



# NORTHDALE HOSPITAL A MOTHER GAVE BIRTH TO TRIPLETS

## AT NORTHDALE HOSPITAL



Jennet Banda

**THE Northdale Hospital staffers rejoiced after a successful natural labour of the triplets for the first time in over two decades.**

Jennet Banda, 37, who stays from Cinderella Park, gave birth to three healthy girls weighing 1.1kg, 1.7kg and 1.1kg on the night of September 25, 2019. She had been admitted as a Pre-term labour and she successfully gave birth on the same day.

The team of four nurses led by Sister, M. Sivnath a Professional Nurse working at Labour ward, worked tirelessly on their own to ensure a smooth delivery. The historic delivery was conducted just less than 20 minutes without any complications.

The blissful mother who appeared healthy and strong after the delivery was pleased by the reception of the hospital.

Banda who was on the 29th week of her pregnancy said she was expecting twins as she was never told about the third child.

“I’m very happy and thankful to Northdale Hospital, particularly the Maternity Ward for assisting me and for the surprise. My delivery went very well without any difficulties and I want to thank to nursing staff that was assisting me during delivery. I was expecting twins not triples I’m so happy, ” she said.

Sivnath, described the delivery as her career highlights and a good experience. She said it was the first time she led a delivery of triplets.

Sivnath said after the delivery the mother looked happy and was in good health.

All three babies were healthy, but were kept under the care of nursery ward at the hospital to monitor their progress.

### Emergency numbers

Ambulance: 112 or 10177

Call Centre: 0800 00 51 33

Police: 10111

# NORTHDALE HOSPITAL SAYS #ENOUGH IS ENOUGH



## Demonstration of support in fighting against Gender Based Violence

Northdale Hospital employees came together on the 20<sup>th</sup> of September 2019 to show solidarity against Gender Based Violence. A programme in support of saying Enough is Enough took place at Northdale Hospital Staff Residence.

The awareness was not only about abuse against women but focused on all types of abuse suffered by men, women and children. Due to the recent spike in violence against women, a large part of the programme focused on empowering women and encouraging them to know their rights, be assertive and to harness their power and independence.

Rev. S. Ntshangase the Provincial Chaplain in the KZN Department of Health opened the proceedings with prayer.

Ms. S. Hope and Ms. Z. Ngcobo who were guest speakers of the day touch on the Five-points emergency plan that were announced by President in fighting against Gender Based Violence. They spoke about the importance of the strengthening criminal justice system, ensuring adequate care, support and healing for victims of violence and strengthening the economic power of women.

All men present pledged their support by lighting a candle, this was followed by a moment of silence as to show support to the victim of abuse.

The programme ended with a march as a demonstration of support in fighting against Gender Based Violence.

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## “Celebrating South Africa’s literary classics in the year of indigenous languages”.



From Left: Mr. Pillay Sugan, Ms. Andiswa Qebeyi, Mrs Govender, Ms. Palesa Lebenya and Henry Dlamini



Dr Mag Molla  
Medical Manager

The staff of Northdale Hospital came together to celebrate Heritage day on the 27<sup>th</sup> September 2019. In a day filled with fun, joy, dance and music the staff, learnt about each other’s cultures and beliefs and how it impacted on their workplace.

Dr Mag Molla (Medical Manager) addressed the staff regarding the importance of the day. He encouraged them to respect the beliefs and cultures of all people whom they come into contact with. This not only honours them but instils on sense of pride in all South Africans.

