



UMGENI

NEWS

DECEMBER 2024

MEE's Visit



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WELCOME MESSAGE FROM THE CEO



Mrs. S.T. Chule: Acting CEO

A warm welcome to 2025

I

hope this message finds you refreshed , revitalized and ready to tackle the new year with enthusiasm and dedication.

As we begin 2025; I want to take a moment to express my heartfelt appreciation for each and everyone of you. Your tireless efforts, commitment to excellence and passion for delivering exceptional care have made our facility a beacon of hope and healing.

As we embark on this new year; I encourage you to continue striving for excellence. Let us work together to build on our successes, learn from our challenges and innovate solutions that improve patient outcomes and experiences.

I wish you all the best for 2025. May this year bring you joy, fulfillment and opportunities for growth and development. Remember that your hard work, dedication and compassion make a profound difference in the lives of our patients and their families.

Thank you for all that you do.

Best regards

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MEC's VISIT

“

I want to express my heartfelt appreciation to the staff of *Umgeni Hospital* for your exceptional care and compassion towards our patients with mental health conditions and physical challenges” said

Ms. Nomagugu Simelane (MEC for Health) when she visited *Umgeni Hospital* with Senior Health Management Team (MANCO) Dr. S.C. Tshabalala (Head of Health) , DDG's (Dr. Moji, Dr. Mthembu and Mrs. Msimango).

UMgungundlovu Acting District Director (Mr. Green), Mrs. Dube (Chief Director: Hospital Management Services), CEOs for all facilities within UMgungundlovu district etc. on the 27 September 2025.

The MEC witnessed the dedication of staff members to their work as she walked ward to ward and to other departments which contributes to the care of patients e.g. laundry. Visiting the facility made the MEC and the delegates to see how vulnerable are the patients i.e. fully depending on health care providers/ workers.

The MANCO fully witnessed that at *Umgeni Hospital* its not about job security for staff members but they provide exceptional care to patients as they are totally depending onto them.

The visitors were deeply moved, touched by the commitment and passion that drives the nurses of the facility towards outstanding care regardless of the challenges e.g. shortage of staff. The MEC further explained that the situation at *Umgeni Hospital* needs more attention of additional nursing staff so that it cannot impact in their lives since they are treating patients holistically.

“It is a very clean facility which puts their patients needs first, as good as its managers said MEC.



From left: Mrs. Dlamini (Hospital Board Chairperson) and Mrs. Chule (Acting CEO) leading the walk to the wards.



MEC and Head of Health (talking about what they have seen during the ward visits)



MEC's VISIT



MEC's VISIT



World Stroke Day Commemoration



From left: Mrs. Ngobese (Physiotherapy Technician), front: Miss Chellan (Physiotherapist) and Mrs. Shalufa (Physiotherapist)

The Physiotherapy Department commemorated World Stroke Day which was on the 29 October 2024.

The aim was to create awareness about the benefits of physical activity in helping to reduce the risk of stroke.

The event was held over two days in the hospital and the focus was on those employees who are predominantly office bound for most part of the day. However, we received much interest from all categories of staff and a great amount of fun was had in demonstrating different types of physical activity that one can participate in. There was a display of different types of exercise equipment that could be incorporated into one's exercise routine. It was highlighted that exercise can be fun! There was a little bit of competition between components to see who could hula the longest, win the swing-ball game and a friendly "aerobics face-off".

The physiotherapists also coordinated an exercise class to music, encouraging staff to "calm down", exercise and reduce stress. Posters providing more detailed information about stroke were also made and displayed at strategic points in the hospital. We were honoured to have management attend and participate. Thank you to all staff who supported this event.

