



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

St. Mary's KwaMagwaza District Hospital

Mthinemide

NEWS

STAY INFORMED

December 2018



CEO'S WELCOME REMARKS



IT gives me great pleasure to extend to you all a very warm welcome on behalf of the St. Mary's KwaMagwaza Hospital. It is a great honour to serve the community of Mthonjaneni Local Municipality as the Hospital Chief Executive Officer (CEO) of St. Mary's KwaMagwaza Hospital.

To achieve this vision, we all need to follow three key values so we can work towards making a real difference every day:

- Batho Pele Principles (Patients first)
- Patient's Rights Charter
- National Core Standards
- Working together

We all need to think about how we can follow these values in everything we do both, individually and as a team, to ensure we prosper and maintain our standing.

It is always important to look back on the achievements of the past year because it tells you how much we have progressed in achieving our goals as the hospital. The New Year 2019 will bring it new challenges and it gives us an opportunity to realize our vision. The hospital has a vision of where do we want to see the health care of Mthonjaneni Municipality and King Cetshwayo District to be in the future. The hospital "Vision Statement" states:

"To excel in the provision of optimal comprehensive quality health care service at District level to all persons of uMthonjaneni and throughout King Cetshwayo District"

Hospitals are so much more than just doctors, nurses and patients. We are a complete community, a medium sized town with a postal and transport service, food services, Tuck shop, General Orderlies (housekeepers) and administrators who all support the people who are directly treating and caring for patients. Most of our staff lives locally, so their families rely on us, we all need to remember that.

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Above Photo: Dr S.K Mahlambi Hospital CEO



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Each patient's experience through this hospital involves countless people, many who never actually directly see the patient. So whatever your job is, it is an important part of the hospital. We sometimes face difficult times and that is not an excuse to drop the high standards we have worked so hard to achieve over the past years.

To acknowledge, as a person, you are working in an environment which cares for others and that's an immense privilege, but it's also a significant responsibility.

The KZN Health MEC Dr S.M Dhlomo made an appeal to us as healthcare workers during the Nurses Graduation Ceremony by saying, "please ensure that the sick people under your care

receive the utmost treatment that they deserve. Let's work together to ensure that the complaints and grievances normally aired in the media about negligence and rudeness become a thing of the past. In all our work and dealings with the patients, let us always be guarded by the Patient's Rights Charter". Let all take care of our patients because every patient in our facility belongs to a family.

I would like to take this opportunity and wish you and your loved ones a Safe and Festive Christmas Holidays and a Health, Happy and Prosperous New Year.

MEC Dhlomo mourns the gruesome murder of a nurse



KWAZULU-Natal Health MEC Dr Sibongiseni Dhlomo has strongly condemned the murder of a 46 year-old nurse who was shot and killed in cold blood by three unknown men at her home in Nkwenkwe, in Melmoth on Saturday night (15 December 2018). It is alleged that the three assailants shot her and then made off with her motor vehicle, which was later found by the police, abandoned at Eshowe. She sustained gunshot wounds to the head, and passed away at Inkosi Albert Luthuli Central Hospital yesterday.

Sister Nothando Biyela, who had worked for the Department since 01 November 2000, has been described by her colleagues as a very mature and hardworking nurse. She is said to have loved her

job, always advocating for her patients and putting them first.

She had started as an orderly within the laundry unit, working under the diocese attached to the church. She then worked her way up and received training as an enrolled nurse, before furthering her studies to eventually become a professional nurse. She was working in the male ward at the time of her demise.

MEC Dhlomo described the gruesome murder as a real tragedy. "The murder of Sister Biyela is a sad day, as we have just emerged from our campaign against femicide and other forms of gender-based violence, through the 16 Days of Activism for no Violence Against Women and Children. You just know that something has gone terribly wrong in society when three men gang up against one woman, shoot her and take away a disposable material possession such as a car. It becomes a shock to the system because nothing can ever be equated to the value of human life. It is even worse when we lose a healthcare worker because these are people who've been sent by the Almighty God himself, to preserve and save lives. So, this is shocking and devastating, and we are praying for the Almighty to grant her family strength during this difficult time. We hope the police will make an arrest soon."

