primary infection usually resolves on its own as a child develops immunity over a 6- to 10-week period. But in some cases, it can progress and spread all over the lungs (called progressive tuberculosis) or to other organs. This causes signs and symptoms such as fever, weight loss, fatigue, loss of appetite, and cough.

- | | |
|--------------------|----------------|
| * FEVER | * WEIGHT LOSS |
| * LOSS OF APPETITE | * FATIGUE |
| * COUGH | * NIGHT SWEATS |

MDR UNIT OUTREACH



ABOVE: EN R. Mthethwa and ENA P.N. Mnganga at Dlukulwane Public School educating children about T.B .

On the 29th of August 2018 MDR unit visited Dlukulwane Public School at Gcilima location to create awareness about TB infection and to also do TB screening.

Sr. Cele and Sr. Mnganga gave a very informative presentation about TB i.e. Different stages of TB (LTBI, MDR and XDR), the signs and symptoms of each stage of TB infection, the treatment therapy used for each kind of infection. They taught the children about the importance of taking TB medication correctly (as prescribed by a medical practitioner).

Sir. Msizi and Sir Nqoko also spoke about the dangers that can be caused by defaulting the TB medication; as the body will become resistant towards the TB virus and could lead to more advanced stage of TB infection called MDR or XDR. And also the importance of supporting the person who has TB and encouraging them to eat healthy food and take their medication on time.

T.B-MDR AWARENESS CAMPAIGN



ABOVE: TB-MDR team during TB screening at Kwa Ndunu Community hall

On the 12th of September 2018 TB-MDR-UNIT visited the community of KwaNdunu to generate awareness on TB. They gave education about the symptoms of TB; different stages of T.B. Sr. Qankqiso also stressed about the importance of getting screened for TB and taking the medication correctly. She also talked about the different types of T.B e.g. Bone tuberculosis, Meningeal Tuberculosis, cervical spinal tuberculosis, etc.

Sir. Msizi spoke about how TB bacteria becomes resistant to treatment or drugs if medication not taken accordingly. Multidrug-resistant TB (MDR TB) occurs when bacteria become resistant to at least the two first-line drugs, Isoniazid and Rifampin. When people fail to complete treatment regimens or receive incorrect treatment, they may remain infectious and this may cause death if left untreated. Screening services were provided and female and male condoms were distributed on site.

On the 10th of October 2018 TB-MDR staff of Murchison District Hospital embarked on a campaign to create TB awareness to the community of KwaShibe. The purpose of the campaign was to educate the community about the TB infection, symptoms of TB, types of TB, and the importance of getting screened for TB. Screening services such as checking vital signs, pap smear, HIV testing, and TB screening were provided to the community.




ABOVE: Sir. B. Msizi addressing the community during TB awareness campaign.



SEPTEMBER IS PHARMACY MONTH



ABOVE:-Pharmacy and Dental team at Sister Joan's High School

 On the 5th of September 2018 the Murchison Hospital pharmacy team in collaboration with dental Services hosted an awareness campaign at Murchison Primary School and Sister Joan secondary school aiming to educate learners on oral health and pharmacy month.

The pharmacy team alluded to the correct storage of medication. Each medication or treatment has its own recommended storage condition from room temperature to refrigeration and to freezing. Therefore it is advisable to enquire with our pharmacists about any specific storage instructions.



Innovative and proper ways to take medication was reemphasized to eliminate cases of drug reaction. In many incidents, patients tend to mix traditional medication with western medicine which may not be favorable to practice as each human being has a unique immune system which varies to resistance and fighting infectious illnesses.



A reminder about the CCMDD pick up points was reemphasized and also to visit the nearest clinic to find out which is the most convenient pick point close to clients.

PHARMACY WEEK PHOTO GALLERY



HEALTH EDUCATION AT PHARMACY WAITING AREA



HEALTH EDUCATION AT MURCHISON PRIMARY SCHOOL



ACCOLADES

I was treated with love and respect. Thank you.

~Nomonde Dlulisa~

Nurses and doctors treated me with kindness even the care takers are so good. Thanks.

~Mondi Mjoli~

It was nice giving birth at Murchison, the nurses are so caring. Thank you.

