



# NGWELEZANA NEWS HUB

# NEWS

OCT–DEC 2021

## 16 DAYS OF ACTIVISM FOR NO VIOLENCE AGAINST WOMEN & CHILDREN



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## BREAST FEEDING AWARENESS



## NATIONAL BREASTFEEDING AWARENESS MONTH

**W**orld Breastfeeding week 2021 takes place from the first of August to the seventh of August every year. The theme for 2021 World Breastfeeding Week was 'Protect Breastfeeding: A Shared Responsibility'.

The aim of World Breastfeeding Week is to emphasize the huge benefits that are brought by breastfeeding to the health and welfare of babies and benefits to maternal health, focusing on good nutrition, poverty reduction, and food security. It also aims at informing people about the importance of breastfeeding and what support can be provided to breastfeeding women.

A variety of activities are carried out during this special awareness to deliver information to members of society about the importance of breastfeeding. Ngwelezana Tertiary Hospital also took part in carrying out these activities to Grade 7 learners from

Ekati Primary School. The learners were also left with tasks relating to this awareness. Grade 7 learners were given a task to make posters on different topics about breastfeeding and Grade 5 learners were given a coloring in picture task. There were prizes for position 1, 2 and 3 from both grades.

The school was then visited later with District Nutrition Representatives to judge the competitions. Grade 7 learners had 3 groups, who were able to make very interesting posters.

They presented their posters; winners were chosen and they were given their prizes. The day was a great success a.

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# PHARMACY MONTH



Pharmacy team led by Mr Govender during the Pharmacy Month awareness campaign

The month September is regarded as Pharmacy Month. This is a distinctive opportunity for all pharmacy professionals to engage with the public and educate them about the role that the pharmacy profession plays towards the provision of quality health. The theme for this year was “Think Pharmacy”. The role was to demonstrate what the profession can provide to the healthcare sector.

One of the services that the pharmacist can provide to the community is giving advice on immunization and family planning services.

Ngwelezana pharmacists, used this opportunity to educate our patients about Covid-19 Vaccines. Some of the topics covered during the talks were explaining to our patients what the vaccine is, including how it is created and how it works in the human body.

Discussed also was how the Covid-19 vaccine helps protect people from getting severely sick and dying from Covid-19 as well as the importance of obtaining herd immunity.

Patients were made aware that they have access to pharmacists as they are here to help them and support them with their healthcare

needs including assisting them in making an informed decision about taking the Covid-19 Vaccine.

Patients asked questions about things that were of concern to them, leading them to not want to take the vaccines such as myths circulating on social media about the vaccines. The concerns were addressed and patients were re-assured. Pamphlets about vaccines, myths and facts surrounding Covid-19 vaccines were issued to patients.

A random survey was performed where the patients that attended the Out Patients pharmacy were asked the question whether or not they were vaccinated against Covid-19. Out of the 80 patients surveyed, 45 patients (56%) were vaccinated and 35 patients (44%) were not vaccinated. Patients were encouraged to take the vaccine.

In these challenging times, pharmacy plays a pivotal role in educating the clients about Covid-19. the pharmacy is instrumental in the procurement and distribution of the Covid-19 vaccine.





# DEAF CULTURE AWARENESS



Audiologist & Speech Therapist team with deaf community activist

**N**ational Month of Deaf or Deaf Awareness Week also known worldwide as International week of the Deaf is an initiative of the World Federation of the Deaf (WFD). It is celebrated on the last full week of September and is celebrated through various awareness activities worldwide.

These activities call for involvement of various participants including families, peers, governmental bodies, NGOs, and professional sign language interpreters etc.

Ngwelezane Tertiary Hospital Speech Therapy and Audiology Department celebrated deaf awareness using this year's themes: *With Sign Language, "Human Rights in Times of Crisis"*. 23 September – 30 September 2021 week was dedicate to raise awareness regarding Deaf culture, Deaf community, sign language, rights of Deaf individuals, their challenges and accomplishments etc

The Audiology and Speech Department carried out Deaf Awareness Week at iCora radio station, Ngwelezana Hospital and Ngwelezana clinic with the aim to raise awareness and celebrate Deaf culture, draw attention to their adversities and accomplishments.

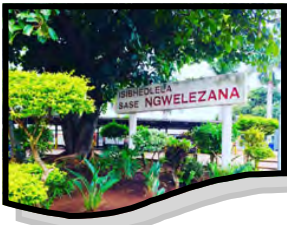
Moreover to make sure that the measures used will not only be limited to individual initiatives but to the whole community. Staff members were educated about accommodation processes to utilize, to ensure inclusivity of persons with hearing impairments.



