



**health**

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

# St Andrews Hospital

## St and News

STAY INFORMED

DECEMBER 2017

### ANNUAL QUALITY DAY



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SAH scooped two trophies at Ugu Health District Choral Competition.



SAH attended Ugu Health District Heritage



Handwashing-Tippy tap at Gateway SAH

## QUALITY ASSURANCE DAY

**S**t Andrews held its Quality Assurance day on 27 November 2017 which was aimed at rewarding the individuals and departments that have worked hard throughout the year. The theme for the event was to encourage the increased level of quality of the service delivered and taking into account the efficient usage of available resources.

Stating the purpose of the day Ms. Vane (Hospital CEO) advised staff to work according to their professional and ethical behavior. She welcomed the guests; Members of the board, Mrs. Zulu (Guest speaker), panel of adjudicators, and all St Andrews staff that attended.

The programme started with prayer from Sr. Mkhathshane, and the Programme Director Ms. Ndlovu called the Hospital Choir to perform on stage, their performance was nothing short of amazing. The General Orderlies also performed a traditional dance which left the audience entertained. Presentations by different departments on their Quality Improvement Projects were insightful and it showed how St Andrews as a whole attempts to improve its quality on health service delivery.

Sr. Dondashe introduced the panel of judges and they (judges) presented their feedback about the QIPs presented by different departments. The awards were then given to all individuals and departments that worked tirelessly during the year 2017. The CEO, Ms. Vane also presented gifts to Board members to honour them for being there for the Hospital and the community of Umuziwabantu, and the judges also accepted their gifts from the Hospital which were presented by Matron Edonga.

Mrs. Zulu (Guest Speaker) delivered a speech to encourage St Andrews staff to work dedicatedly at all times, she further complimented St Andrews Hospital for its compliance to policies and legislative frameworks and urged the Hospital to participate on National Batho Pele Service Excellence Awards this year and in future. Matron Magubane delivered the vote of thanks and the ceremony was closed with prayer.



Sr. Shazi (second from left), Sr Ntunzela (Middle) and Ms. Vane (right) awarding B-Ward Staff for their QIP best presentation.



St Andrews Choir Group singing their master pieces.



Mr Gasa (left) receiving his Award from Ms. Vane (CEO) and Mr Dahl (Hospital Board)

## TIPPY-TAP FOR HANDWASHING



Handwashing is a vital aspect in preventing the spread of germs that may be harmful to our health and thus reduce the spread of diseases. Our communities are educated about hand washing regularly to familiarize them with this good habit.

As 15 October 2017 is a global hand washing day Sr. Shazi together with staff from different departments within the hospital taught the patients at B-Ward, Gateway clinic and C-Ward on how they can make their own tippy-tap at home where there is no running water tap. The demonstration of this tippy-tap was made and it was easy for the patients to see how they can make their own at home. Sr. Shazi reminded the patients about when and how to wash hands, and about the importance of handwashing. She asked about the hand washing and the community showed that they do know about the procedure of handwashing though it was their first time to see a tippy-tap. The Tippy tap is an easier way to cleanse hands without leaving any unwanted germs for the following person who will use the same tippy tap. Apparatus that are used to create tippy tap are easy to find and does not cost a cent to create. A 5 liter container (thoroughly cleaned) was used, soap, a 2-5 meter rope, water, sand and 3 pieces of wood are the only paraphernalia for the tippy tap. It is urged to all people to use tippy-tap at home during all times as it may help in reducing spread of germs and diseases. Sr. Shazi also urged the patients to use the tippy tap when there are traditional ceremonies, or any kind of gatherings at our homes as it will help prevent people from touching food with dirty hands. This will reduce food poisoning and healthy lifestyle will be promoted.

## VMMC CAMPAIGN AT ST ANDREWS HOSPITAL

A group of young boys and men participated on the Voluntary Male Medical Circumcision that was organized by St Andrews Hospital on 29 September 2017. This campaign happens regularly at St Andrews Hospital to encourage men of all ages to circumcise and practice safe sex in order to prevent the spread of sexual transmitted infections and HIV/AIDS.

