



**health**

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

# St Andrews Hospital

## St and News

STAY INFORMED

SEPTEMBER 2017

### Women's month Celebrations



**Pictured above are the beautiful ladies of St Andrews hospital, at our women's day celebration. from left to right, Quality assurance manager - Sr. Ntuzela, EAP - Mrs. Cele, CEO - Ms. MM Vane, HR Manager - Ms. Ndlovu and House keeper - Ms. Ngcobo**

#### IN THIS ISSUE

- Women's Month Celebrations
- Boys 11 Men Initiative
- Mandela Day
- Staff farewell
- Breastfeeding Week
- MMC Campaign
- Pharmacy week
- Health Matters
- Wellness Day
- PEC report
- New appointments
- Chuckles
- Picture gallery
- Picture gallery

#### INSIDE THIS ISSUE;



PAGE 4. Staff Farewell



PAGE 3. Boys 2 Men initiative



PAGE 3..Mandela Day

## Women's Month Initiative



South Africa commemorates Women's Month in August, besides the fact that we celebrate women in August as a tribute to the women who marched to the Union Buildings on 09 August 1956 in protest against the extension of Pass Laws to women. August is a suitable month that accurately represents women, seeing as the weather constantly changes. Its summer, spring, autumn and winter, all in one day. The same can be said about women, you never know what you will get, women are an unpredictable type of species, yet they are the

most important thing that God ever created, (yes I'm being biased here) and women should be celebrated every month of the year for their strength, warmth and persistence. A lot of women are single mothers and do an amazing job at it, most women have experienced a lot of hurt in their lives but they soldier on, making the best of what they have. We know of women who earn so little but still manage to put food on the table, send their kids to school and manage their homes and we always wonder how they do it, I guess it's a result of one of the super powers that God gave only to women. Hence one month is not enough to celebrate women for who they are and all that they do. As part of Commemorating Women's month, St Andrews Hospital provided a computer training course to female staff members who did not have this skill. These women now have the ability to use computers. This training was facilitated by Mr. Nathan Jackson with the assistance of Public Relations Officer Mrs. Nxumalo and EAP Practitioner Mrs. Cele. The participants of this training showed much interest and they were very grateful for this opportunity. Let us continue to celebrate the women in our lives. Our mothers, sisters, wives, cousins, girlfriends and female co-workers. Happy Women's month Ladies!!!



## KwaMbotho, Boys 2 Men Event

Boys from various schools at KwaMbotho had a great opportunity to learn about issues that concern their livelihood. This initiative coined the Boys to Men workshop, which took 3 days, it started from the 3<sup>rd</sup> of July to the 5<sup>th</sup> of July at the Church hall near KwaMbotho Clinic.

Some of the topics that were covered included prevention of Sexual Transmitted Diseases (STD's), importance of Male Medical circumcision, the importance of abstinence from drugs and alcohol, participating in the healthy lifestyles like sports, and how to behave in community and at home.

Among the speakers that were present were Sr.

Mngomeni ( KwaMbotho Clinic OM and event host), Ms. Memela (HIV/AIDS councilor), Mr. Skhosana, Mr. Duma, Mr. Gumbi, Mr. Gabela (all from tribal leadership),

Ayanda Zulu (Sport coordinator) and Ms. Sindiswa Mbanjwa (VSCCP). The kids showed much interest on this initiative, they formed a group of Isicathamiya and gospel to entertain the people who were there. The ceremony ended by awarding certificates to all boys who participated in this event.



**Sr. Mngomeni (KwaMbotho Clinic OM)**



**Working on Fire firefighters cleaning windows at D Ward for Mandela Day.**

**W**orking on fire firefighters visited St Andrews hospital on the 18<sup>th</sup> of July as part of their 67 minutes of charity in commemoration of Nelson Mandela Day. The team led by Philile Skhahlane spent their time cleaning D-Ward windows. Philile stated that Nelson Mandela Day should mean a lot to people of all levels in life. "It is an opportunity to showcase eager on helping people especially those who are less privileged. We believed that we can also bring change in this country by taking some of our time and help where it's needed." says Philile.

Team members who participated were Ntombizodwa Dzanibe, Mthokozisi Cele, Sthembiso Shange, Thulani Mdunjana, Phakamani Kheswa, Zandise Skhosana, Nkosikhona Jali, Nkululeko Mbhele, Saziso Ncobela, Samkelo Mhlongo, Nosicelo Ngubane and Nomfundo Di.

