



# THE KRONIC(ie)

R. K. KHAN HOSPITAL OFFICIAL PUBLICATION

EDITOR: KAMLA CHETTY

E-MAIL: [kamla.chetty@kznhealth.gov.za](mailto:kamla.chetty@kznhealth.gov.za)

## Treasure your Mums



The time is now If you are ever going to love,  
Love me now while I can know. The sweet and  
tender feelings, which from true affection flow

Love me now while I am living, do not wait un-  
til I am gone and then have it chiseled in mar-  
ble, sweet words on ice-cold stone

If you have tender thoughts of me, please let  
me know now. If you wait until I am sleeping,  
there will be death between us and I will not  
hear you then

So if you love me, even a little bit, let me know  
while I am living, so that I can treasure it

Now she is gone and I am sick with guilt, be-  
cause I never told her what she meant to me.

Worse yet, I did not treat her as she deserved  
to be treated.

I found time for everyone and everything else,  
but I never made time for her.  
It would have been easy to drop in for a cup of  
tea and a hug but my friends came first.  
Would any of them have done for me what my  
mother did, I know the answer.

When I called mom on the phone, I was al-  
ways in a hurry. I feel ashamed when I think of  
the

times I cut her off. I remember too, the  
times I could have included her and did  
not.

Our children loved Grandma from the  
times they were babies. They often turn  
to her for comfort and advice. She under-  
stood them. I realize now that I was too  
critical, too short-tempered, too stingy  
with praise.

Grandma gave them unconditional love.  
The world is filled with sons, daughters  
and a child like me. I hope they see  
themselves in this letter and realize from  
it.

If this has touched you, please pass it on  
to all the sons and daughters who have  
to praise their mom for everything they  
are today.

Unknown Author

JAN/MARCH  
2010

### Inside this issue:

BATHO PELE REVITAL.....	2
GETTING RID OF STRESS	2
HOME AF- FAIRS SER- VICES	3
HCT CAM- PAING	4
BABY BOOM	5
REFLECTIONS	6
SOCIAL REFIEF PROGRAMME	7

*“ Desire is the key  
to motivation, but  
it’s determination  
and commitment to  
an unrelenting pur-  
suit of your goal a  
commitment to  
excellence that will  
enable you to attain  
the success you  
seek.”*

Mario Andretti

*Best Wishes to Our National  
Team World Cup 2010  
Keep the Flag Flying!*





## Together beating the drums for service delivery!

ASSISTANT NURSE MANAGERS AND OPERATIONAL MANAGERS AT A TRAINING SESSION

### BATHO PELE REVITALISATION TRAINING



The revitalization programme has recommenced.

Staff shortages in crucial areas have hampered progress. The Public Relations & Quality Assurance Departments have come up with an innovative idea. Supervisors and Managers have received the first round of training and will conduct training in their respective departments with the support of the PR and Quality Assurance Department.

#### The Haircut

One day a florist went to a barber for a haircut. After the cut, he asked about his bill, and the barber replied, 'I cannot accept money from you; I'm doing community service this week.'

The florist was pleased and left the shop. When the barber went to open his shop the next morning,

there was a 'thank you' card and a dozen roses waiting for him at his door.

Later, a cop comes in for a haircut, and when he tries to pay his bill, the barber again replied, 'I cannot accept money from you; I'm doing community service this week.' The cop was happy and left the shop. The next morning when the barber went to open up, there was a 'thank you' card and a dozen donuts waiting for him at his door.

#### Getting Rid of Stress

Stress is the scourge of modern society. Reader John Knottenbelt shares a formulation which he says has been received with enthusiasm by all his friends and business associates. Here goes:

A lecturer explaining stress management raised a glass of water and asked: "How heavy is this?"

Answers ranged from 20g to 500g.

He replied: "The absolute weight does not matter. It depends on how long you try to hold it. If you hold it for a minute that is not a problem. If you hold it for an hour, you will have an ache in the arm. If you hold it for a day you will have to call an ambulance.

