



# NKANDLA NEWS HUB

# NEWS

MAY - JULY 2023

## DISTRICT SERVICE EXCELLENCE AWARDS 2022/2023



Hand hygiene campaign 2023 winner



Nurses day celebration at Nkandla Hospital



Our netball team captain receiving certificate for scooping 2nd position at district tournament 2022

# NKANDLA DISTRICT HOSPITAL WAS VICTORIOUS AT (DASEA) 2022/2023



**NKANDLA DISTRICT HOSPITAL SCOOPED 2ND PLACE DURING DASEA, THEY WERE AWARDED IN REPORTING CATEGORY (FINANCE DEPARTMENT).**



**MPANDLENI CLINIC RECEIVING DASEA AWARD FOR HIGH VOLUME FACILITY WITH >95%**

**NKANDLA HOSPITAL RECEIVING AWARD FOR SCOOPING A 2ND PLACE DURING 2022 DISTRICT TOURNAMENT**



# WORLD HAND HYGIENE MONTH



NKANDLA HOSPITAL (HAND HYGIENE CAMPAIGN TEAM) FOR 2023



NKANDLA HOSPITAL (INFECTION PREVENTION COORDINATOR)



According to national health calendar, May is considered as the world hand hygiene month. This is where department of health world wide encourages people to wash their hands in order to save lives. Therefore a successful hand hygiene event was held at Nkandla district hospital to ensure that, together we take charge to prevent infections and antimicrobial resistance in health care.

Building a culture of safety and quality where hand hygiene is given a high priority. There was a two way communication through questions and answers session that was conducted to encourage staff involvement and active participation, which contributed a lot to a success of the event.

Nkandla District Hospital employees were given the reasons on why is it important to wash hands during and after or before handling of food, procedures in hospital and dealing with the patients. Education on how to wash hands correctly was given to the audience by Nkandla District Hospital, Infection Prevention Coordinator Miss NE Mbatha

She further taught the correct steps to follow, when doing the hand wash, e.g. wash your hands for 40-60 seconds using the following steps, wet your hands in a clean water and apply soap to your palm, rub your palms together, place one hand over back of the other, rub between fingers, rub fingers between each other, grip fingers and rub together, rub each thumb with opposite palm, rub tips of nails against palm and hands. Rinse hands with water, and avoid shared towels, dry using paper towel. Use paper towel to turn off tap.

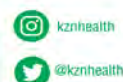
**SAVE LIVES, CLEAN YOUR HANDS**

**BECAUSE**

**TOGETHER WE CAN LEAD THE WAY FOR CLEAN HANDS.**



**KWAZULU-NATAL PROVINCE**  
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# WORLD HAND HYGIEN MONTH WINNERS



**NKANDLA HOSPITAL WORLD HAND HYGIEN WINNER FOR 2023 (DENTAL DEPARTMENT)**



**NKANDLA HOSPITAL WORLD HAND HYGIEN WINNER FOR 2023 (WANGU CLINIC)**



**WORLD HAND HYGIEN MONTH PARTICIPANTS (REPRESENTING THEIR DIFFERENT DEPARTMENT RESPECTIVELY)**



**CREATING AWARENESS ON HAND HYGIEN MONTH**



**WORLD HAND HYGIEN TEAM FOR 2023**



# NURSES DAY



**OUR NURSES LED BY NKANDLA DISTRICT HOSPITAL NURSING MANAGER ON NURSES PLEDGE, DURING NURSES DAY OF PRAYER.**



**NURSES PREPARING TO MARCH TOWARD TO RECREATION HALL**

Also nurses were reminded about the importance of their pledge when they took this profession.

**“OUR NURSES OUR FUTURE”**

International nurses day is celebrated worldwide. The event, established in 1976 by the international council of Nurses (NIC), also serves to highlight the important role nurses fulfill. Nkandla District Hospital ensured that nurses day is celebrated by hosting this tremendous events. This is a ceremony where by nurses are appreciated and celebrated for their dedication and hard work.

“Our Nurses Our Future” this is the theme that was used on the day for nurses day celebration. Nurses were appreciated for their commitments for taking care of our patients /Community. They were further acknowledged for committing themselves during covid 19 pandemic. The nurses who lost their lives during covid were commemorated on the event.



# NURSES DAY CELEBRATION



**“OUR NURSES OUR FUTURE”**



**NURSING MANAGER LEADING THE PLEDGE**

Nurses day celebration, the main aim of the celebration is to raise awareness of the important role nurses play in the society and the contributions, commitment of the nurses to the public in providing the best health care services.

