



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

St. Mary's Hospital

EZASEROMA

NEWS

JULY - DECEMBER 2018



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CEO'S REPORT



Mrs P.B. Mgobozi: Chief Executive Officer

achievement through their skills, abilities, and of course personal characteristics that include motivation, and determination.

Numbers are showing that the going is getting tough. There is an overwhelming growth in OPD headcount, labour ward headcount, Theatre as well as bed utilisation rate, yet staffing has remained the same and made worse by separations on non-exempted posts. We are positive that next year will be a good year for the hospital, since we have established our benchmark.

Celebrating one year as DOH hospital

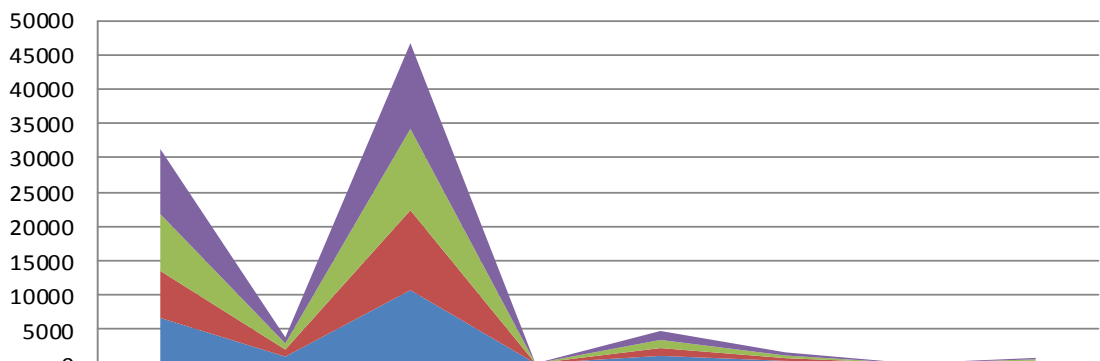
No matter how busy the work gets, it is important to take time to celebrate that milestone.

It has been a hectic year for all of us, however the hospital has been constantly developing and more demand on services noted.

Whilst analysing the results of our performance, we came to a conclusion that our main strength is our employees .Not all set goals were achieved, however challenges that were faced, were turned into possibilities. There are individuals that contributed to the



HOSPITAL EFFICIENCY INDICATORS TO DATE



	OPD Headcount Total	Day Patient	Inpatient days	Inpatient Bed Utilization Rate	Number of normal deliveries	Delivery by Caesarean Section	Average Length of Stay	Inpatient Beds
■ QUARTER 2 2018/19	9482	894	12489	72%	1307	460	4	200
■ QUARTER 1 2018/19	8287	892	11865	69%	1186	386	4.2	200
■ QUARTER 4 2017/18	6860	1024	11650	69%	1142	396	4.6	200
■ QUARTER 3 2017/18	6628	990	10679	62%	1092	365	4.5	200

CEO'S REPORT CONTINUES.....

Responding to the call of improving neonatal health outcomes

There is a great global agreement that well-functioning health systems are needed to reduce new-born and child mortality. It is also true that little things like child mother bonding, has a huge impact in producing good outcomes for neonates .This can be achieved through Kangaroo mother care

Kangaroo Mother Care (KMC), sometimes called skin-skin care, is a method of new-born care where babies are kept skin to skin with a mother. It is used most for low-weight preterm babies, who suffer from hypothermia. Kangaroo care is also used to describe the technique of placing full-term new-borns soon after birth on the bare chest of their mother. This method improves the rate of breastfeeding and can lead to improved stability of the heart and breathing of the baby.

Advantages of KMC:

- Promotes bonding between mother and baby.
- Promotes breastfeeding.
- Encourages skin to skin in order to keep the baby warm.
- Stimulates the babies heart beat during apnoea attack.
- Promotes growth rapidly.
- Shorten period of hospital stay.
- Mothers get to know their babies better.

