



**KWAZULU-NATAL PROVINCE**  
HEALTH  
REPUBLIC OF SOUTH AFRICA

# BAMBINO

# NEWS

JULY –SEPTEMBER 2023

## QUEEN NANDI REGIONAL HOSPITAL



### Inside This Issue

Isibaya Samadoda	- Page 2
Women's Day Celebration	- Page 3-4
Career Guidance to schools	- Page 6
Breastfeeding Awareness	- Page 8
Heritage Day Celebration	- Page 9
Pap Smear Drive	- Page 10
Major Disaster Drill	- Page 11



KwaZulu-Natal Department of Health  
KZN Department of Health



kznhealth



@kznhealth

[www.kznhealth.gov.za](http://www.kznhealth.gov.za)

MY HEALTH, YOUR HEALTH, OUR HEALTH: A HEALTHY KWAZULU-NATAL.

# “ISIBAYA SAMADODA”

July is Men’s Health Month. On the 26th of July 2023, QNRH men’s forum held their annual meeting to celebrate men's month. The purpose of the gathering was to discuss issues relating to men in their daily life and working environment.

Crucial issues such as gender based violence and substance abuse as well as work ethics were discussed. It was a pleasure to have Mr Vusi Khumalo from Ngwelezane hospital, labour relations as the guest speaker. He advised men to avoid situations that can affect their lives negatively in the community and at work.

He also explained the role of Labour Relations and how it could benefit employees.

Men were also encouraged to study further and to use the available opportunities provided by the department to uplift themselves.

New members were appointed to join the committee in order to replace those that left the institution. Congratulations to the new members Mr Themba Ndlazi and Mr Skhumbuzo Ngcobo .

After a successful meeting in the auditorium, refreshments were served at the hospital grounds next to the maintenance building. This area was christened as “Isibaya Samadoda” which means “Kraal of the Men”.



KwaZulu-Natal Department of Health  
KZN Department of Health



kznhealth



@kznhealth

MY HEALTH, YOUR HEALTH, OUR HEALTH: A HEALTHY KWAZULU-NATAL.

# WOMENS DAY CELEBRATION

Female employees of Queen Nandi Regional Hospital celebrated Women's Day on the 24th of August 2023.

It was a Women's Indaba where women were empowered with knowledge on health issues and financial wellbeing.



“Powerful Women- More Than Just Fancy Hats and Pretty Colours”

Cold weather did not dampen the spirit of the Queen Nandi ladies who adorned beautiful floral colours and hats in keeping with the theme. It was an informative session that addressed critical issues that affect modern day ladies.

The guest speaker, who was a survivor of domestic abuse, shared her moving experience and words of encouragement. Mr Goodman Ngubane from Capital Legacy provided useful insight into financial planning. Mrs Hlophe (QNRH Social Worker) motivated women to be responsible for their own happiness. She reminded the ladies that anyone could be a victim of GBV. It is up to women to embrace who they are, to stay strong and to stand up for themselves knowing that they have a support system.



The day was not all serious as the ladies enjoyed the ever popular photo spin booth. There was also a pampering corner where staff were treated to foot massages by World Class Salon.

A special thanks Capital Legacy and World Class Salon for their contribution in making the day a success.



KwaZulu-Natal Department of Health  
KZN Department of Health

kznhealth  
@kznhealth

www.kznhealth.gov.za

MY HEALTH, YOUR HEALTH, OUR HEALTH: A HEALTHY KWAZULU-NATAL.

# WOMENS DAY PHOTO GALLERY



Staff served with refreshments during the event



Phakade Mbatha enjoying foot massage sponsored by World Class Salon



Photo booth was enjoyed!



Dr S. Bodasingh talking about women's health



KwaZulu-Natal Department of Health  
KZN Department of Health

kznhealth  
@kznhealth

www.kznhealth.gov.za

MY HEALTH, YOUR HEALTH, OUR HEALTH: A HEALTHY KWAZULU-NATAL.