The working on fire team thanked the St Andrews team for allowing them to contribute on making difference to people's life. St Andrews Hospital also appreciates the initiative by this team.

## Staff Farewell Celebration



**Sr. Zikizela and Sr. Sapo**

**S**t Andrews Hospital bade farewell to six of its staff members between the month of June and September 2017. The retirement of 6 staff members will leave the gap in delivering health services to the community, but everyone of them has served the institution faithfully and deserves to retire and spend their time with their loved ones. On the 29<sup>th</sup> of June we celebrated Mr. Moodley's farewell, 27<sup>th</sup> of July it was a combined farewell for Sr. Sapo (theatre department) and Sr. Zikizela (Staff clinic), then lastly Mrs. Ngcobo from finance department, Ms. Ndaleni and Ms. Gumede both from systems department were also given a combined farewell celebration held at the recreational hall on the 31<sup>st</sup> August.

Briefly it can be stated that all the farewells that were held during this quarter were filled with joy despite the fact that the remaining staff mentioned the challenges the institution will face after their departure. They were all commended as the valuable staff that showed a high level of professionalism during their time at St Andrews hospital. They were passionate, working tirelessly and have dedicated all of their hard work to improving the level of service delivery in the institution. Apart from the good attitude towards their work they were regarded as workers with exceptional interpersonal skills which made working with them a joy.

On behalf of management, Matron Singh (Nursing Manager) and Ms. Ndlovu (Human Resource Manager) both reaffirmed that the departure of staff could not be prevented but it leaves a lot of gaps and thus put more pressure on the remaining staff. *"We are happy to host a farewell though it's painful in our hearts, we wish them (retiring staff) a happy retirement and we should accept that one has to rest after a long period working for the community"* said Ms. Ndlovu as she addressed the departing staff members.

We wish all the retired staff members a happy retirement!!



**Mr. Moodley**



**Ms Gumede and Ms Ndaleni**



**Mrs. Ngcobo**

**I**n August we celebrate National Women's Month and also breastfeeding week. We tend to focus on women-related issues, the benefits of breastfeeding on both mother & child, as it was once said that "*Breastfeeding mothers are happy mothers*".



## WORLD BREASTFEEDING WEEK **BREASTFEEDING** 2017

Breastfeeding is also known as nursing, is the feeding of babies and your young children with milk from woman's breast. Health professionals recommend that breastfeeding begins with the first hour of a baby's life and continue as often and as much as the baby wants. During the first few weeks of life babies may nurse roughly every two to three hours. The duration of a feeding is usually ten to fifteen minutes on each breast. Mothers may pump milk so that it can be used later when breastfeeding is not possible. Breastfeeding has a number of benefits to both mother and baby, which infant formula lacks. Breast milk provides the ideal nutrition for infants. It has a nearly perfect mix of vitamins, protein, and fat, everything your baby needs to grow. And it's all provided in a form more easily digested than infant formula. Breast milk contains antibodies that help your baby fight off viruses and bacteria. Breastfeeding lowers your baby's risk of having asthma or allergies. Plus, babies who are breastfed exclusively for the first 6 months, without any formula, have fewer ear infections, respiratory illnesses, and bouts of diarrhea. They also have fewer hospitalizations and trips to the doctor.



### **Breastfeeding Benefits for the Mother?**

Breastfeeding burns extra calories, so it can help you lose pregnancy weight faster. It releases the hormone oxytocin, which helps your uterus return to its pre-pregnancy size and may reduce uterine bleeding after birth. Breastfeeding also lowers your risk of breast and ovarian cancer. It may lower your risk of osteoporosis, too.

Since you don't have to buy and measure formula, sterilize nipples, or warm bottles, it saves you time and money. It also gives you regular time to relax quietly with your newborn as you bond.