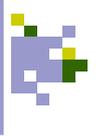
In each case it is the same weight, but the longer you hold it, the heavier it becomes. And that's the way it is with stress management. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on.

As with the glass of water, you have to put it down for a while and rest before holding it again.

When we're refreshed, we can carry on with the burden. So before you return home, put down the burden of work and pick it up tomorrow. Whatever burdens you are carrying now, let them down for a moment if you can. Put down anything that may be a burden to you right now. Don't pick it up again until you have rested for a while."

To this are added some ways of dealing with the burdens of life:

- Accept that some days that you are the pigeon and some days you the statue.
- Always keep your words soft and sweet, just in case you have to eat them.
- Always wear stuff that will make you look good if you die in the middle of it.
- Drive carefully. It is not only cars that can be recalled by their maker.
- If you can't be kind please have the decency to be vague.
- If you lend someone R20 and never see that person again, it was probably worth it.
- It may be that your sole purpose in life to be kind to others.
- Never put both feet into your mouth at the same time, because you won't have a leg to stand on.



**Getting rid of stress.....**

- Since it is the early worm that gets eaten by the bird, sleep late.
- When everything comes your way, you're in the wrong lane.
- You may be the only person in the world, but you may also be the world to on person.
- Some mistakes are too much fun to make only once.

A truly happy person is one who can enjoy the scenery on a detour.

(Article from the Mercury 21 April 2010)

**OPENING OF A HOME AFFAIRS OFFICE**



It is gratifying to announce the services of a

Home Affairs office at R.K. Khan Hospital. Ideally situated on the 2nd floor M Block. Operational hours, 07:30 to 16:00, Monday to Friday, offering the following services:

i) Registration of births at R. K. Khan, will cater for newborns under 30 days old.

ii) Registration of deaths (that occur at this hospital).

Births and deaths that occur after hours, over weekends and Public Holidays will be registered on the next normal working day.

Hopefully the introduction of this service will open doors to move services of a similar nature to be introduced at R.K.Khan Hospital, so that both

patients and the community alike will benefit.

The above office opened for services on 03/05/2010 and is presently manned by

Miss. Zamahlubi Hadebe.

Submission by Mr. Babs Supersad (Sen. Finance Manag. Officer)

**911 CALL**

There was a blonde that lived in a small house on the corner of 4th Avenue.

She had a small shed in her backyard where she kept gardening tools. One day, she thought she saw smoke coming out of the roof of the shed.

In a panic she called 911. They answered and said "This is Joe, is there an emergency?"

The blonde replied "Yes my shed is on fire!!!" Joe said, "Don't panic help in on the way...where do you live?"

The blonde said, "IN A HOUSE, NOW HURRY!!!"

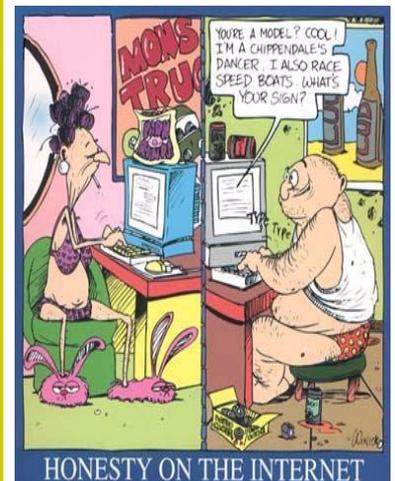
Joe calmly responded back, "How are we supposed to get there?"

The blonde answered back, "DUH!!! A BIG RED TRUCK!!!"



Just poking fun at our Financial Manager. We glad that Elrod isn't your friend!

Mercury, 10 March 2010





### POLICE EMERGENCY

This is the true story of George Phillips of Meridian, Mississippi, who was going to bed when his wife told him that he'd left the light on in the shed. George opened the door to go turn off the light but saw there were people in the shed in the process of stealing things.

He immediately phoned the police, who asked "Is someone in your house?" and George said no and explained the situation. Then they explained that all patrols were busy, and that he should simply lock his door and an officer would be there when available.

George said, "Okay," hung up, counted to 30, and phoned the police again.

