



KWAZULU-NATAL PROVINCE

HEALTH
REPUBLIC OF SOUTH AFRICA



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BAMBINO NEWS

QUEEN NANDI REGIONAL HOSPITAL

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FROM THE DEPUTY MANAGER'S OFFICE

Greetings to all staff at Queen Nandi Regional Hospital. It is such a great privilege to be joining such a vibrant and supportive team. I received a warm welcome by the executive management, external management and the entire staff of the institution under the leadership of Mrs. CNN. Mkhwanazi CEO and Dr. M. Samjowan Medical Manager and acting CEO.

The Nursing Service is one of the largest components in the institution, and it forms the pillars of the health facility. Hence, it is important to acknowledge the valuable and significant contribution of each and every health care professional to ensuring the delivery of quality services to all clients.



Mrs. J. Marais (Deputy Manager: Nursing)

The global Covid-19 pandemic has shown the world the hugely important role that health care providers play in keeping people safe and healthy. While there has been significant disruption to healthcare, there has also been significant innovation that has improved access to care. Ultimately the changes to innovations in nursing will shape the future of health care.

As nurses we care for life. We see our role as one that encourages and promotes a high quality of life for everyone who enters our facility. I believe that every employee, regardless of their position, has an equally important role to play in helping the department to achieve their goals. It is therefore the responsibility of all health professionals to keep abreast of new developments and changes to ensure effective, efficient and timeous service delivery.

Appropriate training and personal development is crucial which will ensure that health professionals become competent and effective in their roles. I encourage a positive work culture where communication and feedback is encouraged and contribution is actively sought. As the Deputy Nursing Manager, I aim to be an inspiring role model, working towards the best interests of people in my care, regardless of the position I hold. We strive to ensure that our practice and behavior will bring together quality and harmony in our service delivery.

I thank you all

Mrs. J. Marais

Deputy Manager: Nursing

CEREBRAL PALSY

The 6th of October is a **World Cerebral Palsy awareness day**. Cerebral palsy is a lifelong neurodevelopmental disability. It has a tremendous impact on children, their families, communities and societies; hence the support that these families receive from the health institutions should be comprehensive and should come from staff members whose attitudes is influenced by better understanding of the disability. There has been an increased prevalence of children with Cerebral Palsy across the world including South Africa.

The rehabilitation department at QNRH which comprises of Audiologists, Occupational Therapists, Physiotherapists and Speech Therapists took it upon themselves to raise awareness on children with cerebral palsy. The aim of the awareness was to highlight the role that every staff member in the hospital has in creating a conducive and supportive environment for parents with children with disabilities. It is

believed that if people understand disabilities, it is more likely that they will display a positive attitude. The most important thing for the well-being of families raising children with disabilities is acceptance and support from those around them.

The event was attended by patients and staff members. The Acting CEO opened the event and welcomed everyone. The activities included, among others, a video on what Cerebral palsy is including questions and answers session and prizes were won. Valuable information was shared by staff members, they were empowered to go back to their communities and tell more people about services for children with Cerebral Palsy at QNRH. At the end of the event different departments appreciated the understanding that we all have a role to play.

By NL Mbatha

What is cerebral palsy?

Cerebral palsy (CP) is a developmental disability that **affects children's ability to control their movements**.

Children with cerebral palsy have problems like muscle weakness, stiffness, repetitive movements or shakiness. They might also have difficulties with balance.

Causes of cerebral palsy

Cerebral palsy can happen when there's **brain damage or there are problems with brain development** in the parts of the brain that control muscle movements.

Damage or problems with brain development can happen when a:

- ◆ child's brain does not develop properly during pregnancy.
- ◆ baby is born prematurely and the brain isn't fully developed
- ◆ mother is exposed to certain viruses during pregnancy
- ◆ baby has a stroke during pregnancy or shortly after birth
- ◆ baby gets a severe brain infection shortly after birth
- ◆ baby does not get enough oxygen during birth
- ◆ child experiences certain kinds of injuries during the early years of life – for example, a serious motor vehicle accident.



