

MATER DEI HOSPITAL NEWSLETTER

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MATER DEI HOSPITAL EYE CENTRE:

A milestone for Bulawayo's healthcare system.



On August 19th 2024 Mater Dei Hospital proudly commissioned and opened the doors to the Dr. Steve Beaty Eye Centre. The eye centre is a first of its kind in the city named after Dr. Steve Beaty as a worthy tribute to his commitment to the people of Zimbabwe for over two decades providing ophthalmology services to the Matabeleland community in particular the rural areas. The Dr. Steve Beaty Eye Centre will offer optometry services such as cataract and retinal eye surgery which is a first of its kind in Bulawayo. The eye centre is well equipped with advanced eye equipment donated by Dr Stephen Beaty's US non-profit foundation. The Commissioning of the eye centre further strengthens Mater Dei Hospital's capacity to serve the community with excellence. The eye centre is a part of a larger expansion at Mater Dei Hospital aimed at attaining an Integrated Healthcare Unit which includes doctor's rooms, Dental Unit, Renal/Dialysis Unit, Ultra sound Unit, Women wellness clinic with cervical cancer screening, Speech and Audiology unit, Psychiatrists rooms, Baby clinic and many more.

WELCOME TO OUR RELAUNCH EDITION

Dear Readers,

It is with great excitement that we relaunch our Hospital Newsletter—a platform dedicated to keeping you informed, inspired, and connected.

Throughout the year, our hospital complex has been a hub of activity, from groundbreaking developments to remarkable events that showcase the strength and dedication of our staff. This publication aims to capture those moments, celebrate our collective achievements, and shed light on issues that shape the world of healthcare.

We recognize that healthcare is an ever-evolving field, and staying informed is critical to our success. This newsletter will serve as a resource to highlight key initiatives, share updates on hospital projects and address pressing health topics that impact both our patients and our professional practice.

As we move forward, your contributions and feedback will be invaluable. Together, we can make this newsletter not only a source of information but also a reflection of our vibrant hospital community.

Thank you for your unwavering dedication to providing exceptional care and for being an integral part of this journey.

Warm regards,

Michelle Tshuma
Editor-in-Chief

The MDH hamodaiylisis/ Renal Unit is part of the new project and hopefully will open for outpatients in the new year.

The Mater Dei Hospital Hemodialysis / Renal Unit re-opened in October 2023. This is a community project aimed at attaining global health and making healthcare accessible and affordable to all.

Some other facts from WHO about kidney disease include:

- Chronic kidney disease (CKD) affects over 10% of the world's population.
- Millions of people die each year due to lack of access to affordable treatment.
- The majority of people who receive treatment for kidney failure are in affluent countries.
- The number of cases of kidney failure is expected to increase in developing countries.

The Mater Dei Hospital Renal unit main aim is to improve the health of chronic kidney failure patients and make dialysis affordable and accessible. Mater Dei Hospital offers Dialysis treatment at a subsidised cost to assist the Chronic kidney failure patient's community access this essential healthcare facility.



AWARENESS

Mental health Awareness in the workplace

It is increasingly being recognized that the mental health of employees is a crucial determinant in their overall health and that poor mental health and stressors at the workplace can be a contributory factor to a range of physical illnesses like hypertension, diabetes and cardiovascular conditions, amongst others. In addition, poor mental health can also lead to burn-out amongst employees, seriously affecting their ability to contribute meaningfully in both their personal and professional lives. 2024 World Mental health awareness theme was Mental Health in the workplace, Mater Dei Hospital initiated Mental Health awareness workshops with Friendship bench where staff discussed in groups and had one on one sessions with mental health Officers in February. In September one on one sessions were also done in partnership with the Ministry of Health and Child care and OPHID. Here are some signs that someone at work might be experiencing mental health issues:

- Behavioral changes: They might appear tired, anxious, or withdrawn. They might also be more irritable, have mood swings, or be less tolerant of frustration.
- Changes in work performance: They might have a drop in productivity, or have trouble concentrating, making decisions, or managing multiple tasks.
- Changes in attendance: They might be calling in sick more often, or be late to work.
- Changes in interests: They might be less interested in tasks they previously enjoyed, or avoid social activities.
- Changes in eating or sleeping habits: They might be eating less or sleeping more than usual.
- Other signs: They might be drinking more alcohol than normal, taking extra leave, or avoiding certain workplace activities.

It's important to remember that not everyone will show obvious signs of poor mental health, so it's best not to make assumptions. Early detection of mental health issues can help prevent issues from escalating and create a healthier work environment.

90% of people who die by suicide have an underlying and potentially treatable mental health condition

MENTAL HEALTH RESOURCES

Friendship Bench trust

Provides free one on one talk therapy physically or via whatsapp
0784845294

Contact Counseling Centre

0712 629 303

Musasa Project (Counselling and legal advice to women who are victims of abuse)

0775 442 300

Alcoholics Anonymous - (029) 2270063



Information Guidelines

Mater Dei Hospital Integrated HealthCare Unit:

Mater Dei Hospital's vision is to be a one stop shop healthcare centre where all healthcare services are found in one place.

