



**health**

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

# St Andrews Hospital



## St and News

STAY INFORMED

DECEMBER 2018

### IN THIS ISSUE

- *Note from the CEO*
- *Mental health awareness Campaign*
- *Dietetics breakfast tips*
- *Skin cancer awareness*
- *PEC Survey results*
- *Christmas lunch ideas*
- *New appointments*
- *Chuckles*
- *Picture gallery*



Healthy breakfast tips, read more on page,4

### *INSIDE THIS ISSUE;*



PAGE .. 2 CEO's corner



PAGE 3.. Mental health



PAGE 4.. Healthy breakfast tips



FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE

## CEO's Corner

### Time for reflection

The year had its ups and downs.

Let me start by thanking God for everything that we have achieved and those that we did not achieve because there are lessons that we learnt. Some of the achievements from the hospital were MEC's awards where we got 1st position in the category of improving maternal mortality rate in 2017/18. This was due to the dedication of our staff, both nurses and doctors in ensuring that we deliver quality care and strive for continuous improvements. The other category was in OPD where we received the certificate of commendation obtaining the 4<sup>th</sup> position in the category of best performing Paediatric outpatients department in district hospitals.

4 of our clinics achieved gold status, one a silver status and we know that all clinics should be ideal but we will get there, congratulations to all the Operational managers and Mrs VV Ncume the Primary health care manager. The challenge is on those that are outstanding we motivate them to come on board so that we are at 100%.

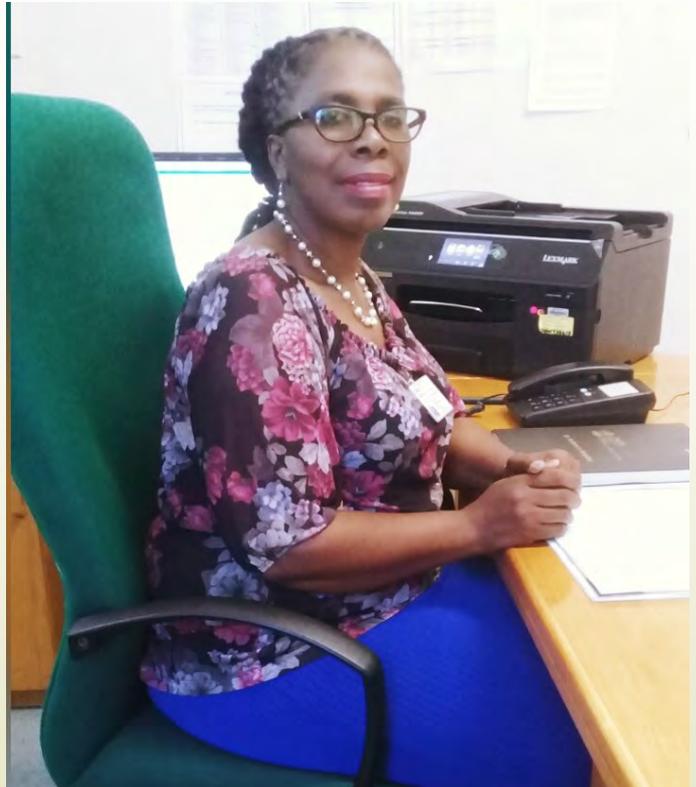
The compulsory induction programme (CIP) was done and completed by all who were due and as the management we are hoping that it was not a matter of doing it for compliance but the staff learnt and shared the information with those who are yet to do it.

We achieved 100% eDisclosure for the relevant staff with some assistance from the Head office team thanks to Ms. NV Ndlovu for organizing the team. We understand the issue of compliance when it comes to eDisclosure as we need to comply to certain elements of PFM Act.

The hospital embarked on a project to improve record management and worked very hard with dedication and commitment to make things better. I have a great team and I am proud of everyone who participated in this project. The project started on the 6<sup>th</sup> of July with the Management team and Operational managers from various departments who left their offices and put on overalls to protect their white uniform and clothing as they embarked on sorting out documents for destruction and those to be kept for more than 18 years. This was because the hospital does not have a proper archive and it was not easy to retrieve the records when required. This project was aimed at improving the conditions where records are kept and to ensure that more space was made available by destroying those that are more than 5 years which also created space for records that must be kept longer and those not yet due for destruction. There was a backlog on destruction of patient's records and other hospital documents. The project ran for 3 weeks and more component managers came to join and staff from various sections. This was done by everyone and the staff really enjoyed working as a team and networking with members of other departments they do not work with and it sort of became a team building exercise. The staff actually missed working together when the project was finished. On behalf of the management I would like again to extend my gratitude to all who were involved.

