



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

St. Apollinaris Hospital

SINGABENU

St. Apollinaris Hospital Newsletter

July to November 2018

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Mr. M.O Zondi & Ms. N. Hloba (Public Relations team shining during Heritage Day celebrations on the 26th of September 2018

(Photo layout: Matron N. Ngubo (ANM: Paeds & Maternity)



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Words from the C.E.O

The Chief Executive Officer: Ms. N.P.P Hadebe



I would like to take this opportunity and thank God Almighty who has carried us throughout this year of 2018, the management of St Apollinaris Hospital who have been with me and supported me whilst I learnt the ropes of this office “ Ngithi enikwenze kimi nikwenze nakwabanye”. I would also like to thank all our staff members for their unending dedication in delivering quality care to all our clients and have held the fort when posts were being vacated and not filled. I will also like to extend my sincere gratitude to Pastor Shelembe our Chaplain who has provided continuous spiritual support to our staff and lastly I will like to thank fraternity of

fathers, brothers and sisters at Roman Catholic Mission who perennially pray for the staff and patients every day.

However, we started this year, 2018 on a low note as we lost some our beloved staff members, deepest condolences go to the families and may their souls rest in peace.

Our staff members have continued to participate in Operation Sukuma Sakhe, have continued to conduct outreach services in our hard to reach areas and we have seen them opening an outreach point at Glen Bain that is providing health care services to forest workers when they finish work late in the afternoon. A special thank you goes to our Maternity ward, that received a certificate of achievement at the MASEA awards for obtaining a 3rd position in the category; best improvement of maternal mortality rate, may the team continue ensuring that no woman dies whilst giving birth.

To our foot soldiers in the community, our CCG's may you continue with the good work that you are doing. To all our staff members that are retiring and those that have recently retired Niphumule kamnandi engathi uThixo anganilinda anilondolozwe aniphe iminyaka emide nisayophumula emakhaya. Sibonga kakhulu ngomsebenzi omuhle enisenzele wona.

As the festive season starts may the grace of our Almighty God keep each and every one of us safe until we meet again in 2019

Have a Merry Christmas and a Prosperous New year in 2019.

Ngiyabonga

Heritage Day Celebration



St. Apollinaris Hospital staff from different departments dressed for the occasion.

Top, starting from left: Public Relations, C.E.O & Secretary, H.N Ntoyakhe & Ethembeni staff

Heritage day is celebrated nationally on the 24th of September; it is a day where we reflect back from where we come from as South Africans. In South Africa we have eleven official languages with different cultures and traditions to name the few such as: Zulu, Xhosa, Sotho, Pedi, Tsongas, etc. On this day we show who we are as South Africans by wearing our traditional attires which have different rainbow colours. South Africans are encouraged to celebrate this day and know their cultures and traditions.

On the 26th of September 2018 St. Apollinaris Hospital staff took an initiative to celebrate this day, to remind all staff of our rich legacy and history as nation and learn to live with other diverse cultures in the workplace. St. Apollinaris Hospital staff actively participated and grace the heritage day by wearing traditional clothes, all sections in the hospital responded to the call and came in number to enjoy the traditional music, dance and food that suited the theme of the day, "My heritage, my culture, my pride."

Women's Day Event

Every year on the 9th of August we celebrate women's day in South Africa, which was made a public holiday to pay respect to our fall heroines and celebrate all the women of the nation. The women who fought tirelessly against apartheid laws e.g. Albertina Sisulu, Winnie Mandela to name the few. Up to this day, women are still facing similar struggles like inequality despite the contribution women made during the struggle.

This year's event was celebrated by St Apollinaris Hospital on the 26 of September 2018. The staff came in numbers to celebrate, they looking beautiful in their black outfits and head wraps. They made the day a success together with the guest speaker Mrs. Zitha who gave a moving speech encouraging all women to uplift each other and not pull each other down. Apart from the formative talks there were performances provided by Zoma private organisation staff, women enjoyed their special day.



St Apollinaris Hospital women staff came in numbers to celebrate this special day and Mrs Zitha, guest speaker provided encouraging words to the audience. St. Apollinaris Hospital general orders entertained the audience with their traditional songs.

St. Apollinaris Hospital and clinics commemorated Breastfeeding week



St. Apollinaris Hospital staff and the CCGs entertaining women with informative role play.

Breastfeeding and breast milk feeding remain critical interventions to improve child survival irrespective of socio-economic circumstance. It creates equality amongst children and allows a mother to give her new-born child the best start in life. Therefore according to the department of health calendar, the first week of August (1-7 August), every year is recognized as the World Breast Feeding Week which is celebrated globally.

