



EZASEROMA

NEWS

JUNE-DECEMBER 2021

AS WE REFLECT ON THE PAST YEAR

When 2020 hit us, we thought we had seen it all. We were never ready for the worst which was yet to come

We have come through the year that was filled with both challenges and victories. I thank each and every one that has put an effort in achieving our goals under such testing times.

To the unsung heroes your hard work and dedication does not go unnoticed:

- The complications that you have dealt with in that small theatre
- The total deliveries that you have conducted in that Labour Ward
- The lives that you have saved in that trauma unit
- The neonates that you have managed from 650g till they were discharged
- The developments that you've brought in the Primary health section, shows that if we focus, we will win
- The miracles that you have performed in the obstetric unit.... has taught us that team work is the key!!!

The COVID-19 pandemic has necessitated modification to normal practice. It has been recently shown that healthcare workers involved with COVID-19 have confirmed a substantial proportion of mental health issues (MK.A-HANAWI 2020). It is therefore encouraged that we all make use of Psychotherapy provided. Familiarise ourselves with signs of mental disturbances in order to seek help and /or refer the affected ones for help.

As we begin the year may we focus on improving our indicators especially those set on our operational plan through ongoing reviews. May we learn from the mistakes made in 2021.

May we see the new beginning after the end..



CEO: MRS P.B. MGOBOZI

INSIDE THIS ISSUE:



WORLD AIDS DAY

The Department of Health and its partners have worked hard to reduce stigma, especially when it comes to HIV/ AIDS. There are people who can still discriminate against those living with HIV, hence the theme of World Aids day 2021 was: { End inequalities. End AIDS}. Our clinic celebrated this day with a variety of lectures and teachings on HIV / AIDS and all non-discriminatory practices. In collaboration with the partners the clinic was able to present gifts to all present on the day and special gifts to those who answered questions correct. Thank you to the sponsors for making this day a success especially the Hospital Management.

WORLD AIDS DAY PHOTOS



CHRISTMAS BABY

Out of 12 babies born on Christmas day there were 7 boys and 5 girls. Ms N was the first mother to give birth on Christmas day. You could see joy in her eyes as the nurses handed out presents to her baby. This is a common practice for the first child born on this day. Congratulations to the hardworking Midwives for their hard work.



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RADIOGRAPHY DAY

Radiography Day

World Radiography Day is celebrated on 8 November each year. The date marks the anniversary of the discovery of x-radiation by Wilhelm Roentgen in 1895.

The theme for the International Day of Radiology this year is 'Interventional Radiology – Active care for the patient'

In spite of staffing challenges our X-Ray team celebrated and acknowledged this special day as seen in the photos below.



16 DAYS OF ACTIVISM AGAINST GENDER-BASED VIOLENCE PHOTOS



POSTERS BY PHARMACY STAFF



banner by RE-HAB Team



PHARMACY MONTH

September was Pharmacy Month and the theme this year was “Think Pharmacy : Quality Healthcare for all”.

The sub themes were –

- Your pharmacist is accessible
- Your pharmacist can provide medicine and information about your health
- Your pharmacist is part of a health care team that works together to look after you
- Your pharmacist offer support and care for you and your family
- Your pharmacist can provide advice on healthy living
- Your pharmacist can provide advice on immunisation and family planning services
- Your pharmacist can help to get you tested
- Your pharmacist can provide help with self-care and first aid

In order to encourage a healthy lifestyle amongst the pharmacy staff at St Mary’s went to Giba Gorge Mountain Bike Park and hiked to a beautiful waterfall followed by a picnic on the lawn. A lot of fun was had by all who attended.

During the last week in September Pharmacy Department celebrated Pharmacy Month by giving a talk to the patients. Their main focus was on healthy living and all the patients were given a piece of fruit. The patients were advised on following a healthy eating plan and they were encouraged to do exercise. They were also reminded that the pharmacy staff are here for them and are part of their healthcare team and they are always willing to answer any questions the patients might have regarding their medication and lifestyle.