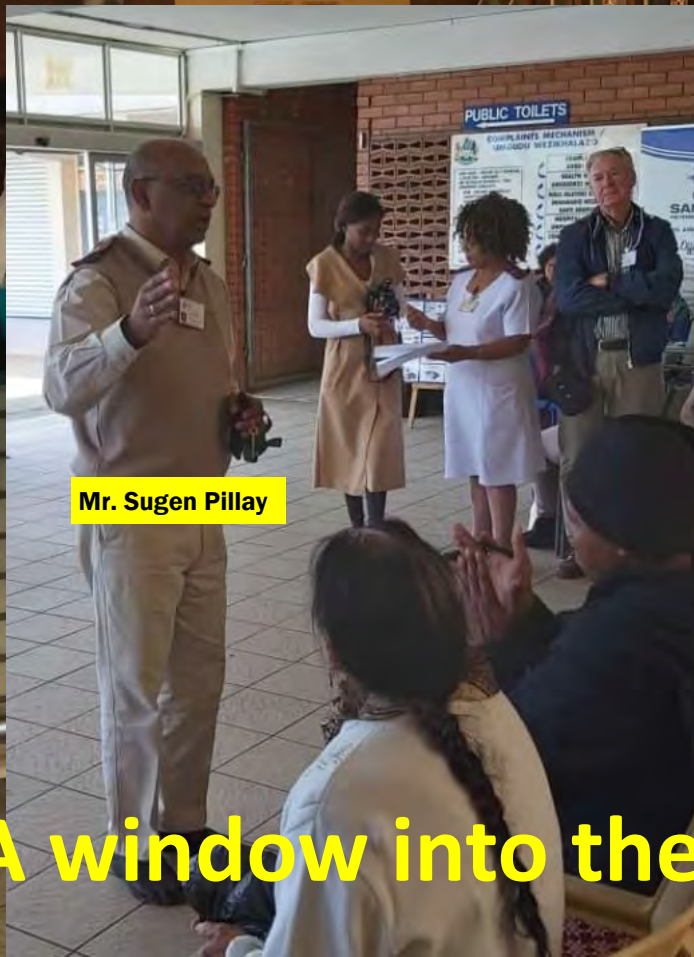
Respecting each other’s cultures also strengthens our spirit of UBUNTU which is the essence of a human being, or as Archbishop Desmond Tutu says “I am a person through other people. My humanity is tied to yours”.

### Emergency numbers

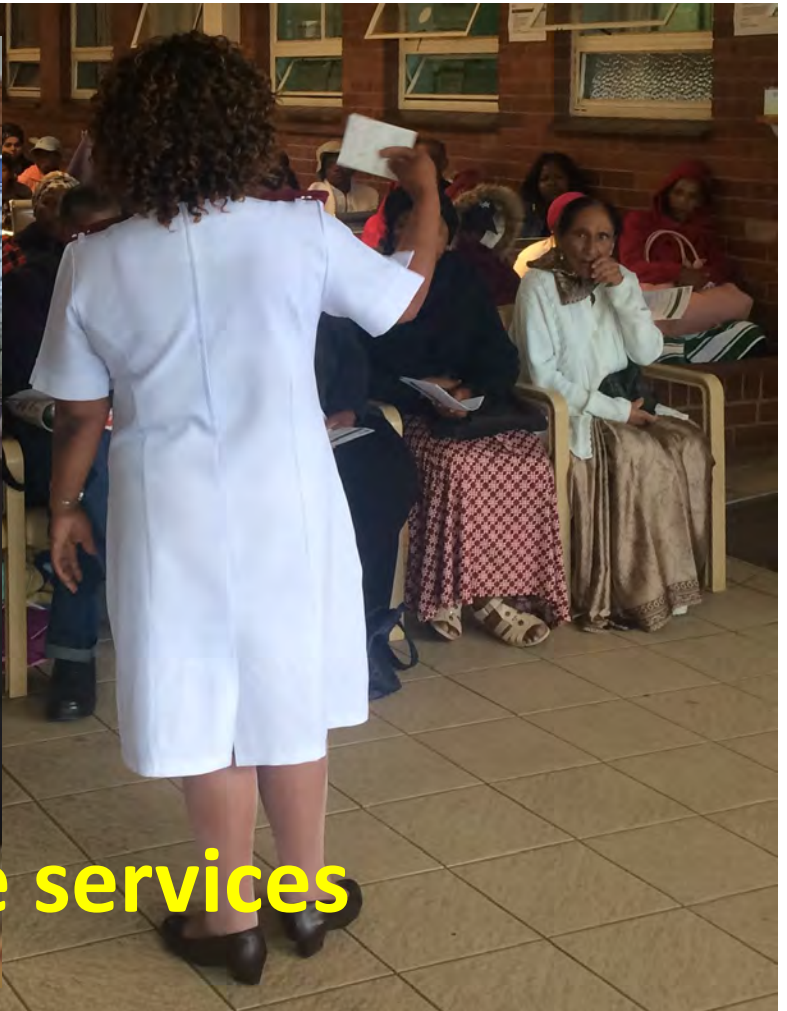
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**Mr. Sugan Pillay**