~Ncebakazi N. ~

Throughout my stay 2018/06/18 to 2018/08/03; the doctors and nurses at OPD MDR and at the wards has displayed a professional attitude towards myself and other patients. Thank you all.

~Keith R. Naicker~

Thank you for great treatment in Murchison hospital. The nurses and doctors have good relationship with their patients. Thanks to everyone who is in charge, keep it up!!!

~Philani Cele~

Thank you for the treatment I received, medication was given to me accordingly and my baby was delivered well and is healthy.

~Nokwanda Ngeleka~

They gave us all the information we needed regarding the waiting time.

~Thabile Chayi~

I had a great time while I was in hospital and I felt like I was at home. The service I received was wonderful. Thanks for everything.

~Sihle Shude ~








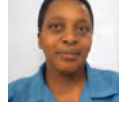

Thank you so much for your help, you are caring and patient.

~Richard Khawula~

I just want to compliment the management of Murchison hospital about an excellent staff. Keep up the good work. May God richly bless you.

~Hlengiwe Khomo~










BATHO PELE WALL

	EMPLOYEE	WARD/DEPT	CATEGORY	MONTH/PERIOD
	N.C MSOMI	OPD MDR	BATHO CHAMP	April 2018
	Z.M MNGU-NYANA	OPD	BATHO CHAMP	MAY 2018
	P.C BHENGU	OPD	BATHO CHAMP	JUNE 2018
	N MDLUDLA	FEMALE GOOD HOPE CENTRE	EMPLOYEE OF THE MONTH	JUNE 2018
	N. SHABANE	Male Medical WARD	EMPLOYEE OF THE MONTH	JULY 2018
	N.C MAKHANYA	MALE MEDICAL-WARD	EMPLOYEE OF THE MONTH	AUGUST 2018
	T.E BHENGU	MATERNITY WARD	BATHO CHAMP	JUNE 2018
	P.N KHUMALO	FEMALE MEDICAL WARD	BATHO CHAMP	JULY 2018
	S.N SHANGE	MALE MEDICAL WARD	EMPLOYEE OF THE MONTH	APRIL 2018



A better life for all **South Africans** by putting people first

BATHO PELE WALL

	EMPLOYEE	WARD/DEPT	CATEGORY	MONTH/PERIOD
	T.P HADEBE	FEMALE MEDICAL WARD	EMPLOYEE OF THE MONTH	JULY 2018
	S.T SHANGE	FEMALE MEDICAL WARD	EMPLOYEE OF THE MONTH	AUGUST 2018
	N.N YENI	OPD	BATHO CHAMP	AUGUST 2018
	C.M MBOTHO	FEMALE MEDICAL WARD	EMPLOYEE OF THE MONTH	SEPTEMBER 2018
	O.S NGOBESE	FEMALE Medical WARD	EMPLOYEE OF THE MONTH	SEPTEMBER 2018
	N.B CHILIZA	MALE MEDICAL- WARD	EMPLOYEE OF THE MONTH	SEPTEMBER 2018
	A. MTSOTSO	FEMALE MEDICAL- WARD	EMPLOYEE OF THE MONTH	OCTOBER 2018
	H.N KUNENE	MALE MEDICAL WARD	EMPLOYEE OF THE MONTH	MAY 2018
	N. MYENDE	MALE MEDICAL WARD	EMPLOYEE OF THE MONTH	JUNE 2018



A better life for
all **South Africans**
by putting people first

FARFWFLS



ABOVE: Mrs. Khuzwayo bidding farewell with a smile to her fellow colleagues.

FAR RIGHT: Mrs. A Mtintsho handover a gift to Mrs. Khuzwayo

Mrs. Khuzwayo shared memories of her career, when she started as clerk in Morrison Clinic gradually working her way up to where being supervisor of Finance section. Her team applauded her on her humble personality and appreciated her in grooming the junior staff to always give your best in the workplace. "I reaped my fruits from persevering over the years" said Mrs. Khuzwayo, as the demand in providing resources and to the health facilities under Murchison hospital grew gradually. Wishing you a happy and healthy retirement!!

THINA KWANDOSI ASIMZUM'UMUNTU SIMQONDA NGQO!!!