Everyone attending listened attentively and enjoyed hearing the talk from the pharmacy staff.

PHARMACY STAFF @ GIBA GORGE



PHARMACY MONTH ACTIVITIES IN ST. MARY’S HOSPITAL



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MIRACLES STILL HAPPEN



We call this baby “miracle” because he was delivered with Apgar 5-6-8/10, weak cry and weighing 630grams (extreme prematurity but very strong). He was then rushed to High Care Nursery with all positive signs of life. He was nursed in a warm incubator and relevant quality of care rendered. Seeing the condition of the baby the mother was receiving ongoing counselling on possible poor prognosis. Whiles in the ward Baby had once aspirated but resuscitated effectively and he continued gaining weight satisfactorily. On day 14 he weighted 1000gms which according to the doctors was “the moment of HOPE”, Day 40 his weight was 1,5kg “EXCITEMENT” Day 45 was 1,7 kg and was discharged after 2 days.



The Ward Managers and staff could not release this baby ordinarily like any other admitted babies because of the journey they had shared with the mother. They arranged gifts including baby clothes, mothers' cosmetics and cake. Mother was in tears of joy as she thanked staff for what they have done. The CEO and all managers are proud of both Acute Ward (Gynae Ward), Labour Ward , doctors and Maternity team that took care of the baby.



NURSES DAY

Nurses are always special but celebrating Nurses Day brings renewed recognition . This year's event was attended through Zoom where Nurses from St. Mary's Hospital started with the march and got together at the Lecture Hall to be part of the Provincial Department of Health Nurses Day Celebration Event . St Mary's Hospital nurses enjoyed the programme as they were given a chance to see who Departmental Officials and also go the chance to hear live and direct uplifting messages from Health Department Officials. They did not only received words of encourage from the Provincial Department of Health Officials but they also received wonderful gifts from DENOSA. At the end of the programme the Nursing Manager Mrs F.E. Dlamini offered a few words of thanks and encouraged the nurses to continue to do well in their work, culminating in a nursing pledge.



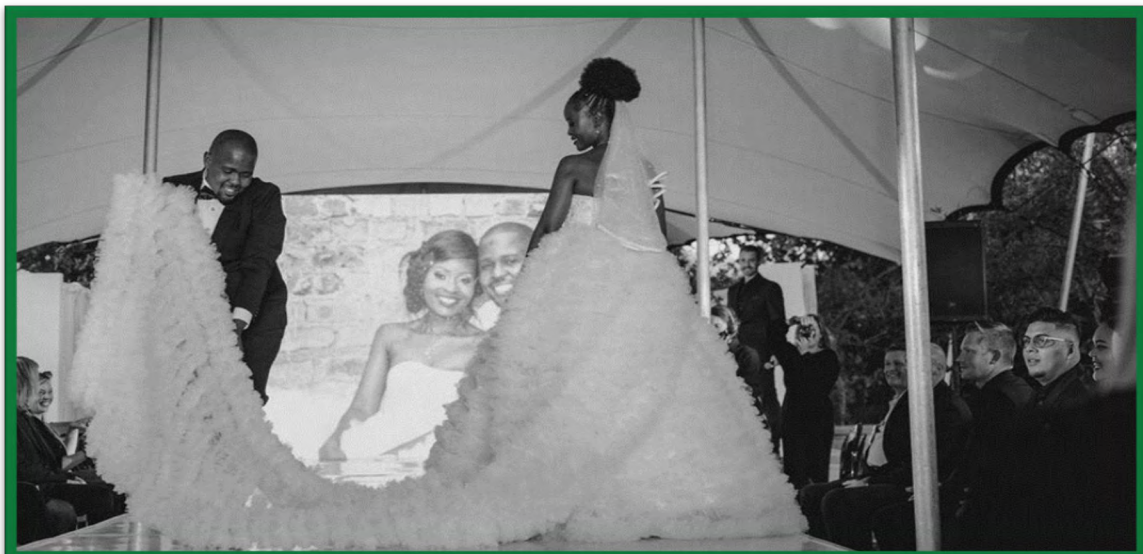
GLITZ & GLAM

Congratulations to Mrs Lindie Mthethwa Cebekhulu for bringing us such a reputation as a small hospital, the management and staff of the hospital are proud to have a winner for the SA Bride of the year 2020. The crowning took place on 05 June 2021 at the luxurious Winelands wedding venue, Vrede en Lust Estate. The couples were judged by a panel of amazing celebrity judges.