In the beginning of November a decision was taken in response to the support team from district and provincial paediatric team, to come up with a turnaround strategy for improving neonatal outcomes. Previously babies for weight gain would be admitted in nursery and mothers were not staying with them, but would feed **them at set intervals**. Currently the bassinets have since been removed and extra space provided for mothers to be admitted with their babies in the unit until they are discharged.

The KMC mothers were interviewed and this is what they had to say: “we have seen so much change, the space is big enough, there is privacy and the floor looks great. And most importantly our families can visit us for support because most of us spend a month or more in hospital”.



Kangaroo Mother Care: promoting skin-to-skin bonding.



This is what it looks like inside the ward.

PEHSS REUNION

In October 4th 2018, a reunion of the PEHSS (Paediatric Early HAART and Structured Treatment Interruption Study) group was convened at St Mary's Hospital, to celebrate the project we all worked on together some 15 years ago. The study was an initiative to introduce highly active antiretroviral therapy (HAART) as early as possible in the lives of infected infants, with the aims being, first, to prevent disease caused by HIV in children and their mothers; and, second, via structured treatment interruptions, to induce immune responses against the virus in children whose immune systems remained healthy as a consequence of early treatment.

The study started in 2002. Mothers attending the antenatal clinic at St Mary's Hospital and also at Prince Mshiyemi Memorial Hospital were provided voluntary counselling and HIV testing. Mothers who tested HIV-positive were then enrolled onto the study and provided with training and education workshops to learn about HAART. In the end 768 mothers were enrolled onto the study and 63 HIV-infected infants.

The PEHSS Reunion was therefore a celebration of what the group has achieved together, first in successfully delivering HAART to infected children and mothers at a stage in the epidemic when these facilities were not available to infected mother-child pairs; and, second, in advancing our knowledge about HIV and HIV in children that has been to the benefit of infected children and their families worldwide. The HIV-infected babies who were enrolled onto the PEHSS study 15 years ago are now healthy teenagers. These teenagers now attended the meeting with their mothers and other family members, participating in a health-promoting empowerment workshop that was organised as part of the Reunion. The mothers who have lived through the epidemic and come through the other side told their stories, and absent friends were remembered. The doctors, nurses, counsellors, professors, administrators, and laboratory staff who together formed bonds together as the Team PEHSS all spoke of the impact the PEHSS project had on them personally.

The PEHSS project is therefore one that lives on, not only in the teenagers and family members were among the 63 mother-child pairs enrolled, and in the scientific work that continues to be published as a result of ongoing studies of the cohort, but through the impact the study had in changing the lives of all of us privileged enough to have played a part in such a study.



Prof P. Goulder; Dr K. Ajao; Dr K. Dong



Dr W. Dhlomo Mphatswe delivering a speech



St Mary's Hospital Cleaning Department with the PEHSS team and participants.

OUTREACH

The Department of Health offers Bursaries to students who need financial assistance. As Part of this initiative the St Mary's Hospital HR Team went out to visit neighbouring high schools and posted ads .The purpose was to inform student about the bursaries, How to apply and which documents are needed and distributed forms to interested pupil.

The schools visited were Ilanga school, Sithokozile Secondary and Thornwood High School where we targeted grade 12 learners were targeted. Those three Schools showed a lot of interest in the programme and 40 forms were distributed to interested students.

We are very grateful for the opportunity that the schools gave us. We wish the entire Grade 12 students best of luck in their exams.



HR Team : Ayanda Ngcongco, Samke Myeni and Sindi Gamede at Sthokozile High School in action.



Leaners



MEDICINE

LONG TREK OF TUKKIES TRIO ROMA

Three third year medical students from the University of Pretoria (Tukkies) chose St. Mary's Hospital to undertake their compulsory elective for third year of study. John Baines, Leah Fairclough and Matthew Grant Carlson spend about a month (15 October 2018 to November 2018) honing in medical skills in the Outpatients Department (OPD). This included: first aid, performing manual defibrillation, performing arterial and venepuncture, putting up intravenous lines, inserting urinary catheters, performing cardiac and respiratory physical examinations, performing intramuscular injections, suturing of minor wounds. They were attached to a senior Medical Officer working in Casualty and formed part of the Family Medicine component. The placement of medical students in rural and peri-urban hospitals have had positive results with recruitment and retention of such students after the completion of their studies



Third year medical students from the University of Pretoria .