STOP THE STIGMA

“Mental Health is an unequal word”



Mental Health team, from left; Dr G Douglas from Ngwelezana Hospital, Ahmed Adam (Psychologist), Thobeka Mthembu (Psychologist), Mpho Hlophe (Social Work Supervisor), Sindi Lamula (EAP) and Dr Kalala (Chairperson of wellness committee)

The month of October is declared as Mental health awareness month with the aim to notify the public about mental health and in doing so reduce the stigma and discrimination that people have towards mental illness.

On 28 October 2021, a mental health awareness event was held at QNRH. Dr Samjowan (ACEO) opened the event and welcomed everyone. Dr Kalala followed with the purpose of the day, where she explained what mental health is and how it can be managed in order to live a normal life.

The key note address was presented by Ms Ngema, a representative from the Zululand Mental Health Society. She elaborated on the causes of mental health, all the different types of mental illnesses and also how to treat a person suffering from mental illnesses and not to sideline them.



Mr Simiso Mngadi (Programme Director) talking to the audience during the event

Things got a little heated when a mind game was played with the social worker and psychologists. Everyone wanted to participate, hands were in the air and prizes were worn showcasing the success of the day.

Dr G Douglas shared important tips and tricks of how to relax also explaining the importance that it plays in helping the brain to function better and to deal with the stress and challenges of everyday life. Everyone felt so relaxed and rejuvenated after the exercise. Who knew breathing slowly in and out could do so much cleansing? Let us stop the stigma! “Mental Health is an unequal world”



MENTAL HEALTH AWARENESS PICS



Dr Samjowan (ACEO) welcoming the audience



Staff members and patients attended the event



Time for mental health games, Mrs Mkhwanazi, Dr Samjowan and Thobeka asking questions



Audience eager to respond to questions with the hope of winning a prize



Everyone was free to participate in the mental health game including patients



Planning team for the event

KNOW YOUR BREASTS



PINK
for Women
BLUE
for Men
MEN GET IT, TOO!



covered cervical and prostate cancer. Men also gained valuable information from the event as most of them thought that breast cancer only affected women. The motivation and emotional talk from the breast cancer survivor (Ms Nkosie Egeonu) was so touching and gave us insight about her experience. Her words were encouraging and gave hope to others who are living with cancer. Lessons learned was that every woman should know her breasts and that woman should do self breast examination at least once every month.

October is known as the Breast Cancer Awareness Month. On the 20th of October 2021, QNRH hosted a breast cancer awareness event at the pharmacy foyer which aimed to inform and educate about breast cancer for both males and females. The target was both patients and staff members. The attendance was outstanding as people came out in numbers to support and learn from this event.

The vibrant and knowledgeable guest speaker, Mrs Sphe Mabaso, from CANSA, explained breast cancer in detail. More knowledge was gained on that day. She even demonstrated using artificial breasts on how self breast examination is done. She did not focus on breast cancer only but also

She shared her experience and journey from the day she started noticing changes and feeling something unusual in her breast until she was declared to be cancer free. Ms Egeonu is an inspiration. As a strong spiritual believer, she indicated that prayer is one of the things that helped her get through. A wealth of information and knowledge was obtained at this event. Dr Ntshangase conducted a quiz to test the knowledge of the audience. Prizes were awarded to those who answered correctly.

The event was informative, well attended and memorable. Events committee organizers went all out to make their first event of 2021 a memorable one after the restriction from Covid-19 regulations.

BREAST CANCER AWARENESS PICS



Mrs Sphe Mabaso the Guest speaker explaining to the audience.



Dr Samjowan welcoming everyone in the event



Demonstration of self breast examination done by Sphe Mabaso, TM Zincume holding mike for her



The Decor and the tokens



The attendance



Dr Singh handing over the gift to Ms Nkosie Egeonu (Speaker of the Day).

FEEDING SMART RIGHT FROM THE START

NUTRITION WEEK 2021

The Food-Based Dietary Guidelines (FBDGs) for

South Africa are as follows-

1. Enjoy a variety of foods
2. Be active
3. Make starchy foods the basis of most meals
4. Eat plenty of vegetables and fruits everyday
5. Eat dry beans, peas, lentils and soy regularly
6. Chicken, fish, milk, meat or eggs could be eaten daily.
7. Eat fats sparingly
8. Use salt sparingly
9. Drink lots of clean, safe water



Education sessions and activities were conducted by the Dietetics Department during the Nutrition week which was from the 10th to the 16th of October 2021. Each day had its own activity. Staff, patients, children and caregivers were educated on the healthy eating plan for babies and children.