"Hello, I just called you a few seconds ago because there were people in my shed. Well, you don't have to worry about them now because I've just shot them all."

Then he hung up. Within five minutes three squad cars, an Armed Response unit, and an ambulance showed up. Of course, the police caught the burglars red-handed.

One of the policemen said to George: "I thought you said that you'd shot them!"

George said, "I thought you said there was nobody available!"

## R K KHAN HOSPITAL OUTREACH CLINIC HCT CAMPAIGN

South Africa has one of the highest incidence and prevalence of HIV infections in the world. Although South Africa has one of the best HIV rollout programmes in the world, the uptake of VCT has not been optimal. With 10 000 new infections every day, there is no way the government will be able to maintain anti retroviral treatment in years to come. Thus the emphasis has shifted to one of prevention.

In order to achieve this the government has changed its strategy from VCT (voluntary counseling and testing) to HCT (HIV counseling and testing). The HCT campaign is an ambitious campaign in that targets have been attached to all public health facilities for HIV testing. Just over 10 million people need to be tested for HIV by June 2011. Every patient attending a public health facility must be offered an HIV test. The HCT campaign includes 1. BP check 2. GM 3. TB screen 4. Hemoglobin check. There will be campaigns in every public health facility, Malls, Taxi ranks, Religious centers and Schools. Learners from the age of 15 will be offered HIV test at the school.

HCT is a move away from voluntary testing.

HCT is made up CICT (client initiated counseling and testing) and PICT (provider initiated counseling and testing). This is an important aspect as it affects all health care service providers. Every single health care employee irrespective of department need to know about HCT. This means that at every point of service HIV test must be offered and the patient must be convinced to have an HIV test. This also applies to all staff members. There will be a massive drive to have all staff members tested for HIV. What's important is that the individual needs to know their HIV Status, nobody else! Strict confidentiality will be maintained. ALWAYS REMEMBER THAT IF ONE IS AFRAID TO HAVE AN HIV TEST BECAUSE THEY MAY BE HIV + AND DO NOT WANT ANYONE TO KNOW, EVERY ONE WILL KNOW IN A FEW YEARS AS THEY WILL LOSE WEIGHT, DEVELOP TB AND GET SICK. THEN IT WILL BE TOO LATE! IT IS WISER TO HAVE AN HIV TEST SO THAT ONE CAN PLAN ONES FUTURE AND REMAIN HEALTHY IF THEY ARE HIV + AND PROTECT THEMSELVES IF THEY ARE HIV --

There will be testing points set up at the out patient waiting area and the Pharmacy waiting area. The main point of HIV testing will be the outreach clinic. Staff members can approach any member of the PEER HEALTH COMMITTEE to have an HIV test. The list of the committee is attached.

For further information Contact the OUTREACH CLINIC. 031 4596432/1

Dr. J Brijkumar  
0837771430, Sr. V  
Amarchund 0723785442  
and Sr. L Tikilili  
0825301115.

Submission by  
Dr. J. Brijkumar





“Baby Boom” in the PR Department



Ethan Sebastian Govender, Born 18. 12. 2009



Saieshan Naidoo, Born 18. 12. 2009



Elijah William Jacob, Born 13. 01. 2010



Three first time grandmothers, Saroj Pillay, Patricia Naidoo and Kamla Chetty celebrated the births of the grandsons!

THE WAITING ROOM

There were three fathers to be in a hospital waiting room, waiting for their babies to be born.

The first nurse comes out and tells the first father, "Congratulations you're the father of twins!" He says, "Great! I am the manager for the Minnesota Twins."

The second nurse comes out and tells the second father, "Congratulations you're the father of triplets!" He says, "That's cool! I work for 3M."

The third father opens the window and jumps out.

The third nurse comes out, and asks, "Where's the third father?"

One of the other fathers said, "Oh he jumped out the window."

The nurse asks, "Why?"

He replied, "He works for Seven Up!"



