



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA

NGWELEZANA TERTIARY HOSPITAL

“Our patients, our priority”

NGWELEZANA NEWS HUB

NEWS

March 2023

KIDNEY AWARENESS DAY



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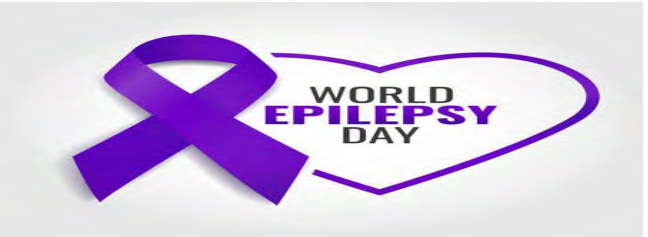
INTERNATIONAL EPILEPSY DAY



OPD Team led by Matron Biyela



Susan Swart (Dietician) given health education on proper diet



Ngwelezana Tertiary Hospital commemorate international Epilepsy Day on the 13 February 2023. The aim of the event was to create awareness about the disease and how its impact on individuals, families and the community at large. Encourage the community to support epilepsy patients.

Epilepsy is a central nervous system (neurological) disorder in which brain activity becomes abnormal; this condition causes the brain to stop for a short time, which leads to recurrent seizures behavior, sensations and sometimes loss of awareness.

Epilepsy affects both males and females of all races, ethnic backgrounds and ages. Seizure symptoms can vary widely. Some people with epilepsy simply stare blankly for a few seconds during a seizure, while others repeatedly twitch their arms or legs.

Having a single seizure does not mean you have epilepsy. At least two seizures without a known trigger (unprovoked seizures) that happen at least 24 hours apart are generally required for an epilepsy diagnosis.

Stimulants such as tea, coffee, chocolate, sugar, sweets, soft drinks, excess salt, spices and animal proteins may trigger seizures by suddenly changing the body's metabolism. Bringing this awareness to families, patients and communities will help to avoid seizures due to lack of knowledge on correct diet.

“Step up against stigma”



STI/CONDOM WEEK



HAST Team during STI/Condom week commemoration

Sexually Transmitted Infection (STI's) remains a big problem in South Africa , even thou most of the infections can be cured.

The fear of being stigmatized is one of the many reasons why people are reluctant to seek medical treatment for STI's.

In an effort to encourage individuals to make informed choices about their sexual health, Ngwelezana Tertiary Hospital commemorated STI/Condom week on the 15 February 2023 at Out Patient Department.



STI/Condom Information desk stall

The aim of the awareness was to reduce the spread of STI's and curb the spread of HIV/AIDS. First speaker E/N Ngema spoke about the importance of knowing one status, and symptoms of STI's. Correct use of condom was demonstrated .

CPN Khanyile spoke about the importance of doing Male Medical Circumcision. She emphasized the biological reasons why circumcision may protect men against both bacterial and viral.



CPN Khumalo hand over a prize to the patient

Sr. Zuma encouraged women to do cervical cancer screening regularly in order to detect cancer early.

Patients were assessed interactively on the knowledge they have about STI through questions and answer session.

Gifts were given to all patients who answered the questions posed by CPN Khumalo from HAST department.



WORLD CANCER DAY



OPD Operational Managers and Oncology team during Cancer Awareness Campaign

Cancer is a condition in which some of the body's cells grow uncontrollably and spread to other parts of the body. Unique features of cancer in Africa are the disproportionately high burden of cancers in women (56%), the high proportion of infection-related cancers (30% of all cancers), and the late stage at which cancer is diagnosed (e.g. 46% of breast cancer in South Africa is diagnosed at an advanced stage).

Cancer stage is a measure of cancer growth and spread, with stage at presentation being an important prognostic factor. Earlier stage at presentation, enabling more opportunities for curative treatment and improved outcomes, is therefore an important goal in any comprehensive cancer care policy.

Ngwelezana Tertiary Hospital hosted a successful Cancer awareness campaign on the 20-24 February 2023.

The aim of the campaign was to create cancer awareness and promote early detection through screening. Raise awareness about the impact of cancer and encourage healthy living and maintain a healthy weight and be physically healthy.

Patients and staff were taught how to do self-examination and be able to differentiate between normal growth and abnormalities of the cells.

Pamphlets were distributed to patients and they were given the opportunity to do cervical

"Close the gap: Uniting our voices and taking action"





WORLD KIDNEY DAY

Chronic Kidney Disease is a leading cause of death and disability globally. Kidney failure is an irreversible condition that requires the initiation of kidney replacement therapy, including dialysis and kidney transplantation, for survival. Hypertension and Diabetes are leading causes of kidney disease in Sub-Saharan Africa and the world.

