



HEALTH
KwaZulu-Natal

R. K. KHAN KRONIC (1e)

R. K. KHAN HOSPITAL OFFICIAL PUBLICATION

EDITOR: KAMLA CHETTY

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

www.kznhealth.gov.za/rkkhanhospital.htm

2000 & GREAT!

These were the remarks from a colleague. I certainly admire this gutsy individual. She amazes me with her positive outlook, though life has dealt her a blow. If she finds no reason to be gloomy or complain, I pledge to be grateful for the rest of the year.

Neuroscientists believe that negative thoughts are biologically toxic to the body. What we think affects us emotionally, intellectually and physically. 87% of all illnesses today begins with your thoughts! Food for thought.....

As individuals and South Africans we face many challenges, note not problems. Eskom, the highest on our list, crime, interest rates, increases for all services, fuel, food prices and the list is endless. Does this prevent us from living, NO, but we find ways and means to deal with this.

While a small majority of us bemoan our fate, the vast majority get on with life and our daily business. These are those smiling faces that we pass each morning in the corridors. These are those of us that keep the wheels of this huge organisation churning.

Let's look forward to a great 2000 & 8!

Saluting Casualty Staff

We take for granted that an employee is here to work and earns his pay cheque at the end of the month. Statistics tell us how busy and productive we have been, but there is no measure for the human factor.

Staff facing the frontline, a word appropriately used for soldiers. These staff deal with the traumatized patient, emotional families all demanding the same urgent attention daily. In the past few days the department has been bombarded by patient involved in several motor vehicle collisions. The casualty team in a matter of days faced 22 Japanese tourists whose bus plunged down the hill, 16, 12 and 11 other MVC victims respectively.

There was no language barrier for staff, so much for interpreters; staff did their best to communicate with these foreign patients. Medical staff and clerical staff from the Outpatients Departments assisted in getting these patients attended to. This is a great example of team work.

We salute the Trauma Team. Thank you for what you do.

1st Quarter
February 2008

Inside this issue:

*Trojan Treadmill
Frame Up* 2

*Outstanding
Achievement* 3

Update on EAP 3

*Medical Accolade
Clothes Line Pro-* 4

*Old Mutual
Comm. Builder* 4

Siphamandla..... 5

*Netball & Soccer
Quality Day Pics* 5





Trojan Treadmill

A Trojan Treadmill and a Velocity Bike to the value of R7 200 were purchased by our cardiac patients. They have formalized themselves into a group, well known as the Happy Hearts Club. They have funded these items and placed them in the hospital gymnasium which will be used by them for their weekly exercise programme.

Thank you to this group of motivated patients for caring for themselves and the welfare of the institution.

“ Motivation gets you going and habit gets you there. Make motivation a habit and you will get there more quickly and have fun on the trip”
Zig Ziglar

“Doctors at a hospital in Brooklyn, New York have gone on strike.

Hospital officials say they will find out what the

Doctors' demands are as soon as they can get a pharmacist over there to read the picket signs!”

Patient: “Doctor, are you sure I’m suffering from pneumonia? I’ve heard once about a doctor treating someone with pneumonia and finally he died of typhus.”

Doctor: “Don’t worry, it won’t happen to me. If I treat someone with pneumonia he will die of pneumonia.”

Truth in humour

A WOMAN called a hospital ward and said

“Hello, I’d like some information about one of your patients, Sarah Finkel in Ward 6. I’d like to know if the patient is getting better, doing as expected or getting worse”.

The ward sister said: “Just a moment, let me look at her records. Oh yes,

Mrs. Finkel is doing well. She had two full meals, her blood pressure is fine, she’s going to be taken off the heart monitor in a couple of hours, and if she continues this improvement she will go home on Sunday after lunch”.

Oh, that’s excellent” said the caller.”

I take it you are one of the

family or a close friend?” said the nurse. Not exactly,” said the woman. “I’m Sarah Finkel in Ward 6, but nobody here tells me anything.”

Mercury Tailpiece

Frame Up

Patient A reported that whilst he was in the toilet, his walking frame had been stolen. He was extremely distraught as he was pondering how he was going to get about.

The latter at the time was unknown to the Supplies Division Staff. A patient who had been given a pair of crutches earlier in the day was cruising pass in a walking frame and a pair of crutches conveniently tucked under the arm of his partner.

Mr. Logan Govender (Supply Management Officer), whom we all know for his sternness and no-nonsense approach happened to witness this. He calmly called the culprit back, gave him a flea in the ear and sent him on his merry way, minus the walking frame.

