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Above: Men from Ngwelezana Hospital during heritage day on 26 September 2014

Right: Women’s day was celebrated in Ngwelezana Hospital during August 2014

Above: A Pap smear, implanon and HCT campaign at Khandisa clinic was recently held. Nurses gave talks to the public at a waiting area.

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Ngwelezana Hospital’s Nelson Mandela Day-67 minutes initiative began on the morning of the 18th July 2014 in OPD. Patients and visitors who were at the OPD, and Philani Clinic waiting areas received hot coffee/tea and freshly baked scones to keep them warm during the cold winter morning, thanks to the kindness of the pharmacy department. Pharmacy also donated kids refreshment packs consisting of fruit juice, chips and sweets.

Mr Scelo Ntombela, an ordinary citizen from the local community donated 51 fruit parcels, each consisting of a banana, an apple and an orange; helping the patients who live in places that are very far to have something to eat on their way home.

A Big gratitude goes to two companies called Blue Print Constructions and Beauty Lounge from the local community that donated a total of 50 blankets to admitted children so they can be kept warm at home. Blue print Constructions donated 40 blankets and the beauty lounge donated 10. Patients at the Family Medicine Department waiting area were indulged in delicious sandwiches and juice donated by the Sodexo the catering company.

We were graced by the presence of honourable Deputy Mayor of Uthungulu District—Thulani Mashaba and his councilors during “operation clean Ngwelezane” since the theme for Mandela Day this year was “Clean South Africa”

Many staff members from different sections and local citizens who just wanted to contribute towards the 67 minutes of service also participated in the cleaning of the hospital’s external environment.

The Dietetics department visited a place of safety and played a Nutrition game to teach the occupants a bit about healthy eating.
The disease is spread through numerous ways which involve touching of an infected person/animal or surface which has been exposed to an infected persons/animal's body fluids. Ngwelezana is not identified as a hospital who will be treating Ebola infected individuals, chances are a person infected from our area will start at our hospital for health services and we need to get prepared.

As a matter of being proactive, the hospital had a meeting with the head office representatives to check if everything is in order. Ebola preparations at Ngwelezana are ongoing. We conduct continuous staff in-service trainings where vital information is shared, Protective Gear is available, a space to contain a suspected patient is available and ready.

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A support visit by the KZN Health department (Infection Control section) assisted the hospital to test if it is prepared for the Ebola virus outbreak. Although this deadly, highly contagious disease is attacking most Western African countries, and South Africa is currently safe from it; there are no guarantees that the virus will not hit our precious soil and have patients ending up in our hospital or clinic.

Ebola is a serious illness that is caused by a virus. There is no vaccine (injection that prevents the illness) or cure available for Ebola.

Demonstrations on each and every step to be carefully taken to wear and take off the protective gear for health-care workers. One mistake can expose the person to the deadly virus. No body parts needs to be exposed, even a strand of hair.
On the 8th of August 2014 Ngwelezana Hospital held a Woman’s Day Event, where all women who are employed at Ngwelezana Hospital were invited to enjoy and share the special moment. A variety of spokespersons were present at the event; from financial advice to beauty advice to spiritual advice.

The initial purpose of this day was to empower and celebrate woman of South Africa as a whole. Amongst the speeches were little prizes sponsored by Beauty Lounge and Capitec Bank and an “injection” of poetic justice to the crowd by Portia Mthembu who works at Khandisa clinic just to add flavour to the day. A musical piece was given to us by the talented hospital choir and Mrs Gumede who is well-known for her guitar skills.

Pastor Mtshali of Christ Embassy church had a very inspirational and spiritually filled talk which advised women to do the following.

1. Have a relationship with God - He is a source of everything. Lord shields you under his shadow
2. Learn to live right with people/everybody - “Ongafuni kwenziwe kuwena, ungakwenzi kwabannya.”/ “Do unto others what you’d want them to do unto you.”
3. Maintain your external beauty as a woman. Dress properly and in a dignified manner.
4. Always put a smile on your face, no matter what you are experiencing.
5. Walk in love - Love yourself first in turn you will love others even if you don’t know them.
6. Don’t sell yourself cheap to any man. Don’t be used by men who will leave you with stress and you end up forgetting your family and kids.

Lucky Attendants were treated to free vouchers by the Beauty Lounge to go and spoil themselves with massages.

“Ongafuni kwenziwe kuwena, ungakwenzi kwabannya.”/

“Do unto others what you’d want them to do unto you.”

GEPF WORKSHOP FOR EMPLOYEES

On 29 September 2014 Staff wellness clinic held a workshop where staff members were informed about government employee benefits and everything related to finance and who benefits in case of a person’s death, divorce and Most employees’ eyes were opened on that day, some were married but admitted they did not know the implications of divorce or death of a spouse on their finances.
Clockwise from Right:

Nazeera from the Beauty Lounge giving a voucher to her beauty spa to one of the staff members who won.

A staff member from Capitec Bank gave lovely hampers to staff members after a question and answer session.

A lucky staff member getting a refreshing and relaxing massage from the Beauty Lounge.

Pharmacist, Nelly Nene gave words of appreciation at the end of the event to thank all who was present and contributed to the event.

Poet Portia gave an inspirational poem addressed to all the women at the event.

