



IZINDABA

NEWS

STAY INFORMED

NOVEMBER 2023

Prematurity day at MGMH



Mahatma Gandhi Memorial Hospital was part of the Global Prematurity Day celebration. On the 17 of November 2023, MGMH organized an event to celebrate this day. Theme for this year was “Small actions, big impact: immediate skin to skin care for every baby everywhere. Parents, staff and other stakeholders came together to discuss the concern of preterm birth and how it affects the baby and the family. It also helps in creating conversation regarding improvements of health care facilities to address such health con-



WELCOME NOTES



Image of Mr. Mthethwa Deputy Manager Nurse at Mahatma Gandhi Memorial Hospital.

Greeting to you all. I thank you for the opportunity and I am happy to be here also to witness this celebration at Mahatma Ghandhi Memorial Hospital [MGMH]. As you know we've got knowledgeable Nurses with all the skills, knowledgeable Doctors and all the medical team that are working here at MGMH they are very experienced, if you just follow the instruction that you are given you'll see the good result for your baby.

I am also one of the people that are going to say I witness and I had the feelings, Let me share with you my story, my elder son that I've got was also a prem of 800gram and if you can see him now its amazing. By the time when they were saying, we normally say the baby is in a incubator and in Zulu we say

“Umntwana ufakwe ebhodleleni” and at that time I was even not a nurse. I was so shocked when I see this little thing in a bottle wondering if it even a baby or what, luckily the nurses were there each and every time counseling us it was great and now my son is a huge man is even broader than me.

So eventually your babies will grow bigger and stronger, so take good care of the baby. I want to thank the organizers of this event the nurses, doctors and the contributors of the event and also thank the mothers who also presented their babies and really we appreciate you. This is the family even if the mistake happen it a mistake please bare with the nurses and doctors don't get irritable the main aim is that you get out of the hospital with the healthy babies.



Appreciation words



I would like to start off by saying – everything looks amazing! The nursery team has really come together in creating a really memorable stunning event for all of us to enjoy. Well done and thank you to the team.

World prematurity day provides an opportunity for us to raise awareness of the challenges of preterm births.

It's a day that we acknowledge the families, and also the staff that works so hard with this vulnerable group of babies. We have come a long way from treating premature babies.

50 years ago, prem babies s used to keep the baby warm, and the baby was nursed in a shoebox. The mortality rate for around a 1kg was 95%

-Now we have incubators, the miracle drug surfactant, CPAP.

Now the survival rate of a 1kg baby is 95%, With more babies surviving, there are more complications such as CP, ROP.



Above: Dr Khan was captured addressing the audience about the importance of prematurity day

One of the most talented musicians, Stevie Wonder is blind because of ROP. Unfortunately there was no treatment then, but now if ROP is detected and treated earlier, blindness can be prevented. So mums, it is

NB to keep all your follow up appointments.

KMC is in the spotlight and how a parent's embrace is a powerful tool.

KMC is done by dressing your baby in a nappy and letting him rest on your chest.

It reduces the pain or stress that your baby goes through.

It promotes healthy weight gain; helps regulate the baby's heart rate and breathing.

The benefits of KMC highlight the fact despite all the advances and technology in medicine, there is no

PREMATURE DAY CELEBRATION AT



It's like pressing an accelerator and the baby grows so well under the mothers care and I have had the privilege of watching the mothers love grow for her baby. And nothing makes me happier and is more rewarding than going to our neonatal follow up clinic and seeing our little champions thriving under their mothers care.

We have watched babies gain weight in the general nursery but when they are transferred to KMC ward, it is supremely encouraging to witness the care and support given to families and their premature babies. The dedication, passion and commitment of our doctors, nurses, and allied staff is unparalleled. I would like to take this opportunity to thank you all for all your hard work and dedication.

To the mothers- no mother imagined to having her baby admitted here in the nursery after birth.

Without a doubt this will be one of the most trying and difficult time in your life, however this experience only strengthens the bond you have with your baby.



PREMATURE DAY CELEBRATION

Today I would like to talk to the mothers about why breastfeeding is so important for premature babies. When your baby is born early their immune system is still weak and fragile, but breast milk has antibodies that give your baby a boost and help protect from infection and illness. Breast milk is also easy to digest, it helps them to grow and develop better. It helps the baby to grow faster and stay healthy. For premature babies, skin-to-skin contact during breastfeeding is comforting and reassuring, it helps them to regulate their temperature, moisture, and it makes them feel safe. For successful breastfeeding, you need to make sure that you are in a comfortable position; it will help your baby to grow well. Always feed your baby on demand, this means feeding your baby whenever there are signs of hunger.