## A window into the services

Northdale Hospital Gateway Clinic hosted its annual Open day on the 25<sup>th</sup> September 2019. The aim of the day was to educate the public about the services offered in this virtually important department of the hospital.

The programme consisted of health education to the patients and various educational talks. The PHC Gateway team committed themselves to providing an efficient comprehensive quality health care service to all who access services.

Mr. Hlengi Zuma Operational Manager for the Gateway Clinic highlighted the fact that our health is our wealth and we all have to treasure it. He also pledged his and his team's commitment to the patient. He encouraged patient to visit clinic when needed, and to ensure that they take their medication as prescribed.

During this event, the community was also informed about NHI and how it will change the way that health care is currently provided.



Find A Clinic Near You

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# NORTHDALE SOCCER STARS BRING HOME A SILVER MEDAL



Northdale soccer team participated in the UMgungundlovu Tournament 2019, which was held on the 18<sup>th</sup> of September 2019. They played against Edendale Hospital in the final which was held at Camps-Drift sport field.

What a nail-biting finish!!!!

The Northdale Hospital team lost on penalties to Edendale Hospital, but not after putting up a good fight. Team members were awarded silver medals for their participation.

As a result of their high level of sportsmanship a few of the team members were selected to represent the district at the provincial tournament in Richards Bay.



Mr. Sfiso Cele - NDH HR Manager  
NDH Captain Sphamandla Luthuli



Mr. Sfiso Cele - NDH HR Manager  
Mhlengu "Scandal" Mhlungu

## WELL DONE TO ALL OF YOU. YOU MAKE US PROUD



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# The role of Pharmacy on your healthcare!

Taking medicines, whether it is a tablet, injection or syrup is important in helping our body heal.

The department where all medicines are dispensed is referred to as the Pharmacy, and the primary role of the staff in this department is to ensure the safe, effective, and affordable use of all medicines, but at the same time promote recovery.

**SEPTEMBER saw us celebrating Pharmacy Month. The theme this year was**

**“Mental illness can be treated – Ask your pharmacist for advice”.**



**Mr. Luthando Mbatha - NDH Pharmacy Manager**

A majority of South Africans are suffering from mental health conditions but are not receiving treatment. This is often because of a fear of appearing weak or being considered crazy. During September, while we celebrate Pharmacy Month, we want to highlight that **IT IS OK NOT TO BE OK**, and encourage the public to seek assistance via education and awareness programmes.

Pharmacy can assist in destroying the taboo surrounding mental illness by educating patients and community members about the signs and symptoms of mental illness and encouraging those experiencing problems to seek out professional help. Patients visit pharmacies far more often than they visit any other healthcare professional and it is important to use these opportunities to assist patients through continual monitoring and discussions.