PREP – TRAINING

Prep-exposure Prophylaxis (prep) in service training was given to Operational Managers (OM'S) by the MATCH (SUPPORTING PARTNER). The aim was to inform the OM'S about the HIV Prophylaxis Programme Called prep, which Department of Health is embarking in. It was also highlighted that this programme is only focussing on youth in Tvet Colleges, Universities and High schools for now. Prep is a daily course of antiretroviral drugs (ARVS) taken by HIV negative people to protect themselves from being effected. PrEp does not provide protection against other sexually transmitted diseases such as (STIs), blood borne illness, hepatitis C, Syphilis and gonorrhoea.

PrEp effectiveness decreases rapidly if not taken regular as prescribed, so addressing the barriers is the key to success. PrEp can be used by anyone at any age, and it would be offered as a choice to people who are at substantial risk of HIV infection as part of combination HIV prevention programmes.

The pill brand truvada contains two medicines to treat HIV. So it carries same effect as ARVS pill.

The Department of health has already introduced PrEp to the community and were receptive of it. As St. Mary's Hospital we are very excited to be part of the programme and we would like to sustain the programme and expand when opportunity arise.



Match representatives giving in service training to OM'S About PrEP.

WE TAKING CONTROL FIGHTING HIV/AIDS



PASTORAL CARE

The pastoral care ministers are dedicated to helping our patients meet their religious or spiritual needs while in the hospital. Their primary goal is to provide religious and spiritual care to the patients and their families.

They are volunteer ministers who help patients and families deal with fears, worries and doubts (trauma). Patients' can requests prayer, or perhaps just a conversation with a minister to help deal with recent sickness, injury. Patients and family members are able to request a visit from a chapel at any time during their stay in the hospital.

The Patients benefit the following from Pastoral Care Ministers:

- Support and encouragement.
- Offering counselling service.
- Providing information on faith.
- Can be able to express feelings about illness or life stress.
- Offer prayer (scriptures).
- Provide kind-hearted listening and respect for individuals.

IXOXWA NGEZITHOMBE



MANDELA DAY

On the 18th of July 2018 St. Mary's Hospital Management participated in the International Nelson Mandela Day by dedicating more than 67 minutes of their time to assist two destitute families that leave in the hospital's catchment area.

At the launch of the Nelson Mandela Day in April 2014, the Nelson Mandela Foundation announced that the major theme of celebrating the great icon's day includes food security, literacy and shelter. The St. Mary's Hospital Management was inspired by the Foundation's call and provided these families with food parcels and building material (windows) for a family with three young children under five years old living in a house with broken windows.

On the other hand, St. Mary's Hospital was visited by Boxer Store who donated a cake and drinks to Paediatrics Out Patient Department kids, MAISHA Medical & THINK donated gifts and refreshments for our Children's Ward.

Our CEO Mrs P.B. Mgobozi was excited to see the hard work, dedication and commitment that has been shown by different stakeholders and would like to extend a word of gratitude to all staff members who donated food parcels and everyone who made this day a great success.

PART 1: MANDELA DAY BY HOSPITAL MANAGEMENT & STAFF



1. St. Mary's Hospital Management team getting ready to hand over food parcels to chosen families
2. Handing over of food parcels to one of the chosen families
3. Mr Chris Van der Merwe repairs broken windows with new glasses.
4. The second family receiving food parcels.

Part 2: MANDELA DAY BY EXTERNAL STAKEHOLDERS

Representative from THINK AND Maisha Medicals in Children's Ward



Maisha Medical handing over toys to kids.



New Mothers receiving gifts for her baby.

Boxer Store Representative in POPD



STAFF WELLNES DAY

The staff wellness Day at St Mary's Hospital took place on the 30 August 2018 from 10h00 to 15h20. The aim of this event was to improve the wellness of the staff and encourage team building amongst staff. The event presented a full spectrum of aspect of wellness programmers, from in house and sponsored programmes. The sponsored programmes include , Virgin Active , Cook for life , Assupol , Avon , OLD Mutual , Gems , ABSA , Optometrist , Healthy Counselling and Testing.

