

R. K. KHAN KRONIC (le)

R.K.KHAN HOSPITAL OFFICIAL PUBLICATION

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FAREWELL TEEKAY

At the end of January 2007 we bade farewell to our Finance & Systems Manager Theunis Kruger, fondly known as Teekay. He bounced in at R. K. Khan Hospital in 1993 with his unique, unconventional management style, ruffled feathers of a few but was genuinely welcomed by the majority of staff.



At times when necessary he challenged authority and decisions by the powers that be, all in the interest of the hospital, even if it meant him taking a rapping on the knuckles.

There was very little that passed his scrutiny because he did not believe in being office bound. He would walk around, meet and chat with staff. He was no stranger to the community of Chatsworth, he shopped at the Chatsworth Centre as much as 2 to 3 times a week and everyone from staff to car guards befriended him.

At times you could refer to Teekay as a “bulldog”. If he got hold of an idea, it meant immediate action, instructions pouring in, a lot of nudging and reminding but at the end of it all, he would give you the credit for achievement.

R. K. Khan has been richer with his experience, expertise and sound financial advice and will be a difficult act for his successor to follow. Many of us shared a good working relationship with him and will miss him for his guidance, his sense of humour and simple good cheer.

**1st Quarter
MARCH 2007**

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Is it a new diet for 2007? Read on



TEAM

WORK

T - ogether

E - veryone

A - chieves

M - ore





A FEW GOOD MEN

I think is either a title of a book or movie. Bobby Naicker our friendly, kind and soft spoken Security staff befits the title.

There are days when the noise levels are extremely high, shrieking children, stomping feet and pounding on the walls and this is what gets me storming out of the office to check what is happening. Only to find a make shift crèche outside my office and the minder, none other than Bobby.

As soon as he spots me, I get this big broad grin that says” somebody has to take care of them.” Then comes the gentle reprimand and a little quite.

It is amazing that the children are not intimidated by the uniform. Bobby is unique in that he is the only security who follows the dress code, he wears the regulated uniform and cap to complete.

Come tomorrow the kids will be back and you can bet your bottom dollar that Bobby is on duty at the visitors entrance and the kids will again find their place next to him.

No child will be left unattended, Bobby will only leave his point of duty once all the kids are collected. I applaud this caring individual and hope that he remains our Batho Pele model.

Article by Kamla Chetty

*In response to the author of the anonymous letter, “ why nursing promotions did not feature in the last newsletter.”
The editor will gladly publish any newsworthy articles, provided it is submitted ,in time for publication. Looking forward to your future submissions.*

The Editor.



TEA FOR AFRICA

When a vision is born, sustaining this requires labour, planning, facilitating and endurance. Two hundred thousand(200 000) cups of tea were served since February 2005, is an outstanding achievement considering that is all done by volunteers and sponsorships.

The patients of R. K.K Khan are fortunate to be the benefactors of Tea for Africa. This compassionate, caring team of individuals led by the Rev. Michael Pentiah performs this service voluntarily, Monday to Friday with so much humility. We thank the Rev. Paul Lutchman who is also a partner in this project and other individuals and sponsors.

There are many patients, who wait long hours without food and this selfless service is appreciated, actually making their wait more pleasant and bearable. The hospital has received many thanks and compliments from patients and takes this as an opportunity to thank Tea for Africa.

(the picture on Page1— 1 500 scones were given to patients in celebration of the 2nd anniversary)

*People who have a vision
control their destiny and
lifestyle.*

*For people without a vision,
their destiny and lifestyle is
controlled by others.*

Bob Webb

*Patience, persistence and
perspiration make an un-
beatable combination for
success.*

Napoleon Hill



IF THIS BE THE ONLY ATRICLE THAT YOU READ.....THE 90/10 PRINCIPLE

It will change your life(at least the way you react to situations) 10% of your life is made up of what happens to you. 90% of life is how we decide to react. We really have no control of the 10% of what happens to us. You determine the other 90%. How?...By your reaction.

Let's use an example.

You are eating breakfast with your family. Your daughter knocks over a cup of coffee onto your business shirt. You have no control over what just happened.

What happens next will be determined by how you react.

You curse. You harshly scold your daughter for knocking the cup over. She breaks down in tears. After scolding her you turn to your spouse and criticize her for placing the cup too close to the edge of the table. A short verbal battle follows. You storm upstairs to change your shirt. Back downstairs, you find your daughter has been too busy crying to finish her breakfast and get ready for the bus. She misses the bus.

Your spouse must leave immediately for work. You rush to the car and drive your daughter to school. Because you are late, you drive 40miles an hour in a 30mph speed limit. After a 15-minute delay and throwing \$60 traffic fine away, you arrive at school. Your daughter runs into the building without saying goodbye. After arriving at the office 20 minutes later, you find that you forgot your briefcase. Your day has started terrible. As it continues, it seems to get worse and worse. You look forward to coming home.

When you arrive home, you find a small wedge in your relationship with your spouse and daughter. Why? Because of how you reacted in the morning. Why did you have a bad day?

- A) Did the coffee cause it?
- B) Did your daughter cause it?
- C) Did the policeman cause it?
- D) Did YOU cause it? * THE ANSWER IS "D"

You had no control over what happened with the coffee. How do you react in those 5 seconds is what caused your bad day.

Here is what could and should have happened.