This is being achieved by having an Integrated Healthcare Unit. The following Information entails the departments and contacts in the Integrated Healthcare unit.

Wellness Centre IHCCU Room 12 – Dr Crocco

Wellness Centre – Chantal De Pinho

Page 5 Unit 2 Suite A- Dr Battey (General Practitioner) 61234/ 61230

Unit 2 Suite B – Dr F. Nhari (Physician)

Unit 3 Suite B – Dr Gutu (Haematologist/Physician) 0292888176

Unit 5 suite B - Dr. Thatha (Paediatrician)

Celebrating Excellence in Customer Service: Recognizing Our Team's Dedication

At Mater Dei Hospital, exceptional customer service is more than a goal—it is at the heart of our commitment to delivering outstanding patient care. Throughout the year, we have celebrated and recognized staff members across all departments who have gone above and beyond to ensure every patient, visitor, and colleague experiences a warm and welcoming environment.

Our Customer Service Awards program has shone a spotlight on the remarkable efforts of our Doorperson, Nurses, Administrative teams, and Support staff. These individuals embody the spirit of teamwork, empathy, and professionalism that defines our hospital's values. This year's recipients include:

Doorperson: For consistently greeting patients and visitors with warmth and assisting with mobility needs.

Nurses: For their tireless dedication to compassionate patient care and for creating a healing environment.

Administrative Staff: For their efficiency, problem-solving, and kindness in managing patient inquiries and ensuring smooth hospital operations. **Support Staff:** For their behind-the-scenes efforts in maintaining a safe, clean, and organized environment, contributing to the overall patient experience.

These awards reflect not only individual excellence but also the collective strength of our team. Together, they create a positive and welcoming atmosphere, earning praise from patients and their families. Thank you to all our staff for your unwavering dedication to making Mater Dei Hospital a place of care, comfort, and community. You are the heart of our success!

As the year comes to a close, we take pride in the culture of service excellence that these awards represent. We look forward to continuing this tradition of recognizing outstanding contributions in the coming year.

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MATER DEI HOSPITAL

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BREAST CANCER SURVIVOR STORY



Mrs Juliette Hickey Before being diagnosed with Cancer



Mrs. Juliette Hickey now Cancer free

1 in 8 Zimbabwean women will be diagnosed with breast cancer in their lifetime. Meet a breast cancer survivor and learn about her experience. Hearing the words “you have breast cancer” changes the lives of thousands of women every year – women like Juliette Hickey. Learn more about the personal and unique experiences of this breast cancer survivor as she opens up to help raise awareness and support others on a similar journey.

When Mrs. Juliette Hickey found a lump on her left breast, she was absolutely shocked and didn’t know what to do, she was hesitant about going to the doctor. Six months later she gained the courage to consult with the doctor. She was consulted at Mater Dei Hospital in the Casualty department where immediately arrangements were made for her to be seen by a specialist doctor. “At the Oncologist surgery I was told that I had Stage 2 breast cancer, meaning it was still at its early stages” shares Mrs. Juliette Hickey “What really made me cry was that I was told I had to have my breast removed and had no option or choice as it had to be done”. “I remember feeling very shocked and panicky”, in less than a week she was admitted at the Mater Dei Hospital surgical ward for a mastectomy.

After having her breast removed, Mrs. Juliette Hickey still needed additional treatment. She received chemotherapy, radiation, and continues to take medication after her diagnosis. “Chemotherapy shook me, I was afraid of what was coming however I managed to go through the chemotherapy with all the fight in me, what was bad was the loss of appetite, nausea, falling off of hair and constant constipation which goes along with the chemo” she shares. The radiotherapy “was a walk in the park which I managed with a smile”. This whole journey she is grateful to her family who stood by her and encouraged her to go on, to Dr. Maria Mhere, Sr C. Zinyika and Mater Dei Hospital staff. Her fondest memory was when Dr. Maria Mhere (Mater Dei Hospital Senior Casualty Officer) said to her “your body might have changed but you as a person are still the same and oh how true that was”. “I want to share my story to raise awareness on breast cancer, ladies’ early detection is the key, do breast self-examination this helped me as that is how I found my lump. Have yearly mammograms if you are 40 years and above, it is highly recommended”. We now know more than ever before about detecting, diagnosing and treating breast cancer – but there’s more to be done to make a difference in the lives of Zimbabweans affected by cancer, like Mrs. Juliette Hickey. This Pink October for Breast Cancer Awareness Month, help raise awareness, have a mammogram and share information on Breast cancer.

Together, we can create a future without breast cancer. Mater Dei Hospital offers Mammogram services and Breast Care Clinic, to book for an appointment call 0713 058 362.

