



HEALTH
KwaZulu-Natal

R. K. Khan Kronic(1e)

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RISE FROM STUDENT TO CAMPUS PRINCIPAL



MRS. J. REDDY

Mrs. Jaya Reddy was promoted to Campus Principal in August 2010. Quite an honour and proudly R.K.Khan. The news was received with great excitement by all her colleagues.

Mrs. Reddy commenced her training at R.K.Khan hospital in June 1978 and has 32years of service.

She completed her Diploma in General Nursing in May 1981 and

Midwifery in June 1982, followed by a Diploma in Psychiatry in February 1992.

She was appointed as a tutor at the R.K. Khan Campus in March 1992 and promoted to Subject Head of the Midwifery Department in April 2006.

Staff and Management wish her well and are proud of her achievement.

Special points of interest:

- GO EASTERN ON FRIDAYS!

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IN HONOUR OF ALL WOMEN

INSPIRATIONAL QUOTES FORM THE LATE MOTHER TERESA



Love

God has created us to love and to be loved, and this is the beginning of prayer; to know that he loves me, that I have been created for greater things.

Poverty

Being unwanted, unloved, uncared for, forgotten by everybody -- I think that is a much greater hunger -- a much greater poverty than the person who has nothing to eat.

God

When you look at elec-

trical things you can see that they are made of small and big wires, cheap and expensive all lined up. Until the current runs through them there will be no light. Those wires are you and me and the current is God. We have the power to let the current pass through us, use us and produce the light of the world or we can refuse to be used and allow darkness to spread.

Failure

Do not allow yourselves to be disheartened by any failure as long as you have done

your best.

Happiness

Let no one come to you without leaving better and happier.

Family

The family that prays together stays together, and if they stay together they will love one another as God has loved each one of them. And works of love are always works of peace.

Work

To keep a lamp burning we have to put oil in it.

THE NURSES PLEDGE

NURSES DAY 12 MAY 2010

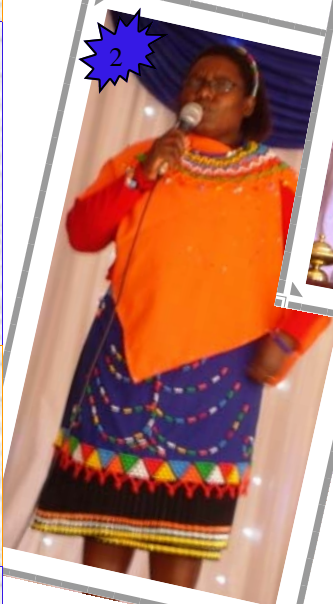
"I solemnly pledge myself before God and in the presence of this assembly to faithfully practice my profession of nursing. I will do all in my power to make and maintain the highest standards and practices of my profession.



1



I will hold in confidence all personal matters committed to my keeping in the practice of my calling. I will assist the physician in his work and will devote myself to the welfare of my patients, my family, and my community.



2



3

I will endeavor to fulfill my rights and privileges as a good citizen and take my share of responsibility in promoting the health and welfare of the community.



4

I will constantly endeavor to increase my knowledge and skills in nursing and to use them wisely. I will zealously seek to nurse those who are ill wherever they may be and whenever they are in need.



5



6

I will be active in assisting others in safeguarding and promoting the health and happiness of mankind."

author unknown



8



7

1. CAPTIVE AUDIENCE
2. TALENT
3. TALENT
4. MORE TALENT
5. LUCKY DRAW
6. Q & A
7. PRIZES
8. TAKING THE PLEDGE
9. COMMMITTEE MEMBERS



9

MENTAL HEALTH AWARENESS

R.K.Khan Hospital Mental Health Care Clinic hosted a workshop on the 16th July at the Youth Centre, Chatsworth. The theme was on mental health and HIV/Aids. Mental health care users and members of the community were targeted.

The aim was to empower and educate and to promote mental health and prevent mental illness. Speakers invited from the hospital were a Psychiatrist, Occupa-

tional Therapist, Social Worker and Registered Nurse. Mental illness, HIV/Aids, the effects of mental health, importance of managing time and the process of admission to hospital was some of the topics discussed. A role play with a bit of humor was performed to highlight the theme of the day.

Positive response and feedback was received.