Coffee splashed over you. Your daughter is about to cry. You gently say, it's ok honey, you just need to be more careful next time". Grabbing a towel you rush upstairs. After grabbing a new shirt and your briefcase, you come back down in time to look through the window and see your child getting on the bus. She turns and waves. You arrive 5 minutes early and cheerfully greet the staff. You boss comments on how good a day you are having . Notice the difference? Two different scenarios. Both started the same. Both ended differently.

Why ? Because of how you REACTED.

Author : Stephen Covey



EMPLOYEE ASSISTANCE PROGRAMME.

EAP is a work-site based programme. It is designated to assist in the early identification and resolution of productivity problems associated with employees impaired by personal concerns such as:

Health, marital, family, financial, emotional, stress, drug, alcohol , legal or other personal issues.

Such problems may adversely affect employee job performance (EAPA Definition)

EAP is a comprehensive, quality service to:

Supervisors, Work Organisations, Employees & their families.

For a confidential assessment & counseling contact: SADASHINI GOVENDER
Ext 6417 Occupational Health Clinic Nurses Residence

MEDICAL MARVEL

A medical marvel occurred when a healthy 2.7kg baby boy was delivered successfully by a collection of female doctors and nursing staff during an emergency caesarean section (as a result of fetal distress) on the 28th February 2007.

This complete procedure lasted 2hrs due to the difficulty experienced with the mothers remarkable size(220kg), owing to the fact the delivery could not take place on the standard operating table, which contributed to the challenging situation.

After an intense effort, administering the spinal anaesthetic & making the initial incision, it took tremendous mental and physical rigour to assist with the successful birth. Throughout the procedure, the 39 year old mother Mrs. Mbali Mtshali was fully conscious and relaxed. Much esteem goes to doctors and surgeon Dr.Vimla Govender, her two assistants, Dr. Chane` Kay, Dr. Logeshnee Govender, Anaesthetist Dr.Dashnee Prem, Theatre Nurses Prem and Sagree.

A JOB WELL DONE LADIES!

Article by Dr. Vimla Govender



DR VIMLA GOVENDER HANDING OVER BABY MTSHALI TO HIS MUM LOOKING ON ARE HER COLLEAGUES WHO ASSISTED HER IN THE PROCEDURE

WOMEN ON THE MOVE



Somi GiGi hails from Lusikisiki in Eastern Cape. After Matric, she studied Electrical Engineering at the FET College in Mobeni (Umlazi Campus) and qualified with a National Certificate (N6) in 2003. Finding a job was not easy. She was employed at R.K.Khan Hospital as a General Assistant, also worked in the catering Department and since 1st September 2006, transferred to the Maintenance Department where she works as an Tradesmen's Aid. She finds the field challenging but enjoys the warm and friendly people at R. K. Khan. In her own words, "women out there can do it"

Hlengiwe Lovliness Ngubane, remains true to her middle name. She comes from the town called Mary Grey in Tongaat.

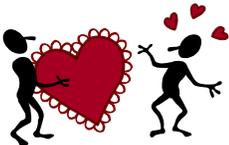
From a General Assistant she was promoted to the post of a driver in September 2006. She holds a Code 10 drivers license. She gets many curious stares from people when driving the 25 seater bus. She enjoys being out and on the move.



A group of 20 staff members had the opportunity to attend Cultural Diversity Training on the 5 & 6th February 2007. During this training we were asked to do an exercise and this is the amazing result from our male and female colleagues.

BECAUSE I AM A MAN I MUST

- ◆ Ensure that I treat all women with respect.
- ◆ Ensure that all women in my section are treated in an equitable manner in terms of policies, procedures practices.
- ◆ Empower myself in terms of women rights so that I can understand their feelings and expectations and respond appropriately thereof.
- ◆ Support all efforts and programmes that are geared at addressing the imbalances of the past in respect of gender discrimination.
- ◆ To be sensitive to women's needs and feelings by being careful of what I think, speak and do.
- ◆ Try to focus on the women's strong points rather than complaining about their weakness.
- ◆ Carry out all the responsibilities that are expect of a real man.



BECAUSE I AM WOMAN I COULD:

- ◆ Make a effort to understand and acknowledge the differences between a man and a woman and that these differences are not necessarily bad but are there so that a man and a woman can compliment each other in making this world a better place.
- ◆ Focus on the man's strong points rather than on many weakness the men have so as to make him a stronger person instead of pulling him down.
- ◆ stop nagging.
- ◆ Try to understand that women emancipation does not mean men bashing.
- ◆ Try to eradicate feelings of inferiority in male dominated environments or places like board meetings etc.
- ◆ Be more firm when it comes to correcting and disciplining children.

TICKLED PINK (e-mail from a friend)

The following are allegedly actual comments on hospital charts.

- Patient has chest pain if she lies on her left side for over a year
- On the second day the knee was better, and on the third day it disappeared
- Discharge status: alive but without my permission
- The patient refused autopsy
- The patient has no previous history of suicides
- Patient has left white blood cells at another hospital

- Patient had waffles for breakfast and anorexia for lunch
- While in ER, she was examined, x-rated and sent home
- The skin was moist and dry
- Occasional, constant infrequent headaches
- Patient was alert and unresponsive

- She stated that she had been constipated for most of her life, until she got a divorce
- Both breasts are equal and reactive to light and accommodation
- Examination of the genitalia reveals that he is circus sized
- The lab test indicated abnormal lover function