The Dietitians visited departments to demonstrate the healthy food pyramid/food plate model with an emphasis on fruit and veg portion.

Education was done on the importance of vegetable varieties with the fruit/veg rainbow. Each colour is dedicated to a type of fruit and its benefits were explained.

Children enjoyed sticking fruits and vegetables in the displayed food rainbow. There was an information desk displayed with healthy eating plans as part of the awareness for nutrition week.

VITAMIN/ MINERALS	<u>Vitamin A</u>	<u>Vitamin B</u>	<u>Vitamin C</u>	
BENEFITS/ FUNCTION	Prevents night blindness and promotes good eye sight Boosts immune system by helping the disease fighting cells in the body to grow (prevents colds, flu, other infections) – NB during Covid times to keep immune system strong	Heart health and helps with the growth of blood cells Good digestion, helps body avoid problems like diarrhoea, abdominal cramps, constipation NB: B12 helps foetal development during pregnancy	Immune system strength – keeps body strong enough to high infections and illnesses Helps with wound healing: growth and repair of body tissues. Improves Mood and Mental Health	Reduces Fatigue and helps to maintain energy levels Helps oxygen-carrying cells in the blood to function well (NB for women because we lose blood every month, therefore need it to be able to regenerate)
SOURCE	Pumpkin Carrots	Lentils Potatoes	Oranges Tomatoes	Spinach Beans and peas

NUTRITION WEEK GALLERY



Children pasting fruits and veg in the rainbow



Dietetics team preparing for the information desk during nutrition week



Health education done to pregnant women in High Risk Clinic on healthy eating plan.



Ms Thenjiwe Mlungwana (Dietician) having session with staff



Educational session with staff in POPD Boardroom where Dieticians were demonstrating on how a healthy lunch box should be prepared

PREMATURE AWARENESS



Tiny hands and tiny feet makes life complete

“One (1) in ten (10) babies are born premature worldwide”. 17th of November is observed as National Prematurity Day. QNRH rejoiced this day in purple and white with mothers who delivered prem babies to encourage and support them in raising their babies.

Neonatal Unit team of doctors and nurses always make it a point that to celebrate this day at QNRH. The contributing factors for mothers to deliver the prem babies were explained which includes diabetes and high blood pressure in the pregnant mothers.

Nobody wishes to deliver a prem baby. Some mothers are afraid to look at their tiny babies, but health care workers support and educate them through out until their babies are discharged. They are encouraged breastfeed and bond with their babies. “Tiny hands and tiny feet make life complete”

Mothers felt honored, loved and supported at QNRH. Some mothers who delivered prem babies in the previous year were invited with their babies to come and encourage mothers as part of prem awareness.

Ms Nothando Biyela who delivered her baby at 25 weeks weighing 895g shared her experience of being a mom to a prem baby. “At first I used to cry but due to the support from my family, doctors and nurses, I managed to raise my baby” She encouraged mothers to pray and advised them on the importance of feeding breastmilk to babies, KMC and listening to the advice from the doctors and nurses.

Mothers were thankful for the support and words of encouragement they get from the hospital in raising their babies. They were happy to see other mothers who went through the same carrying

Prem. Awareness Gallery



Sister Buyi Mrwetyana addressing the audience



Neonatal unit doctors handing over certificates



Mothers (caregivers) of prem babies attended the event



Dr Kapongo—HOD Pediatric unit dedicated his gift to mothers and the team



Mothers giving testimony in raising prem babies



Vaccination talk show



Dr Samjowan (Acting CEO) and Sister Dlamini answering questions from the public about Covid-19 vaccine

Covid-19 vaccination is very important not just for only health care workers but the whole nation. Government is urging everybody to take the vaccine in order to fight against the spread of Covid-19.