Submission
by
Mrs. N. S Padayachee
Operational Manager



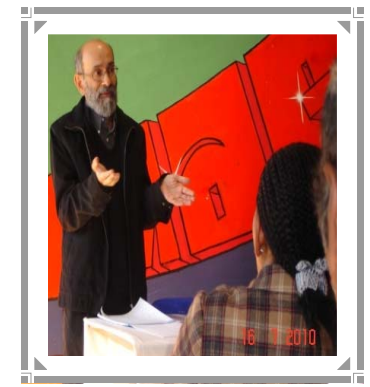
MRS. PADAYACHEE



ROLE PLAY



THE TEAM



SPIRIT OF VOLUNTEERISM

While some of us are turning over and catching our last few zzzz...s, a group of extraordinary men and women are already at "our" workplace, giving of their services to the community.

Mr. Ramsamy, an octogenarian (83yrs) is well known in the community, oversees the volunteers. Mr. Logan Naicker, 70years, most times walks to and from Kharwastan which is a good few kilometers away from the hospital. Known as Uncle Kista our 73 year old, assists at the Express Clinic, despite his age can be likened to the speed of the bullet train. I have singled out these gentlemen, considering their ages; they are still vibrant and valuable members of this community and need to be acknowledged.

This recognition does not take away from the rest of the volunteers of FORKK (Friends of R.K.Khan). It has been five (5) years since the formation of the organization under the able chairmanship of Prof. Sankar and commitment of the executive members. Management and staff appreciate and acknowledge the contributions made by the organization.

JOKE

It got crowded in heaven so, for one day and one day only, it was decided to only accept people who had really bad day on the day they died.

St. Peter was standing at the pearly gates and said to the first man, "Tell me about the day you died." The man said, "Oh, it was awful. I was sure my wife was having an affair, so I came home early to catch her with him. I searched all over the apartment but couldn't find him anywhere. So I went out onto the balcony, we live on the 25th floor, and found this man hanging over the edge by his fingertips. I went inside, got a hammer, and started hitting his hands. He fell, but landed in some bushes. So, I got the refrigerator and pushed it over the balcony and it crushed him. The strain of the act gave me a heart attack, of which I died from."

St. Peter couldn't deny that this was a pretty bad day, and since it was a crime of passion, he let the man in. He then asked the next man in line about the day he died. "Well, sir, it was awful," said the second man. "I was doing aerobics on the balcony of my 26th floor apartment when I twisted my ankle and slipped over the edge. I managed to grab the balcony of the apartment below, but some maniac came out and started pounding on my fingers with a hammer. Luckily I landed in some bushes. But, then the guy dropped a refrigerator on me!"

St. Peter chuckled, let him into heaven and decided he could really start to enjoy this job. "Tell me about the day you died?" he said to the third man in line. "OK, picture this; I'm naked, hiding inside a refrigerator...."

HONOURNG A
GREAT
SURGEON

MR. Y. DESAI
ON HIS
RETIREMENT



MR. ALLEN
GOUNDEN
HEAD OF
SURGERY
WITH
MR. DESAI
&
HOSPITAL CEO
DR. SUBBAN



WOMEN'S DAY & WELLNESS PROGRAMME



The Hospital Health Promotion Committee presented a joint Wellness and Women's Day Programme on the 4th August 2010.

Gems Medical Scheme ran the wellness programme and also provided neck and shoulder massages.

Community service providers pampered staff with facials, brow threading, neck and shoulder massages.



BABY FRIENDLY HOSPITAL INITIATIVE

RK KHAN HOSPITAL AIMS TO BE "BABY FRIENDLY"

The Baby Friendly Hospital Initiative (BFHI) was launched in 1991 and is a global effort by the World Health Organisation (WHO) and UNICEF to ensure that all maternity care facilities become centres for breastfeeding promotion, protection and support thereby improving the quality of life for both mother and baby. This initiative aims to restore and establish breastfeeding as the only natural, normal and safe practice for nurturing babies.

A maternity care facility, such as RK Khan Hospital, can be designated "baby friendly" once the WHO "ten steps to successful breastfeeding" as well as the *International Code of Marketing of Breast Milk Substitutes* has been fully implemented and is in daily practice. Many facilities in South Africa have successfully implemented the initiative and have seen a dramatic decrease in infant and maternal morbidity (sickness) and mortality (death).