Habits that increase your risk of heart disease:

1. SKIPPING BREAKFAST

Skipping any of your three meals can be detrimental to your heart health, but studies show that skipping breakfast specifically increases your risk of Cardio Vascular Disease (CVD). A study done suggested those who skipped breakfast had an 87% higher risk of CVD-related death, however drawing a direct causal link is difficult, as it's impossible to prove why. There are many factors other than breakfast intake that will also have an impact, experts agree that you'll experience a dramatic increase in your CVD risk if you forget to eat breakfast.

2. SITTING TOO MUCH (EVEN IF YOU DO EXERCISE)

Evidence shows you have a higher risk of CVD if you sit for more than 10 hours a day. It is recommended at least 150 minutes of moderate cardiovascular exercise every week, that is, 30 minutes for five days a week. However, even if you do that, but spend the rest of your day sedentary, you still have an increased risk of CVD. For every 30 minutes you sit, get up and walk around for a few minutes. Alternate between a standing and sitting desk at work, and answer your emails, calls and texts while standing.

3. NOT MANAGING YOUR STRESS

You can't change the world around you but you can make lifestyle changes to reduce your stress. A lot of stress is created by how you organise and deal with your daily responsibilities and pressures. Learning time management skills and planning, as well as partaking in a healthy lifestyle, goes a long way to managing stress levels. Identify healthy outlets to de-stress, such as finding a healthy hobby, exercising, writing in a journal, learning relaxation techniques, confiding in people you trust, and confronting stressful situations head-on.

4. SMOKING/VAPING

Smoking damages blood vessel linings, which can lead to clots and restricted blood flow.

5. DRINKING TOO MUCH ALCOHOL

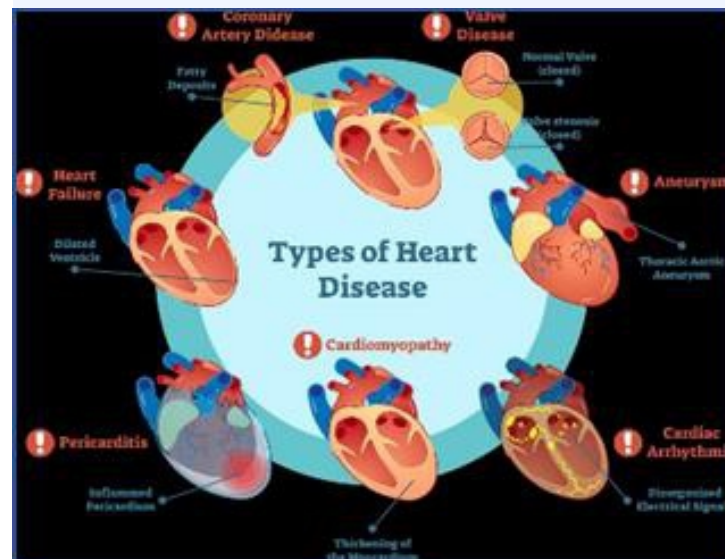
Alcohol can lead to irregular heart rhythms and obesity.

6. CHRONIC SNORING

Chronic snoring is often a sign of obstructive sleep apnoea (OSA), which raises your risk for diabetes, obesity, hypertension, stroke, heart attack, and other cardiovascular problems. It is underdiagnosed and prevalent in those with CVD. In moderate and severe obstructive sleep apnoea cases there's a higher all-cause mortality, so these patients have a shorter lifespan than those who don't have it, due to the associated risks. Although it's a serious condition, an ear, nose and throat (ENT) specialist can provide effective treatment.

7. POOR DIET

Eating a diet high in saturated fats, trans fat, and cholesterol has been linked to heart disease and related conditions, such as atherosclerosis. Also, too much salt (sodium) in the diet can raise blood pressure.



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Mater Dei Hospital School of Nursing: Nursing school of excellence

The Mater Dei Training School commenced on the 31st of December 2018 with the purpose to train and equip nurses in Operating Theatre Nursing and Intensive Care and Coronary Nursing. Post graduate courses offered are Diploma in Operating Theatre Nursing and Diploma in Intensive Care and Coronary Nursing. Mater Dei School of Nursing has accredited 48 Intensive Care and Coronary nurses and 32 Operating Theatre Nurse, some of whom are now leading hospital units across the country and region. The school has achieved 100% pass rate for the past 3years.



ATCN/ATLS

Advanced Trauma Life Support (ATLS) and Advanced Trauma Care for nurses (ATCN) are worldwide program that teaches a concise standardized method to providing care for a trauma patient. Mater Dei Hospital offers these programs under the partnership with ATLS South Africa and the American Society of Trauma Nurses. To date Mater Dei Hospital has accredited 167 doctors and 113 nurses across Zimbabwe and beyond. ATLS and ATCN courses