When he received my call to assist Patient A that is when the penny dropped. The patient was able to identify his walker and was grateful for our help, especially more to Mr. Logan Govender. While we not have close circuit monitoring, Big Brother is still watching!



Outstanding Achievement

Mrs. Vijiylutchmi Govender was recently awarded with the Coloplast Care, Commitment and Compassion Award at the South African Stomal Therapy's biannual Conference held in Durban (2007)

This award is given to a nurse who has been selected as having done the most outstanding work in the care of patients who live with stomas and incontinence. The selection of the recipient of this award is made by the Executive Committee of the KZN Stomal Therapy Organisation.

Viji has worked at R.K.Khan since 1996 and has been in the Stoma Department for the past 4 years. She has shown dedication in the upliftment of the lives of patients living with stomas.

Well done, you do R.K.Khan proud!



Update on EAP

Alcoholism is a universal problem and is no different in many industries and institutions. This disease has a major impact on productivity and the morale of staff that have to regularly cover for others.

A group of our employees have been serious about changing their lives and have opted for rehabilitation, while some have opted for treatment as outpatients. Our Employee Assistance Practitioner, Mrs. Sadashini Govender liaised with the members of the Alcoholics Anonymous in the community, to assist in setting up the AA Fellowship in the hospital in order to offer support to these employees.

The AA Fellowship was launched at R. K. Khan Hospital on 27 February 2007. meetings were held on a weekly basis attended by approximately 12 employees.

We are proudly celebrating our one year anniversary and a few birthdays at the end of the month and are proud to say that our fellowship is growing.

*Article by Mrs. Sadashini Govender
E.A.P Practitioner*

"If you are going to achieve excellence in big things, you develop the habit in little matters. Excellence is not an exception, it is a prevailing attitude."

Colin Powell



"My doctor told me to avoid any unnecessary stress, so I didn't open his bill."



Dr. Nash Ranjith

MEDICAL ACCOLADE

Dr. Nash Ranjith, the head of our Coronary Care Unit has been awarded by the International Who's Who of Professionals for a study on how "bad genes" in young Indians increase the risk of heart attacks.

The 10 year study by Dr. Nash Ranjith, was selected by the prestigious body of Cambridge in the United Kingdom from more than 6000 submissions world wide.

The hospital is proud of Dr. Ranjith's achievement and our patients are the recipients of his expertise.



16 Days of Activism of No Violence Against Women

All staff participated in the "Clothes Line Project", messages of support against violence were painted on T-Shirts. It was eye catching and gained the attention of all passer-bys and we are hoping that we were successful in getting the message across. The project co-ordinated by EAP & Public Relations



OLD MUTUAL STAFF COMMUNITY BUILDER PROGRAMME

The R.K.Khan Hospital is fortunate to be the benefactor of the Old Mutual Community Builder Programme. This programme allows a member of staff, of Old Mutual to make a difference in the community of their choice, more especially where there is a real need for upliftment.

Mr. Clive Reddy (Regional Manager Durban) has been instrumental in coordinating the donation of four water dispensers for the use of our outpatients. These mod slim line dispensers keep the water chilled and will be used by an average two thousand (2000) patients daily.

Hospital Management, Staff and Patients extend our thanks and appreciation to Old Mutual for their vision. Special thanks to Mr. Reddy in getting the project of the ground and his keen sense of commitment to serving our community.



Life for Siphamandla Gumbi is no real challenge as he constantly pushes the limits. He is South Africa's top wheelchair basket ball scorer.

He has participated in the All Africa Games in Algiers. His proudest moment was when he was selected to represent the national team in Amsterdam. Gumbi is motivated and does not see himself as disabled and has stated that he "will never give up."

Siphamandla works in the Human Resources Training Department.



Siphamandla pictured with his wining trophies and medals

REPORT ON NETBALL&SOCCER TOURNAMENTS-ETHEKWINI DISTRICT 2007



-Ethekwini district divided 24 institutions into South and North-West region. -R K Khan hospital was on the south region.

-Soccer and netball tournament was on the 22nd and 23rd August 2007 at Cato Manor Stadium

-The soccer team won 2games but due to FIFA rules they could not make it to the 23rd for the semifinals.

-The netball team played very well and won all the games on both days, but unfortunately the tournament was called off on the 23rd whilst R K Khan netball team was due to go into the semi final.

-Selections were made for the Ethekwini District Netball squad,

three RK Khan netball players were selected namely K Phiri, A.F Ally & N. Mafanya, to play in the Provincial tournament at Richards Bay on the 5th October 2007.

Thank you for all the support.

F MOLA & N.J.MASUKU
HEALTH PROMOTION CO-ORDINATIONS

Quality Day Display November 2007