Lindie's beautiful wedding dress left the judges distinct and made her very different from the most. She won prizes valued @ R147 000.00.

A two night stay at the ultra-luxurious Tanda Tula Safari Camp as well as a two night stay at the picturesque Thornybush, Saseka tented Camp. This is the best of the bush life. Cash from SA Weddings, branded bag from Garabette, skincare and makeup from Dr Hauschke, earrings from Nina Bosch Porcelain Jewellery, GHD Styler, Mens Skincare from Red Dane and so much more to the value of R147 000.00. In addition to this, she will also hold the title of SA Weddings Bride of the Year 2020 which is even more special due to the pandemic and its dramatic influence in the wedding industry.

Congratulations Lindie, your win means a win for all of us in the hospital and KZN as well.



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BATHO PELE: GOING AN EXTRA MILE

It is gratifying to hear that there are still people who do not consider patients as numbers but who are able to track the lives of their patients. The OPD staff was observed that one of their patients was willing to take his medication correctly but the problem was that he was always complaining of being hungry. His situation touched them and raised money are affected and raised money to buy him grocery for him to take his medication well.



RESUSCITATION TRAINING FOR NURSES AND DOCTORS

In order for the facility to function as a well-oiled machine & to deliver Quality care it works best if the nurses and doctors have the same information about the treatment of the diseases, especially in the Emergency Unit. Thanks to Dr Chonco for reviving resuscitation training for nurses and doctors hosted by DR Lyabda.

Activities or what was part of the training was the following:

- ◆ demonstration

- ◆ techniques were practiced
- ◆ scenarios played out
- ◆ certificates handover



LEGISLATURE VISIT

Our hospital has been visited by Legislature officials to provide support as it is one of the vaccine sites and vaccine-retaining hospital. This day was a very special day for the management and covid-19 staff due to the compliments and support they received from this visit.



TB DAY

When we talk about making things happen no matter what the situation is, we are talking about the TB team in partnership with St. Anne's Clinic coordinating the TB celebration event which was a great success.

Activities done on the day are as follows:

| | |
|---|---|
| <p>HEALTH TALKS ST MARY'S HOSPITAL TOPICS:</p> <ul style="list-style-type: none"> • General information on TB infection (What is TB). • Signs and symptoms of TB • TB testing including all different tests used • Significance of sputum testing • TB treatment regimens • TB treatment side effects and management according to various degrees (mild, moderate and severe). • Healthy lifestyle (general hygiene, nutrition, social habits and infection prevention and control. • HIV infection, HIV testing and management of positive and negative results • TB/HIV co infection management. <p>TB contact tracing and nutritional assessment services offered by the institution through help of supporting partners</p> | <p>TOPICS:</p> <p>Signs and symptoms of TB</p> <p>TB diagnosis</p> <p>TB management- duration of TB treatment</p> <p>Phases of TB treatment</p> <p>Tb preventive measures-TPT for the under 5 yrs contacts and HIV positive clients</p> <p>TB and HIV collaboration</p> <p>TB in pregnancy for both mother and child</p> <p>Healing after TB infection, healthy lifestyle and well balanced diet</p> <p>UTT</p> <p>ART Dual therapy</p> <p>PrEP</p> <p>Adherence counselling</p> |
| <p>ST MARY'S HOSPITAL</p> | <p>ST ANNE'S CLINIC</p> |
| <p>TB screening-115</p> <p>TB tests done:</p> <ul style="list-style-type: none"> • Xpert MTB Rif=12-(all negative) • AFB=1 (positive) • TB culture=2-waiting for results(6/52 TAT) • LAM=4- (all negative) <p>Chest X-ray=4-(2 positive)</p> <p>TB treatment initiations=2(1 under 5yrs, 1 adult-non pregnant).</p> <p>TB Treatment adherence counselling-5 DS TB clients, 1 DR TB HIV tests=28</p> <p>HIV tests=28 (all negative).</p> <p>Condom distribution-200 male, 200female</p> | <p>TB screening -49</p> <p>TB tests done:</p> <p>Xpert MTB Rif 43</p> <p>2 positive</p> <p>TB Rx initiations-2</p> <p>HIV tests=15 volunteers(0 positive)</p> <p>Condom distribution-1200 male,100 female</p> |