The campaign is composed of sessions which includes pre-counselling and voluntary HIV/AIDS testing to ensure that procedures are conducted well and there will be no complications after the process. Sir Mdiya as MMC facilitator ensure that the campaign is conducted accordingly with the assistance of community mobilisers from different areas in Umuziwabantu.



The campaign was a huge success and people are urged to preach the word of circumcision as it reduces the spread of HIV/Aids and STIs. This will then creates a healthier lifestyle to our communities and ensure the well-being of our nation.

# UGU DISTRICT CHORAL COMPETITION

**U**gu Health district hosted its annual choral music competition at Scottburgh town hall on 27 October 2017. Gamalakhe CHC choir, St Andrews choir and Mpunzana choir (a collaboration of Port Shepstone Hospital and Murchison Hospital) were the groups that performed and left the audience amazed and entertained. The choristers also impressed the panel of judges when they performed as a mass choir; they sang National Anthem (Nkosi Sikelela i-Afrika) which symbolized a tribute to the late O.R Tambo, which was his birthday on the day.

Mr. D.K Msomi programme director pointed out that music is the best element in our wellness as human beings, it can assist on reducing stress, and that can help increase productivity of employees. Mrs. Nyawo GJ Crookes Hospital CEO welcomed all the people who were present and mentioned that they are so happy to host an event and wished luck to all the participants on their performances. Management from other Hospitals was also present to witness this marvelous event. Employee health Wellness Representative from Head office Mr. Dlamini was very impressed by the performances and urged the employees to participate on wellness programmes that are available in the Department.

The performances were great and entertaining, the choristers were so passionate, and the judges said it was difficult to pick the winner. St Andrews grabbed two trophies as they achieved position 2 on Western piece and Jingle categories.



## Ugu District celebrates Heritage

**U**gu Health District together with KZN Health Corporate Communications Office held a Heritage day on 06 October 2017 at Umzinto Town Hall. The aim of the event was to encourage all Health employees in and around the boundaries of Ugu District to embrace all cultures that our nation has and to promote unity despite diversity and divisions in the workplace. Mr. Sam Mkhwanazi, Chief Director in Corporate Communication, Mr Bhekiswayo ombudsman and Mrs. NC. Mkhize (Ugu district Director) were the guest speakers and their presence was such an honour.

Commencing the programme Mr Mbanjwa (GJ Crookes Hospital PRO) called Mrs. Mkhize to welcome the guests and to state the purpose of the day. Mr. Mbanjwa who showed great passion, as he was a programme director introduced the Institutions that were there and proceeded with the programme. Harmony and joy are the best words to describe the atmosphere that was on this ceremony. Devotion by Mr. V. Govender (Hindu musical), Joyce Ngcobo (Nazareth Baptist Church) and Rev. E.M Juta (Christianity) left the audience entertained and blessed. Comedian told jokes that filled the hall with laughter. Mr. Govender also performed his single that has earned him a SATMA award for Best Indian Album category and we can say that "he deserved it; he is good at what he does". Traditional dance group of GJ Crookes surprised the audience with their unique performance the hall stood up and sang along and it was a moment of brilliant.



The speeches from guests were so insightful and motivating. Mr. Mkhwanazi stated that Ugu District health workers are so dedicated and hardworking despite the finance challenges the Department is facing. He also read the message from Head of Department Dr. Mtshali who could not attend the event because of a meeting that he was attending at National Health Offices. Mr. Bhekiswayo also added on to what Mr. Mkhwanazi said and advised the Health workers to work dedicatedly and show love to their work at all times.

It was an honor for St Andrews hospital to be part of the event and Matron Singh (Nursing Manager) was amongst the attendees and she showed much joy and happiness.

# KWAMACHI-ENYANISWENI VISIT

Community outreach programmes forms integral part of effective Health Service delivery. Outreach programmes enables the community to raise their concerns about the challenges they encounter when trying to access services from nearby Clinics, Hospital and other structures under health department.

