



**health**

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

**RK KHAN HOSPITAL**

**NEWS**

# THE HEARTBEAT OF RKK

AT THE HEART OF IT ALL. . . .



**JANUARY 2018**

## CEO'S ADDRESS

2017 was once again a very challenging one for R K Khan. The Patient Headcount and Bed Occupancy remain very high. The dedication, commitment and hard work of most of the staff have enabled us to overcome the challenges and ensure positive outcomes for the majority of our patients. The incorporation of St Mary's Hospital Marainhill into the KZNPA DOH is benefiting R K Khan as some of the patient load from the Outer West is being shared.

The R K Khan Family was very proud and happy when a long standing staff member, Maggie Patachi received an award for best Nurse at the 2017 MASEA Awards. Hospital management with the assistance of Reverent Cyril Pillay has started an initiative called "Employee of the Month" in September 2017. Nominations are received on a monthly basis from the different components by HR and from these nominations a winner is selected for the month. A trophy and certificate is given to the winner. At the end of the 12 months we will have a function where the overall winner will be presented with a Certificate, Trophy and Cash/Voucher at a Ceremony. The aim is to shine a spotlight and thank the stars that we have in our midst.

There has been significant replacement of equipment towards the end of the year. This will continue in the New Year and we may be able to implement some changes in the way we manage very sick patients in the wards. The reorganization of the Emergency Department is also a positive development that will create a more positive image of one of the "faces of the hospital" and most importantly improve patient outcomes.

2018 looks to be another challenging year but I am confident that the caliber of staff working at this hospital will ensure that the hospital will triumph over the conditions and move closer to our vision of "To see RK Khan Hospital as a leading health care facility in KwaZulu-Natal".

All the best to you and your loved ones for 2018, God Bless.



Prakash Subban



**ACCOLADES AT MASEA AWARDS**  
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**SIYIXOXA NGEYTHOMBE EYE SPORT DAY**  
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**Nutrition Week**  
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# ACCOLADES



## SR PATCHY FROM CASUALTY DOING RKK PROUD AT THE MASEA AWARDS

Management hereby congratulates Ms M Patchy who was received an award at the this year's MASEA Awards held at the ICC in Category B8 : Individual Award for Best Employee (Frontline Service Delivery). We are extremely proud of such an achievement and encourage all staff to follow in Ms Patchy's example and be the best you can be despite the challenges.

Acknowledgement also goes to Dr YG Naidoo who nominated Staff Nurse Patchy

## EMPLOYEE OF THE MONTH

In an effort to improve service deliver and staff morale, management has introduced the Employee of the Month initiative to congratulate employees who have displayed exemplary conduct in the way and manner in which they perform their daily duties. Each month, recipients nominated by their respective department managers or supervisor; and the winners are selected by a panel of impartial judges. The worthy recipient is treated to a congratulatory tea with management and are awarded with a certificate and trophy. An overall winner will be selected amongst the monthly winners who will walk away with a great prize to enjoy! The winners for the month of September were:



Wiseman Mabophe from Mortuary was awarded for Outstanding Service Delivery.



Casualty was Department was named the Department Of the Month for September & Jean Munsami awarded for Outstanding Service Delivery

# WORLD TB AWARENESS DAY



## STAFF OF RKK CAMPAIGNING TO RAISE AWARENESS OF TB TO PATIENTS

Tuberculosis (TB) is a disease that mainly affects the lungs, but can be found in any other body organ. The germs usually destroy the soft tissue of the lungs, and this causes cavities (holes) in the lungs, resulting in difficulty with breathing, and blood can be coughed up. If untreated, TB can cause death. The disease is passed on from person to person. When a person who has TB coughs, sneezes or spits, germs are spread into the air from where they can be breathed in.

March is TB awareness month and 24 March is World TB Awareness Day. In an effort to raise awareness to patients and the community of Chatsworth, RK Khan Hospital staff came out in their numbers and marched through the hospital, educating and raising awareness about TB and HIV and to emphasize the fact that TB can be cured.