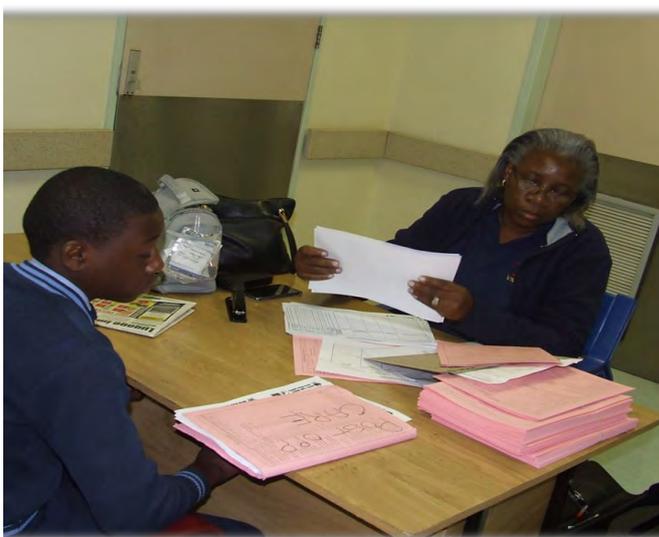
# MMC Campaign

Medical Male Circumcision is a vital procedure to all males because it reduces the spread of diseases specifically STIs. St Andrews Hospital held its Medical Male Circumcision campaign on the 14<sup>th</sup> of July 2017 at the casualty department. Males from different areas of Umuziwabantu had the opportunity to be capacitated on Medical Male circumcision, its benefits and why is it important to be circumcised, for both the male and his partner. After the short presentation by Sir Mdiya males were circumcised and there were no reported complications after the procedures were done.

Ms. Vane, hospital CEO and Matrons from different departments came to support this campaign. They interacted with the males who came for the circumcision and the MMC team. This campaign is always a priority to the hospital and the community is always urged to visit Hospital and clinics for circumcision. This is another way St Andrews hospital commits its self to eradicating the spread of diseases in Umuziwabantu.



Ms. Vane (Hospital CEO) chatting with the males who came for the Medical Male circumcision.



Registration in progress



Sr. Ntuzela (Quality Assurance Manager) and Matron Edonga (M&E) sharing jokes with MMC campaign participant.

## PHARMACY MONTH

The first week of September is usually known as the Pharmacy week but as of 2017, things are different. The whole month is used to celebrate and appreciate this profession while raising awareness about certain issues around medication. This year the pharmacy team was centered on Vaccination as guided by our theme which is “Don’t wait-Vaccinate”. The main aim of this campaign was to enlighten the public about vaccines that can be obtained from health facilities as well as the importance of taking such vaccines. As the pharmacy department, we take pride in making the public’s wellbeing our priority. As a result, a team was put together to visit the neighbouring clinics to educate the public about the different vaccines, their uses, when to be taken and all the necessary information concerning vaccines. The campaign was a huge success as a lot of people benefited from it. From us the message is quite clear, DONT WAIT, VACCINATE!!



**Ntobeko Jukuda and Simphiwe Mkhize (event hosts)**



**St Andrews Hospital Pharmacy staff members**



## HEALTH MATTERS

### SEPTEMBER — ALBINISM AWARENESS MONTH

**Albinism is simply this: a genetic condition that is caused by a recessive gene, carried by both of a person's parents.**

They're cursed. Their families are being punished by ancestral spirits. Their body parts make potent charms for riches and success. Their blood imparts magical powers. They're less intelligent, or sterile. They don't die, but simply vanish.

As we mark Albinism Awareness Month in September, it's worth reflecting on these terrible – and sometimes lethal – myths, superstitions and stereotypes (as well as many others) about people with albinism, and how we can each play a part in exploding them.

Albinism is simply this: a genetic condition that is caused by a recessive gene, carried by both of a person's parents. That person's body then has little or no ability to produce melanin, which colours their skin, hair and eyes.

This manifests in white skin, white or straw-coloured hair and lighter, even blue, eyes. It is important to note that millions of people carry this recessive gene without it affecting their appearance, many of whom probably do not even realize they carry the genes. Albinism results specifically when both parents of a child carry the gene.

People with albinism are especially prone to skin cancer, because of which they have a particularly high mortality rate, and they tend to suffer from a range of eye problems. But other than this genetic disability, people with albinism are no different at all from anyone else. They are as capable as anyone else of living productive lives, of having “normal” (i.e. regularly pigmented) children, of contributing to society as a whole.

The condition is more prevalent throughout Africa than anywhere else in the world; in South Africa, as many as one in 4 000 people are living with it.



## INTERNATIONAL ALBINISM AWARENESS DAY

Yet despite the fact that albinism is a relatively common disability, myths and misconceptions about it abound, and people living with it face discrimination, hurt and even personal danger on a never-ending basis.

## HEALTH MATTERS

### SEPTEMBER — ALBINISM AWARENESS MONTH CONT.

They're called "white monkeys" and "albinos" – which are dehumanizing and derogatory terms. They're denied professional opportunities by people who fear them, and they're rejected in some black communities for being "white".

