



Patient lives and health, with respect and dignity before anything

October to December 2023

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Mental Health Awareness Week



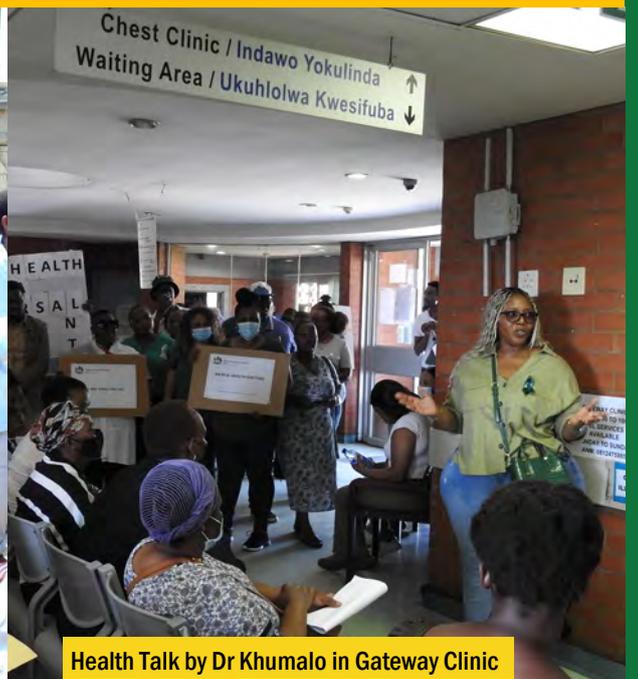
Mental Health Awareness Walk by Patients and staff

On the 27th of October 2023 Prince Mshiyeni Memorial Hospital commemorated a mental health awareness week. October is an international mental health month. The Psych Department along with Multidisciplinary Teams gathered to raise awareness to the public, patients and staff.

All employees were invited to join the march around the Hospital to raise the awareness and to support people living with mental illness. Giving the health talk Dr Khumalo said Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. This was a day where by World Federation for Mental Health announced October 10 as World Mental Health Day in 1992 and celebrates it with a new theme every year. The objective is to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health



Mental Health Awareness Walk by Patients and staff



Health Talk by Dr Khumalo in Gateway Clinic

PMMH QUALITY DAY



Mrs. J Ngubane (Quality Assurance—Head Office)



Quality Day Trophies for best QIP Presented

On the 08th of November 2023 Prince Mshiyeni Memorial Hospital held an annual Quality Day event. Opening by CEO, purpose of the day given by M&E and message of support given by guest speaker Mrs J Ngubane (Quality Head Office). This is the event where departments showcase their quality of work and strategies to mitigate any previous challenges faced alongside their work. These are done through presentation of QIPs (Quality Improvement Projects) which are looked at by judges and best 3 are selected. For this year position 1st position was Dr. Thupsee (Clinical Management), 2nd position was IPC and 3rd position was Dr. Phather (D3 Chronic Clinic). Appreciation was made to all who had contributed to make this day special



Quality Day Champions with PMMH Management

LNATAL PROVINCE

Reach for the Dream Play Area Donation to PMMH



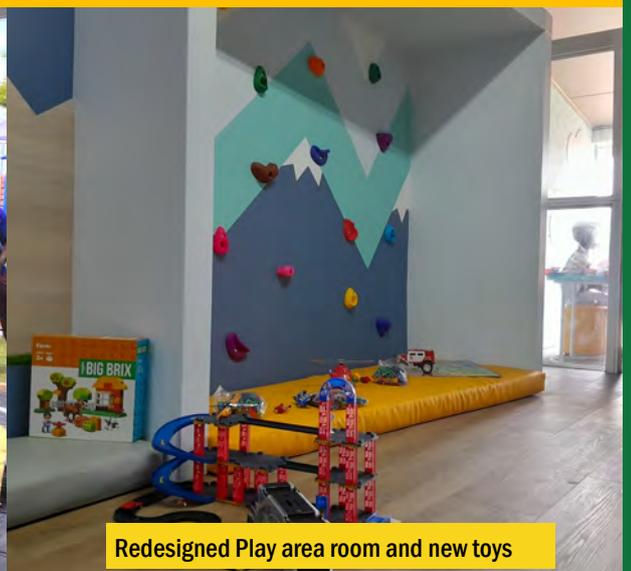
Fun Activities at the Reach for the Dream Play Area Opening