The WHO 10 Steps to Successful Breastfeeding

Have a written breastfeeding policy that is routinely communicated to all health care staff

Train all health care staff about the benefits and management of breastfeeding

Inform all pregnant

women about the benefits and management of breastfeeding

Help mothers initiate breastfeeding within half an hour of birth

Show mothers how to breastfeed, and how to maintain lactation even if they should be separated from their infants

Give newborn infants no milk feeds or water other than breast milk, unless indicated for medical reason

Allow mothers and infants to remain together 24 hours a day from birth

Encourage natural breastfeeding frequently and on demand

Do not give, or encourage, the use of artificial teats or dummies to breastfeed infants. Do not encourage the use of nipple shields either

Promote the establishment of breastfeeding support groups and refer mothers to these on discharge from the hospital or clinic

RK Khan Hospital plans to be BFHI accredited in 2011 and every staff member of RK Khan will be a part of it. A BFHI Committee has been put together to ensure the smooth implementation of all 10 steps. There will be gradual changes over the next year which will bring all practices at RK Khan Hospital into line with the abovementioned guidelines. Some steps have already been initi-

ated. For example, we now use feeding cups instead of bottles or teats. We have also started the training of all maternity staff with the 20 hour course on infant feeding. The course will be repeated on a fortnightly basis until all staff members in contact with pregnant, post natal or lactating mothers are trained after which all other members of staff will receive the training. The aim is to reach every staff member with the training thereby making them qualified to assist any mother in need.



The baby friendly hospital initiative is the only effective way of improving and slowing down the rate of child and mother morbidity and mortality with the added benefit of increased long term benefits to the hospital, staff as well as mothers and babies. All we need is support, encouragement and co-operation in the implementation of the baby friendly hospital initiative.

Baby Friendly in 2011 is our new goal!

Tersia Kendall
Dietician

RK Khan Hospital

23 rd NATIONAL BREASTFEEDING WEEK

Breastfeeding week was observed during the 2nd to 8 August. The theme being "10 STEPS TO SUCCESSFUL BREASTFEEDING"

Staff of the Antenatal Clinic arranged a programme for the week, which included:

- informative talks
- nutrition in pregnancy
- PMTCT
- role play by college students Group
- dance items

1/7/07

Refreshments for patients were sponsored by TEA 4 AFRICA



R.K.Khan Hospital
Private Bag X004
Chatsworth
4030

Phone: 031-4596126
Fax: 031-4011247
E-mail:
kamla.chetty@kznhealth.gov.za

We're on the Web
[www.kznhealth.gov.za/
rkkhanhospital.htm](http://www.kznhealth.gov.za/rkkhanhospital.htm)

YOUR COMMENTS, SUGGESTIONS & CONTRIBUTIONS ARE VALUABLE !



EASTERN FRIDAY

The 1860 Commemoration Council wants every Friday until November treated as an "Eastern Friday"

On these days South Africans are encouraged to wear Eastern clothing.

The idea is to build support and enthusiasm for the 150th anniversary of the arrival of Indians in South Africa, said spokesperson Rachel Vadi.

This will help create awareness among South Africans, show camaraderie and reflect the spirit of 1860s Indians.

Article Sunday Tribune Herald

August 15 2010

R.K.KHAN HOSPITAL OUTREACH CLINIC HCT CAMPAIGN

THE FUNNIES

Judge to child: Do you want to live with your mother?

Child: No
Judge: Why?
Child: She beats me.

Judge: Okay, so you want to live with dad?
Child: No
Judge: Why not?
Child: He beats me too.

Judge: So who do you want to live with?

Child: BAFANA BAFANA

Judge: WHY??
Child: They never beat anyone!

WHAT IS HCT? - HCT IS THE NEW NAME FOR VCT. (HIV COUNSELING AND TESTING)

WHO NEEDS TO KNOW ABOUT IT? EVERY STAFF MEMBER OF THIS HOSPITAL.

PERSON COORDINATING THE CAMPAIN DR J BRIJKUMAR, ASSISTED BY Sr. L TIKILILI & Sr. V AMARCHAND

WHERE OUTREACH CLINIC

WHEN FROM 01 / 04 / 2010

WHY TO TEST AS MANY PEOPLE AS POSSIBLE.

TARGETS. NATIONALLY 15 MILLION PEOPLE BY MARCH 2011

ETHEKWINI 1.5 MILLION PEOPLE BY MARCH 2011

Every patient entering this hospital must be en-

couraged to test for HIV. There will be an increased number of people coming to this hospital for HIV test, thus every staff member must be able to assist and direct patients to the appropriate place.

NATIONAL LAUNCH 15 / 04 / 2010

PROVINCIAL LAUNCH 19 / 04 / 2010

Since the start of the HCT Campaign R K Khan Hospital have counseled and tested more than 3500 clients!