



R.K.KHAN KRONIC(Ie)

RK KHAN HOSPITAL OFFICIAL PUBLICATION

EDITOR: KAMLA CHETTY

E-MAIL: kamla.chetty@kznhealth.gov.za

www.kznhealth.gov.za/rkkhanhospital.htm

KwaZulu Natal's Health MEC Visit



KwaZulu Natal's Health MEC Peggy Nkonyeni seen with Chairman and Member of the Hospital Board, Deputy Mayor Logie Naidoo, Councilor Shabalala and Senior Hospital Management on her recent visit to the hospital

R.K.KHAN KRONIC(Ie)

2nd Quarter
June 2008

Inside this issue:

Star Employee 2

Increase your ability to cope with stress 2

Road to the Paralympics 2

Media & Open Day 3

Dedication to all Women 4

From the Desk of EAP 5

Dear Anonymous Idle Observations 6

"Nothing is more validating and affirming than feeling understood."

And the moment a person begins feeling understood, that person becomes far more open to influence and change"

Stephen Covey



Star Employee

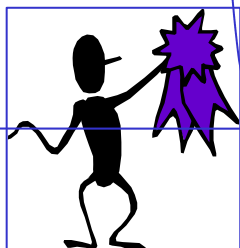


Fathima Osman works in the CSSD Department.

She handed over an undisclosed sum of money which she found in the hospital corridor.

Considering that times are tough, she could have easily kept this money for herself but chose not to do so.

It is a comforting thought that we work amongst individuals with integrity.



Increase your ability to cope with stress:-



For those cases in which the source of your stress can't be avoided, try to adjust your ability to tolerate it.

Talk with someone. You may not be able to change a situation, but that does not mean that your feelings aren't legitimate. You may feel better after talking it out.

Forgive. It takes energy to be angry; you will free yourself from burning more negative energy.

Smile. It may improve your mood. Even if you fake it, smiles are contagious. Before long, you're likely to see your smile sincerely reflected back at you.

Practice positive self talk. It is easy to lose objectivity when you are stressed. One negative thought can lead to another, and soon you have created a mental avalanche.

Learn from your mistakes. There is value in recognizing a "teachable

moment" you can't change the fact that procrastination hurt your performance, but you can register the regret and make sure that you allot more time in the future.

See stress as an opportunity. Sure you are tense, but thanks to stress, you are up early Saturday morning perfecting Monday's presentation. The rest of the day lies ahead, unencumbered.

www.mayoclinic.com/health/stress-relief



CURRENT NATIONAL WHEELCHAIR BASKETBALL TEAM WITH OUR PROUD STAFF MEMBER SIPHAMANDLA GUMBI (CIRCLED)

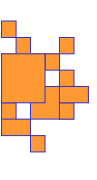
ROAD TO THE PARALYMPICS

Historic first win for SA team in Europe

BLANCKENBERGE, Belgium (4 April, 2008)

On Friday night the Sasol South Africa Wheelchair Basketball team won an historic first Test on European soil, when they beat Switzerland 83-47 in Blanckenberge.

The incredibly consistent Richard Nortje once again spearheaded the South African challenge with a game high 21 points. **Siphamandla Gumbi** was the surprise package with 16 points off the bench, while Nick Taylor, the former South Africa Under-18 able-bodied captain, was also in fine form on a crisp Belgian evening, as he knocked down 15 points.



Media and Open Day

Hosting the media was borne out of discussion between the R.K.Khan Hospital Board and Management with the interest of the community that is represented. The media event was a first for R.K.Khan Hospital.

The objective was threefold, in that we aimed to highlight our various specialized services, raise the awareness of our service users and involve stakeholders in strengthening communication. This exercise would assist in creating understanding of our services, challenges faced in an institution this size, and working towards achieving our vision and mission.

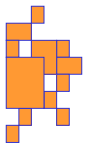
Dr. Nash Ranjith, the head of our Coronary Care Unit was honored by Management and Hospital Board for his achievement of the Who's Who of Professionals Award, for a study on how "bad genes" in young Indians increase the risk of heart attacks.

Dr. PN Govender the ex – chairperson of the board was also recognized in absentia for his commitment and community service. A total of 37 years of dedicated service to the R.K.Khan Hospital Board and Chairman from 1997 to 2007

The combined Open Day was a success. However the response from media could have been enthusiastic. Our proud staff and project leaders were responsible for the success of the combined event.