On the 14th of November 2023 Hollywood foundation and reach for a dream foundation officially opened dream room for children in the Pediatrics Wards in PMMH. Mr. Mhlongo program director welcomed all people and shared vision of bringing hope to communities. Matron opened with prayer. Dr. Thupsee spoke on behalf of PMMH to express heart felt gratitude for the day. She mentioned that as she walks around it no longer felt like hospital because of amazing work done by Reach for Dream foundation. This donation provided such a motivation to staff and children, she thanked the organizations for redeeming hope and motivation, PMMH is very grateful.

Kerry Donkin spoke intensively on Reach for Dream foundation and Dream room vision, main goal and purpose in life is to inspire hope to part of a dream. In 2018 when foundation turned 30 they had a victory, they dreamed of spaces in hospitals where children could come and not feel like they are locked in hospital, but have a space where they could play, dream and learn. They want to be a catalyst of hope. Pediatric Doctor shared the positive impact that the play room has in P1 and said as it gives children control over the environment. Hollywood bets rep also shared experience of having amazing collaboration, safe space for children and creating empowerment for communities. Vote of thanks given by Kerry.



Mothers and children at the Reach for the Dream Play Area Opening



Redesigned Play area room and new toys



Launch Of the 16 Days of Activism Campaign for No violence Against Women, Children, People living with Disability and HIV & AIDS



Mr Ngobese leading the GBV Awareness March

On the 26 November 2023 PMMH launched 16 days of activism campaign for no violence against women, children and people living with disability and HIV&AIDS. Mr. Ngobese shared the message of the day that together we must call on governments, organizations and people everywhere to speak against gender based violence in all forms. Violence against women is inevitable, but is preventable. Tell families, schools, communities and workplaces. Working together the message will be amplified and our voices heard. Second session pastor Mtshali shared a word of God and prayer. There were also Messages of support from SAPS, Pharmacy, TCC and Nursing. Mr. Sibisi helped in the cutting of ribbon and shared vote of thanks.



16 Days of Activism Talks by Multidisciplinary Teams



16 Days of activism demonstrations by community and staff

ISIBAYA SAMADODA AND ISIBHEDLELA KUBANTU



uMtwana u Nhlanganiso Zulu giving a talk at Isibaya Samadoda

On the 25th of November Prince Mshiyeni Memorial Hospital (PHC) hosted Isibhedlela kubantu and isibaya samadoda at Umlazi M Hall. The main aim of this event was to promote well-being of men and alleviate the health issues that face daily –often contributing to detrimental social ills such as Gender Based Violence, inequality, substance abuse, preventable spread of HIV and other transmitted diseases. Ummtwana Nhlanganiso Zulu was one of the guest speakers on the day and he made an emphasis on the older men being a role model and positive leaders in the community. Various health practitioners gave health education talks to all men leading to a healthy dialogue that transpired amongst men and being in agreement of how a man should behave, how he must carry responsibility and be a protector of their communities. Men were then invited to various health screening programs that were prepared for them which they were very happy to receive.



Activities at the Isibaya Samadoda and Isibhedlela Kubantu Program



16 DAYS OF ACTIVISM CLOSURE, LAUNCH OF WORLD AIDS DAY AND FREE KZN PHILHARMONIC ORCHESTRA CONCERT FOR PMMH



Social Work Department Giving 16 Days if Activsm Closur Remarks

On the 07th of Dec 2023 PMMH had an Closure of 16 days of activism campaign and launch of World AIDS day. First session program was for closure of 16 days of activism, Miss K.C Khumalo opened with prayer. Ms. Mzulwini shared purpose of the day that enough is enough let us work together as a team to stop gender based violence against women, children, people living with disability and HIV. The main purpose of the theme color orange is to present bright future free from gender based violence. There was a message of support from Social Work, TCC, Pharmacy and Nursing to encourage each and everyone not to be silent and raise awareness of the negative impact that violence and abuse have on women, children and to get rid of abuse permanently.