Submit your contribution and comments to [kamla.chetty@kznhealth.gov.za](mailto:kamla.chetty@kznhealth.gov.za)

**REFLECTION ON YOUR PROFESSION**

Coming to R.K.Khan Hospital I expected the worst. I have never been to a government hospital, especially not to work there. I expected unprofessionalism and a huge negative attitude from the staff, but I soon found out that it was not that.

I had a stereotype of nurses – that they were negative, rude people – but that thought soon got altered, when I entered Ward D2. The staffs were welcoming, friendly, caring and really laid back. They most importantly handled patients' tenderly with patience. Well it wasn't all that perfect, some nurses did lose their patience and ignored the patients but they regained their strength after tea break and came back with smiles.

Becoming a nurse never crossed my mind and thanks to this experience that will remain so. I nearly fainted when I was told that we were going to bath the patients, my eyebrows shot up instantly. The nurse laughed and told me to fetch the water and empty the basin only, which let out a sigh of relief on my part. I had always underestimated a nurse's job, but wow! The kinds of smells they endure are horrible to say the least.

The biggest lesson I think I learnt on the first day is that being a nurse is no child play and that I now really, truly, truly want to be an anesthetist. Seeing a group of doctors surrounding a patient and trying to figure out what to do with the patients case got me excited and I wanted to join in and hear exactly what they were saying but sadly I was shadowing a nurse and not doctors. But luckily for me on the second day, I found myself in the middle of an observation not understanding a word that the doctors were saying

(as they were speaking in abbreviations and in obvious doctor language) but that didn't matter nor bother me at all. The atmosphere, their passion, care and genuine love of being a doctor kept me glued to their faces.

I must say that the second day was the best day there, as I was shadowing a student nurse who genuinely enjoyed her job. Even though I did the same thing, tidying the beds, serving food and bathing the patients, I honestly had more fun the second day. The way she interacted with the patients showed me her genuine love for her job thus teaching me how to interact with patients. This is to interact with love, care and patience.

In my three days of volunteering, I learnt from observation that working in a hospital is not a job but a calling. You cannot do it for the money. It doesn't only take all your time and years of studying it also takes dedication and passion. It takes a lot of your strength.

I also saw some exciting stuff at R.K.Khan Hospital. I saw my first real wound( a really huge, pus oozing cut), I witnessed my first x-ray, I escorted a lot of patients with their stretchers. I also got quite an elongated sneak at a colostomy. It was definitely the most informative, yet interesting 3 days of my life.

Even though I think that the R.K.Khan Hospital is not the best hospital ever as it lacks some facilities e.g. linen, comfy beds, pillows, but it actually has some great nurses.

**Qweneth Cele of Pinetown Girls High School, 17 year old matriculant**

*This contribution has not been edited.*



## SOCIAL RELIEF PROGRAMME

The social work department has started a social relief project at the hospital. This project commenced in September 2009. The need for such a project arose as a result of the number of referrals received each day requesting social relief for poverty stricken patients. Patients are referred to the department of welfare to access material help or a grant, however we try to address their immediate need.

The social work department has been able to sustain this project through the generosity of staff. A special thank you must be said to the Department of surgery, Mr. Morgan Naidoo, Dr. Kader (O&G), Matron Beechetty, Mrs. S. Govender (EAP), who regularly contribute to this project.

We appeal to staff to assist in any way possible to help us sustain this program. Example of items being collected:- peanut butter, canned foods, soups and other non perishables.

Together we can make a difference!

For Further queries in this regard please contact Mrs. Prea Naidoo –(Social Work Manager) – 031-4596109



**SOCCER  
FEVER**



**DISKI PRACTICE**

## OBSESSED MOTHERS AND THEIR CHILDREN

A psychiatrist was conducting group therapy with four young mothers and their small children. "You all have obsessions," the doctor observed.

To the 1st mother, he said, "You are obsessed with eating. You've even named your daughter Candy." He looks to the 2nd mother, "Your obsession is with money. Again, it manifests itself in your child's name, Penny." He looks to the 3rd mother. "Your obsession is alcohol. This manifests itself in your child's name, Brandy."

At this point, the 4th mother gets up, takes her little boy by the hand and says... "Come on, Dick, we're leaving!"