There were questions and patients who responded well were given goodie bags. There were also treatments such as healthy bags, goodie bags for patients and entertainment

Entertainment.

Ixoxwa ngezithombe khasini elilandelayo..



IZITHOMBE



UMPHATHI WEKILINIKHI NKK D.D. MBAMBO : KWEZEMIBUZO KANYE NOKU-
NIKEZELA IZIPHO



KUSUKELA KWESOKUDLA: MS KHESWA (UMPHATHI WOHELELO) KANYE NO SR ME-
MELA BEFUNDISA NGEZINHLOBO ZEMISHANGUZO YESIFO SOFUBA



BEBEPHUME NGOBUNINGI BABO



ITHIMBA LABASEBENZI BEKILINIKHI



ITHIMBA LASE HAST LIHOLWA UNKK Z.N.B. KHUMALO



FEEDBACK FROM OUR PATIENTS

St. Mary's Hospital Management is proud of those who have received compliments from our patients. The names that have always appeared in the Compliments, Complaints & Suggestions Boxes were:

CHILDRENS WARD

| | | | |
|---------------------------------|-----------------|--------------|-----------|
| Staff Nurse Mbatha known as Dwi | Sr N. Gwiliza | Dr Tshibangu | Sr Radebe |
| SR Mkhize | Nomusa –Cleaner | Sr Phungula | |

HIGH RISK CLINIC:

| | | | |
|------------|-----------|-----------|--|
| Sr Dlamini | Sr Phoswa | Sr Brenda | |
|------------|-----------|-----------|--|

MATERNITY WARD

| | | | |
|-----------|-----------|-----------|--|
| Sr Gloria | Sr Ndlovu | Sr Ngcobo | |
|-----------|-----------|-----------|--|

OPD

| | | | |
|-------------------------|-----------------------|--------------|--|
| Thandeka Hlophe- Porter | Staff Nurse Z Mthembu | Sir Magwaza | |
| Sr Govender | Sr Solomon | Sr Mzobotshe | |
| Dr Singh | Sr Naicker | Sr Gabela | |

POPD

| | | | |
|----------|------|--|--|
| Manaledi | Gugu | | |
|----------|------|--|--|

DATA

| | | | |
|---------------|----------|--------------|--|
| Ms N. Zulu | Mrs Duma | Mrs Nyandeni | |
| Mrs C. Gumede | | | |

REHAB

| | | | |
|------------------------------|------------|--|--|
| Ms Lindie Mthethwa Cebekhulu | Ms Jessica | | |
|------------------------------|------------|--|--|

MARIANNWING

| | | | |
|---------|--------------|-----------|--|
| Sr Zulu | Dr Madonsela | Sr Mkhize | |
|---------|--------------|-----------|--|

St. Anne's Clinic

| | | | |
|---------------|-----------|-----------|--|
| Sr Memela | Ms Mabaso | Sr Mkhize | |
| Mrs Buthelezi | Sr Ndlovu | Ms Kheswa | |

ACUTE WARD

| | | | | |
|--------------|------------|-------------|-------------|-------------------|
| Sr N.J. Dube | Sr Xaba | N.F | N. Mkhungwa | Zikhali |
| Dr Mndunge | Dr Dlamini | Sr Mndadane | Sr Palmer | Sbongile- Cleaner |

MEDICAL WARD

| | | |
|-----------|------------|--|
| Dr Chonco | DR Zingoni | |
|-----------|------------|--|

