



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA

GJGM REGIONAL HOSPITAL

GJGM HOSPITAL

NEWS

June 2022



GJGM REGIONAL HOSPITAL SHAVATHON EVENT



01

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CEO'S NOTE



Dr G. Lopez (GJGM Acting CEO)

The release of this newsletter marks two years since the beginning of the COVID 19 pandemic and much have been said and written about the topic. It is therefore refreshing to see in this edition that although still affected by the pandemic our staff are able to concentrate and commit to other health programs and initiatives bringing at the same time some sense of normality to our work and our lives.

The colorful pictures and reports contained in this newsletter show enthusiasm and initiative focused on supporting essential health programs and they are centered on our patients and communities. We take this opportunity to encourage all health care workers to continue improving the lives of our people and improve the experience of care of patients visiting General Justice Gizenga Mpanza Hospital.

We are all aware of financial limitations, aggravated by the COVID 19 pandemic and recent natural disasters but the positive and caring attitude we can provide to our patients will erase any shortages or scarcity of resources.

Thank you to all our committed and caring staff!

02



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Shavathon Event

CANSA Shavathon 2022 is held between 28 February to 4th of March throughout South Africa in all major malls and private institutions, in the hope of raising funds and creating awareness.

CANSA (Cancer Association of South Africa) has been fighting cancer since 1931. It offers a unique, integrated service to the public and to all people affected by cancer. Their aim is to ensure that cancer survivors and their loved ones don't have to face cancer alone.

Holding an event of this nature was the first for GJGMRH, all staff were invited to participate in our shavathon and cake sale. All staff were enthusiastic and took part in the event and funds were raised for this worthy course.

GJGMRH involvement in the shavathon helps CANSA to continue the fight against cancer in South Africa and brings us closer to achieving a cancer free society.



Colourful hair



Internal Medicine Team

It also raised awareness amongst the healthcare workers as they always take care of others, and forgetting themselves. The staff support and participation was amazing. The occupation health team did a great job organizing the event.



Hair spraying

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Nurses day of prayer



Deputy Nurse Manager : Mrs Shabane delivering speech during recent nurses day of prayer



General Justice Gizenga Mpanza Regional Hospital :Nurses

On 12th May 2022, General Justice Gizenga Mpanza Regional Hospital hosted its annual Nurses day of prayer. May 12th is the day set aside to appreciate nurses globally for their collective effort in sustaining health care systems nurses.

The nurses day of prayer was celebrated under the theme *Nurses : A Voice to Lead- Invest in Nursing and respect rights to secure global health*".

The event included lighting of candles and reading of the nurses pledge. It was also a remembrance for all staff that passed from May 2021 till now.

Matron Shabane (Deputy Nurse Manager) thanked all nurses for their dedication and doing their job with a pride to save lives. She further encouraged all nurses to continue with their positive contribution to the Health fraternity



GJGM Nurses reading the nurses pledge

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Cervical Cancer Awareness

Maternity department hosted cervical cancer awareness week. Cervical cancer is cancer arising from cervix, it is due to abnormal growth of cells that have the ability to invade or spread to other parts of the body. Cervical cancer is a tumor that occurs in the cervix (the lower part of the uterus).

It may cause the following :

- Abnormal vaginal discharge.
- Vaginal bleeding and painful sex.
- Genital wart.
- Pelvic pain.

Discomfort during urination . Various strains of the human papillomavirus (HPV), a sexually transmitted infection, play a role in causing most cervical cancer. You can reduce your risk of developing cervical cancer by having screening tests and receiving a vaccine that protects against HPV infection.

GJGM held cervical cancer awareness day, there was an informal training session for the patients. On the 1st day of the campaign the obstetrics and gynae unit distributed ribbons and cupcakes to patients and staff the team also created an information table. It was delighting to discover that both the staff and patients were enthusiastic to get more knowledge about HPV and to undertake pep smears.

The total number of pep smears undertaken was (71) seventy one. The team wishes to continue with this campaign every year. The gynae unit will continue to offer pep smears, as it is part of the services offered in our facility, they will also continue to encourage pep smear in all departments that treat female patient.

The obstetrics and gynae unit wished to convey their sincere gratitude to ward's management Matron Khanyezi, operational manager Ndlovu, Dr Sihlang and the whole team for their effort and hard work to make this day a success.



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World Kidney day

Kidneys are one of the most important organs in the human body. March is known as National world kidney month.

This is an annual campaign aimed to help raise awareness for kidney health. GJGM Regional Hospital held an annual kidney awareness day to educate patients and staff about the function of kidneys ,causes of kidney diseases and signs to look out for as symptoms of kidney failure and tips to keep their kidneys healthy.

The awareness also aims to encourage people to practice a healthy lifestyle in order for the kidneys to function properly.

These are some of the tips discussed:

- regular exercise.
- Control blood sugar.
- Monitor weight and eat a healthy diet.
- Drink plenty of water.

The educational presentation took place outside pharmacy hospital staff and patients attended the awareness to gain knowledge on how to keep their kidneys healthy .