# New Devices Delivered for the CP Children

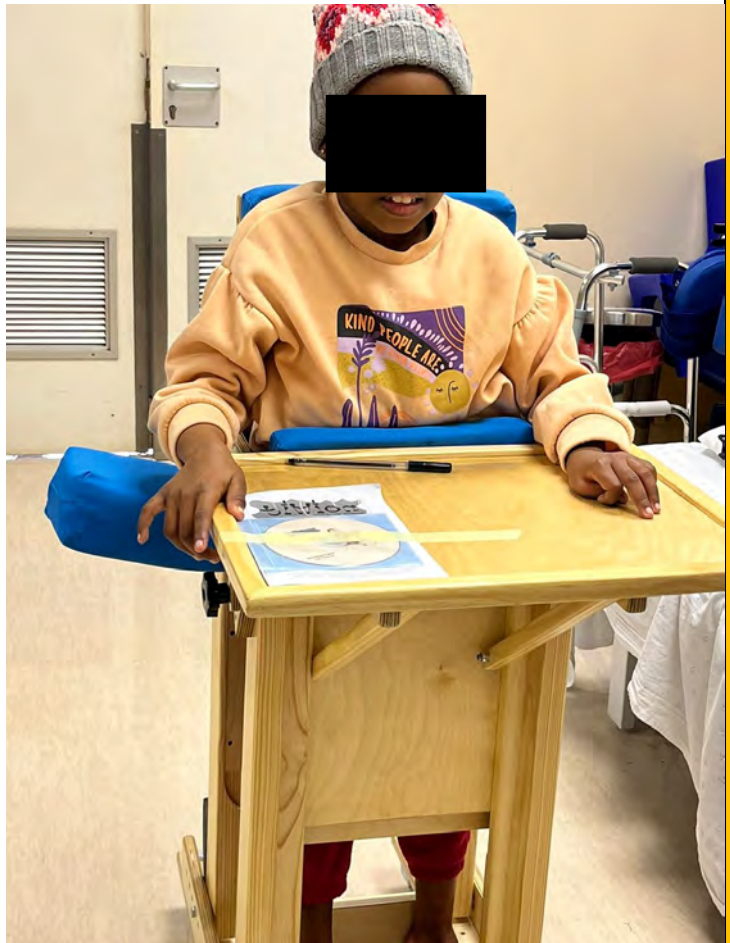
On the 23<sup>rd</sup> of August 2023, the first order of standing frames was received from Timion<sup>®</sup>.

The standing frames are crucial in managing children with cerebral palsy who do not have the ability to stand independently.

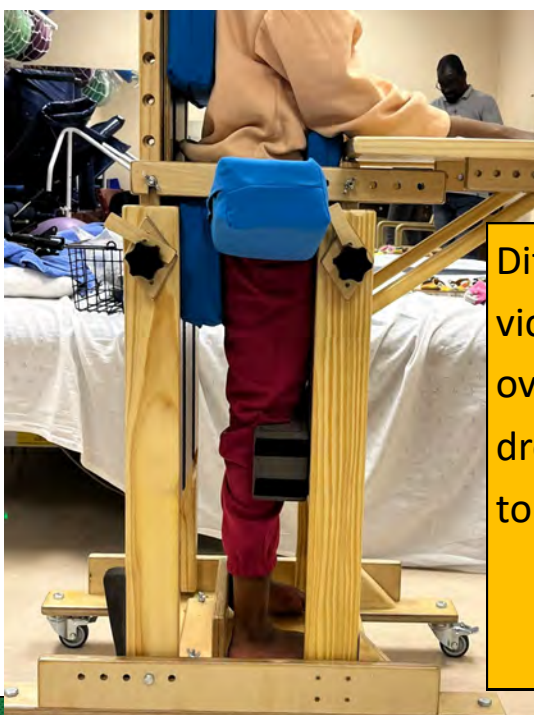
The use of the standing frames at home will enhance the 24hrs posture management of these children.

There was much excitement at the clinic when 3 standing frames were issued the next day to the caregivers and patients.

According to Timion<sup>®</sup>, this was a breakthrough as QNRH was the first hospital in the province to be able to provide our patients with these devices.



Recipient of the device being taught how to use it.



Different devices handed over to children according to their needs



## FOOD SERVICES UNIT AUDITS PERFORMANCE

On the 03<sup>rd</sup> of March 2023, which fell in the last quarter of the 2022/23 financial year, a peer review food services audit was conducted by a multi-disciplinary team from the district office. The team comprised of members from the following disciplines; Quality, IPC, Health and Safety, nutrition and Waste Management.

The aims of this periodic assessment was to measure the hospital's performance against a comprehensive set of food service standards, to reflect on current performance, quantify resource needs and to develop a supportive system to be used by all hospitals.

The facility achieved 90% in the audit, which is considered a Gold standard of compliance.

The assessment for the first quarter of the 2023/24 financial year was conducted on the 26<sup>th</sup>

May 2023, by nutrition directorate. The focus of the audit included the core elements of food service package namely finance and human resources, food handling and storage, hygiene and safety as well as menu cycle.

This audit showed an improvement from the previous assessment with the hospital scoring an outstanding 99.2%.