PHARMACY

| | | | | |
|-------------|---------------|----------|--|--|
| Mrs Sithole | Mrs D. Naidoo | Mr Thusi | | |
|-------------|---------------|----------|--|--|

| | | | | |
|--------------|--------------|------------|--|--|
| Sr N. Ncwane | Sr Khwela | Mrs Qhwagi | | |
| Divine | Sr Mngwengwe | Sr Langa | | |

HAST

| | | | | |
|---------------|--|--|--|--|
| Sr Z. Khumalo | | | | |
|---------------|--|--|--|--|



ENCOURAGING INNOVATION & REWARDING EXCELLENCE

Our top 5 of the most popular ones:

- 1st -Z. Mthembu (OPD)
- 2nd -Dr Tshibangu (PEADS)
- 3rd -Sr Xaba (Acute Ward)
- 4th -Sbongile (Cleaner from Acute Ward)
- 5th -Brenda (High Risk Clinic)

EMPLOYEE OF THE 3 QUARTERS APRIL- DECEMBER



She is highly commended for her love and patience. Iziguli zimubiza ngo “Zalo”. Igama lakhe langampela uNksz Zanele Mthembu. Igama lake lezivela cishe okudlulele eshumini kuzozonke izinyanga .

TWO TROPHIES IN A ROW

Congratulations to our partners TBHIV Care for honouring our hospital, because of them our hospital has won two trophies in a row in recognition of being the best performing facility in initiating children under five on IPT. Many thanks also to the team leader, our very own Sr Z. Khumalo: Hast OM



WELCOME PARTY FOR THE NEW SYSTEMS MANAGER

Tears of joy flowed from the System Manager as the Systems Department welcomed her. The idea behind this gesture was for the Systems Team to get to know each other better and to build better relationships amongst each other. Their Mphathi was overjoyed. Well done Systems team!! What you have done is commendable and we hope that other Departments will learn from this wonderful gesture.

WELCOME TO ST. MARY'S MRS ZAMISA.....



CONGRATULATIONS COLLEAGUES

We are proud of you for being able to continue with your studies under the pressure of covid-19. You have really lived up to the saying that says “: Education is one of the most important ingredients in a happy, successful and constructive life”.



Ms Ayanda Ngongo completed her ND in Human Resource Management at DUT



Ms Nompumelelo completed her ND in Public Management at MUT.



Ms Nondumiso completed her Bachelor of Commerce in Supply Chain Management MANCOSA



Mr Samkelo Makhanya completed his Bachelor in LAW at UNISA



SPECIAL FUNCTIONS FOR SPECIAL PEOPLE

Our miracle Baby shower

Everything has its time. Patience, patience, and trust in God are proof of what happened in the life of one of our colleague's Dr Mbuli. Congratulations on the repeated blessing God has given you. Thank you for allowing us to be a part of the journey and to share your story that has brought us tears of joy for all of us. The baby shower was different from the baby showers we had. it was a baby shower of praise.

Congratulations Dr Mbuli may God keep you and your children safe and bless your family.



Birthday and farewell party to YEYEYE

The X-Ray team struck two birds with one stone which was to celebrate Mr Gumede's birthday and bid him farewell as he retired. The X-Ray staff were grateful for the comfort under his care as he was the head of the department and being a loyal father to all.

Happy retirement Mr G !! May God multiply the years he has given you. We (St. Mary's Hospital staff) thank you for all your teachings. Our meetings will never be the same without you !! We say to you "Ndlelanhle" we will miss you and we wish you all the best.



Retirement Party to (our youngest) retiree

On this 25th day of July the Nursing management was saying goodbye to the former medical ward operational manager. Mrs Titus has been served for over 20 years here at the hospital. Surprisingly no one expected her that she was due to retire because she looked very young. The management and staff of the Hospital wish you a happy retirement and a long life. Your contribution for all these years will never be forgotten by all of us. Spoil yourself with all that you love during this time, you will be missed and we wish you all the best for this new journey



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