The purpose of breastfeeding week is to promote, support and protect breastfeeding in our society. In support of this, St. Apollinaris Hospital in celebrating breastfeeding week visited all clinics under the hospital which include Gateway, Kilmun, Sokhela, Riverside, Sphamandla and Malenge. All pregnant and breastfeeding mothers were called in numbers to come and attend events on different days in order to promote, support and protect breastfeeding. Pregnant women, breastfeeding mothers as well as the community at large came in numbers to get knowledge.

Overall Breastfeeding Week was a success. It was rewarding to see how well supported each day was at all the different clinics. Mothers really seem to enjoy learning new things and they are always very eager to answer questions. Special thanks to the breastfeeding committee of the hospital, Khulekani Ngubo (Harry Gwala Health District Dietician), nutritional advisors at each clinic and clinic operational managers at each clinic. Input from clinics staff and organizing made all these awareness's successfully.

**Article by Mrs. N. Ngubo (ANM: Maternity & Paeds)
& Mr. N. Dlamini (Dietician)**

Photo Gallery Breastfeeding week



Dietician department, Paeds ward visited clinics under St. Apollinaris Hospital to encourage breastfeeding to women.

St. Apollinaris Hospital and Kilmun Clinic Wins Masea Award



Maternity ward staff celebrating their MASEA award with Hospital management

MASEA (MEC'S Annual Service Excellence Awards) this award ceremony seeks to recognize performance excellence in service to the citizens of the province. Health employees are recognized across numerous genres that make up the health system.

St. Apollinaris Hospital scooped 3rd position in the improvement in mortality rates and Kilmun Clinic for 3rd position in the category best performance in ideal clinic realization and maintain (ICRM). The event was held in Durban at the Inkosi Albert Luthuli Conventional Centre.

St Apollinaris hospital Medical team together with the Maternity Ward was recognized during the MASEA awards held at the International conference Centre. St. Apollinaris Hospital Maternity and Medical team awarded for the 3rd position in the improvement in mortality rates and Kilmun Clinic for 3rd position in the category best performance in ideal clinic realization and maintain (ICRM).

Well done to all the staff for contributing in the wellbeing of the people under Dr. Nkosazana Dlamini-Zuma local municipality.

MASEA Photo gallery



Top: St. Apollinaris Hospital medical team posing with their MASEA achievements.

Kilmun Clinic Operational Manager, Mrs. B.F Zakwe, Mr. M.O Zondi, PRO, with Kilmun clinic committee members and clinic staff.

Global Hand Washing Day

Hand hygiene is a fundamental infection prevention strategy. When correctly practiced, this basic and cost effective intervention saves lives. Infections acquired during health care delivery are common and are a risk factor for developing diseases. To prevent this effective hand hygiene plays a key role.

To encourage staff to adhere to the hand hygiene, St. Apollinaris Hospital events committee commemorated Global Hand Washing day on the 15th of October 2018. The event was at the hospital's lecture hall. The theme of the event, "Clean hands a recipe for health" was emphasized to the staff by speeches from Food Services supervisor, Dietician department, Rehab team and Infection Prevention and Control officer.

The event included sharing of informative speeches and entertainment. Programme director Mr. M. Mbhele kept every individual paying attention to all the proceedings by engaging audience with questions with winning prizes, after the purpose of the day by Ms. T.E Kumalo, Nursing Deputy Assistant; staff were educated by Ms. N. Zwane, Food Services supervisor on the importance of cutting meat using same chalkboards, separating cooked and un-cooked food, washing fruits before eating and checking expiry dates on food stuffs. Dietician comm. serve, Mr. K. Myburg emphasized on the importance of eating breakfast as majority of people have a tendency to skip breakfast. He mentioned that skipping breakfast affect body mass index which can leads to high blood pressure.

Entertainment was provided by community care givers followed by the presentation of posters by Matron N Ngubo, Maternity and Paeds, with Gateway clinic poster winning the competition.

Event was concluded with staff marching to the nearby taxi rank, with community enjoying learning about new ways to wash their hands.



On the left sister NH Ntoyakhe and the nutrition advisor from Riverside clinic doing and an experiment for the audience. On the right: poster winner Gateway Clinic OM, Sister Tenza posing with management.

Global Hand Washing Gallery



After all departments were educated in the Hospital's Lecture Hall, there was a march to the local taxi rank heading to educate commuters, taxi drivers and business people in the rank about the process of washing hands in the correct way.

16 Days of activism against Women and Children abuse



Informative speeches and entertainment included poetry, singing and dancing

It is the responsibility of everyone to fight against the violence against children and women. On the 29 of November 2018 St. Apollinaris Hospital hosted awareness on the importance of 16 days of activism against women and children to the staff. All departments invited in the St. Apollinaris Hospital's Lecture hall with the speakers including clinical manager, Dr. N.E Manci and Mrs. B. Sosibo, Social Development Department.