The importance of celebrating this day is in the background of understanding that nurses are a backbone of the health care system. Highly skilled and trained, these medical professionals play a key role in the care of the sick, offering an essential service to our society. That’s why on May 12 every year the world celebrates their contributions on international nurses day

Messages were sent by our speakers of the day of this event e.g.; “ thank you for being on the front lines of care. Thank you for your kindness, dedication and healing touch”. Without nurses and other health workers, we will not win the battle against COVID–19 and other diseases. Indeed nurses were highly celebrated at Nkandla District Hospital.

On this day nurses promised to uphold the Hippocratic oath, do no harm, practice discretion and be dedicated to their work as nurses. The nurses pledge has “several ethical benefit. It provides a foundation for the code of ethics of the nursing profession, encourages professionalism among nurses, provides moral guidance with regard to patient care, and promotes the standards of the nursing profession “(Vickie , 2009)

# GIVING COMMUNITY SERVICES



**(MOBILE CLINIC TEAM) TO RENDER THEIR SERVICES DURING ISIBHEDLELA KUBANTU.**



**SOUTH AFRICAN POLICE SERVICES WERE INVITED TO CREATE AWARENESS ON CRIMINAL ACTS.**



**HOME AFFAIRS DEPARTMENT WERE THE PART OF THIS CAMPAIGN WITH THE AIM TO RENDER HOME AFFAIRS SERVICES.**



**HANDING OVER SPECTACLES TO NEEDY COMMUNITY ELDERS DURING ISIBHEDLELA KUBANTU CAIMPAGN.**



**SASSA DEPARTMENT WERE THERE TO ENSURE THAT, OUR PATIENTS KNOWS THE RIGHT PROTOCOL WHEN APPLAYING FOR SOCEIAL GRANT.**

In an effort to encourage individuals to make informed choices about their services



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KwaZulu-Natal Department of Health  
 KZN Department of Health

kznhealth  
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# DEPARTMENTS GIVING HEALTH EDUCATION



**NKANDLA HOSPITAL SOCIAL WORKER, MRS ZUNGU RAISING AWARENESS ABOUT ALCOHOL AND SUBSTANCE**

Stakeholders honored the invitation and there were given slot to share according their expertise. Departments Such as **SANCA, AFSA, LIFELINE, LOVE LIFE, SIZANANI** were in attendance. Since there was a commemoration of international day against drug abuse, which is also known as drug day which is celebrated in June annually, talks covered the call to tight agaist drugabuse.

Therefore this platform gave an opportunity to combine these two awareness and it was a great success. Its been identified that when a person/young adult is under influence of alcohol/ drugs the reasoning is impaired which can lead in wrong decision making. For example engaging on unprotected sexual activities.



**SR NTOMBELA GIVING HEALTH TALK ON TEENAGERS ABOUT PREGNANCY.**

Further more these sexual activities can lead to unplanned pregnancy and sexual transmitted infection and even HIV. Alcohol / substance abuse can lead to stealing which is crime, and that may damage the future of our youth because that will lead to imprisonment. Consequences of alcohol/substance abuse may also lead to school drop outs, unplanned pregnancy, crime, diseases etc.

**SANCA:** Alcohol and substance abuse was covered by Cebisile Mthethwa. It was very informative, especial to the target population. **LIFE LINE:** Esethu gave gender based violence topic which was well presented. **AFSA :** Mrs Magwaza presented services rendered by AID Foundation and highlighted their focus on age group of 0 - 20 years.



**MS THOBEKA NKOMO (HPP) GIVING AN EDUCATIONAL HEALTH TALKS TO STUDENTS.**

**SIZANANI:** Mrs Vutha gave education on how their NGO trace defaulters and lost to follow clients who are chronic treatment especial ARTs.

Nkandla Hospital health promotion Practitioner Ms Thobeka Nkomo, gave an educational health talk to students. She gave inspirational words to motivate students, **ZITHANDE, ZAZI, ZINAKEKELE AND ZIKHULELEKELE.** Much appreciation to Chief Sibisi who graced this awareness with his presence not forgetting **CHWEZI CLINIC** Operational Manger **MRS Khanyile.**





# ISIBHEDLELA KUBANTU CAMPAIGN



**NKANDLA DISTRICT HOSPITAL TAKING THE HOSPITAL TO PEOPLE, AND SERVING THE COMMUNITY WHOLE HEARTEDLY**



**OUTREACH TEAM READY TO OFFER THEIR SERVICE TO PEOPLE**



**ELDERLY PEOPLE WERE LOOKING FORWARD TO BE EXAMINED BY OUR DOCTORS DURING ISIBHEDLELA KUBANTU.**



# CELEBRATING YOUTH WITH CHWEZI CLINIC



**MNQANDI HIGH SCHOOL WERE THE ATTENDEES AT CHWEZI CLINIC YOUTH DAY CELEBRATION DURING YOUTH MONTH.**

**Y**outh day is recognized because of uprising of Soweto youth on the 16th of June 1976. Therefore the commemoration of June 16 is done on yearly basis at Chwezi Clinic. The purpose of this celebration at Chwezi Clinic was to create awareness on teenage pregnancy, based on the increase of teenage pregnancy identified by the clinic. The other indicator that was identified is alcohol substance abuse which could result in crime. Crime was also identified as the matter to be taken into consideration as far as the Youth Awareness Day is concerned. Other departments were there to partake on this youth Awareness. These departments includes SAPS, Social welfare, and services were rendered by Nkandla Hospital Social Worker Department. Learners were given a platform to voice out their opinion through poem and music .