Mr. M Cele aka 'Msa' who joined the department as a grounds man, working his way up to the Revenue department was true inspiration especially to the youth. His contributions in the Wellness committee and Health & Safety Committee, left a huge vacuum as he was passionate about his work. Murchison Hospital family will miss your jokes and your bubbly personality that made us all smile.



ABOVE: Ms. N Mbanjwa handing over gifts from Finance and Supply Chain Management



FAREWELLS



Night Super, Ms A.N Zweni will be missed by her chuckles and complementing sense of humour. Her motherly gestures were applauded and portrayed though the sketches mimicked by those that worked night shift, but most of all her lessons on ethical behavior left an impact on all categories of staff. Wishing you a Happy retirement filled with health!!.

1. Ms Zweni, Night Super with her gifts
2. Sr N. Msani, Operational Manager of Lindokuhle Centre and Sr C.N Hadebe, Operational Manager of Male Medical Ward during the gift presentation to Ms Zweni
3. N.F Cele ENA of Maternity ward performing a mimic sketch of Ms Zweni
4. Sr NM Mzotho Infection and Prevention Coordinator and Cele ENA during the sketch.

MUSIC ITEMS



ABOVE: Music items performed by Assistant Manager Nursing of various specialties, Operational Managers and Supervisors of various wards together with the Murchison District Hospital Choir moving the crowd in their sweet voices

5. Night Super Mrs TE Balfour expressing how great it was to have Ms Zweni as a team player as they have shared and exchanged ideas towards reaching a common goal at the work place.

6. Mrs C Mkhwanazi, Deputy Nursing Manager during the farewell programme.

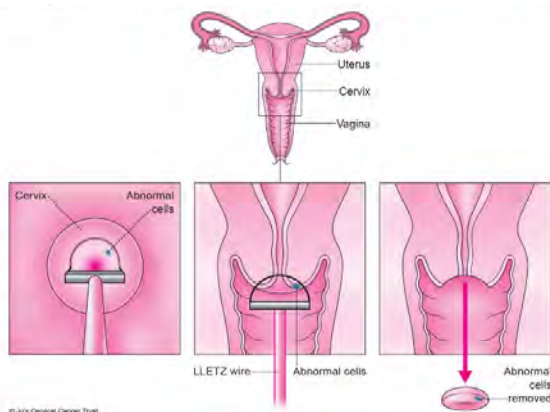


LETZ SERVICES OFFERED

Moving forward from cancer diagnosis, dealing with the impact of a diagnosis of cervical cancer is still a big challenge for any woman. Therefore it is of great importance for each and every woman between the ages of 25-64 years to do a pap smear test which is offered for free at our health facilities and is preferably done once a year. The smear test will detect abnormal cells in the cervix which is caused by the High Risk Human Papillomavirus (HPV).

LETZ procedure, which is also known as loop electrosurgical excision procedure, Diathermy loop or just a loop, uses a small wire with an electrical current running through it to cut away the affected area of tissue and seal the wound at the same time. The procedure is normally carried out under local anaesthetic, where just the area being treated is made numb.

Advantages of this treatment is that the cells are removed and sent for tests to confirm the extent of change in the cell and also to ensure that the whole area of your cervix is does not contain abnormal cells.



The diagram on the left shows what happens during the procedure.



ABOVE: The Maternal and Obstetrics Team, Sr Z Latha (Operational Manager of Maternity Ward), Sr NP Makhathini, Dr Kalala (Medical Officer), Ms N Jaca (Patient) and Dr Ugelis (Medical Officer)

RIGHT: Ms N Jaca who was the very first patient to be done the procedure by the newly allocated machine with Ms BB Cele (Public Relations Officer).



BREASTFEEDING WALK

On the 31st of August, women of Murchison district hospital embarked on a Breastfeeding walk started at the Maternity foyer to Murchison Taxi Rank, then proceeded to KwaMbunde Clinic, educating and informing the community about the importance of breastfeeding. The initiative was led by the Allied services of the facility and was highly supported by the community who seemed very much interested in practising what was being conveyed to the mass,

WHY BREASTFEEDING IS RECOMMENDED?