On the part of good governance we would like to thank the outgoing team of hospital board members we formed a great team and this team had passion for service delivery. We will miss the support that they have always given to the hospital but wish to thank them for the time and dedication to the community needs. I would like to encourage all the staff members to continue taking care of themselves and lead by example we cannot educate the masses to observe healthy lifestyles and do otherwise. As we are in the festive season I encourage staff to enjoy themselves and their families and remember 16 days of activism let us enjoy life and respect each other. We encourage and motivate our fellow brothers to protect their families from abuse of any form and hope that Isibaya samadoda sizoyithola indawo kubo bonke abesilisa itshintshe indlela ababuka ngayo isimo. We also want to remember some of our soldiers who have fallen during the course of the year, may their souls rest in peace.

To the Umuziwabantu sub-district family I wish you a joyous festive season and I am hoping that we shall continue respecting our community and serving them with dignity. Those who are going for holidays enjoy with your families and please ensure safety all the time. To those who will be working, remember this is the gift of love, caring for the sick and ensuring that they feel our touch is what we are all about. I hope you will find time to enjoy the Christmas mood. To everyone remember we have three months to reach our priority targets and we hope to achieve more and more.



## Mental health awareness

On the 25<sup>th</sup> of October 2018 Gateway Clinic hosted a Mental Health Awareness campaign. Issues around mental health were discussed and mental health was described as a state of a persons well being. When a person is mentally healthy that person is able to cope with the normal stresses of life, can work productively and fruitfully and is able to make a valuable contribution to the community. It was further stated that mental well-being is an essential part of being healthy and a fundamental human right.

Mrs Khowa, St Andrews hospital social worker stated that there are many different types of mental illnesses, which manifest different symptoms, mental illness is characterized by a disturbance in thinking, mood or behaviour which is out of keeping with cultural beliefs and norms. She further stated that in most cases the symptoms are associated with distress and things that interfere with normal personal functions. She continued to say that mental illness includes *Emotional symptoms* like feeling anxious, sad and scared.

*Cognitive symptoms* like difficulty in thinking clearly and memory disturbance.

*Behavioral problems* like aggression, inability to perform daily routine functions, excessive use of substances like pills, alcohol and other drugs and speaking to one self.

*Perceptual symptoms* like hearing voices that other people do not hear and seeing things that other people do not see, as well a feeling touched by things that other people do not feel. She also emphasized that we must take care of each other as a community and that as soon as we start detecting signs of mental illnesses manifest that person needs to be taken to a hospital or clinic for professional help.

The take home message was that we all need to support people with mental illnesses and to work towards getting rid of the stigma that society has created about people living with this kind of illness.



## Healthy breakfast tips

Breakfast is the way to start your day

On the 11<sup>th</sup> of October 2018 Dietetics Department introduced a Healthy breakfast to St. Andrews hospital staff members. In view of the high obesity rates in our families & communities, the dietetics department decided to educate the staff about the importance of healthy eating, the prevention and control of obesity. Ms. JK Singh spoke about the importance of eating a healthy breakfast regularly, i.e. on most days of the week forms part of a healthy lifestyle. She also stated that people who eat breakfast regularly tend to be more active and follow a healthier lifestyle. A healthy breakfast provides important nutrients such as fiber, vitamins and minerals. She also mentioned that to contribute to healthy eating throughout the day people must eat breakfast regularly and to add more vegetables and fruits to our diets.

She also stated that if you're in a real hurry, grab something to have on the go or at work for instance a fruit and unsweetened low-fat yoghurt. She recommended to peel and chop fruit such as apples, mangoes and pineapples in slices. Freeze in zip lock bags and use when making smoothies, Blend uncooked oats with some unsweetened low-fat yoghurt and also add few nuts. Make healthy food choices for the rest of the day, snack less on unhealthy foods with high fat or sugar which basically helps to achieve and maintain a healthy body weight and helps to prevent type 2 diabetes, heart diseases and high blood pressure. Different smoothies were being tasted after the session.

Start your day, in a healthy way, have a healthy breakfast.



# Skin Cancer Awareness



December is skin cancer awareness month, which is fitting since December is beach season. Firstly let's get this myth out of the way that makes people believe that skin cancer only affects those people with a lighter skin complexion. Even though naturally, people with dark skin do have a much lower risk of skin cancer, they are not immune to the disease. If they experience overexposure to the sun, malignancies can still develop and they too can suffer different forms of UV damage. Furthermore, skin cancer in people with darker skin is often not detected until the later stages when it is most dangerous. Therefore skin cancer affects us all and here are a few tips that you can use this summer to lower your risk of skin cancer.