There are early, medium, and late signs of hunger. Early signs are when your baby wakes up and opens his/her mouth as if about to feed, a sign your baby is getting hungrier is when they are sucking on their hands and they move more and they start making noises, the time when your baby is crying and going red in its face it is already very very hungry. Most babies breastfeed 6 to 8 times a day, at least 30 minutes of each breast, always make sure that your baby is feeding from both breasts. One of the biggest reasons mothers



IMAGE : guest speaker addressing the audience

very small and can take 1 or 2 teaspoons of breast milk, this starts to change as the baby grows.



One of the most ways to improve your breast milk is to always make sure your breasts are empty. Often in nursery you need to express a certain amount of breast milk but try to express in between feeds because this will help you to increase your breast milk production. It's also very important for mothers to take

you should try to eat healthy and drink enough water. When you are very stressed it can also affect your breast milk supply, so try to join a breastfeeding support group if you are experiencing any difficulties with breastfeeding. At the entrance of nursery we have pamphlets with lots of information about breastfeeding and it also contains the contact de-

Different hospitals and clinics, so you can make contact with those individuals. Remember that breastfeeding might take time to get right and fast but try to be patient with yourself and the baby, remember that your premature baby is vital and that breastfeeding is the life line that you stand the best possible start.



PHOTO GALLERY



Operational Manager of the ward Mrs. Vera Khuzwayo was amongst those present in this day . She was captured issuing a gift to the dietician.



Dr. Khan was captured issuing gift to the mother of the baby.



Staff and doctors enjoying themselves during prematurity day.



Its lunch time for the mothers of the babies.



Staff and mothers of the babies were enjoying themselves during this day.



Mothers of the babies received gifts.



ISIBHEDLELA KUBANTU



Image: Matron Madonsela and Sr. Sibiya sharing ideas about how the whole program will go.

The Mahatma Gandhi Memorial Hospital recently conducted an impactful medical outreach program in the heart of Mt Royal township, demonstrating our commitment to providing quality healthcare to communities in need.

Our dedicated team of healthcare professionals offered a range of essential medical services, including general check-ups, PHC Services, HIV and TB test including Women's Health and health education sessions.

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KWAZULU-NATAL PROVINCE
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KwaZulu-Natal Department of Health



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**GROWING
KWAZULU-NATAL
TOGETHER**

The outreach aimed not only to address immediate healthcare needs but also to empower the local residents with knowledge about preventive measures and healthy living.



Mahatma Gandhi's principles of service and compassion, were our main focus for the day and this

outreach exemplifies our dedication to making healthcare accessible to all, regardless of socioeconomic status.

We are grateful for the opportunity to contribute to the well-being of the Mt Royal community and look forward to continuing such initiatives.



Outreach



Matron Madonsela was addressing the staff before the beginning of the program.



Sharon Alijan from Communications Department was addressing the staff about how the day will proceed.



Patients queuing for services, patients came out in numbers to get medical help.



Patients started by taking vital signs.



This was a Paeds section where all the young ones were assisted.



Counselling section, all patients were encouraged to go via counselling.



PHOTO GALLERY



Mobile bus waiting outside for patients to come.



Opening of files and screening time.



Screening of patients continues.



Different services were provided on this day.



Paeds were also present for immunisation.

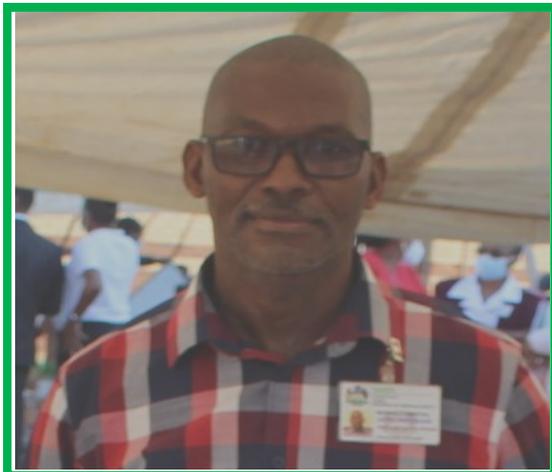


It was a service in progress, patients enjoyed the ser-



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