The main objective of this campaign was to raise and an awareness and creating dialogue amongst employees on Gender based issues (prevention of violence, sexual harassment, abusive partners).

The event was full of activities with two speakers providing informative knowledge to the staff. Lindiwe Njilo, Registry in-serve provided a moving poem narrating challenges of women in marriages, laundry department staff provided a sketch play about family facing domestic violence, affecting women and children. Programme director, Mrs. ZQ Hadebe, Laundry department kept audience concentrating to what was happening in the event by summarizing on information provided, purpose of the day was provided by Mrs. PI Mdunge, from staff clinic. Rd. N.E Manci explained the type of abuse and implications to the people facing abuse. He emphasized the role everyone can play to help individuals affected by abuse leading to depression. Mrs. B Sosibo informed audience about financial abuse, sexual abuse and verbal abuse and its effects to individuals affected.

The outcome initiative for the day was to improve knowledge on gender based violence issues, create and promote dialogue on gender based issues and increase reporting of domestic abuse and knowledge on sexual harassment.



Health Lifestyle Awareness Day



St. Apollinaris Hospital staff outdoing each other during rope pulling.

As part of Healthy life style promotion through sport, on Wednesday, 19 September 2018 St. Apollinaris Hospital hosted a sport day at Centocow Sport field. There were various categories of sporting codes being incorporated on the day such as: athletics, relay, Netball and soccer.

There was a huge support from staff contributed on the success of the day. St. Apollinaris Hospital Wellness section would like to express the words of appreciation to all organizations participated on the Wellness event.

Health Lifestyle Photo gallery



They can have a massive impact on your health. Long term, eating a balanced diet, taking regular exercise and maintaining a healthy weight can add years to your life and reduce the risk of certain diseases including cancer, diabetes, cardiovascular disease, osteoporosis and obesity.

Appointment and exit list July to November 2018

APPOINTMENTS

Name	Post	Date appointed
MR Makhubu	Operational Manager	01/06/2018
BF Zakwe	OM: Kilmun Clinic	01/05/2018
K Ntshangase	Comm. Serve (PN)	01/07/2018
SK Ntshobane	Comm. Serve (PN)	01/07/2018
N Sosibo	Comm. Serve (PN)	01/07/2018
KAC Nhlangulela	Comm. Serve (PN)	01/07/2018
NT Buqa	Operational Manager	01/07/2018
NNP Dlamini	Diagnostic Radiographer	01/10/2018

Exits

Name	Post	Last working day
SS Thwala	Human Resources Manager	30/06/2018
CN Shamase	Professional Nurse	30/09/2018
SN Ngcobo	Professional Nurse	30/09/2018
MC Malinga	Admin Clerk	14/09/2018
P.G Mnikathi	Professional Nurse	30/10/2018
F.P Mthethwa	Pharmacy Manager	30/10/2018
L.M Magubane	Medical Officer	30/11/2018

Words from PR: In-serve

have been with St Apollinaris Hospital since May 2018 and I have learnt and still learning so much. I have realized that choosing Public Relations as a career was never a mistake and I am also encouraged to study further to gain more knowledge about public relations.

I appreciate working with the teams and I am willing to maintain my performance through my training period in this institution. I will work harder to make sure the needs of the institution are fully met. Acknowledging the Batho Pele and patient charter makes it easier to improve the efficiency and effectiveness of public service through these policies.

I will continue contributing my communications and writing skills, positive working attitude and other fundamental attributes to the institution since I'm in a learning phase, I will make mistakes in the process and learn not to repeat them in the future.

I thank St. Apollinaris Hospital for granting me this opportunity.

By Nontokoza Hloba

Photo gallery - From archives



clockwise: Kilmun Operational Manager, Mrs. Morgan receiving token of appreciation from Mr. Mjaghwa, Clinic committee chairperson, on her last day in the clinic, C.E.O; Laundry department staff saying farewell to one of their staff, Malenge Clinic school team, Mt. Sheba School principal and Mr. Mahaye from Harry Gwala Health District celebrating Mt. Sheba School accreditation as the health promoting school; Human Resources Department female staff posing with their new uniform; Dr. N.E. Mahaci saying words of thanks to medical officers who organized an event to honour him on his MASEA Award achievements.

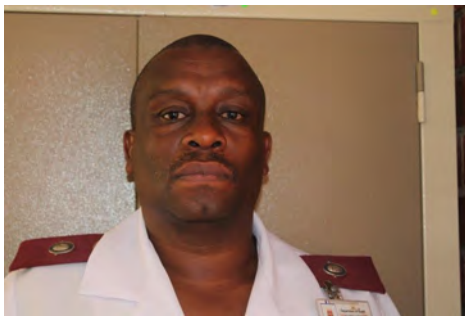
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health

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