As part of the marketing strategy for the vaccine, QNRH had a talk-show with the community including patients which was held on the 9th of November 2021 at the hospital. The aim was to address concerns and questions from the community which hinder them from taking the Covid-19 vaccine. Clinicians including doctors and nurses were there to answer all their questions and concerns about the Covid-19 vaccine. Acting CEO, Dr Samjowan provided valuable information to the public and staff about the vaccine and the disease.

Testimony and sharing of post-experience from patients and staff who have vaccinated encouraged and motivated those who were afraid to the vaccine. Some people voiced their reason for being reluctant to take the vaccine due to information they got from the social media. The team clarified that there were myths and rumors circulating on social media. Correct information was provided and the audience was encouraged to vaccinate.

The talk show was a great success. Participants were fully engaged and actively participated in the event. This made it easier for everyone to ask questions which were answered there. It is everyone's responsibility to prevent the spread of the virus by getting vaccinated.

Vaccine Talk show in pictures



Dr Mchunu and the team from vaccine site listening to the question from one of the public members



Member of the public was sharing her post-experience after taking the jab and was motivating the public to get vaccinated



The show was well attended by both staff and the public



Dr Mphatsoe talking to the audience



From left: Sr Dlamini, Nompilo Xaba, Dr Mchunu, Sr Shabalala, Dr Samjowan, public member, Matron Nhlapo during the show



Acting Ceo, Dr Samjowan listening to the testimony from one of the participants of the talk show.

16 DAYS OF ACTIVISM



Social Work team- from left: Mrs Mbali Mthethwa, Buyi Nyawo, Ntobeko Mthethwa, Official from the shelter, Mpho Hlophe and Mrs BB Mkhwanazi



From Left: ANM Ngema, official from Siyabonga shelter and Mrs M Hlophe during the handing over of the donated toiletries

16 days of activism against Gender Based Violence (GBV) is everybody's business. QNRH took it up differently this year. The Social Work department with communications unit, requested and motivated all hospital staff members

to give something to those in need and affected by GBV. Employees from different sections contributed and collected toiletries that was handed over to Siyabonga Shelter for abused women.

The shelter accommodates women and children who are the victims of gender based violence. The Social Work department identified the need and came up with the plan to make these donations as most of the women leave their abusers without any clothes or toiletries. Donated items included tooth brushes, toothpaste, sanitary pads, soaps, towels, sleep wear etc. Staff members took this issue very seriously and they donated generously.

The nursing manager and the social workers made an official donation hand over to the official from Siyabonga Shelter who was very thankful for the support from QNRH.

QUALITY DAY 2021

“Making Clinical Governance Count, the Batho Pele Way”



Mr TM Zincume (Quality Assurance Manager) doing his presentation on Quality Assurance in the hospital.

It was not just an event. 2021 Quality Day and Service Excellence award aimed at creating an awareness, rewarding excellence and promoting the clinical government culture at Queen Nandi Regional Hospital. The event was done on the 25th of November 2021 at QNRH foyer with the theme “**Making Clinical Governance Count, the Batho Pele Way**”.

On this day, the M&E unit led by Quality Assurance Manager (Mr TM Zincume) reinforced the importance of clinical governance and the provision of quality health care. The event was combined with long service awards led by Human Resources Department. Mrs VJ Pillay shocked people when she received her long service award of being 40 years in the service.

The QAM in his presentation, projected thought slide shows of all projects and memories for the year through pictures and that revived and encouraged the teamwork at the workplace for the benefit of the patient. Departments and individuals who excelled in different categories including IPC, Waste Management, Quality Assurance Assessment were awarded. There were also awards from the office of ACEO together with Human Resources who was rewarding long service awards to employees that have worked for the department for more than ten years. The event was honored by the District QAM—Mr Sibisi and the staff came in numbers. Special thanks to Capitol Caterers, Carman Panel beaters and EXCO for their contributions towards the success of the event. Pictures say it all!!

Mrs VJ Pillay receiving her long service award of 40 years in service



QUALITY DAY & SERVICE EXCELLENCE AWARDS PHOTOS



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Happy Holidays , stay safe, till next year!



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