



health

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

# St. Mary's KwaMagwaza District Hospital

# Mthinemide

# NEWS

STAY INFORMED

March 2017

## SELFLESS SERVICE GENEROUSLY



I wish to take this opportunity and welcome all the staff that joined the hospital in 2017. The hospital has a great history and we hope you will also continue making positive contributions in your area of work/expertise.

In the few Months and days I have been here, you have demonstrated that everyone here has a purpose. You have demonstrated that everyone has meaning and no one person is better and or more important than the other and no one person holds a position of privilege including "MYSELF".

We are all equal, it doesn't matter whether you are a cleaner, clerk, nurse, doctor, security, driver, officer, supervisor nor manager etc, at the end of it all we need one or the other to triumph in our course.

You proved—all of you—that your grassroots effort to serve in the structures of the hospital and harness, fight diseases and give hope to thousands and thousands of people is not about fluke or a Greek tragedy, but more about fairness, justice and a solid moral compass that unites the human soul.

I have always believed that we are born into this world and at a certain place to be with certain people for a reason and a purpose. Everyone has a destiny, and because of you, I stand here with a renewed vigor and a sense of purpose. May we always remember this past and or about to end financial year as a time where our collective values of loyalty and courage and kindness for one another really prevailed. And, in that process, we just happened to serve "OUR CUSTOMERS – CLIENTS" through limited budgetary constrains.

As you gave your selfless service generously to those who are sick, the public watched in awe and admiration, because you empowered them to seek change in their lives and bring about health and hope.

You all have demonstrated to the Mthonjaneni community that it is a person's moral obligation and social responsibility to protect the culture which provides an honourable and dignified place in which to work.

The time for the healing of the wounds has come.

The moment to bridge the chasms that divide us has come.

The time to build is upon us.....

In the few months, we have triumphed in the effort to implant hope in the breasts of thousands of our people. We enter into a

covenant that we shall build and improve our infrastructural projects, not limited to the following:

- ◆ Permanently fixing theatre air-conditioning
- ◆ PEADS renovations
- ◆ Leaking roof
- ◆ Installation of TVs with DSTV in all the wards
- ◆ A request has been sent already to Department of Transport to fix the road leading to the hospital.
- ◆ Internal and External signage improvement.
- ◆ Relocation of Pharmacy to the new building - etc.

It is always possible to reach greater heights as a collective, only if we can respect and demonstrate a positive attitude towards one or the other including the people we are ALL here to serve.

*Ngiyati kutsi uma singabambisana sibe yimbumba, kute lokutasehlula, ngisho netitsa angete takhona kungena phakatsi kwetfu tisehluhanise.* Now is the time to intensify and double our efforts on all fronts and serve our people with dignity as enshrined in the constitution.

To relax our efforts now would be a mistake which generations to come will not be able to forgive us and future will judge us harshly.

**Ngiyatibongela nine bekunene!!!!!!!**



**MEN'S FORUM YEAR END FUNCTION**  
[SEE MORE ON PAGE 02](#)



**DUAL PROTECTION**  
[READ MORE ON PAGE 02](#)



**FEEL AT HOME - MEDICAL & ALLIED**  
[READ MORE ON PAGE 04](#)

## GET PRENATAL CARE SOONER - HEALTHY LIFESTYLE



social problems. Most teenage girls don't plan to get pregnant and some are vulnerable due to social ills like

- When young people drop out of school early on because of economic barrier, drugs and poor school performance, they are at high risk of early pregnancy.
- ♦ When stigma about adolescent sexuality abounds, few opportunities for open communication about sex with parents and partners, and access to judgment free health services are constrained. As a result gaps to knowledge and access to

contraception is limited.

When young girls are involved in relationships where power is imbalanced in in exchanged of material needs and economic security often older men decide the conditions under which sex happens.

It is with these factors that the Department of Social Services at KwaMagwaza Hospital visited local high schools together with Family health coordinator, School health coordinator, Youth Friendly coordinator, Environmental Health Practitioners, Melmoth Victim Empowerment Forum coordinator, and Hospital PRO.

**F**ebruary is a healthy lifestyles awareness month, on 08/02-14/02 was teenage pregnancy awareness week. Teenage pregnancies carry extra health risks to both the mother and the baby, often teens do not get prenatal care soon enough which leads to clinical and

**Top Left:** Sir Sbusiso Malinga demonstrating washable sanitary towels at Mcakwini Primary School.

## PROTECT HER AGAINST CERVICAL CANCER - DUAL PROTECTION

**THE** MMC team has received training regarding new MMC Guidelines. The new guideline stipulate that the hospital will now treat males from the age of 15 to 60. All males <15 years old will be referred to Northdale Hospital, to be circumcised by specialized doctors.

The target group will now be males at the age of 20 years old and above. The MMC team started a campaign in making sure that all male staff members are circumcised before we go out educating the importance of MMC to others. We therefore urge all male staff to come forward to be circumcised. The procedure for MMC is pain free with a healing period of six weeks.

The MMC Team returned with positive attitudes after the training as they managed to circumcise 36 patients in one day. It is beneficial that the hospital now has a doctor trained on MMC. This will assist a lot in pushing campaigns. Our patients will now get the service daily without booking or waiting for the camp. Dr M Mdlalose welcomed the challenge of making dual protection a reality and priority.