Compiled by: Miss T. A. Chellan (Physiotherapist)

World Stroke Day Commemoration



Mr. Zondi (Learner Pharmacy Assistant) being involved in a physical activity which reduces stroke



From left: Miss Chellan (physiotherapist), Mrs. Chule (Acting CEO), Mrs. Shalufa (Physiotherapist) & Mrs. Ngobese (Physiotherapist Technician)

Hand Hygiene Awareness



mgeni Hospital celebrated the World Health Organisation (WHO) Global Hand Hygiene Awareness Day for 2024 with ongoing activities from 6th – 15th May 2024: Taking the lead from the WHO 2024 theme ~ **Promoting knowledge and capacity building of healthcare workers through innovative and impactful training and education on infection prevention & control, including hand hygiene**” a fun, interactive programme was put together.

A Hand Hygiene Poster competition was held; in which all wards and sections were invited to participate. The mandate was to create a relevant Hand Hygiene Poster in which all the teams were involved in, and that it should be displayed in the ward or section from the 6th May 2024. The creativity and out of the box thinking made selecting winners difficult. All the criteria was used and in the end this is what identified winners:

Wards: Two wards scored 19/20, but in the end **Ward 8** had the edge on **Ward 4** because they displayed two posters, and more informative detail.

Allied Health: The Occupational Therapy submitted a beautiful entry, but they were beaten to the podium by a beautiful presentation from **Pharmacy**, which supported their poster, which highlighted getting germs on our hands from everyday objects.

Non Clinical Sections: Acknowledging some great efforts from the Linen Department, and the Cleaning Section, however the runaway winner was the **Food Service**, who put together an amazing powerpoint presentation involving all their staff, and highlighting hand hygiene from the start of shift, through the workday processes, and until end of the day. They concluded their presentation with a stunning Hand Hygiene Dance demonstration.

On Wednesday 15th May 2024, all wards and sections were invited to a Hand Hygiene Workshop.

Session 1: “The chain of infection” took participants on a road trip, identifying a starting point, a destination, and a mode of travel. This analogy was used to demonstrate the essential elements of the infection chain. A germ, a source, a host, and a mode of transmission. On a road trip, one hopes to avoid interruptions, but in Healthcare, our objective is to hijack the germ trip and disrupt a possible resulting infection outcome.

Session 2: “Hands On”. Participants were each given hand sign language (for the deaf) of an animal, and each participant had to demonstrate their hand sign and the group had to identify which animal was being signed. After lots of laughter, the next task was to get dirty, and using their hands, participants were tasked to paint their given animal. The queue to the hand basin for hand washing after this activity was an absolute bonus... with staff eagerly lining up to wash hands!!

Session 3: “Warriors Ways” and took the participants into exploring “fighting infection”. An Army or Police force are highly trained, highly skilled people, who have to be fully committed to identifying a threat, and be ready to respond at every moment. So too Hand Hygiene Warriors must demonstrate that level of training, competency, commitment and readiness to fight the threat of infection. This session took participants through the 5 Moments of Hand Hygiene, and the Hand washing and Hand Rub techniques.

Thank you to all staff who participated

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QUALITY DAY & LONG SERVICE AWARDS

“This is your day to celebrate; it has been a while since we did not organize the quality day event said Mrs. Chule (acting CEO) when she was doing the welcoming note. “Today the 27.11.2024 is the day to acknowledge those who are dedicated to their work, those who go an extramile towards servicing our patients”. Due to not having budget for events the day was also to celebrate for components that performed well on Ideal Hospital initiative, long services awards i.e.10, 20 & 30 years’ service serving the department and Infection Prevention and Control surveys lastly soccer and netball team achievement during the UMGungundlovu District tournament . We could not fail to consider outsource companies since they are in partnership with the facility towards good services that are provided to patients.

The aim of the event was to demonstrate our hospital’s appreciation for its employee’s hard work and dedication to delivering exceptional patient care.

Among the dignitaries of the day there was Umgeni Hospital Board, Miss. Takalo (chairperson for Mental Health Review Board), Cllr Lamula, Friends of Umgeni and last but not least our guest speaker Mr. Keith Ruthanum from Head office Mental Health Directorate. Mr. Ruthanum honored us with his expertise. As the guest speaker for the day he structured his speech in a very practical way. He allowed staff to participate in a stress releaser game (blowing a balloon thinking about all problems that stress an individual in and out of work which might have an impact in performance). He then instructed staff to flatten the balloon releasing air as a mode of releasing themselves in stress situations. Staff were encouraged to have coping mechanisms to avoid stress.