Many live in constant fear of physical and verbal attacks. In some instances they're regarded as being lucky, but this can have fatal consequences: some traditional healers and others promote the patently fallacious idea that their body parts make powerful muthi for those who seek riches and success.

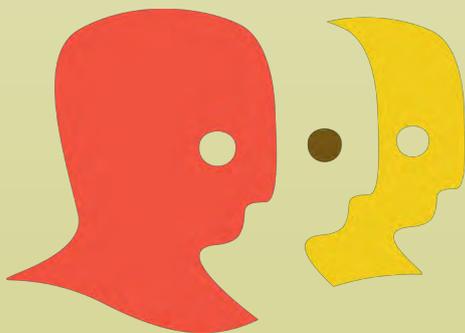
And despite what ignorant people say, people with albinism are not being punished by the gods or ancestors, they are not the product of incest or interracial relationships, they are not sterile, and they are not possessed of strange or magical powers.

The discrimination and stigma that people with albinism face is of such a scale worldwide. We engage in ongoing, heated debate – and correctly so – around issues of race, gender violence, our colonial past, land distribution, sexual orientation and so many others. Because of these debates we come to understand, for example, that racism is discriminatory, wrong and unjustifiable, and that the wrongs of the past in this regard must be addressed.

So why should our reaction to discrimination because of albinism be any different? It is also wrong, and it is certainly unjustifiable – not to mention arbitrary and irrational – to single people out and treat them differently because they have a disability that makes them look different to others.

Just as we are prepared to take a stand against the evils that continue to plague our society, so we should against discrimination towards those with a disability.

On Albinism Awareness Month (and every other month), that means questioning and confronting intolerance of, and violence towards, people with albinism.



**PEOPLE  
WITH ALBINISM:  
NOT GHOSTS  
BUT HUMAN BEINGS**

## UGU WELLNESS DAY

UGU health district hosted a wellness day on 22 September 2017. The event was organized by the Ugu wellness committee. Amongst the games that were played on the day were, Volleyball, soccer , netball and tug of war.

The games took place at the Harding sports grounds. Institutions that took part in the fun and games were, Port Shepstone hospital, St Andrews Hospital, Gamalakhe CHC, District office, Murchison Hospital, Dunstan Farrell Hospital, Turton CHC and GJ Crookes Hospital.

Being involved in sports is a fun way to get active and to get to know one another better. This was an opportunity for individuals from different institutions to interact and get to know each other better.

On behalf of the St Andrews Hospital Staff, we thank the wellness team for organizing such a beautiful day and for choosing St Andrews hospital to host.

The scores were as follows:-

### **Netball**

1st place - Murchison

2nd place - Gamalakhe CHC

3rd place - St Andrews hospital

### **Volleyball**

1st place - St Andrews hospital

2nd place - Port Shepstone Hospital

3rd place - Ugu District



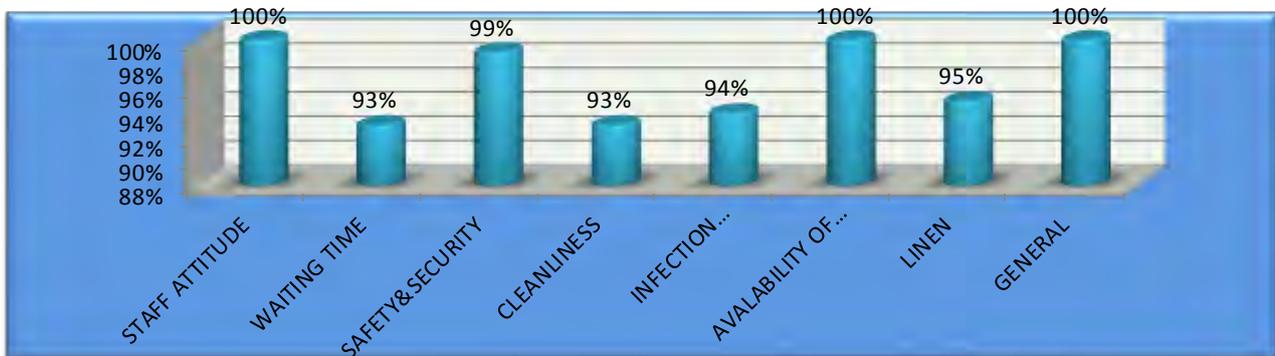
NB. Soccer teams ran out of time and did not finish the game. Another day will be announced to continue with the games.



