

ST AND NEWS

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St Andrews Hospital hosts Khanya Africa Launch



Dental Clinic Staff members posing with their statement of commitment during the launch

Mahatma Gandhi once said, *“the best way to find yourself, is to loose yourself in the service of others”*.

These wise words were repeated during the launch of Khanya Africa that was held on the 10th February 2009 at the Harding Town Hall in Umuziwabantu Municipality. The hall came alive that evening as distinguished guests from the Department of Health, Ugu District Municipality, Umuziwabantu Councilors, AmaKhosi etc. embraced the birth of this programme in Ugu District.

The main objective of the programme was explained by the Champion of Khanya Africa in Ugu District Dr O. Olowookorun who gave a clear understanding to everyone that Khanya Africa is a voluntary organization that aims to assist people in order to enjoy their constitutional right to Quality Health Care.

These Khanya Africa volunteers which are a group of doctors, nurses, therapists, radiographers, administration workers etc from four hospitals in Ugu District will go to deep rural areas and help the communities with health services.

The Department of Health also welcomed all the Community Service Officers who work in different hospitals in this district.

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Feed your mind with the right positive thoughts. Protect your mind from the wrong, negative thoughts. Now prepare yourself for unimaginable rewards.

Warren and Sally

Isibhedlela sivalelise abathatha umhlalaphansi

Izinyanga zikaDecember, January kanye no February beziyinyanga lapho kubonakale abasebenzi abane abasebenza esibhedlela bevaleliswa.

Ngomhla zingama 30 kwinyanga ka December 2008 kuvaleliswe uSr Gogela obesebenza kwiWard leTB.

Kwalandela umcimbi woMatron ababili okungu Matron Molefe kanye no Matron Dube abavaleliswe ngamhla zingama 30 kwinyanga kaJanuary 2009.

Kwagcina ngokuvaleliswa kuka Matron Mantanga owenzelwe umcimbi ngamhla zingama 27 ku February 2009.

Abavaleliswa bafiselwa umhlalaphansi enempumelelo yodwa, babungazwa nangezipo eziningi abasebenzi basesibhedlela.

UMCIMBI WOKUVALELISA U SR GOGELA



uSr B.P. Mbekwane amukela izihambeli



Sr N.G. Gogela owayevaleliswa



Sr M.S. Sejoseng ekhulumela abasebenza nosingaye

UMCIMBI WOKUVALELISA O MATRON DUBE KANYE NO MATRON MOLEFE



Matron B.P. Molefe osanda kuthatha umhlalaphansi



Nksz N. Ndlovu Umphathi Wezabasebenzi ekhulumela abaphathi besibhedlela



Matron Dube osanda kuthatha umhlalaphansi

IZITHOMBE ZOMCIMBI WOKUVALELISA U- MATRON MANTANGA



Matron M Mantanga ezimisele nezipo zakhe



Matron Fica ethula inkululo yakhe ngosuku lomcimbi



Iqembu leOkavango liculela izihlewele

SIMUNYE SUPPORT TEAM VISITS PRISONERS DURING THE STI / CONDOM WEEK



From left: Sr Manning, Mr M.M.Ngcobo and Ms K.B. Mdiniso from Simunye Support Centre (ARV clinic) posing outside Harding Police station during STI / Condom week campaign

On the 9th February 2009, the team from Simunye Support Centre visited five police cells in Harding SAPS and the team also visited juvenile prisoners at Weza. The inmates were addressed about the dangers of Sexually Transmitted Illnesses (STIs) and how they can prevent them.