The march, led by the HOD and the Operational Manager of the hospital's Outreach Clinic, Dr Brijkumar and Mrs B Samuel commenced from Gateway Clinic, down to the hospital main entrance and ended back at Gateway Clinic. Songs, dance and banners with TB related messages were sung throughout the march, ensuring that the message was communicated and emphasized to all. The message included knowing the signs and symptoms of TB which are:

- A cough for longer than 2 weeks
- Chest pains
- Tiredness and weakness of the body
- Loss of appetite and weight
- Night sweats, even when it is cold

Coughing up blood

The RK Khan Hospital Outreach Clinic is working hard toward ensuring that they meet the UNAIDS 90 90 90 Goals whose main aim is that by the year 2020, 90% of all people living with HIV/TB will know their status, 90% of all people with diagnosed HIV/TB infection will receive sustained antiretroviral therapy and 90% of all people receiving antiretroviral therapy/TB treatment will have viral suppression.

We are pleading with our community to partner up with us by getting tested early and commencing on treatment for both HIV and TB as soon as possible.

# SPORTS DAY 2017



I-OPD iholwa igoso labo.



Umdlalo i-Waiter waiter



Nazi izipoki ezimathambo!



BEZIBUYA KUMA AEROBICS!

I-Wellness Committee yase RK Khan eqquqguzela ukuthi abasebenzi bazinakekele baphinde banakekele nemizimba yabo, iphinde yahlela i-Sports Day. Lolusuku siluphen-duke intandokazi yabangingi ezinhlelweni zekhalenda zesibhedlela.

i-Sports Day ka 2017 yaba impumelelo enkulu nabasebenzi bayithakasela ngendlela emangalisayo ngoba libanika ithuba eliyizinggayizivele lokuthi bajabule kanye nozakwabo bezivocavoca, begijima, beqhudelana nasemidlalweni esuke ihlelelwe lolusuku. Ama-department, evivela lolusuku, aziqamba amagama afaka nemifaniswano ehambisana namagama awo. Kwakukhona wena Skeleton Staff, Earth Angels, Rehab Rockstars, Smooth Operators, Casualty Redbulls kanye ne-Team Sunshine! Asilibali ama-OPD Warriors ayevunule econsa!

Imidlalo eyayihleliwe kulolusuku kubalwa i-egg and spoon race, tug-of-war, i-relay, namanye amaningi. Kwabuye kwaba ne-aerobics eyiyholwa ngu Kate Nuns oyi Dietician. Ingoma yayilokhu ishilo yenza ukuthi nababukeli bajabule, bebongela amaqembu abo. IKomidi lidlulisa ukubonga ngokubambisana okuhle nabasebenzi bonke kanye nabaxhasi bethu bonke.

# OCCUPATIONAL HEALTH CLINIC WELLNESS PROGRAMME FOR STAFF

Occupational Health Clinic hosted a Wellness Day for all categories of employees in the hospital on 8 September in the Nurses Residence Dining Hall from 09h00 to 14h00.

The main aim of the event was to recognize the roll wellness plays on the workforce, meet the needs and interest of all employees, reduce rate of employer absenteeism, screening and education employees on potential health risks and advice accordingly.

The following services were offered: Health screening by GEMS Medical Aid, which included blood pressure check, blood sugar and cholesterol checks, weight, height and BMI.

HIV counselling and testing.

Gateway Clinic provided Pap smears and breast examinations and education staff on the importance of early detection and self-examination.

Beautician and masseuse services were also available, offering neck, back, full body massage which was beneficial to many employees.

Overall the day was enjoyed by all participants.

Wellness is the answer to a healthier and happier rainbow nation.



## OUTREACH CLINIC CELEBRATES ITS 13TH ANNIVERSARY

RK Khan Outreach clinic was first opened on the 14 September 2004 and 2017 marks the 13th year of service delivery of the clinic to patients that hail from RK Khan Hospital drainage areas. The clinic is a specialist clinic servicing patients requiring (HTS) HIV testing services and ARV roll out, where patients are treated holistically with regards to their health, including screening for TB and STD's.