Second session of launching word aids day. Dr. Ntshanga gave a background and purpose that the number of people living with HIV has decreased from 14% to 12% in the past five years. Now people living with HIV can expect to live longer, provided they're diagnosed in good time, have access to medical care and are on effective anti-retroviral adherence to treatment . "Now we no longer say people will die because they are HIV positive. Now a person who is virally suppressed has minimal chances of transmitting HIV to his/her partner, that is why it important to take your ARVS." Each and every community must take responsibility and lead in making sure that we bring down HIV/AIDS. HIV has been reduced to chronic illness. OMP Gxabu did a candle lighting and Mrs. Buthelezi gave testimonial for living with HIV. She stated that even if you're living with HIV you can still have a life if you take your treatment regularly. Closing prayer by Matron Manivasen. The program was handed over to part three of orchestra concert done by the KZN Philharmonic Orchestra and Westville Correctional Services Department Choir



World Aids Day Launch Talks and Philharmonic Orchestra Performance



PREMATURE WEEK AWARENESS



Premature Awareness Day Setup

World Premature Day is celebrated worldwide annually, celebrating the babies that are born before their time. On the 22nd of November 2023 Prince Mshiyeni Memorial hospital Nursery department held their premature day. The mothers came in their numbers to be educated about premature babies. The doctors and nurses gave talks to new and old mothers who delivered premature babies and encouraged mothers to love their babies despite of predicaments. Mothers were also given the platform share to the new moms their experiences of giving birth and raising premature babies. Sr from Nursery department also shared her testimonial of her journey as a premature baby and how has that encouraged to do better in life. The mothers were also taught about the significance of Kangaroo Mother Care (KMC) and demonstrations of KMC were portrayed. Nurses also emphasized on the importance of breast-feeding. In closing Sister Nyawose thanked the staff for making the day possible for the mothers, and the contribution towards the gifts for both mothers and babies.



Premature awareness Day Health Talks



PMMH Staff at the KZN Health Chat with MEC for Health



Mr Maphisa, MEC for Health, Dr Mbatha and Dr Mathabela during the Health Chat



On the 22nd of December 2023 the office of the MEC invited PMMH staff consisting of Dr Mbatha, Dr Mathabela and Nurse Biyela. The guests were amongst others for the MEC weekly health chat where each made their input to the chat.

Dr Mbatha Spoke about the importance of mental health, he also discussed symptoms of depression (feeling down most of the time, nothing feels fun anymore, gaining and losing weight, feeling guilty and hopeless all the time). In closing encouraged the listeners at home to pay more attention to their loved ones, should they see all of these symptoms then they must go to their nearest clinic for assistance and to be referred to the facility to be seen by the Doctors, Social workers and Psychologist.

Dr Mathabela (Surgery and Trauma) Spoke about the challenges that Prince M faces during festive season, she mentioned MVAs, gun shots, assaults and stab wounds. Dr said this is caused by excessive drinking of alcohol during festive season. She mentioned that it also leads to a high number of rape cases and inclosing she encouraged listeners at home to report rape cases and encouraged people to drink responsibly.

Staff Nurse Biyela was congratulated for the exceptional job to serve the community in PMMH. MEC Nomagugu Simelane encouraged Sr Biyela to continue doing his job well. This comes after a compliment written on the community Facebook page by Sinoxolo Nonceba Sikhakhane an Ortho Clinic Client which said” I just wanna praise this male nurse. He has such a good manner of approach, even with the elderly he’s patient and always cracks jokes. He’s got passion for his job, keep up the good work” said Sinoxolo



Nurse Sibiya at the Presence of the MEC for Health and Mr Maphisa during the Health Chat

ACKNOWLEDGEMENTS

This newsletter was developed by the Public Relations Department telling a number of stories on activities undertaken by the institution. We thank you for taking your time to read through our facility newsletter. Should you have any interesting health stories, please share them on mawell.mbanjwa@kznhealth.gov.za. Your inputs will be much appreciated.

Should you have any complaints or compliments regarding the work and manner of approach by our staff members you can also send in writing to mawell.mbanjwa@kznhealth.gov.za or call 031 907 8165

Please remember to stay safe from Covid-19 by keeping your hands clean, wash with soap and water, sanitize regularly, wear your mask indoors and avoid crowded areas. Prince Mshiyeni Memorial Hospital is here to support you and assist in any way we can. **PMMH -Patient lives and health, with respect and dignity before anything!!!**

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