St Andrews Hospital, Department of Social Development, South African Police Service and Traditional leadership collaborates and visits communities regularly in order to inform them about the services that are available at the institution and how to access the institutions services.



From left to right: Mr. Kheswa (Board member), Mr. Mcobothi (Undunankulu), and Mr. Ngwane (Board Member) interacting with the community.

On 17 November this outreach programme took place at KwaMachi Enyanisweni chief's home place where all stakeholder presented their plans in assisting the community. Sr. Mkhathshane from Crisis Centre (St Andrews) opened and addressed the community about various issues including suicide, drug and substance abuse, domestic violence and sexual abuse, she further urged the community to use Crisis Centre as they can be provided with counselling. Social Worker Mrs Cele mentioned that the issues raised by Sr. Mkhathshane are problematic to communities but they are not reported. She urged the community to report also to them as they are well equipped to assist without charging any fee. Sgt. Gcaba from SAPS explained the procedure in dealing with criminals and prosecution of offenders. Sr. Nogwina explained in detail, the issue of teenage pregnancy which she regards as a sensitive issue that creates abnormalities in lives of young girls who fall pregnant at young age, she also mentioned the prevention measures that the clinics offer to all people who know that they engage themselves in sexual activities.

Hospital board members Mr. Ngwane and Mr. Kheswa were also present and they played a vital role in conducting this outreach programme. Mr. Mcobothi (Induna) was so grateful and asked that the visits must be done regularly as it helps to address issues the community face in their daily basis. The community raised their concerns and the relevant member responded to them.



## Breast Cancer Awareness Month



**Breast cancer is an uncontrolled growth of breast cells.** To better understand breast cancer, it helps to understand how any cancer can develop.

Cancer occurs as a result of mutations, or abnormal changes, in the genes responsible for regulating the growth of cells and keeping them healthy. The genes are in each cell's nucleus, which acts as the "control room" of each cell. Normally, the cells in our bodies replace themselves through an orderly process of cell growth: healthy new cells take over as old ones die out. But over time, mutations can "turn on" certain genes and "turn off" others in a cell. That changed cell gains the ability to keep dividing without control or order, producing more cells just like it and forming a tumor.

Initially, breast cancer may not cause any symptoms. A lump may be too small for you to feel or to cause any unusual changes you can notice on your own. Often, an abnormal area turns up on a screening mammogram (X-ray of the breast), which leads to further testing.

In some cases, however, the first sign of breast cancer is a new lump or mass in the breast that you or your doctor can feel. A lump that is painless, hard, and has uneven edges is more likely to be cancer. But sometimes cancers can be tender, soft, and rounded. So it's important to have anything unusual checked by your doctor.

According to the American Cancer Society, any of the following unusual changes in the breast can be a symptom of breast cancer:

- swelling of all or part of the breast
- skin irritation or dimpling
- breast pain
- nipple pain or the nipple turning inward
- redness, scaliness, or thickening of the nipple or breast skin
- a nipple discharge other than breast milk
- a lump in the underarm area

These changes also can be signs of less serious conditions that are not cancerous, such as an infection or a cyst. It's important to get any breast changes checked out promptly by a doctor.



## What Cancer Cannot Do

Cancer is so limited...