The event kick—started with 20KM Fun Walk from hospital premises to Monastery , the participants seemed to have a great interactive session of stretch break at the monastery gate , facilitated by our Chief Physiotherapist Miss Lindy Mthethwa.

After the Walk Virgin Active provided the staff with a very interesting aerobics class, all the staff members were invited to participate in the one hour session. The insurances companies offered free counselling on live insurances covers. GEMS team provided one on one consultation on issues pertaining to Medical Aid cover benefits, Optometrist Service including free eye testing and issuing of spectacles. Cook for life presented a cooking show and offered food tasting to staff members.

Old Mutual provided the hospital with four nurses and equipment to do the vital checking i.e. blood pressure, weight, sugar levels to all staff that attended.

The Human Resource and Public Relations team assisted by contributing goody bags to all staff .

A total of 154 employees attended the events.

STAFF COMMENTS

The event was well organised and had great impact. “ We would like to thank HR and PR team for such an event”.

THE SNAP-SHOTS BELOW PRESENTS A FEW HIHLIGHTS OF THE DAY.

FUN WALK





Virgin Active Giving Away Rewards to Staff



Zama from Data Receiving a gift from Avon



Old mutual Nurses doing vital signs to the CEO



Hlengiwe Mvogoma Receiving a gift from Metropolitan Manager



Aerobics by Virgin Active



WOMEN'S DAY FUNCTION

St Mary's Hospital staff members went all out in celebrating this day, as the staff gathered in the Hospital's Hall where different songs and dances took place. The Programme Director of the day was Sr N.T Pelako, explained why the 9th of August is important in South Africa. The CEO's Personal Assistant, L Mataka introduced Mrs P.B Mgobozi, who addressed the staff on the importance of Women's Day. She further mentioned that August is a chance to celebrate women's achievements as well as the important role they continue to play in society of all races, cultures or religion. It is a day when women are recognized for their achievements .

St Mary's staff members wore beautiful and elegant dresses. Mrs Dlamini (Nursing Manager) mentioned that "women are marvellous, wonderful, nice and always adorable". She further mentioned that the Month of August is dedicated to women. As a result women use this day to have fun with their families, to spoil and pamper themselves hence if it wasn't for these brave women many of us would not enjoy the freedom we have today. The month of August is so important to women, to express our love and gratitude to the women who made a difference in our own lives.

One of the guests Mrs Nkabinde collected images of great dishes and shared them with St Mary's staff members. She highlighted the following:

- Cooking can be a fun time to bond with your family
- Cooking and baking can be educational
- Your kids will become more independent and confident.

The Guest Speaker for the day was Mrs Magudulela. She is not just a motivational speaker; she is a speaker who truly understands the importance of women empowerment and how it has shaped our nation over the years. Her motivation was interesting, thought provoking and had St Mary's staff members motivated to do more and achieve more. She reminded the staff of the fantastic strength, perseverance, determination and power that women possess.

The staff that attended the Women's Day Function left with the following:

- Boosted self esteem
- A feeling of empowerment and excitement.
- Realised that failure is just another step away from success



Special table for "special people"

From Right: Mrs P.B. Mgobozi (CEO), Mrs F.E. Dlamini (Nursing Manager), Mrs Magudulela (Guest Speaker) & Mrs Nkabinde



HERITAGE DAY

Heritage Day is a South African public holiday celebrated on 24 September. On this day, we as South Africans celebrate our cultures and the variety of our beliefs and traditions. It's a day for celebrating what it means to be South African.

Although Heritage Day was in September, we celebrated it on the 5th of October because we wanted to celebrate its 1st Anniversary under the Department of Health. The theme for the day was "Azibuye emasisweni, Get back to your roots." The event was a success. The different departments brought the delicious foods that were allocated to them; the venue was decorated beautifully with each item representing a different culture. The event kicked off with Mr. S Mthethwa as the Programme Director for the day. Then there was a special item put together by the team from St. Anne's Clinic, who put on a spectacular performance for the audience.