- Information tables on display
- Media briefing
- Recognition Award



From the desk of EAP

Stress can be defined as the mental or physical pressure or tension exerted either from within the person or the environment.

Life demands that we plan our daily activities in such a way that we manage to cater for all the demands placed upon us.

Often we bring about our own stress by not planning appropriately.



- We procrastinate and leave things for the next day.
- We are unable to say No.
- We often blame ourselves for things that go wrong.
- We perceive events incorrectly without assessing the situation objectively.
- We are too proud to ask for help.
- We want to please everyone.
- As a result we may become emotional, experience feelings of anxiety, anger and aggression.
- Many of us become overwhelmed with the situation and therefore experience apathy and withdrawal.

Coping strategies:

- We need to understand the nature of our stress.
- Take control of our perceptions
- Lower our expectations to avoid disappointment.
- Manage our time effectively
- Maintain a healthy lifestyle
- Change our negative thinking to positive thinking
- Establish and use a social and work support system

The Funnies

Three nurses went to heaven, and were awaiting their turn with St. Peter to plead their case to enter the pearly gates.

The first nurse said, "I worked in an emergency room. We tried our best to help patients, even though occasionally we did lose one. I think I deserve to go to heaven." St. Peter looks at her file and admits her to heaven.

The second nurse says, "I worked in an operating room. It's a very high stress environment and we do our best. Sometimes the patients are too sick and we lose them, but overall we try very hard." St. Peter looks at her file and admits her to heaven.

The third nurse says, "I was a case manager for an HMO."

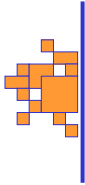
St. Peter looks at her file. He pulls out a calculator and starts punching away at it furiously, constantly going back to the nurse's file. After a few minutes St. Peter looks up, smiles, and says, "Congratulations! You've been admitted to heaven ... for five days!"



© Source: Translations, Inc. BR1985.COM

Eishkom!





Dedication to all Women

A woman, renewing her driver's license at the County Clerk's office was asked to state her occupation.

She hesitated, uncertain how to classify herself. "What I mean is," explained the recorder, "do you have a job or are you just a.....?" "Of course I have a job," snapped the woman. "I'm a Mum."

"We don't list 'Mum' as an occupation, 'housewife' covers it," said the recorder emphatically.

I forgot all about her story until one day I found myself in the same situation, this time at our own Town Hall. The Clerk was obviously a career woman, poised, efficient and possessed of a high sounding title like, "Official Interrogator" or "Town Registrar."

"What is your occupation?" she probed.

What made me say it? I do not know. The words simply popped out. "I'm a Research Associate in the field of Child Development and Human Relations."

The clerk paused, ball-point pen in midair and looked up as though she had not heard right.

I repeated the title slowly emphasizing the most significant words. "Might I ask," said the clerk with new interest, "just what you do in your field?"

Coolly, without any trace of fluster in my voice, I heard myself reply, "I have a continuing program of research, [what mother doesn't] in the laboratory and in the field, (normally I would have said indoors and out). I'm working for my Masters, (first the Lord and then the whole family) and already have four credits (all daughters). Of course, the job is one of the most demanding in the humanities, (any mother care to disagree?) and I often work 14 hours a day, (24 is more like it).

But the job is more challenging than most run-of-the-mill careers and the rewards are more of a satisfaction rather than just money."

There was an increasing note of respect in the clerk's voice as she completed the form, stood up and personally ushered me to the door.

As I drove into our driveway, buoyed up by my glamorous new career, I was greeted by my lab assistants -- ages 13, 7, and 3. Upstairs I could hear our new experimental model, (a 6 month old baby) in the child development program, testing out a new vocal pattern. I felt I had scored a beat on bureaucracy! And I had gone on the official records as someone more distinguished and indispensable to mankind than "just another Mum." Motherhood!

What a glorious career! Especially when there's a title on the door.

Does this make grandmothers "Senior Research associates in the field of Child Development and Human Relations" and great grandmothers "Executive Senior Research Associates"? I think so!!! I also think it makes Aunts "Associate Research Assistants".

May your troubles be less, your blessings be more and nothing but happiness come through your door!

E-mail from a friend