The hospital kitchen was out-sourced to Capitol Caterers back in 1994. 98% of staff employed in the kitchen fall under the service provider with only the Food Service Manager and one food service aid supervisor being employed by Queen Nandi Regional Hospital.

## HRD TO SCHOOLS FOR CAREER GUIDANCE



**Bhekikusasa High School learners during career guidance**

The Human Resources and Development component of QNRH, led a team comprising of all different vocations within the health sector, who visited different local schools to offer career guidance. The purpose was to advise and motivate high school learners on careers available in the health sector. As part of the community outreach programme, doctors, nurses, psychologists, therapists, members of the technical team (maintenance) and admin personnel advised learners on school subjects needed for each career so that they make right choices of subjects at school.



**Mr Skhumbuzo Ngcobo (HRD Practitioner) addressing learners**



“Take the initiative to be informed through reliable information sources”



Mr Masondo (Chief Artisan) talking about careers in maintenance section (technical skills)



Mr Mthembu from Radiology addressing learners



Mr Skhumbuzo Ngcobo from Human Recourses talking to learners



Mr Ntuli (Psychologist)



Sister Buthelezi Prof. nurse



# BREASTFEEDING AWARENESS



Samsung Galaxy A04

## Enabling Breastfeeding: Making a Difference in the Workplace

This was the theme for the year 2023 which aimed to

1. Inform people about working parent's perspectives on breastfeeding and parenting.
2. Anchor optimal paid leave and workplace support as important tools to enable breastfeeding.
3. Engage with individuals and organizations to enhance collaborations and support for breastfeeding at work.
4. Galvanize actions on improving working conditions and relevant support for breastfeeding.

The Dietetics team facilitated the hospital's commemoration of the 2023 Breastfeeding awareness campaign. The event was celebrated with working moms on the 02nd of August 2023 in line with the provincial theme. The day was informative with Ms Zama Khumalo a Prof Nurse from the hospital sharing her touching experience with breastfeeding while on duty.

She shared her experience and challenges on breastfeeding as a working mom as she

has a 2 years old who is still breastfeeding . According to Ms Khumalo, successful breastfeeding requires support from family and colleagues as well. Working as a nurse can be quite demanding. Sometimes she will be so busy that she will not get time to express. She appreciated her colleagues who always supported her and allowed her to go and express. Some will even remind her when it's time for her to express. .

QNRH is committed to make breastfeeding in a workplace more feasible. Plans are in place to have a dedicated room for breastfeeding employees. It will include necessary equipment such as a fridge and moms will be comfortable to express in a relaxed environment. Ms Khumalo encouraged other moms to continue breastfeeding when they return to work as breastfeeding is very beneficial to their babies.

Mrs SL Lamula (EAP) spoke on behalf of HR and discussed the legislations and codes of practice that pertain to breastfeeding in the workplace. Staff appreciated the employers commitment to support breastfeeding employees.





# ENABLING BREASTFEEDING



Sister Zama Khumalo sharing her experience as a working breastfeeding mom



Mothers from mothers lodge who attended the event



Mrs Lamula (EAP) explaining the role of employer in supporting breastfeeding moms in the work place.



Mr Smiso Mngadi who was the Program Director



# HERITAGE DAY CELEBRATION IN PICTURES



POPD team members



Zama and Mr Khanyile



Phakade Mbatha



Doctors from Paediatrics



Radiology team members



# PAP SMEARS DRIVE AT QNRH

Cancer is the second-leading cause of death worldwide. 10 million people die from cancer every year. More than 40% of cancer-related deaths could be prevented as they are linked to modifiable risk factors such as smoking, alcohol use, poor diet and physical inactivity .

Dr Jayeshnee Moodley (Specialist Obstetrician and Gynaecologist ) from Melomed Private Hospital chose to do her community service at QNRH by offering 50 free pap smears. QNRH female employees were lucky to benefit from this initiative.

Results were to be sent to the individuals who participated. Staff members were extremely grateful to Dr Moodley and her team.

## Why should we screen?

A screening for cancer can detect cancer at an early stage and may be easier to treat or cure.

## How are female cancers treated?

Female cancers can be treated in several ways such as surgery, chemotherapy and radiation. Treatment depend on the kind of cancer and how far it has spread.