The doctor also advised patients and staff to donate their kidneys to the ones in need, and also explained how they can contact the relevant department on the details that were provided.



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16 Days of Activism

THE THUTHUZELA CARE CENTRE CONDUCTED AN AWARENESS CAMPAIGN FOR 16 DAYS OF ACTIVISM AGAINST WOMAN AND CHILDREN

The 16 days of activism for no violence against woman and children campaign takes place annually from 25 November - 10 December. This year's theme was "SPEAK OUT, BREAK THE CYCLE OF VIOLENCE". The victim centered approach not only allows victim empowerment, but journeys the victim through the criminal justice system so transforming him or her from victim to survivor. TCC was introduced as a critical part of anti rape strategy and to improve conviction rates. The GJGM Thuthuzela care Centre is a multi-disciplinary center which aims to ensure that services are available and well coordinated for the victims of gender-based violence and child abuse, in areas of the Ilembe district and the KwaDukuza cluster. The TCC plays a role in the fight of gender based violence. GJGM TCC conducted awareness campaign inside the hospital. The campaign started with a march around hospital departments. After the march TCC had an information stand where there was a TCC Gazebo, pamphlets and banners for information sharing as well as ribbons to raise awareness. The event had guest speakers who each had turns to speak to



THUTHUZELA CARE CENTER TEAM ADDRESSING THE AUDIENCE



THE TCC BEFORE THE MARCH INSIDE THE HOSPITAL

the audience about how abuse affects our community and how to seek help for yourself or for the next person. Speakers from NPA gave messages of support against GBV and the services rendered. Participants also had holding placards with messages

against gender based violence and child abuse to raise awareness.

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World Prematurity day

World prematurity day is observed on 17 November each year to raise awareness of preterm babies and their families world wide . The theme for world prematurity day 2021 was 'zero separation' act now! Keep parents and babies born too soon together The GJGM Hospital prematurity day acknowledges the journey of preterm infants.

It was an exciting day as the nursery medical and nursing staff planned good activities and speeches for nursery moms this was to make them feel special in the difficult journey ,as we all know that preterm infants require immediate and significant medical care posing unexpected challenges to their parents. Having a premature baby can be a daunting and scary experience to the moms ,but moms overcome that feeling when they are receiving support from those around them .

Social worker Lindokuhle addressed the moms and encouraged them to regain their self confidence and take good care of their babies so that they can be strong and health. Mothers received gift hampers for themselves and their babies ,they also had



GJGM Invited a guest to conduct relaxation exercise activity for moms



Manicure and nail art

received pampering from beauticians who provided them with massage, manicure and pedicure . Happiness was written on their faces the programme was very exciting.

Part of activities planned for the day was family planning education for the mothers

they were enlightened about the different choices of family planning as well as the importance role that it plays in their lives.

The day was a huge success.

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Mental health awareness

Mental health month takes place every year in the month of October, to raise awareness to mental health. Mental health problems are often a result of a complex interplay between biological, psychological and environmental factors. It is sad that our community still has a long journey to take in understanding mental health illnesses and its causes, because until today people with mental health illnesses are subjected to discrimination by the community and sometimes even by their family members.

Mental health is a very important part of your overall health. Each year health professionals help the community to fight the stigma attached to mental health by providing support and educating the community about mental health illnesses.

GJGM staff embarked on a march around all hospital departments and wards with their banners and singing songs that encourage the society to love and respect those affected by mental health to also treat them as normal people and stop discriminating them. Staff had a small programme

outside the OPD Department the psychiatric Doctors Nurses and staff had turns to stand in front and educate the audience focusing on different topics associated with mental health and mental health illness.

The staff had a cake sale to raise funds and a raffle competition.

The day was a big success.



GJGM HOSPITAL MENTAL HEALTH TEAM



STAFF DURING THE MARCH INSIDE THE HOSPITAL

HATS ON FOR CPC

GJGM HOSPITAL STAFF RAISING AWARENESS FOR PALLIATIVE CARE

GJGM raised awareness for CPC and used the platform as an opportunity to educate and strengthen the general public (community) about children with palliative care.

As part of raising the awareness the staff were neatly dressed in jeans and white and marched outside the hospital premises holding their banners. The staff participation was incredible.

To make the event fun, the staff were wearing colorful funky hats which they had to compete for the most creative and funkiest hat. Congratulations to occupational health clinic, they won the competition of the funkiest hat.

After the march took place staff had a program to enlighten the community about children with palliative care, how to seek support, how to take care of the children with special needs and to acknowledge the parents and caregivers of these children for the good work.

Pediatrician department team, the occupational therapists occupational health, Physio, speech and audio therapists and social workers all made the event a success.



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Siphilela Thina Project

THE GJGM HAST CLINIC HOSTED A CHRISTMAS PARTY FOR THE 'SIPHILELA THINA' ADOLESCENT SUPPORT GROUP

The **siphilela thina** support group was launched in 2021. The group aims to provide education, assistance and support to adolescents living with HIV.