## Foods to eat

- Beta-Carotene: found in carrots, mangoes, kale, squash and sweet potatoes.
- Lutein: found in watermelon, Guava, Apricots and especially tomatoes.
- Selenium: found in Meat. Bread and brazil nuts.

## Things to do

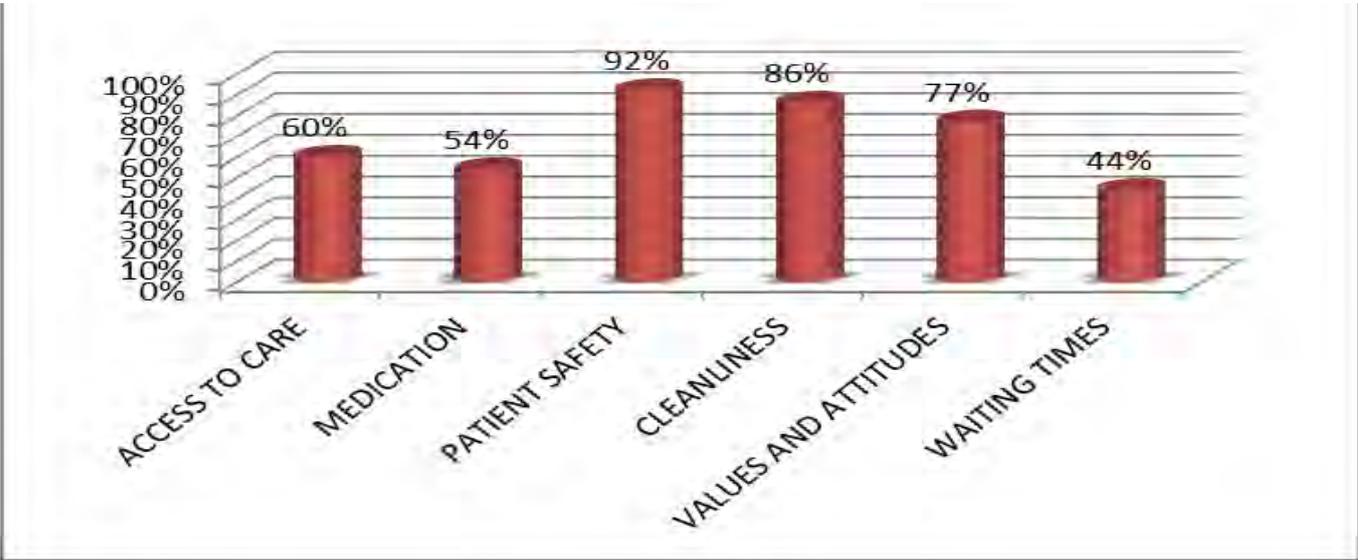
- Seek the shade, especially between 10Am and 16:00
- Avoid getting sunburned.
- Avoid tanning and never use UV tanning beds.
- Cover up with clothing, including a broad brimmed hat and UV blocking sunglasses.
- Use a broad spectrum (UVA/UVB) sunscreen with an SFP of 15 or higher everyday.

Remember to take care of your overall health this summer.

