



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

Rietvlei Hospital News

Sep 2015

*Breastfeeding and Work lets make it
Work!*



CCG Demonstrating cup feeding

FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE

THEME: Breastfeeding and work, let's make it work ! August 2015



CCG Demonstrating breastfeeding

The aim at Rietvlei Hospital during breastfeeding week was to improve awareness of breastfeeding not only at the hospital but to reach out to the wider Umzimkhulu community. Breastfeeding week began by issuing each department at Rietvlei Hospital as well as every clinic in the sub-district a package including posters, pamphlets, balloons and stickers. All units were encouraged to create a 'Breastfeeding week' display suitable to the theme and to do educational talks to patients on a daily basis. A basic education guideline was also drawn up.

To create initial awareness of the week, biscuits were baked and distributed at Rietvlei hospital on Monday morning. On Tuesday, both Mvoti and Umzimkhulu clinic were visited for additional support. It was encouraging to see both clinics had put up creative displays and were conducting the educational talks. At Mvoti clinic, a balloon had been drawn on to create a breast model used during talks which showed great initiative. While visiting both clinics, the Dietician gathered all breastfeeding mothers, did a talk on Breastfeeding at work with focus on how to hand express and store breastmilk.

On Wednesday, Umzimkhulu Municipality was visited by the Dietician, Nutritionist as well as the PRO to create further awareness directly in the workplace. A talk was conducted to approximately 25 CCG's at the municipality who showed much enthusiasm and it is hoped that they will pass this knowledge onto the many patients they see. The presentation was a great success with stickers and oranges handed out to the audience to encourage participation. It was initially proposed that both Rietvlei Primary and Secondary school were also to be visited but unfortunately this fell through due to logistical issues.

Overall, the week was a great success and it can be assured that awareness of breastfeeding at work has improved in our community. Many thanks to all who were involved in making this week a success.

Leslie Britz (CSD RVH)

Meshack Mathonsi (Nutritionist RVH)

Pictures on breastfeeding Week



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Women's day celebrations at Rietvlei Hospital



Rietvlei Management and Guests

On the 26th Of August 2015 as Rietvlei Hospital, we celebrated Women's Month together with the Community, This a month inwhich we pay tribute to all women. It is very important that we take this day as a blessing from God . This occasion was Celebrated very well as a Word of God was given by Mrs Mnomiya (Community member) who also gave them words of wisdom. The dress code was smart casual.

The Guest speaker of the day was Cllr. Nkala from UMzimkhulu Municipality Deputy Mayor) who clearly encourages women, on how importance of being a woman and also empowers women to : have confidence, be true to ourselves at all times, not do something for the sake of other people , not to compare ourselves to others, complement one another, celebrate one another's success and be proud of yourself.

Secondly she highlighted that women should brand themselves as women or be ladies of substance, it is very important to be punctual as women not only at work but everywhere you go. She also mentioned that it is very wise to be representable and also starting different things that women should be careful about doing, do not expect everyone to love or

appreciate everything that you do.

In all of the above, as women we should use every opportunity we get to strive for excellence. She said "On behalf of the UMzimkhulu Municipality we would like to thank all women of this facility and as UMzimkhulu Municipality we will support you in every way we can".

Mrs. Mnomiya was motivating and encouraging us with her Word of Wisdom saying that we should move from the past ,as women we should appreciate God and also learn to pray in all circumstances. Mrs. Mnomiya highlighted that in the beginning God created man (**Genesis 1:26**). In **Genesis 2: 18-25, the Word of God says God said It is not right for men to be alone, which is why God saw that men needed somebody by their side.**

In Closing Mrs Keswa thanked all the Guest Speakers of the day to come and celebrate this day with us, and She also mentioned that as women we should go back to our units and shine.

The theme for this day was Wathint'abafazi wathint'imbokodo -You strike a woman, you strike a rock!

Story and pictures by ; Ms S. Gebashe (PRO-Inservice trainee)

Women's day Celebrations in pictures



Mrs Keswa (Rietvlei Hospital CEO)



Rietvlei staff on Women's day



Mrs Mnomiya (Guest speaker)



Rietvlei Hospital Management and guests



Heritage day at Rietvlei District Hospital



Rietvlei District Hospital celebrated Heritage day on 30 September 2015. Rietvlei Hospital celebrated this day by wearing their traditional attire, prepared their traditional food. Opening remarks by Human Resource Manager Mr Siswana encouraged staff to remember their heritage.

Purpose of the day was done by Ms Mba (PRO). In her speech she informed the audience about the importance of remembering where you come from, for you to know where you going to. The guest speaker for the day was Mr Mbende (Operational Manger- OPD & Casualty). He clearly explained the meaning of Heritage as well as how can we celebrate this day.

Mr Mnomiya thanked all staff who attended the function as well as the organizing team who put their effort in making this day of success.



Heritage day siyixoxa ngezithombe



FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE

Siyixoxa ngezithombe Heritage Day



Child Health Week



Mrs Keswa Rietvlei District Hospital CEO addressing parents and children during Child Health Week at Bombo location ward 20 Umzimkhulu



Audience during Child Health Week



HCT conducted during Child Health Week

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Child Health Week Continues



Left : Mrs Mateyisi (PHC Supervisor) consulting during Child Health Week



Right : Dr Perez (Ophthalmologist) doing eye screening

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