Teenagers with HIV face a lot of emotional challenges and problems associated with having a low self esteem. They need support and assurance all the time because they are also at a very vulnerable stage where there's a lot of changes in their bodies and emotions. When these young people don't receive the emotional support they end up quitting and defaulting their treatment.

- Antiretroviral treatment (ART) reduces the level of HIV in your blood so that it cannot damage your immune system.
- If you do not take your medication correctly (at the right time every day), the level of HIV in your blood may increase and the treatment may stop working.
- Regular blood tests will show if your treatment is working by measuring the level of HIV in your blood (viral load) and the strength of your immune system (CD4 count).



Group photo

The happy adolescents



The team that hosted the party

If you have side effects that do not go away or your treatment stops working, your healthcare professional can advise you to change to a different combination of antiretroviral (ARV) drugs.

The GJGM regional hospital siphilela thina group hosted a Christmas party for these young ones, and a special where they also played games and other exciting activities.

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Nursery Positive Story

My name is Nosipho Madida I am 31years old.

I arrived in this Hospital to give birth to my twins and was told that my other twin is too small, and that she might not live. I was sad to hear that and it hurt me so much that I used to cry all the time. I was in hospital from august ,and I gave birth in September after I gave birth I realised that my other twin is very small and it was breaking my heart to see her.

I eventually accepted my child and told myself that there is nothing that I can do this is what god gave me. I thought to myself that she might survive or might not but I was expecting anything.

The one thing that gave me hope was the dedication of the nurses and doctors who were helping me, the staff used to inform me about the procedures and improvements I was given an update regularly on her. I received good treatment I was feeling at home.

At this moment, I feel very happy, I wish to encourage the other mothers who are facing a similar problem to have hope and be strong



NOSIPHO MADIIDA HOLDING HER T HEALTHY TWINS (BOY AND GIRL)



THE BABY TWINS

for their babies. The hospital gives you counselling and support the nurses and doctors are good .

This was a positive story and very touching. The

young lady was happily discharged with her two healthy babies.

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Donation for Floods



From Left : PRO (Ms P. Mba-PRO : GJGM Regional Hospital); Dr Goodfellow (Peads Consulatant-GJGM Hospital), Dr Sitha Arjun (ANM -HAST: GJGM Regional Hospital) Representative from Gift of the Giver during the hand over of donations for floods

General Justice Gizenga Mpanza Regional Hospital initiated the flood fundraising drive to support the victims of the KwaZulu-Natal floods. The staff donated Hygiene products which were given to the gift of the givers for distribution to the affected communities.

The hygiene packs consisted of the following items: Sanitary pads Nappies, Wet wipes, Toilet paper, Face clothes, Tooth brush and Deodorant.

GJGM Regional Hospital Management would like to thank all staff that participated in this good initiative.

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Compliments

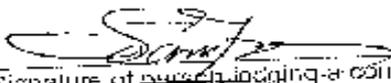
INCREDIBLY WELL RUN FACILITY
WITH VERY FRIENDLY STAFF.
VERY IMPRESSED

C.O. SMITH

Ref: IQJ-7XK-R5N

Date on which the incident took place: 21/10/20

Your EYE CLINIC IS SO VERY CLEAN AND
NEAT. THE STAFF ARE SO FRIENDLY AND
HELPFUL. I WILL RECOMMEND THIS
HOSPITAL TO ANYONE.


Signature of person lodging a complaint
or recording a compliment or suggestion

Signature of patient

Page

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Compliments

Mange - 3 June 2021.
Exceptionally well run.
Well done to you all.
I am very impressed.
I left Ballito after 2 hrs as
nothing was happening.
Everything worked like clock work.
Sincerely
Fakun

AUDIOLOGY AND SPEECH THERAPY DEPARTMENT
COMPLAINTS AND SUGGESTIONS
IMBONO/IZIKHALAZO Ref: 106-1611-
147

DATE: 04/03/2021

On the 04/03/2021 my daughter came to Audiology. The service provided was from the very first and welcoming. I was given a doctor's note from her for her school and my work. Before that in Durban when my daughter was 10 years old in a community school she was deaf and she was unable to answer any questions I asked. Today another young lady working with a service made me aware to find a service for my daughter. Well done Audiology team for smiling and making your patients well. Thank you all the best. May God our savior be in your heart and for all of you to be blessed many more years for whom you do my best. Keep smiling, keep shining, keep being your job, keep saving our hearing. 



PHOTO GALLERY



World prematurity day



NURSERY TEAM



Siphilela thina support group



Occupational therapy day



Design a vest for a premature baby



Health and safety drill



PHOTO GALLERY



Left : Nurse leading nurses pledge



Right GJGM Nurses in white uniformy



Left GJGM Nurses



Right : Nurse leading nurses pledge



Left : GJGM Nurses



Right : Metropolitan stand



PHOTO GALLERY



HATS ON FOR CPC



HATS ON FOR CPC MARCH



16 days of activism



116 DAYS OF ACTIVISM



Mental health awareness



Mental health awareness



ACKNOWLEDGEMENTS

EDITORIAL TEAM / DETAILS

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05



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