Ms Mpanza during a radio slot at ICORA FM educating the community about deaf culture. (May her lovely soul rest in peace)







# HERITAGE DAY : ixoxwa ngezithombe



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# HEART AWARENESS



From left: Sr Zondo (OPD OM), Shaun Mkhize (Dietician), AMN Biyela and the nursing team

**H**arnessing the power of digital health to improve awareness, prevention and management of cardiovascular disease globally was the goal for World Heart day 2021. September 29 is celebrated every year as World Heart Day. The world heart day was created by the World Heart Federation to inform people around the globe that CVD, including heart diseases and stroke, is the world's leading cause of the death claiming 18.6 million lives every year.

At MOPD there are about 546 patients that are being seen every month and 20% of them are suffering from heart disease. it is the heart that connect human being with others. World Heart Day is a global campaign during which individual, families, communities, and governments around the world participate in activities to take charge of their heart health and that of others.

In May 2012, world leaders committed to reducing global mortality from non-communicable diseases (NCDs) by 25% by 2025. Cardiovascular disease (CVD) is accountable for nearly half of all NCD deaths making it the world's number one killer. World Heart Day is, therefore, the perfect platform for CVD community to unite in fight against CVD and reduce the global disease burden.

### Aims of the awareness

- ◇ To drive action to educate people about risk factors. To unite in the fight against cardiovascular disease and reduce global disease burden.
- ◇ To educate the community and patients of Ngwelezana to participate in activities to take charge of their heart health and that of others.
- ◇ To promote early detection and treatment of heart disease
- ◇ To encourage heart healthy living to patients and reduce delays in diagnosis due to lack of medical knowledge and poor awareness of these conditions



Matron Biyela and her team during the heart awareness campaign at OPD.



Sr Zondo giving health education to the community during the heart awareness day



# CARING FOR ELDERLY PEOPLE

**T**he month of October especially the 1st of October is the day that has been dedicated to the elderly by the entire world.

Every citizen is reminded about the importance of the elderly people in our societies, communities and families.

Elderly people are the most important resource and icons in our societies. They are very rich with knowledge, experience and wisdom. They are the pillars and archives of knowledge in our societies. In some communities they experience abuse that come in different forms including among others: physical abuse, economic and financial abuse, emotional and verbal abuse, sexual abuse, neglect and abandonment. These actions hurt them deeply and they bleed silently in their inner being.

As they age, their physical and mental activity gradually deteriorates and their level of hygiene and care could lower. They may suffer from some geriatric diseases which can include diabetes, hypertension, arthritis, dementia, etc. All they need is love, care and support from their families, communities and societies not abuse. People need to join hands to eradicate myths and conceptions about the elderly that may tarnish their image.

Like a wine that has been there for years, it becomes a treasure and is valued the most. Let's do the same with our senior citizens.

Social work department visited iCora FM to edge the community to take care of the elders .

Everybody deserves a dignified and joyful aging. Stop Elder Abuse!

***“Abantu abadala yibona abangumnotho nezinqolobane zamagugu esizwe. Banonile ngolwa-***



Mrs Mashiyane ( Ngwe Social worker) And iCora FM Radio host



Mrs Mashiyane during a radio session about elderly people issues at iCora FM.







# WORLD RADIOGRAPHY DAY



Radiology staff led by Mrs Ntengenyane-Radiology Manager



November 8 is observed globally as World Radiography Day to commemorate the discovery of X radiation, or X Rays, on November 8, 1895, by a German Scientist Wilhelm Conrad Roentgen, who in 1901, became the inaugural winner of the Nobel Prize in Physics for this achievement.

The Radiographers at Ngwelezana Tertiary Hospital celebrated this day on Monday 08 November 2021 with the Theme: Interventional -Radiology – Active Care for the Patient. There was a colourful display of the Black and Yellow Radiation Warning sign colours. The team shared a wonderful moment as they encouraged each other to continue giving the best service to our clients.







# EXTERNAL MAJOR DISASTER DRILL

**D**isaster drills allow the hospital to test response capabilities to emergencies in real time.

All institutions are mandated to have a disaster management plan. The main aim of the disaster management plan is to optimally prepare the staff, institutional resources and structures of the hospital for effective performance in different disaster situations.

Ngwelezana Tertiary Hospital Disaster Management Committee staged a successful disaster drill on the 16/11/2021. The drill is done after every six months.

Quality improvement plans were developed to address gaps identified during the drill.

Special gratitude was forwarded to all stakeholders who participated during the drill.



Minor injuries patients arriving at EMU



Critical patient arriving at EMU



Medical staff attending to the patient



Patient being resuscitated



Minor injuries patients been attended







## ISIBAYA SAMADODA

**M**en face multiple challenges. Responsibility and expectation are high, yet guidance and support is often lacking in our busy, fragmented society. For men in particular, messages are mixed and confusing. Isibaya Samadoda is about much more than just physical and emotional health. It speaks to the totality of man and seeks to understand the qualities that makes a man.

It discusses and describes the role of man in Zulu culture, speaking to issues such as duty, respect and responsibility. The circle is the holistic support structure that fosters physical and emotional well-being, prevents alienation and improves the lives of men and families.