Showing her guitar skills was Mrs Gumede.

Dr Nzimande told attendants how to take care of their health, especially the health problems that affect women like cervical cancer, STIs, breast cancer etc.
Employees of Ngwelezana Hospital recently celebrated the Heritage Day by participating in numerous cultural activities and wearing a variety of attire representing their heritage and cultures. Clinics under Ngwelezana also did their mini-Heritage day celebration in their areas.

The event was part of a fundraising initiative towards the Service Excellence Awards event in November this year.

Management and the organising team would like to thank everyone who donated food, money and bought the raffle/traditional wear stick- ers.

This was a fun-filled day that brought different cultures together.
Pictures of Ngwelezana Staff members in their traditional attires, enjoying the Heritage Day celebration event.
Uthungulu Municipality hosted the Uthungulu 42.2km marathon and a 10km run recently. The race started in Mzingazi and ended at Umhlathuze Regional Sports Complex. Our very own Ngwelezana staff, namely Mr Nathi Mkhwanazi, Dr Thembisile Diko and Dr Bonga Shoba took part in the road race.

These fit and active individuals who enjoy running are eagerly awaiting participation in their next race named the “Sunny Stagger” to be held in the Drakensberg sunny side mountains in November this year.

The upcoming race alongside with their training schedule and other races still to be held is getting them ready for the Comrades Marathon to be held on Sunday 31 May 2015.

Mkhwanazi and Diko have never ran the Comrades marathon which is also known as the ultimate human race. Dr Shoba have run it for the past five years. They both promised to join him in next year’s comrades marathon as Dr Shoba will participate again. The upcoming comrades marathon is very special as it will be the 90th time the 87km marathon is held in South Africa.

They say their training schedule will involve doing road running of approximately 60 kms once a week over the weekend.

FINISHING TIMES FOR THE UTHUNGULU MARATHON

- Dr Bonga Shoba - 4hr, 28min (42km)
- Nathi Mkhwanazi - 1hr 1 mins 39sec (10km)
- Dr Thembisile Diko- 60 min (10km)

These “jack of all trades” are career driven and also have patience, perseverance and dedication as some of their good traits.

The no pain, no gain motto is part of their lives and they advise all other individuals to take part in running as its good for your health, is a good stress-reliever and its pleasurable.

“We enjoy the races, they are painful but fun at the same time” firmly concluded Dr Shoba.
UPCOMING HEALTH AWARENESS—BREAST CANCER

October is breast cancer awareness month, where the public is kept informed on cancer and other related conditions.

Breast Cancer is the most common cancer in women of all races. CANSA highlights the importance of screening and early detection for breast cancer as part of its Women’s Health Campaign this October. Women are encouraged to conduct regular self-examinations once a month.

Know how your breasts look and feel – discuss any changes you observe with your health practitioner.

Employees of Ngwelezana will be receiving free breast-screening during the month of October from the Staff Well-

TAKE CARE OF YOUR ORAL HEALTH

The month of September is declared a National Oral Health Awareness month, where education on how you should take care of your oral health should be made or emphasised. Oral health is a very essential part of everybody’s health and wellbeing, but is often taken for granted. Signs of nutritional deficiencies or infections can be observed via the health status of your mouth.

Ngwelezana Hospital’s Dental clinic embarked on Oral Health awareness during the month of September. A mobile Clinic Van from Colgate was part of the outreach team and made consultation and procedures at the schools easy. They visited a number of local schools to perform site treatments; Dental health education, Brushing programme e.g. brushing techniques, Fissure sealant treatment and Fluoride application treatments. A campaign inside the hospital also took place.

The hospital has also improved its dental services by adding:
-Conservative Dentistry
-Surgical Periodontal Root Planing
-Fissure Sealant Treatment
-Maxillofacial Surgery Treatment Services

Regular dental examinations and good oral hygiene can prevent most dental disease. At home you can practice good oral hygiene by always brushing your teeth twice a day with fluoride toothpaste, cleaning between your teeth once a day with floss or another interdental cleaner, replacing your toothbrush every three or four months and by eating a balanced diet and limiting between-meal snacks. Don’t forget to schedule regular dental check-ups to keep your smile, and yourself, healthy.

All attendants at schools and inside the hospital received gifts which included toothpastes, toothbrushes and oral health guidelines.

Above: A Dental Clinic staff member doing a procedure to one of the students inside the donated Colgate Mobile Clinic Van.

Left: Students happy to have received their free gifts to keep their oral health in check.
A total of 15 players from Ngwelezana were invited to represent the District in all sports codes.

Our soccer team played very well but unfortunately lost in the finals to another team, loosing a sponsored soccer kit that was up for grabs.

South Africa is amongst the top fattest nations in the whole world, everyone has a role to play in combating obesity. No matter the age or level of fitness, every person should engage in healthy living activities.

On 30 August 2014, Uthungulu Health District held a Healthy Lifestyle event at the Richards Bay Sports Grounds where different health institutions around Uthungulu participated in Netball, soccer and volleyball games. This is in preparations for the upcoming Provincial Healthy Lifestyle event.

Ngwelezana Hospital was represented in all the above codes.

Unfortunately the volley ball from other institutions were not presented, so our team ended up not playing but will represent the district in the upcoming KZN Health games.