- ⇒ **Breastfeeding is natural** and your body was created as the ideal way to supply your child with the perfect source of nutrition.
- ⇒ Breastfeeding is healthy for your child because it provides the baby with a variety of health and developmental benefits.
- ⇒ Breastfeeding **may reduce your risk of ovarian and breast cancer**.
- ⇒ **Breast milk tastes good to your child** because of the sweet and creamy taste
- ⇒ Breast milk is **easily digestible** for your newborn.
- ⇒ Breastfeeding is **economical** and can lower medical costs as your baby grows.

Learn more about breastfeeding also by visiting your nearest health facility!!

BREASTFEEDING ROOM LAUNCH

Whilst on the pink ribbon drive, on the 6th of August 2018, Murchison District Hospital launched the Breastfeeding Room, this is to encourage mothers to breastfeed their new borns for better health. The room is situated at the POPD department creating a baby friendly feel whilst the mothers are breastfeeding their babies.



LEFT: Newly launched breastfeeding room



RIGHT: Dietetics and Peadiatric Team during the launch



LEFT: Mr R.E Manyokole, CEO of Murchison District Hospital and Dr Saqu Medical Officer during the launch.

RIGHT: Treats served during the launch, accompanied by information brochures on the importance of Breastfeeding.



WE CARE FOR THE DEAF

The month of September is National Month of Profoundly Deaf People and Murchison District Hospital in Partnership with St Martin De Porres Comprehensive School, embarked on an awareness campaign in commemorating Profoundly Deaf People. On the 21 of September 2018 a workshop was held in creating more insight on Sign language especially to frontline staff as they are in first contact with patients and the public. All health facilities are opened to all citizens therefore it was wise for the Murchison Hospital to create such awareness in order to revitalize Batho Pele Principles, prevent communication barrier and provide health services to all equally.



ABOVE: Sign Language Class facilitated by Mr M Makhaye (Sign language Technician/ Interpreter St Martins De Porres Comprehensive School) to front line staff from various departments.

Some Tips For Communicating With Deaf Patients

- Make sure you have your patient's full attention before talking
- Maintain eye contact whilst communicating. Don't talk to your patient whilst looking at your computer screen, filling out paperwork or turning around. Avoid covering your mouth with your hands or paper
- Use normal lip movement, you don't need to over exaggerate each word, and don't mumble. This makes it hard to lip-read
- If a patient brings a friend or family member into the appointment/doctor's room with them out of choice, do not talk to the friend or family person. Talk directly to your patient
- Keep checking to make sure your patient understands you. If your patient doesn't understand you, try and think of a different way to explain yourself



ABOVE: SR N Mkhize (Trainer Murchison District Hospital), Ms A Khambule (Comm Serve Audiology & Speech therapist Murchison District Hospital) Ms K Nzimande (Sign language Technician St Martins De Porres Comprehensive School), Mr M Makhaye (Sign language Technician/ Interpreter St Martins De Porres Comprehensive School), Ms S Mthethwa (Sign Language HOD St Martins De Porres Comprehensive School), Ms T Ameer (Audiologist at St Martins De Porres Comprehensive School)

MANDELA DAY SPIRIT LIVES



Celebrating Mandela Day, a young man from the community, Mr Lungile Nyayiyana, visited the facility and used his 69 minutes by doing garden work.

The gesture was well appreciated by management and this indeed showed that Mandela spirit lives on and still makes impacts on the south African citizens.

The management team of Boxer Stores, Izingolweni Branch spent their 69 minutes by visiting the paediatric ward with a whopping cake which was enjoyed by the young ones!!!!



LOSS OF STAFF MEMBER

Mr Skhumbuzo Nguza who started work at Murchison Hospital on the 11 August 1997 as Grounds man and promoted to a Handyman post on the 11 August 2000. He passed away on the 22 July 2018.

Forever missed by Murchison Hospital Staff....May you rest in eternal peace.

ACKNOWLEDGEMENTS

MS. M Mbotho (In-Service Trainee)

WRITER & PHOTOGRAPHER

MS. BB CELE (PRO)

WRITER & PHOTOGRAPHER

MR. R.E MANYOKOLE (CEO)

EDITOR



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

CONTACT DETAILS

Physical Address:

N2 Main Harding/Kokstad Road

Postal Address:

Private Bag X 701, Port Shepstone,
4240

Web Address:

www.kznhealth.gov.za

SWITCHBOARD:

039 – 687 7311

SWITCHBOARD FAX NUMBER:

039 – 6877 7497