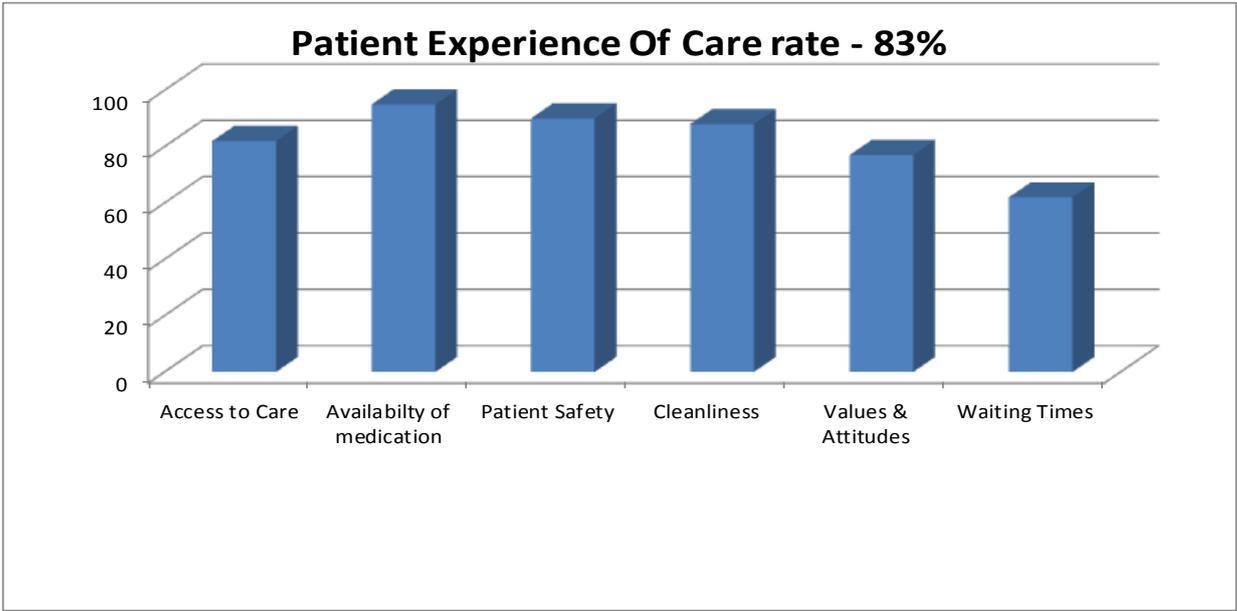
# PEC Survey Results

St Andrews Hospital conducted a Patient Experience of care Survey, formally known as the client satisfaction survey and this is how our patients have rated our service. Action plans are in place for the areas that scored low. St Andrews hospital is all about quality service delivery and we strive to deliver the best possible service to our clients using the Batho Pele vehicle.

### Inpatients Overall Rating - 81%



### Outpatients



# Christmas Lunch Ideas



December is holiday season and it also means that Christmas is upon us, all those who celebrate Christmas know that on this holiday, we celebrate the birth of our Lord and Savior, Jesus Christ who was given by God the father as an atonement for our sins. Before I start preaching, we also know that with Christmas comes with a lot of food. Now if you still don't know what to prepare this Christmas, don't sweat. Here is a mouth watering recipes to fall back on. Thank me later.

## **Rosemary & Garlic roast Lamb**

### Ingredients

- 1.5kg Leg of lamb on the bone
- 15 cloves of garlic
- 5 springs of rosemary
- 600ml olive oil
- Salt & black pepper
- 2-3 medium sized onions
- 150ml red wine

Preheat the oven to 200C, using a very sharp knife score 15 small cross cuts all over the leg of lamb about 15cm deep. Pop the peeled garlic gloves into the cuts, place the rosemary springs into some of the garlic cross cuts, rub olive oil all over the leg of lamb and season well with salt and black pepper. Place in a roasting dish along with the peeled and quartered onions (lid Off) and roast for 30 minutes, turn down the heat to 180C, add wine to the roasting dish and cover the meat, slow cooking for another 2-3 hours or until the lamb is very tender, constantly baste the meat with the pan juices and turn every half hour to ensure even cooking. Once ready remove from the pan and set aside.

Use the pan juices to create a gravy by adding either a crushed potato or 10ml of corn starch mixed with a bit of cold water to thicken the sauce into a gravy. Serve with roast potatoes, green beans and all the Christmas trimmings that your heart desires.



## NEW APPOINTMENTS



NAME	RANK	DATE OF APPOINTMENT
P. Mnguni	CNP	01/10/2018
BF. Jojisa	Staff Nurse	01/10/2018
A. Vethe	Finance Clerk	01/10/2018
N. Mnqanqeni	Pharmacist	01/11/2018
B. Cele	Pharmacist Assistant	01/11/2018
SP. Sibiya	PN (Speciality)	01/12/2018
AD. Dlamini	PN (Speciality)	01/12/2018
PN. Sosibo	Enrolled Nurse	01/12/2018
BN. Mjaja	Enrolled Nurse	01/12/2018





# CHUCKLES



**Why is Santa Claus always a man?**

**Because...**

**No woman will wear.. the same dress year after year...**

w3m1rch1.com



	What do you get if you cross Santa with a detective? Santa Clues!		What is a snowman's favorite lunch? An Iceberger!
	What do vampires put on their Christmas turkey? Grave-y.		What do you call a snowman party? A Snowball!
	What did the Gingerbread Man put on his bed? A cookie sheet!		What did the big candle say to the little candle? I'm going out tonight.
	What kind of ball doesn't bounce? A snowball!		What is green, white, and red all over? A sunburnt elf.
	What do call Santa when he stops moving? Santa Pause!		Which of Santa's reindeer has bad manners? Rude-alpha!



# PICTURE GALARY



# ACKNOWLEDGEMENTS



Mrs. T P Nxumalo (PRO)



Ms. ZT Myeni (PR Intern)  
Photographer



## CONTACT DETAILS

Physical Address: 14 Moodie  
Street

:Harding

:4680

Postal Address: P/Bag X1010

: Harding

:4680

Email: [thandeka.nxumalo@kznhealth.gov.za](mailto:thandeka.nxumalo@kznhealth.gov.za)

Tel: 039 433 1955 Ext 301