The department of Internal Medicine, Ngwelezana Hospital notes kidney failure as a common admission diagnosis. World Kidney Day is an annual global campaign aimed at raising awareness of the importance of our kidneys.

Ngwelezana Tertiary hospital took part in the commemoration of World Kidney Day on the 6th March 2023. Health education on Kidney was given to the patients at Out Patient Department.

Mrs. Susan Swartz (Dietician) gave health talks regarding diet, Doctor Zondi taught the patients about Renal Failure disease eg: signs and symptoms, causes and its management. Educated about social issues around renal failure discussed.

The aim of the awareness was to raise awareness among staff and patients on the importance of kidney health as well as KZN Kidney Replacement Therapy programme.

Dr Zibi gave a lecture to Clinicians in the Auditorium, the title of the lecture was: *Chronic Renal Program*. The lecture was focusing more on Internal Medicine as well as Family Medicine department.



Internal Medicine Team led by Dr. Zibi & OPD Team led by Matron Biyela



Internal Medicine and Mabika Renal Solutions Team



Sr. Zondo & Zuma and Sr. TM Mbatha

Theme:
"PREPARING FOR THE UNEXPECTED
SUPPORTING THE VULNERABLE"





WORLD TB DAY



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TB Team led by Matron Biyela during World TB Day commemoration.

Tuberculosis (TB) is an airborne disease which is an infectious disease caused by a bacteria called Mycobacterium. TB mainly damages the lungs by growing and causing local destruction.

People at Risk of getting TB are children under 5 years of age and people with weak immune system such as HIV or Diabetes. People who are working / or live in crowded spaces which are not ventilated such as prisoners, miners.

It can also occur in some parts of the body outside the lungs such as the brain, larynx, lymph nodes, pleura, kidneys, bones and joints. These are called extra – pulmonary TB and are not infectious to others. TB can spread in the air when people who have active TB are coughing, sneezing or singing. Despite Government intervention and the fact that TB is curable, it is still one of the top cause of death in Kwa-Zulu Natal .

Ngwelezana Tertiary Hospital hosted a successful World TB day on the 30th March 2023. The theme of the day was **“Yes we can end TB”**

The speakers focused more on TB prevention methods, TB symptoms, as well as link between TB & HIV.

Gift prizes were given to patients who answered the questions during Questions & Answer session.



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CATARACT DRIVE



Ophthalmologists and the team during cataract surgery



Patients waiting for cataract surgery

Cataract is the one of the 1st top ten disease affecting the community worldwide daily, if it is not attended or treated early it can lead to permanent blindness.

It affects all ages in life and can be congenital due to underlying diseases, can be due to untreated infections, can be due to trauma and also old age as a result of degenerative changes. The only way to treat cataract is through surgery.

Ngwelezana Tertiary Hospital hosted a successful 5 days cataract drive on the 2nd week of March 2023. The aim of the drive was to reduce huge backlog number of patients waiting for cataract surgery. A total of 74 patients were done.

An interviewee Mr. Ndlovu (63 year old) who have been in the cataract surgery waiting list since 2021 stated that:

"I have been waiting for this opportunity for long time, I am glad that Ngwelezana Hospital came up with cataract drive campaign, many patients with my problem will be assisted quicker. I cant wait to drive again. We were well taken care by the nurses and doctors, continue with your good work " said Mr. Ndlovu

The cataract drive team was led by Dr. Mokone - Ophthalmologist specialist and her team of Doctors as well as Mrs F.S Khumalo– Eye Clinic Operational Manager and her Team of Nurses working together with theater team led by Operational Manager VE Molefe.

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HOSPITAL SOCCER TEAM EXCEL IN TOURNAMENTS



Ngwelezana Team celebrating the victory at Eshowe tournament



Ngwelezana Team celebrating victory at People



Soccer team Coach Dr. Myeni and a player Mr. Shezi handing over trophies to Mrs. CNN Mkhwanazi-CEO

Beside their dedication to duty, Ngwelezana Tertiary Hospital staff also showed their prowess on the sports field when they won soccer tournament twice. The first tournament was hosted by Logan Medical & Surgical in Durban on the 3rd of December 2022. Ngwelezana Hospital was competing against Durban based Hospitals. Ngwelezana hospital was victorious in their final game against King Edward Hospital.

The team was also invited to a tournament hosted by Eshowe Hospital in January 2023. Ngwelezana Hospital team was competing against King Cetshwayo District hospitals. They proceeded to the final stage of the tournament when they won on penalties against a very strong Ekhombe Hospital.

Chief Executive Officer - Mrs. CNN Mkhwanazi encouraged management and staff to support sport and recreation activities. *"We have official two hours of work and play a week, the team can utilize work and play hours for trainings although there must be control measures in place"*

A healthy mind in a healthy body produce a productive employee.



Team celebrating the goal



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