Mrs Dlamini delivered a wonderful speech, explaining the history of Heritage Day and how important it was to respect and be proud of not only your culture but other cultures as well. Ms L Mataka blessed us with the untimely Word of God and prayer. Then we indulged ourselves in the different foods that were decked out on the table. People got to taste foods that they were not used to and that gave them a new experience.



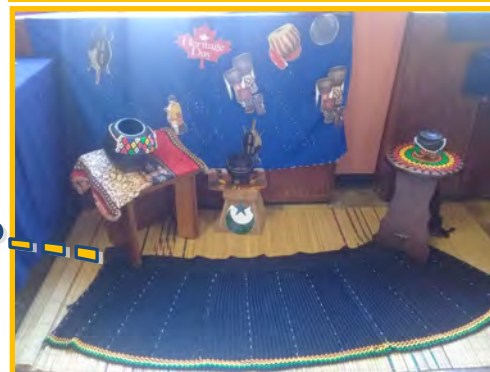
WORD OF GOD BY MS L MATAKA



ST MARY'S HOSPITAL CELEBRATING HERITAGE DAY AND ONE YEAR ANNIVERSARY UNDER D.O.H.



DECO



HERITAGE DAY PHOTOS CONTINUES.....



SASIQOMISA -KE LA 😊



Nalu ucu
lakho....



PROGRAMME DIRECTOR
MR SIFISO MTHETHWA



THE LADIES FROM ST. ANNE'S CLINIC PUTTING
ON A SPECTACULAR SHOW FOR US



THE LADIES LOOKED BEAUTIFUL WITH THEIR TRADITIONAL AT-
TIRE. THERE WAS AN AMAZING TURNOUT ON THE DAY.



PURPOSE OF THE DAY BY "UMAMA
WAMAMPELA" MATRON F.E. DLAMINI



CHRISTMAS CAROLS



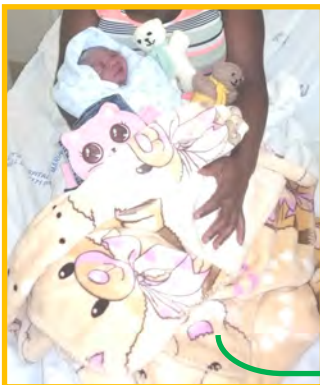
It wasn't business as usual on the 22nd of December when St Mary's Hospital personnel treated patients to a Christmas show. The show came in the form of Christmas carols whereby CEO and staff paid a visit to different wards singing and presenting gifts to patients. The aim of the Christmas carols is to bring a cheerful spirit to everyone during the festive season and to remind Christians of the story of the Holy Nativity. In good festive spirit the staff sang the following traditional carols: "We Wish You a Merry Christmas", "Silent Night" and "O Holy Night". Patients appreciated this gesture since it came as a surprise in the hour of need as they were admitted in hospital.

IXOXWA NGEZITHOMBE



CHRISTMAS BABY

St. Mary's Hospital welcomed a total of 7 babies on Christmas Day . The ratio of male to female babies was 5: 3 with one set of twins. Every good job is the beginning of good things to come..." Well done Maternity and Labour Ward!!



THE FIRST CHISTMAS BABY RECEIVED GIFTS FROM ST. MARY'S HOSPITAL MANAGEMENT

ACKNOWLEDGEMENTS



ZAMA BIYELA

WRITER, PHOTOGRAPHER

&

DESIGNER



MRS P.B. MGOENZI

EDITOR



VIKANI NJOKO

PHOTOGRAPHER

WRITER



NOMFUNDO ZUMA

PHOTOGRAPHER

WRITER



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

CONTACT DETAILS

Physical Address:

1 hospital Road Mariannhill 3610

Postal Address:

Private Bag X16 Ashwood 3605

Web Address:

www.kznhealth.gov.za

SWITCHBOARD:

031 – 717 1000

SWITCHBOARD FAX NUMBER:

031 – 717 1195

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