# SANCA DRUG AWARENESS WEEK



ON the 27th of June 2023 Nkandla Hospital, department of social work together with SANCA Zululand commemorated international Day Against Drug Abuse and illicit drug Trafficking at Nkandla Hospital OPD unit. This year theme was “ **People first , Stop stigma and discrimination, strengthen prevention**”. Their emphases was that drug abuse leads to physical abuse, emotional abuse, sexual abuse, technological abuse, financial abuse and self-abuse. **Signs and symptoms of physical abuse** (black eye, bruises on arms and legs, busted lips, red or purple marks on the neck and sprained wrist. **Emotional abuse** is harmful to a human being because it create a sense of helplessness, hopelessness, agitation, anxiety and sleep disturbances. A person can end up developing alcohol problems, lost of interest in daily activities, Low self esteem, symptoms of depression, suicidal ideation and a person may feel that he/she wants to be always isolated.

**Drug abuse can lead to sexual abuse.** Sexual abuse is any behavior performed without partners consent. For example forcing your partner or to have sex with other people, pursuing sexual when the victim is not fully conscious or afraid to say no. hurting your partner physical during sex and coercing your partner to have sex without protection. Struggling financial can lead to what we call **financial abuse** is any behavior which causes damages or harm to oneself or intentional direct.

**“People First, Stop Stigma and discrimination , Strengthen Prevention”**

**How to deal with an abuse?** There are many ways that can assist a victim when dealing with abuse. Talk to someone you can trust e.g. paster, friend or mother. Get help and create a self plan e.g. get involved in hobbies. Identify and build your social support network. Call police and have emergency numbers, call protection services anonymously, taking care of your self, keep your busy, connect with friends, contact supportive organization e.g. POWA, Thuthuzela, ZAZI and contact social workers or psychologists.

**“People First, Stop Stigma and discrimination , Strengthen Prevention”**

# WORLD HYPERTENSION DAY



Ms M.S Ngcobo (Peer Educator) Mr S Khanyile, (Dietician) Ms T Nkomo (Health Promoter Practitioner) Mr MS Ngcobo (Community health facilitator)

According to our national health calendar the 17th of May 2023, this was declared as world hypertension day. Therefore Nkandla hospital health promotion team saw a need to conduct an awareness on hypertension.

Hypertension (high blood pressure) is a chronic disease, caused by high pressure in your blood vessels, (140/90 mm Hg or higher). It is common, but it can become serious if not treated properly in time.

People with high blood pressure may not feel any symptoms. The only way to know is to get your blood pressure checked at your nearest hospital or clinic. Numerous factors that cause high risk of having high blood pressure include older age, genetics, obesity, not being physically active, high - salt diet, drinking too much alcohol and smoking cigarette

But if a person embark on eating a healthier diet, quitting tobacco and being more active (do physical activities for example partaking on gym activities).

This can help to lower blood pressure and some people may need to take their medication. Therefore on this day the main aim of the health promotion team was to give a health talk and full awareness about the risk of hypertension (high blood pressure) on human body. which gave the patient an opportunity to ask some questions. Indeed its was a fruitful awareness. Judging on the response the health promotion team had. Talks also emphasized on the importance of taking medication correctly.



# FOOD SAFETY DAY



**“FOOD STANDARDS SAVES LIVES”**

“food standards saves lives”: This was the emphases from the food services department during the “ world food safety day” that was held on the 7th of June 2023.

The food services department was aiming to educate patients about food safety on the day. Research shows that about 1600, 000 people get sick due to unsafe food in one day 340 of those people are children under the age of 5 years die due to preventable foodborne diseases on daily basis

This was an eye opener to our community about dangers associated with unsafe handling of food. Food services team enlightened the community about food safety on how they should handle their food, to protect themselves and their loved ones from food poisoning.

The team emphasized on the danger zone temperature for food, and how dish cloths contribute to the spreading of bacteria if not kept clean in our homes.

Then, the community were given the reasons on why is it important to wash hands during and after or before handling of food, separating raw food and cooked food.

How the contamination occurs and how to prevent it. The washing of fresh produced fruits and vegetables with clean water to remove contaminants and reduces the risk of any harmful micro organism *The food safety day was a success*

# ACKNOWLEDGEMENTS



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