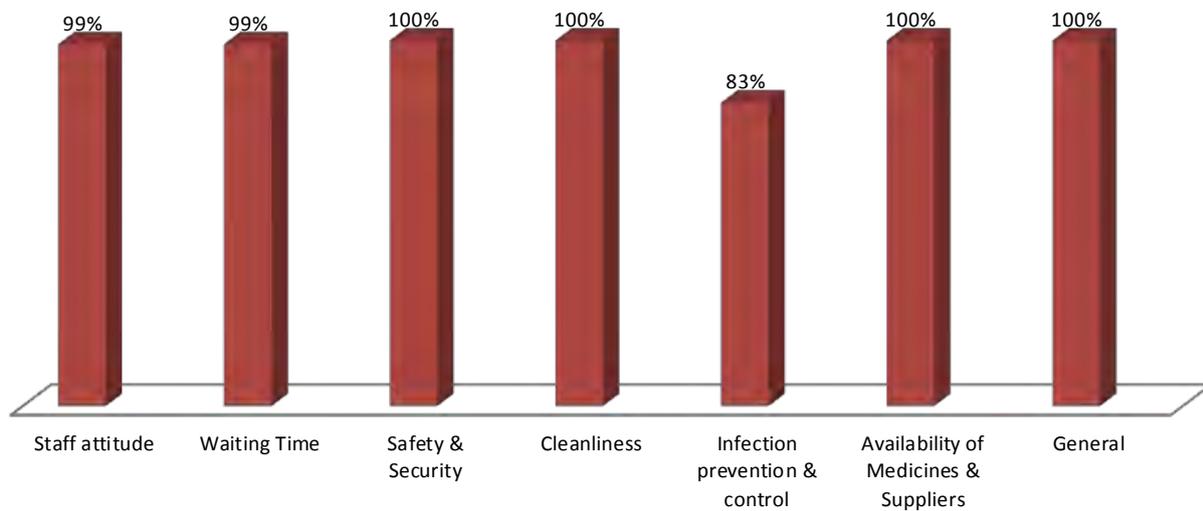
We would like to appreciate St Andrews management for supporting the wellness day.

## PATIENT EXPERIENCE OF CARE RESULTS

### OVERALL RATINGS AUGUST 2017 - 87%



### Overall Outpatient Ratings August 2017-97%



### COMPLAINTS RESOLUTION

During the first quarter we received 9 complaints under the following categories:-

- 3 Staff Attitude
- 3 Patient care
- 3 Waiting time

455 compliments were received .

8 out of the 9 complaints were resolved within 25 days, the other complaints are still within 25 days period. The remaining complaint was received on 29 Sept 2017.

# NEW APPOINTMENTS



NAME	RANK	DATE OF APPOINTMENT
N. Hlongwa	PN	01/07/2017
N. Mavundla	PN	01/07/2017
AB Majola	NA	01/07/2017
NE Nyawose	PN	01/07/2017
DD Rickets	MO Comm. Serve	04/07/2017
AO Lawal	MO Comm. Serve	01/08/2017
AS Delgado	OT Comm. serve	01/09/2017
BR Madwe	ENA	01/08/2017





# CHUCKLES



Two children were in a doctor's waiting room. The little girl was softly sobbing. "Why are you crying?" asked the little boy. "I'm here for a blood test, and they're going to cut my finger," said the girl. When he heard this, the little boy started to cry. "Why are you crying?" asked the girl. The boy looked at her worriedly and said, "I'm here for a urine test."

When someone asks me who do I think I am



when a girl with drawn on eyebrows starts acting up



I've finally lost my mind.  
If found,  
Don't bother  
to return it.  
It wasn't  
working  
properly anyway..



**Q: How do you know you can't trust doctors and lawyers?  
A: Because they both "practice" their professions.**

PICTURE GALARY

# WELLNESS



# FAREWELLS



# KWAMBOTHO BOYZ II MEN



## BREASTFEEDING



## Women's Day



# ACKNOWLEDGEMENTS



**Mrs. T P Nxumalo (PRO)**  
**EDITOR**



**Mr. SV Ncwane (PR Intern)**  
**PHOTOGRAPHER**



**Ms. P Sgwebela (PR In-serve)**  
**DESIGNER**



**health**  
Department:  
Health  
PROVINCE OF KWAZULU-NATAL

## 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