Ngwelezana Tertiary Hospital in collaboration with Dube Tribal Council hosted a successful Isibaya Samadoda event on the 24th November 2021.

The event was blessed by the presence of Prince Hlanganiso Zulu who is behind the development of Isibaya Samadoda concept.

In his speech he spoke about the qualities that makes a man which are: Respect for every one, Protection for people you care about, being responsible and setting a good example to the community and lastly be an honest person.

He elaborated more on the advantages of Male Medical Circumcision (MMC) and encouraged those who have not circumcised to be circumcised.

As COVID19 is at peak, he encouraged the community to get vaccinated to curb the surge of COVID19.



Inkosi Dube welcoming the community to the event



Prince Nhlanganiso Zulu addressing the community



From left: Dr Zwane, Sr. Thabethe; District MMC Co-coordinator, Mr TV Nxumalo: Finance Manager Ngwe Hospital



Dube Traditional Council Committee –Izinduna







# 16 DAYS OF ACTIVISM FOR NO VIOLENCE AGAINST WOMEN & CHILDREN



Staff giving messages related to 16 day of activism to uMhlatuze village community

## 16

Days of activism for no violence against women & children is an annual campaign that takes place from the 25 November to 10th December.

The purpose of the campaign is to call for an end to violence against women and children. It encourages community to fight together to eliminate gender inequalities & children abuse.

Ngwelezana Tertiary Hospital Thuthuzela Center in collaboration with Life Line Zululand & Department of Social Development hosted a successful 16 days of activism awareness at Umhlatuze village .

The day started with a 3 km walk where awareness messages relating to 16 days of activism were broadcasted to the community .

Community came in numbers to support the main event which was held at Umhlatuze crèche.

The event was blessed by the support of Ward 9 Councilor Mr. Mdaka who encouraged the community to unite and report women & children abuse to the authorities. He further stated that rapist must be arrested, families must not protect perpetrators by paying damages to the victims family.

All stakeholders who were part of the event gave words of support and pledged to support the community in the fight against women & children abuse.





# PHOTO GALLERY



Official & the community walking to the event venue



Officials & community marching against women & children abuse



Community listening to speeches during the event



Ward 9 community leadership led by Cllr Mdaka



Official keeping the community entertained



Giving community massages against women & child abuse







# WORLD AIDS DAY COMMEMORATION



HAST team led by Matron Biyela during World Aids Day commemoration

World Aids day is commemorated each year on the 1st of December and is an opportunity for every community to unite in the fight against HIV, show support for people living with HIV and remember those who have died.

Stigma and discrimination still persist for many people living with or affected by HIV, Communities are urged to join hands with government in fighting the Stigma and discriminating.

2021 Words Aids Day theme was ' **Working together to End Inequalities , AIDS, TB and COVID-19.** Get tested, Get vaccinated. Adhere to treatment.

Ngwelezana Tertiary Hospital hosted a successful World Aids day commemoration on the 2nd of December 2021. Health education was given to the community pushing the 2021 Word Aids Day slogan.

The HAST team visited OPD where candle lighting was done as a symbol of remembering those who have died because of HIV/AIDS.



Nurses the candle lighting at OPD





# PHOTO GALLERY



Speech from Zululand Life line official during the event



Inserting of the male condom demonstration



Patients receiving tokens for answering questions



Patients receiving tokens for answering questions



Inserting of female condom demonstration



Staff lighting candles to remember those who died because of AIDS







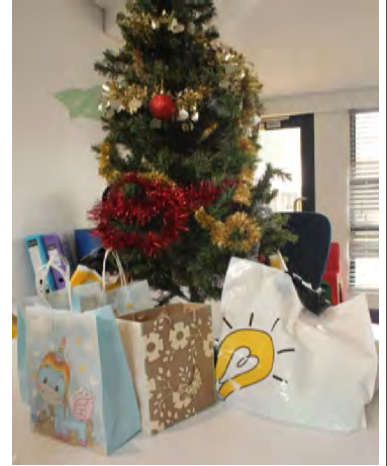
## PEADS BURNS CHRISTMAS PARTY

Christmas day is a very important day for most of the children in South Africa, it is the day that is celebrated through families gatherings, having dinner and exchange gifts.

It was a fun filled day for kids in Pediatric Burns Unit at Ngwelezana Tertiary Hospital as the team prepared a Christmas party for them since they could not be home to celebrate the festive season with their families.



Peads burns team and parents during Christmas party



## CHRISTMAS DECORATION COMPETITION

Christmas season is always a fun and exciting time. Ngwelezana Tertiary Hospital ran the best Christmas decoration competition. Departments were requested to decorate their departments and assessments were done on the 23rd of December to choose the best Christmas decoration.



1st position  
**EMERGENCY UNIT**



2nd position  
**T.B CLINIC**



3rd position  
**RENAL UNIT**



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