### Medical Male Circumcision has many benefits:

- It is easier to keep the penis clean.
- It lowers the risk of HIV and STIs. It does not remove the risk entirely. Circumcised men must use condoms. \* There is less chance of bruising and tearing during sex, which makes sex more enjoyable for men and women.
- Circumcision reduces women's risk of cervical cancer
- Many women prefer sex with circumcised men. The penis looks, feels and smells better. Some women believe that sex lasts longer and is more pleasurable with circumcised men.

The wound takes six weeks to heal. You have to keep the wound clean and dry. You have to visit the clinic two days after the procedure and then again on the seventh day after the procedure. This is very important. The health care providers will check that you are cleaning the wound properly and that you are not in any discomfort

## IZWI LAMADODA - YEAR END FUNCTION 2016



**Top Photos :** Men's Forum "Izwi Lamadoda" closed the year 2016 on 16th December 2016 at Mthonjaneni Municipality Parks. This event was well attended by all men employed at St. Mary's KwaMagwaza Hospital. Men's Forum discussed the ideal man they were to portray as a Men's Forum "Izwi Lamadoda".

# HAPPY VALENTINE'S DAY - 14 FEBRUARY 2017



**Top Left Photos:** Human Resource Staff , Data Management Staff and CEO's Secretary (Middle), D A Ntombela (Transport Officer) and Zanele Xulu (In-service Trainee) celebrating Valentines Day .

**V**alentine's Day is an annual holiday celebrated on February 14 and signifies the celebration of love.

As healing is not only prescribing medicine but working together and sharing in a spirit of joy and cooperation; a Secret Admirer Valentine's Day event was launched for the staff of St Mary's KwaMagwaza Hospital. This event was welcomed by all employees as they were eager to send their colleagues ribbons signifying "I love you" (red), "You are a cutie" (pink), or "You're a great colleague" (yellow).

On February 14 an air of sheer excitement hovered and employees were smiling and glowing as 650 ribbons

were distributed and 120 cupcakes handed out. Some men also saw the festivities as an opportunity to tell their secret admirers how they feel.

This event truly improved employee morale as confidence, zeal and loyalty were voiced. When employees respect each other, get along and feel at home while at work, it's amazing how productivity increases, morale increases and employees are more courteous to our patients.

This campaign was initiated by our Dietician, Monique, and HAST Unit staff. Valentine's Day was only the first of many events to come. Together we will transform our workdays from drab to dynamite!



**Top Left Photos:** HAST Unity Staff and Dietician , (Middle Photo) Sister Sbongile Majosi (Right-hand Side) Admin Staff celebrating Valentines Day. They all enjoyed the cup cake from the secret admire.

**Bottom Left Photos:** Mr Z.R Mhlanga (Acting CEO), Dr Mbokazi (Acting Clinical Manager), Security Guards (Main Gate), Sister Smangele Myandu with 2 children's and (Bottom Right) Systems Manager Ms D.N Mhlongo Celebrating Valentines Day.



## Feel at Home - Medical and Allied Unity



**THE** Department of Health KZN, St. Mary's KwaMagwaza Hospital welcomed all the newly appointed Medical and Allied Staff to the hospital. The welcome party took place at the Golf Club in Melmoth on 16th February 2017. ("It is amazing how much people get done if they do not worry about who gets the credit". **Swahili Proverb**)

This event was well attended by all staff who made contributions towards the party. The Acting Medical Manager came up with the idea at the first medical and allied staff meeting under the leadership of Dr. F.I Mbokazi.

This event also aimed at team building within the component. The idea behind team building events

is to get people to talk to one another and get to know each other so that back in the workplace they will be able to communicate better and collaborate more. Dr. F.I Mbokazi has a standard that everyone is a leader where he / she is deployed within the hospital and clinics. A team that works well together understands the strengths and weaknesses of each team member.

The pictures above and below tells a story of happy colleagues with smiles written all over their faces. Some staff member recommended that such gathering should be done often to keep the team spirit up.



**Above & Below :** Medical and Allied Staff joined by other admin staff to welcome all Staff to St. Mary's KwaMagwaza Hospital. The event was well attended by 90% of the Medical and Allied Staff and it was a success.

## Your Body, Your Future - Teenage Pregnancy

**THE** Department of Health KZN, St. Mary's KwaMagwaza Hospital went out to schools to educate young girls and boys about the importance of family planning and STI. This campaign was done in line with our Health Calendar from 13th-18th February which is marked as Teenage Pregnancy week. Pregnancy awareness and becoming a parent is a life-changing event, and dialogues about sex are ways of teaching teens about the consequences of having unprotected sex, as well as about the responsibilities that come with parenthood.

In South Africa, people under the age of 18 are considered minors and have limited rights when it comes to decision making. However, under the **Children's Act of 2005**, minors are able to make some decisions without the permission of their legal guardians. From the age of 12, they may get access to contraceptives and no person may refuse to sell them condoms.



**Above :** Sister Sibongile Majozi

**Bottom Left:** Outreach team doing Teenage Pregnancy Campaign at Cebisa High School



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