Mr Ngcobo, Lay Counsellor from Simunye Support Centre explained that sexually transmitted diseases are passed by one person to another during sex. He further explained that STIs cause sores in the private parts of both female and male which makes it easier for HIV to enter the body. People with STI's are more likely to get HIV if they don't go for treatment He also spoke about signs of STI's where he mentioned the following

- Smelly fluids coming out of the private parts
- Blisters, sores or warts on the private parts
- Itching or redness around the private parts
- Pain in the lower stomach
- Pain or burning when passing urine
- Pain when having sexual intercourse
- Pain in the testicles

Mr J. Mkhize spoke about how STI's can be prevented whereby he mentioned that it very important to practice safe sex by using condoms every time you engage into sexual intercourse he also mentioned that it very important to check the expiry date on your condom, because when it has expired it can burst easily

The prisoners were participating very well as they had many questions and they mentioned that they have learnt a lot during this health education.

NB: if you have any signs of STI's you should go and see a health worker or doctor, you may be given pills or injection and it very important to take treatment properly, it also important that your sexual partner also get treatment

Valentine's Day Celebration



Staff members doing the role play



Matron D.E.N. Magubane addressing staff members about dangers of STI's



Mrs Van Wyk who was the guest speaker of the day



Family voices wowed the crowd with their wonderful voices

On the 12th February 2009 St Andrews staff members celebrated valentines day which was organized by the Wellness team members

“Love Me Enough To Protect Me from Unwanted Pregnancy and STI's” this was the theme of the day. Pastor Nzama opened the day with a wonderful prayer . Mr S. Blose from D Ward was the programme director, there was a nice role play which was related to STI's and unwanted pregnancy .which left the crowd with lot of laughter. Different items of entertainment then followed. including music from hospital choir and Matron Magubane was doing health talk on STI's and she talked about signs and symptoms of STI's and she emphasized on the importance of engaging into protected sex by using condoms. Pastor Van Wyk was the guest speaker of the day

Imidlalo ye-Healthy lifestyle

Kwakunjena ngomhlaka 19 February 2009 ezinkundleni ngaphakathi esibhedlela kudlalwa ibhola lomnqakiswa kanye nelikanobhutshuzwayo.abesilisa babezenzela kwelomnqakiswa njengoba phela baziwanela ngamaphuzu ayi 10 kanti osisi bazitholela ayi 6 nje. Kanti kwelezinyawo kwaba idraw emveni kokuba ama Tigers efake kuqala inqaku.nama Lions athi nathi asizibekile phansi alisho phakathi inqaku umdlalo waphela ku 1-1.



Mr M Shezi (from HR) ejikwa u Ms N.Ngubelanga (from Pharmacy)



Abadlali bedlala ibhola likanobhutshuzwayo



Mr M.Rabi, egxumela ibhola, ngesikhathi sebhola lomnqakiswa



Abasebenzi bedlala ibhola lomnqakiswa

Message from Dietician



Mrs C. S. Potgieter,
Principal Dietician

Refeeding Syndrome

Refeeding syndrome occurs when a person has been starved for a long time then a sudden aggressive feeding which results in chemical imbalances. This condition is normally overlooked but can lead to fatality. This is because in most cases the orders will be to feed the patient to try and correct starvation or malnutrition. "Yes" feeding is important but cautious, monitored feeding is very important so as to avoid such complications.

Patients at risk

Chronic malnutrition

Hypermetabolic ICU patients previously starved or not been fed for 7 to 10 days

Prolonged GE

Chronic malnutrition

Anorexia nervosa and hunger strikes

Complications of overfeeding

- Sudden severe drops in phosphate, potassium, magnesium & altered glucose metabolism.
- Cardiac, respiratory, hepatic, GI, neuromuscular and renal disturbances which can be fatal.

Prevention

Important to note serum levels of potassium, phosphate, magnesium, calcium and blood glucose are normal before starting to feed. If below normal start with 500Cal per or give according to the dieticians prescription.

NB!!!!- Cautious, monitored feeding of small frequent meals through out the day can save someone's life.

ALWAYS !!!!- Check the blood levels before feeding to determine whether a patient has been starved or not.

Compiled by: Mrs S. Potgieter

Zixoxwa ngezithombe.....

UMCIMBI WOKWETHULWA KOHLELO LWE KHANYA AFRICA.....