This year not only patients, but our staff too benefitted from the discussions in Pharmacy Month,

**Our staff engaged actively with the public and encouraged them:**

- to know more about mental health;
- to ask for support from family members and friends;
- to take medicines as prescribed; and
- To discuss any side-effects from the medicines with their healthcare provider



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# Northdale Hospital Celebrate Woman's Day

August is the month when all the phenomenal women of our country are recognized and celebrated. On the 20<sup>th</sup> of August 2019 during #WomanMonth2019, Northdale Hospital celebrated Woman's Day with all female employees in the institution. The purpose of the day was to recognize the role of female employees in the institution and to acknowledge their contribution towards ensuring service delivery to the community served by Northdale



Mrs. B. C Maphanga - Northdale Hospital CEO



The day was full of messages of encouragement and support to the women's Northdale hospital. Special guests from Balance Sport and Wellness empowered woman on maintaining a healthy lifestyle, ensuring that they excises at least 48 hours a week. The talk on nutrition was also one of the topics of the day. There were encouraged to eat healthy and take the time to rest.

The CEO-Mrs. B.C Maphanga addressed the beautiful ladies of Northdale Hospital, she encouraged all the women to look after themselves and ensure that they prioritized themselves. In her talk she thanked them for their dedication, and hard-work in ensuring patient care. The CEO stated that "As woman, we must never look down upon ourselves. We don't have to be ashamed of ourselves and our body. We are beautiful and we have a responsibility to love ourselves, first before expecting someone else to love us" she said.



WHEN WOMEN  
SUPPORT EACH  
OTHER, INCREDIBLE  
THINGS HAPPEN.



BEHIND EVERY  
SUCCESSFUL *woman*  
IS A TRIBE OF OTHER  
*successful* WOMEN,  
WHO HAVE *her back*.

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# A Healthy Life is a happy life

Congratulation to all staff who participated in the Mandela marathon 2019. The energetic team from Northdale Hospital participated in different marathons, as a call to adhere to practicing a healthy lifestyle.

The increasing numbers of employees who are participating in the marathon serves as encouragement to employees within the institution participate in healthy initiatives.

The CEO Mrs. B.C Maphanga congratulated all who participated by pledging to continue to advocate for staff who practice a healthy lifestyle, as this can reduce the burden of disease in the community and also increase the life expectancy of our staff. Not only have the participants done themselves proud, but they have also contributed to uplifting the image of Northdale Hospital.



From left: Ms. Thandeka Zondi, Mr. Sbu Ngubane, Ms. Andisiwe Qebeni, & Mr. Linda Mbuyisa



Eat Fruits

Drink enough water



Andile Myeza



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## 67 Minutes for Nelson Mandela 2019

In an effort to live up to the Department of Health's logo of a 'Long and healthy life for all South African's, ' the Northdale Hospital team decided to spend their 67 minutes for Mandela ,with two deserving families in the Sobantu area.

The aim of the day was to assist the families with starting off a vegetable garden, so as to ensure that they always had a meal and fresh vegetables, despite being low on funds.

Households were identified through the war room meetings, which are attended by our staff and in collaboration with the local leadership.

The Management team from Northdale Hospital handed out garden equipment together with seedlings and compost, on behalf of the staff. They also assisted the families with the planting of the vegetables. The main aim was to encourage them to maintain their gardens, so that they do not go hungry, and are able to fight off illness.

Food parcels were also handed to the families as a way of support from the hospital. The ward Councilor from Sobantu, Cllr Sandile Dlamini acknowledged support from Northdale Hospital and he thanked the team for supporting the communities residing around Northdale Hospital. Cllr Dlamini committed himself to monitor and support deserving families to ensure that they sustain their gardens.

The CEO – Mrs. B.C Maphanga told families that it is crucial that they keep their gardens viable, because it contributes to family food security, and, people who are on treatment need not take their medication on an empty stomach.



**Cllr Sandile Dlamini and NDH CEO Mrs. B.C Maphanga**

## Together We Move South Africa Forward

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**health**

Department:  
Health  
PROVINCE OF KWAZULU-NATAL



**health**

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

**COMPILED BY**

**PUBLIC RELATIONS OFFICE  
NORTHDALÉ HOSPITAL**

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