It cannot corrode Faith,

It cannot shatter Hope,

It cannot cripple Love,

It cannot destroy Peace,

It cannot kill Friendship,

It cannot suppress Memories,

It cannot silence Courage,

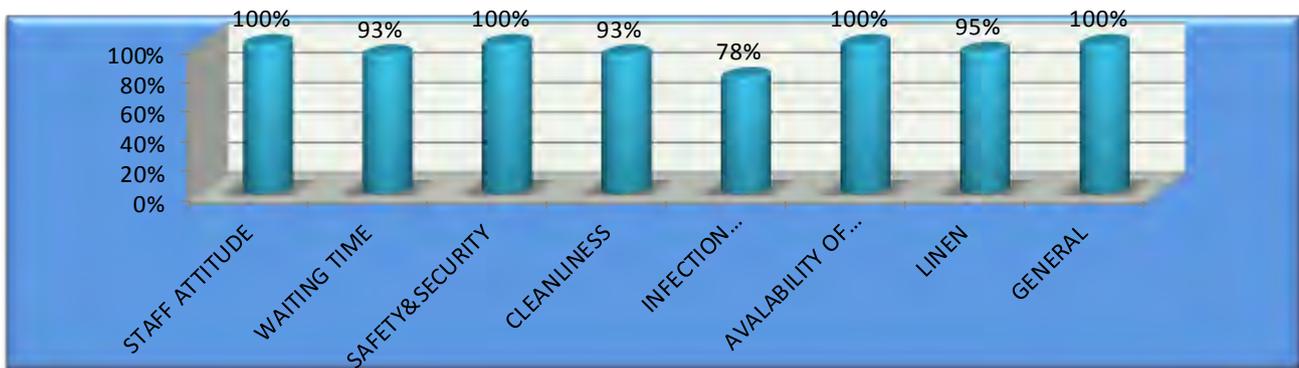
It cannot conquer the spirit,

It cannot invade the Soul,

It cannot steal Eternal Life.

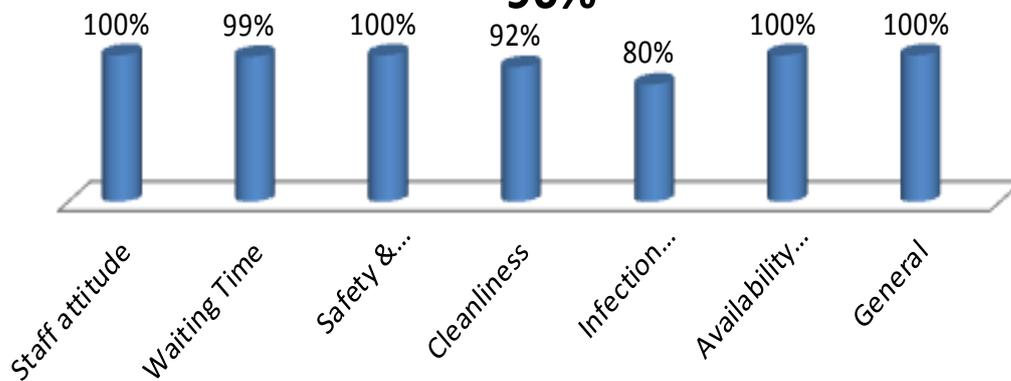
## CLIENT SATISFACTION SURVEY RESULTS

### In-patient Overall Ratings November 2017 - 96%



### Out-patient Overall Ratings November 2017-

96%



# NEW APPOINTMENTS



Name	Rank	Date appointed
NP MADIBA	PHARMASIST ASSISTANT	01/10/2017
FN MABASO	PHARMASIST ASSISTANT	01/10/2017
NP BASE	PN SPECIALITY	01/10/2017
CD MATHANDABUZO	CLINICAL MANAGER	01/10/2017
DD RICKERTS	MEDICAL OFFICER COMM. SERV	01/10/2017
MVB DLAMINI	PN SPECIALITY	01/11/2017
MS DUBE	PHARMASIST	01/11/2017
NN NDABA	OPERATONAL MANAGER (CASUALTY)	01/12/2017



## JOB ADVICE

#6 IF YOU DON'T KNOW WHAT YOU'RE DOING WALK FAST AND LOOK WORRIED.



# CHUCKLES



"You caught a virus from your computer and we had to erase your brain. I hope you've got a back-up copy!"

Laziness is the mother of all bad habits but ultimately she is a MOTHER and

we should respect her.



## FUNNY MEDICAL TERMINOLOGY



# A

**Adenoma** - *What you say to your mother when you don't know the answer*

**Aerobe** - *A garment worn around the house*

**Alimentary** - *What Holmes said to Watson*

**Anally** - *Occurring yearly*

**Antepartum** - *When your father's sister goes home*

**Anti-Body** - *Against everyone*

**Artery** - *The study of paintings*

**Atonic** - *Goes with your gin*



# PICTURE GALLERY



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