Nansi imizwilili.....St Andrews hospital Choir icula emcimbini wokwethulwa kwe Khanya Africa



Ms S.Jele, Ms Z.. Mngadi, Mr M.Gasa, and Ms N. Ntuli bethokozile emcimbini wokwethulwa kwekhanya Africa



Abanye abasebenzi besibhedlela bejabulile ngosuku lokwethulwa kweKhanya Africa

HEALTHY LIFESTYLE GAMES



Mr M.Mbuthuma (Safety officer) sekwenzenjani usukhathele?



Ms N.V. Ndlovu (Hr Manager) eguqile eyobamba ibhola



Mongezi owayedlalela ama Tigers ekhahlela ibhola

Emaphathini okuvaleliswa ko Matron besibhedlela



Mr Mazingisa owayengumphathi wohlelo emcimbini ka Matron Mantanga



Izingane zendlamu zishaya indlamu emcimbini ka Sr Gogela



Lezi zingane zashiya izihlewe zididekile, emcimbini ka Matron Dube kanye noMatron Molefe



Sr Mateyisi, Mr S. Blose kanye no Mrs Nzama becula emcimbini ka Sr Gogela

More photos on valentines day special



Iqembu labasebenzi elenza lomcimbi ube impumelelo



Abafana besicathamiya beshaya abadume ngazo



Iqembu elizibiza nge Moonlight lipha izihlewe umculo omnandi



Pastor G. Nzama owavula ngomkhuleko

NEW APPOINTMENTS JAN –MARCH 2009

J Batchelder — Occupational Therapist (CSO)
SP Chiliza—Medical Officer (CSO)
ZNP Khumalo— Speech & Audiology Therapist (CSO)
K. Maharaj— Dietician (CSO)
PS Mjaja— Professional Nurse (CSO)
S.K. Mkize—Medical Officer (CSO)
D.D. Ndabambi—Auxiliary Service Officer
M. Ngubo—Pharmacist (CSO)
M.P. Nkosi—Professional Nurse (CSO)
N. Ntuli—Radiographer (CSO)
W.J. Richards—Edwards Dentist (CSO)
A.A. Sarumi—Chief Medical Officer
G.S. Shazi—Professional Nurse (CSO)
M. Vane— Deputy Manager: Nursing
S.L. Venter—Professional Nurse (CSO)
P.N. Zwane—Professional Nurse (CSO)

LAUGHTER—THE BEST MEDICINE!!!

Nangu usisi ukhishiwe isoka lakhe baya e restaurant, ba ode ama burger, bathi besadla avele athi ubhuti (isoka) Eish yazi ngiphelelwe I appetite....usistaz ngaphandle kokubuza avele abize uweta”sizocela uku oda ama appetite amabili bhuti”.....

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An old Bushman picks up a mirror lying in the veld, but never having seen one before, does not know what it is.

When he looks at it, he is shocked and scared because the face he sees, looks just like his dead father, who he misses very much.

Every time he gets sad and misses his father, he looks into the mirror and cries his eyes out.

His wife sees this from time to time and wonders what is going on until one day, she grabs the mirror from him.

She looks in the mirror and sees the ugliest woman she has ever seen in her life and smacks her husband against the head screaming: "You fool, is it this ugly old cow you are crying over?"

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Sipho with two red ears went to his doctor. The doctor asked him what had happened to his ears and he answered.

"I was ironing a shirt and the phone rang but instead of picking up the phone I accidentally picked up the iron and stuck it to my ear."

"Oh Dear!" the doctor exclaimed in disbelief. "But what happened to your other ear?"

"The scoundrel called back!"

Have you noticed grass?

Even if somebody steps on it, it never gets hurt. It never hurts others too.

When a wild storm attacks, all the big trees get uprooted
But the simple grass survives.

So... be noble & humble like that grass... simple but strong!!

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We're on the web! Website: www.kznhealth.gov.za/standreshospital.htm