



IMPILO ENGCONO

NEWS

24 MAY 2022

Special edition - International Nurses Day

Information for better health ...

NURSES MOTIVATED TO BE A VOICE TO LEAD DURING 2022 INTERNATIONAL NURSES DAY

International Nurses Day is marked on May 12. It also observes the birth of Florence Nightingale, usually recognized as the 'founder of modern nursing'. Every year, International Nurses Day is celebrated to honour and recognise the efforts of nurses across the world. The day is commemorated to acknowledge the sacrifices and precious contributions that nurses deliver to society by taking care of the ill and frail and nursing them back to life.

The theme for this year's Nurses' Day as per World Health Organisation is "Nurses: A Voice to Lead - Invest in Nursing and Respect Rights to Secure Global Health". uMgungundlovu District celebrated this honourable day on 24 May 2022 where a large number of nurses of all categories and levels gathered at Grey's Tertiary Hospital in Pietermaritzburg to be saluted and reminded that they are the voices for their patients and the community.



Nurses from uMgungundlovu District gathered at Greys Hospital to commemorate the International Nurses Day

“IN TIMES OF CRISIS, NURSES ARE ALWAYS AT WORK”

The District's nurses day commemoration on 24 May 2022 was appropriate because of the hardships recently encountered by nurses. For the past two years, Nurses and the health sector encountered a pandemic no one ever saw coming, the Covid-19. Besides the pandemic affecting the whole world, the nurses were affected greatly.

The pandemic took many lives of their families, relatives, beloved patients, and of their colleagues and friends. They faced the scary pandemic on their daily, whether they liked it or not.

uMgungundlovu District nurses were celebrated as heroes and advised to never give up on their calling. “Always put your patients first,” said Mr. S Ndaba who is the current Deputy Nursing Manager for Northdale Hospital and was the Programme Director for the event.

Mrs. Truelove Ngcobo, Acting Chief Executive Officer for Fort Napier Hospital mentioned during her speech that this amazingly executed event was planned by the District's Nurse Managers'

Forum to celebrate life after everything the health sector has been through including Covid-19, July 2021 looting which brought the KwaZulu Natal economy to its knees and had more than 350 people die; and the devastating April 2022 floods which took more than 430 human lives. Nursing is an essential service that has always been critical in times of crisis. Throughout these horrible events, nurses were always expected to be present at work, be punctual, and continue assisting the ill and injured who were in need of care.



Picture 1: Mrs Truelove Ngcobo mentioned that the purpose of the event was to celebrate and thank the nurses for their hard work



Picture 2: The multi-gifted Programme Director for the day was Mr. S Ndaba from Northdale Hospital, he kept everyone entertained with his jokes and singing talent



“ONCE A NURSE, ALWAYS A NURSE”

The event was blessed with a cadre of nurses and former nurses who have worked at all levels of nursing; from community outreach to Primary Health Care, hospitals, and top leadership positions.

Amongst these guests were Dr. M.T Zulu, current District Director for uMgungundlovu District, Mrs. C.N Sosibo, current Director for Nursing Service for KZN Department of Health, and Mrs. ZSI Ndwandwe, former Chief Executive Officer of Harry Gwala Hospital formerly known as Edendale Hospital.

The motivational guest speaker for the day was Mrs. ZSI Ndwandwe. Introduced as a retired CEO for Harry Gwala Hospital, she was also a Chief Director at the Provincial office “one of the pioneers in nursing within the uMgungundlovu District who has left a mark wherever she went” said Mr. S Ndaba the Programme Director whilst introducing her.

In her motivational speech, Mrs. Ndwandwe mentioned to the audience who were all dressed

in their white, angelic uniform that “This day is to salute, appreciate, honour and cherish all nurses” and “I am honoured and privileged to be invited back to the environment because I was once a nurse and I will always be a nurse wherever I am”. The former Nursing Manager emphasized the importance of appreciating people whilst they are alive hence the organization of this event. “give people their flowers whilst they are still alive so they can smell them” She concluded by saying Nurses work hard and they should make it a norm to look after themselves “Look after yourself, treat yourself good, spoil yourself, improve yourself, update yourself and knowledge, refuse to be abused”



Mrs Z.S.I Ndwandwe, the motivational speaker (a retired nurse) for the day reminding nurses that the Nursing profession never ends. She mentioned that once you choose the nursing profession you will always be a nurse even after retirement. The calling is always with you as it is the case with her

NURSES WERE INFORMED TO CONTINUE BEING ADVOCATES FOR THEIR PATIENTS AND FOR WHAT IS RIGHT

Dr. M.T Zulu, the current District Director for uMgungundlovu took the stage to appreciate everyone. As a former nurse, a former CEO of a hospital, and a person who has worked in various categories and levels within the Health Department, she voiced her much appreciation to the planners of the event for making it possible. She emphasised that nurses are a voice for others, their patients, and the voiceless. “have wisdom, educate one

another, and advocate for what is right”. She also mentioned that nurses must be leaders. “have a vision, be an example, have ethics, have a sense of humour, understaff your staff and what they are facing on a daily basis, know your environment and know what is happening within the community you serve so you can be able to have empathy and be the best of you” said Dr. Zulu. Dr. Zulu encouraged nurses and everyone in the health sector to

get vaccinated against Covid-19 in order to save their lives and that they must advocate for the vaccination of community members.