Deputy Manager Nursing welcoming team from Melomed and Dr Moodley



Some of the female employees who benefitted from the initiative

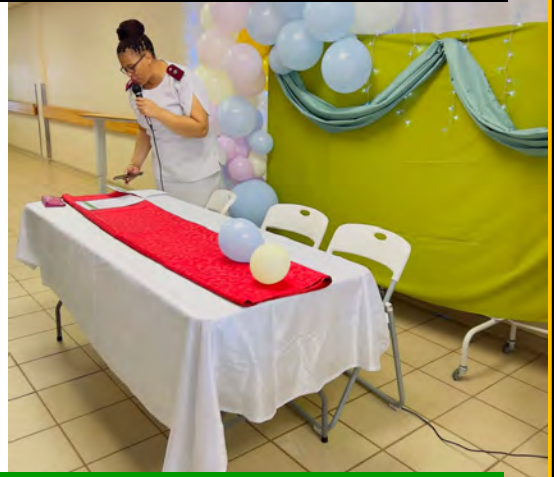


# CANCER AWARENESS



*Sister Nene informing care givers and mothers about cancer*

QNRH Gynae and Oncology teams conducted a cancer awareness programme to educate women about the different cancers that may affect women. Cervical cancer and breast cancer were highlighted as the most common cancers affecting women. It was emphasized that these cancers can be cured if detected early. Women were encouraged to know their bodies and to screen by doing regular pap smears and mammograms as advised by health professionals.



# PHARMACY MONTH



September is pharmacy month. QNRH pharmacy team celebrated pharmacy day on the 25th of September by interacting with patients and raising an awareness on the importance of adhering to the prescribed medication. They also advised patients on non-pharmacological methods that they could implement to improve their health.



KwaZulu-Natal Department of Health  
KZN Department of Health



kznhealth  
@kznhealth

[www.kznhealth.gov.za](http://www.kznhealth.gov.za)

MY HEALTH, YOUR HEALTH, OUR HEALTH: A HEALTHY KWAZULU-NATAL.

# MAJOR DISASTER DRILL

QNRH conducted its annual disaster drill on the 13th of September 2023. This year, the drill was a mock motor vehicle accident which aimed at testing the preparedness of the facility to handle multiple casualties as per the disaster management plan.

The drill was a real life scenario involving an accident between two vehicles one of which was a taxi transporting scholars. EMS, SAPS, Fire and traffic departments were part of the stakeholders involved. 15 casualties were triaged and transported to QNRH, the nearest facility. They were triaged according to red, yellow and green codes.

Casualties were assessed and stabilized by the medical team in GOPD before being transferred to tertiary hospital by EMS. Patients who were already at the

hospital at the time of accident were informed of the situation and were advised on the increased waiting time while doctors and nurses prioritised the critical patients from the accident.

The participation from doctors, nurses and all staff members showed that the hospital is adequately equipped to handle such a disaster. The drill was conducted so smoothly that they fooled the local journalists who followed the traffic response team to QNRH in search of the news breaking story.

The drill also included addressing and counseling aggrieved relatives and family members.

Special thanks to all stakeholders for making the drill a success.



SAPS and EMS arriving on the scene



Red coded patients prioritized to hospital



*EMS triaging and managing codes according to priority red code*



# MAJOR DISASTER DRILL



EMS on arrival at the hospital



Nurses welcoming EMS with patients in GOPD



Doctors attending to red coded patients in isolation



Nurses from other departments came to GOPD to attend patients as EMS were transporting them according to their colour codes



Patients were attended as they come as teams were in place and co-operative



Briefing and report back after the drill with all stakeholders to identify gaps and achievements



KwaZulu-Natal Department of Health  
KZN Department of Health

kznhealth  
@kznhealth

www.kznhealth.gov.za

MY HEALTH, YOUR HEALTH, OUR HEALTH: A HEALTHY KWAZULU-NATAL.

# ACKNOWLEDGEMENTS

Special thanks to the editorial team



**Dr. S Singh**  
Clinical Manager (Editor)



**Ms Moodley Nevashnie**  
Pharmacy Supervisor (Editor)



**Sister Zama Khumalo**  
Acting Quality Assurance  
Manager

Newsletter compiled and designed by  
**Nompilo Xaba (Public Relations  
Officer)**

**QUEEN NANDI REGIONAL HOSPITAL**

**Private Bag x 20005**

**29 Union Street**

**Empangeni**

**3880**

**035-907 7000/ 7156**

**Nompilo.Xaba@kznhealth.gov.za**



 KwaZulu-Natal Department of Health  
 KZN Department of Health

 kznhealth  
 @kznhealth

[www.kznhealth.gov.za](http://www.kznhealth.gov.za)

MY HEALTH, YOUR HEALTH, OUR HEALTH: A HEALTHY KWAZULU-NATAL.