The event was a success because staff were encouraged for positive work culture; encouraged to continue delivering exceptional patient care.

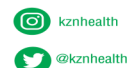
Thank you to all who made an event a success and a special accolade to Quality Assurance Manager (Mrs. Xulu) for working tirelessly for the event.



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QUALITY DAY & LONG SERVICE AWARDS



From left Mr. Hlatshwayo: (AD Facility Manager), Mrs. Xulu (Quality Assurance Manager) and Mr. Situma (M &E Manager)



Display of certificates for long service awards (40, 30, 20 and 10 years)



From left Miss. Takalo: (UMgungundlovu Mental Health Review Board Chairperson), Mrs. Xulu (Quality Assurance Manager), Mrs. Chule (Acting CEO) and Mr. Gwamanda (AD: HR Manager)

QUALITY DAY & LONG SERVICE AWARDS



QUALITY DAY & LONG SERVICE AWARDS



EMPLOYEE WELLNESS PROGRAMME



Umgeni Hospital is the best; the bunch of winners!!!!

Employee Assistant Programme/ Employee Health Wellness is encouraged by KwaZulu-Natal Health Department strengthening it to District Offices, Hospitals and Community Health Care Centre's. The management of Umgeni Hospital is supporting the programme by permitting staff to participate in UMgungundlovu District soccer and netball League.

The teams from Umgeni Hospital namely (soccer, netball and umlabalaba) has been compatible in the field and playing board. It is proven with their results during the UMgungundlovu District Tournament. The tournament was on the 03-04 October 2024 at Protea Sports Field in Northdale which involves all facilities at district.



The active participation of facilities showed an eager to win the trophy or being the best team for the district.

1st Position and soccer 2nd position. Umgeni obtained 2nd

It goes without fail that dedication and hard work (in preparation for the tournament) has paid to the team by being the best team for the tournament. Umgeni Hospital netball team obtained 1st position, soccer 2nd position and umlabalaba 2nd position. This made management proud to lead the facility which actively participates in sports.

As the league continues next year; management wish to encourage all teams to continue being committed in sports to fill the trophy cabinet.

"Participating and giving your best is an identity of a true and best sports person" Kavya

Importance of the Men's Health Clinic

The Men's Health Clinic at *Umgeni Hospital* is a vital step towards bridging the healthcare gap for men. This specialized clinic offers a convenient, confidential and male-friendly environment, fostering a sense of comfort and trust among patients. The clinic is an initiative by UMGungundlovu District AIDS Council. Having an aim that all sub-district to have specialized clinic for males. There are other partners that were in the mist while the clinic was formed i.e. Health Systems Trust (HST), Right to Care, uMgeni Municipality, Inkunzi Isematholeni etc.

The Key Benefits of a clinic

1. Targeted healthcare services: The clinic provides focused attention on male-specific health issues, such as health screening, prostate cancer screening, hypertension, mental health concerns etc
2. Increased accessibility: Men can now access healthcare services in a setting designed to meet their unique needs, reducing barriers to care.
3. Early detection and treatment: Regular check-ups and screenings can lead to early detection and treatment of health issues, improving overall well-being and reducing mortality rates.
4. Health education and awareness: The clinic offers educational resources and workshops, empowering men to take charge of their health and make informed decisions.
5. Community engagement: The clinic serves as a hub for community outreach and engagement, promoting health awareness and encouraging men to prioritize their health.

Conclusion

The launch of the Men's Health Clinic at *Umgeni Hospital* marks a significant milestone in addressing the healthcare needs of men. By providing a dedicated, male-friendly space, we can encourage men to seek medical attention without hesitation, ultimately improving health outcomes and reducing health disparities.

Currently the building that was identified to be a clinic is under minor revamping so health services are rendered in a mobile clinic. The clinic services are on the 2nd and 4th Tuesday of the month.