MEC Dhlomo is visited the hospital to comfort the staff and close friends of Ms E.N Biyela.

Breastfeeding Week: The foundation of life



World Breastfeeding Week was celebrated this year from the 1st – 7th of August 2018. The theme this year was Breastfeeding: The foundation of life. At St Mary's KwaMagwaza Hospital, we used this day to bring about awareness regarding breastfeeding and the many benefits it has for both mother and baby.

The Dietician (Shannen Singh) and the Gateway Clinic Nutrition Advisor (Gerald Khanyile) awarded mothers who had been exclusively breastfeeding with certificates to honour their sacrifice and commitment to their baby's health. These mothers felt proud and were encouraged to continue breastfeeding until 2 years of age. Several talks were hosted at the hospital as well as one on one counselling sessions with mothers in our Maternity and Paediatric wards. The week was a resounding success!

Biggest Loser Challenge: NO Sweat No Gain



Above Left Photo:
Andre September
Physiotherapist

The biggest loser challenge, held for the staff of SMKH kicked off on Monday, the 25th of June and lasted a total of 12 weeks. For just R30, members were given weekly group sessions by Shannen Singh and Andre' September, SMKH's very own Dietician and Physiotherapist. The sessions included dietary information to help aid in losing weight, improving dietary lifestyle choices and overall understanding about what you put into your body! Exercise sessions focused on putting all that information to work and involved everyone partaking in aerobics, taëbo, and functional training classes. Weekly weigh-in sessions were done to monitor progress and a winner was selected at the end of the 12 weeks. Congratulations to Lumukile Myeli (Finance Intern) on being the winner of this year's Biggest Loser Challenge.

"People who are overweight are more likely to develop heart disease and stroke, even if they have no other risk factors. Overweight is unhealthy because excess weight puts more strain on your heart. It can raise blood pressure and cholesterol and can lead to diabetes. Losing weight is one of the best ways to reduce your risk of heart problems and other diseases", says our Physiotherapist Mr A September.

Physical activity is as important as your diet in helping you lose weight! Regular physical activity helps lower your risk of heart attack, stroke, high blood pressure and other health problems. If you have a chronic condition and want to greatly increase your physical activity level, ask our health professionals for a physical activity plan that's right for you.

Hand Washing: Good hands hygiene reduces infections

The hospital Infection Prevention and Control (Ms Z.A Cindi) as well as Waste Management Officer/ Environmental Health Practitioner (Ms T.P Makhoba) conducted a hand hygiene and waste management campaign on the 17th of October 2018 to 19th of October 2018. Senior General Orderly (Mr B.C Xulu) and Data Capturer (A.T.S Mbuyisa) were part of the team that was conducting the awareness campaign.

The team visited both clinical and non-clinical units and encouraged staff to participate in a hand hygiene and waste segregation quiz. Participants and winners were rewarded with airtime and sweets.



Staff members displayed enthusiasm on hand hygiene and waste segregation practices. The purpose of the campaign was fulfilled and staff members expressed that they see the importance of adhering to hand hygiene and waste segregation

practices. They further expressed that they recognised the importance of displayed educational materials e.g. hand washing and waste segregation posters.

Healthcare providers should clean their hands before and after every patient contact to protect themselves as well as their patients from infections. It should be noted that although alcohol based hand rub has been shown to have an impact on reduced infection rates the ultimate success is achieved from increased hand washing compliance



Washing your hands properly is one of the most important things you can do to help prevent and control the spread of many illnesses. Good hand hygiene will reduce the risk of infections being passed from person to person.

CEO's Closing Remarks: Festive Season



AS you all know, that festive season is challenging time in our health and social care services. The continued delivery of safe and quality services to patients and clients is dependent, more than ever, on the professionalism and extra commitment of our staff. It

is through the commitment and dedication of our staff in 2018 that we have been able to deliver

increased levels of service to our patients and clients, in spite of budget cuts and much reduced staffing levels across all our services. This is an exemplary performance.

I would like to take this opportunity to wish every member of staff and your families a very happy Christmas and a joyful New Year. I am particularly mindful of those of you who will be working over the Christmas period. Thank you again for your efforts and I know you will continue to do all you can to continue to deliver safe and quality services in difficult times.

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