Another guest speaker for the day was from a trade union named Democratic Nursing Organisation (DENOSA), Mr. A Mbeje. He requested that supervisors must be approachable and empathetic. “We must all put patients first, after all this is what we are all here for” emphasized Mr. Mbeje as he also mentioned the need for skills development of younger nurses. “Young nurses are the future of nursing, whilst the older nurses are exiting they must leave the field with skilled people who will continue the profession”. Mr. Mbeje concluded by saying “respect patients, respect each other as colleagues, as supervisors and respect patient’s belongings, most importantly document everything you do on a patient's file because your pen, words, and the file of a patient are your weapon as much as a gun is for a soldier”.



Dr. M.T Zulu, District Director and a former nurse expressed gratitude for how the event turned out.

“NURSES ARE ESSENTIAL IN THE IMPROVEMENT OF THE SOUTH AFRICAN HEALTH SYSTEM”

Delivering a keynote address was Mrs. C.N Sosibo, Director of Nursing Services for the Provincial Health Department. She emphasized the important role of a nurse in the health system “nurses predominate the South African Health System and are essential in improving the status of the health system” “Working conditions are sometimes not conducive, especially for outreach services happening outside extreme weather conditions, sometimes under a tree with no lunchtime”.

She advised the nurses that despite the hardships; they need to be humble, be polite, understand their clients, and know the levels of poverty that are out in the community”.

Mrs. Sosibo said the country needs to invest more in the nursing profession, older nurses were requested to nurture the younger nurses as most of them came to the profession after a long time of unemployment. “always love and respect your profession; dress and look

presentable, walk up straight and serve with a smile, greet your patients, their relatives, and communities, and walk around your unit to check if everything is in order” concluded Mrs. Sosibo.

Mrs. Sosibo presented an award to a nurse from Townhill hospital who through difficult life experiences including losing a limb continued to respect her work and show love and care towards her patients. Ms. Thandi Mbense had an amputation above the knee but did not become a burden to her colleagues and remained optimistic, showing love and care to her patients.



Pic 1: Mrs C.N Sosibo Director for Nursing Services, KZN Department of Health reminding nurses to always be humble

Pic 2: Ms Thandi Mbense receiving an award of appreciation from Mrs C.N Sosibo for her resilience even during difficult times





1



2



3



4



5

Picture 1: Attendees during a Candle lighting moment, paying tribute to nurses who have passed away

Picture 2: Mrs. L van Den Broeck former district champion for the Ethics committee spoke on professionalism and ethics

Picture 3: Mr A.M Ntombela, Chairperson for District Nursing Management forum thanking everyone for their contributions towards the success of the event.

Picture 4: Grey's Hospital choir kept the crowd entertained with their sweet melodies

Picture 5: Some team members of the organizing committee who worked tirelessly to make this event possible





1



2



3

Picture 1: Gifts were handed over to all special guests, including the Programme Director

Picture 2: Entertainment and songs were a big part of the event

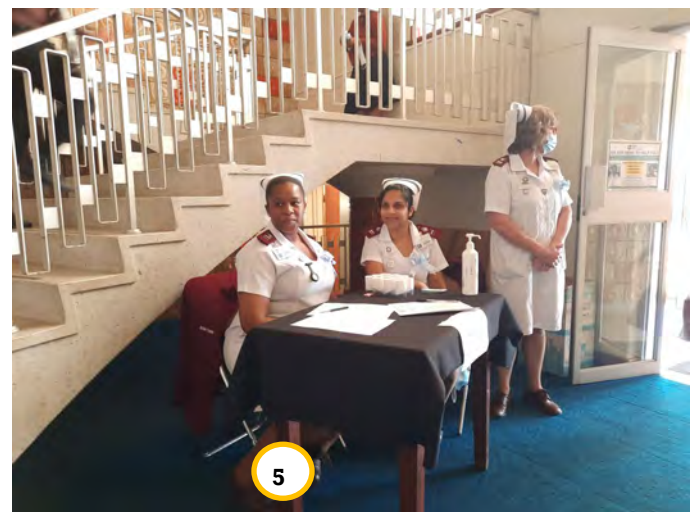
Picture 3: Rev. Mkhize, the District Chaplain opened the event with a prayer and reminded everyone to always put prayer first

Picture 4: Performance of the Nurses' Pledge

Picture 5: Registration table



4



5



NURSES' PLEDGE

REMINDER OF THE NURSES' PLEDGE OF SERVICE

Nurses are reminded that only one pledge for the profession exists. This pledge should be practiced in their everyday duties and hold value to the profession as the nursing field is considered to be a calling. Knowledge of this pledge is essential especially for nurses or nursing students. It shows professional competence and affirms their commitment to the profession.

- *I solemnly pledge myself to the service of humanity and will endeavour to practise my profession with conscience and with dignity.*
- *I will maintain, by all the means in my power, the honour and noble tradition of my profession.*
- *The total health of my patients will be my first consideration.*
- *I will hold in confidence all personal matters coming to my knowledge.*
- *I will not permit consideration of religion, nationality, race or social standing to intervene between my duty and my patient.*
- *I will maintain the utmost respect for human life.*
- *I make these promises solemnly, freely and upon my honour.*



ACKNOWLEDGEMENTS

uMgungundlovu District

SWITCHBOARD: (033) 897 1000

SWITCHBOARD FAX NUMBER: (033) 897 1078

EMAIL ADDRESS:
Thobile.hadebe@kznhealth.gov.za

KEEP IN TOUCH ...

Physical Address: 171 Hoosen Haffajee
(former Berg) Street, Pietermaritzburg

Postal Address: Private bag X9124,
Pietermaritzburg, 3200

Web Address:
<http://www.kznhealth.gov.za/>



Compiled by
Miss Thobile Hadebe
Senior Communications Practitioner

08



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA



KwaZulu-Natal Department of Health



kznhealth



@kznhealth

**GROWING
KWAZULU-NATAL
TOGETHER**