Nelson Mandela Day

Mandela Day is an International Day held in honour of Nelson Mandela. The Mandela Day Event 2024 was held by the Dietetics Department: Mrs. Nerini Naidoo & Miss. Alisha Mohanlal.

The Wards we focused on were D2 and Ward 3, because they have higher functioning Mental Health Care Users (MHCUs). Ward 3 had 22 MHCUs and approx. 8 staff including Cleaning Staff. Ward D2 had 15 MHCUs and 7 staff including Cleaning Staff. The cupcakes were baked and iced for the MHCUs,

Party packs were made with Oranges(for Ward 3), Pure Joy Juice, Fruit Loops, and Mixed Smooth Yoghurts for Soft Diets for the MHCUs.

Music was played and MHCUs danced and had great fun. We played games and had prizes. (Colouring books & crayons, Snakes and ladders, cups etc)

Games like musical chairs and quizzes were played with both staff and MHCUs in Ward 3.

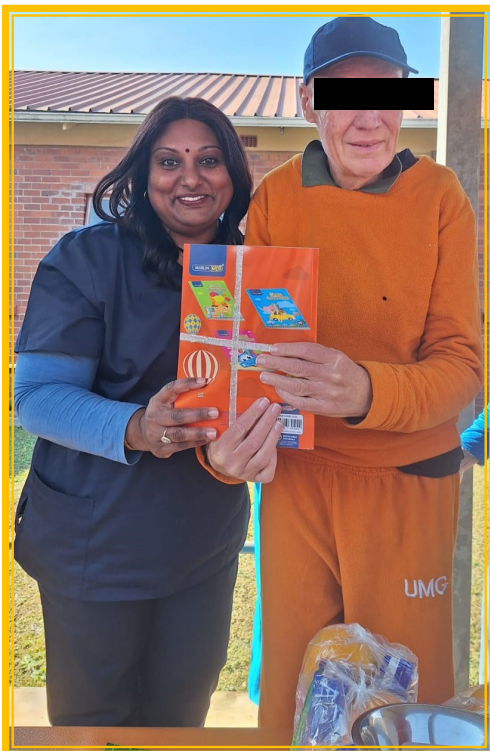
Quality Time was spent with the MHCUs & Staff. Ward 3 event was held on Tuesday the 16th July 2024.

Ward D2 event was held on Thursday the 18th July 2024.

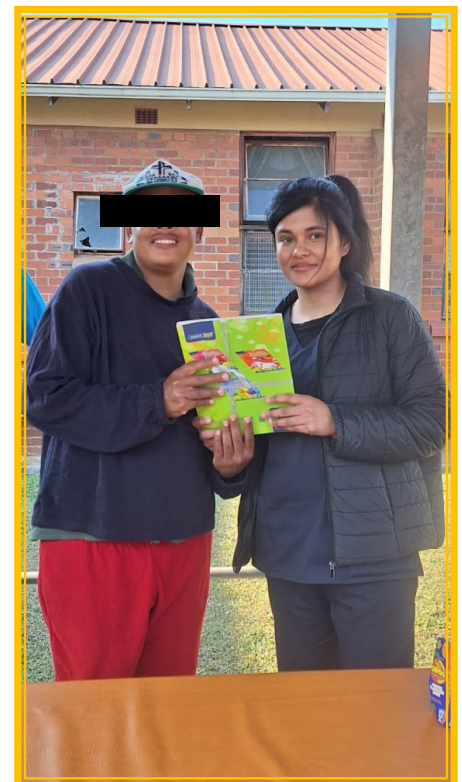
A special meal was arranged with the kitchen for the respective days, the MHCUs favourite roast chicken, mash and vegetables.

Giving back to our MHCUs is most rewarding and provides memorable moments not just for us but for them.

Article was submitted by : Mrs Naidoo (Dietician)



Mental Health Care User's receiving their gifts after participating in games.



ACKNOWLEDGEMENTS

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