The 13th Clinic anniversary function held on 14 September 2017 aimed to make patients feel special , unique and motivated them to adhere to their medication. It also inspired people to take charge of their lives by embarking on the universal test and treat campaign and choosing to start their ARV's immediately upon testing positive.

It was a well-received program attended by about 250 people. Five patients that had started their treatment when this clinic first opened its doors rendered testimonies about their health status from since they started on the ARV programme to now. They were honoured with gifts for their perseverance and commitment to ARV's. It was heart-warming to hear their testimonies and it moved many in the audience to tears.

Our emphasis is on viral load monitoring and suppression and as such, we render ongoing adherence counselling and pill counts for our patients on every visit. Our current drives are the 90/90/90 targets which means: 90 % of the people must be tested and know their status and of these; 90% of those that qualify must be placed onto ARV medication and of these, 90% must be virally suppressed.

Stable who are virally suppressed have an incentive program called CCMD (Centralized Chronic Medication Dispensing and Distribution) The CCMD Programme offers patients the option of collecting their chronic medicines at the health facility pick-up-points (fast queues or adherence clubs). Patients who wish to take advantage of this system are screened and registered at our facility and choose the pick-up point that is convenient for them to collect their medicine from. The collection points are Medi-rite Pharmacies and Clicks Pharmacies.

The clinic currently has about 5000 active patients on our data base and we render daily service to about 180 patients. We also offer a Male Medical Circumcision Clinic as well as Family Planning & Papsmear services for our female patients.

This event was a resounding success through the generosity of many sponsors who willingly came on board to make this day special.



**Mrs Ngidi & Mrs Samuel cutting the cake**



**The delicious cake in honour of 13 years of service to the community**

**The red candle burnt in remembrance of those who lost their lives to HIV/AIDS**





**MHCU Patients enjoying the festivities at their Sports Day**



**Staff of AB1**

The Staff of our Psychiatric Department AB1 hosted a sports day for patients and nursing staff in commemoration of World Mental Health Day. It was an exciting and fun-filled day with many activities for all the patients to enjoy and it was a good opportunity for them to engage with one another as well as staff in a different setting other than the ward as many patients are admitted for lengthy periods of time. The purpose of the sports day was to bring about awareness on mental health and mental illness. It was also held to show society that with support and treatment compliance, Mental Health Care Users can live normal and functional lives just like any other patient. The department hopes to continue with this initiative for the future in order to alleviate the stigma and discrimination towards mental illness. According to statistics, one in two people suffer with mental illness.



## Nutrition Week Breakfast

The Dietetics Team treated RK Khan staff to a very different experience, when they hosted a National Nutrition Week Programme.

The programme theme was “Rethink your Drink: Choose Water” which emphasized the importance of replacing most drinks (some of which we were lead to believe were healthy) with water. Guests, on arrival were treated to a healthy breakfast consisting of fruit, low fat yoghurt, fat free and sugar free muffins nuts, oats and muesli. Priya demonstrated the sugar content of various types of drinks, which left the audience in awe of the amount of sugar in their favourite drinks! The morning was filled with speakers from different departments in the hospital who shared many tips on how one can maintain a healthy lifestyle. Verosha from Physio demonstrated how important it is to maintain the correct posture when sleeping, standing, sitting or getting out of bed. Relebogile from Speech Therapy highlighted the importance of correct use of our voice, adding that water was again the healthier option in ensuring that our voice boxes were correctly hydrated.

Fathima from Psychiatry taught the audience about various forms of eating disorders. An energized session of aerobics by Kate got the audience sweating whilst learning useful tips on how they can create their own exercise routine at home.

The morning culminated to an end with a juicing and cooking demonstration by the dieticians, who made a delicious couscous salad and a basil pesto which I’m certain the audience were eager to experiment with at home!

Guest received a goody bag filled with healthy tit-bits for everyone to enjoy!



# NURSES DAY 2017 IN PICTURES



Nurses get pampered at Nurses Day



Nurses enjoying their special day



Nurses enjoying their special day



Prof Mchunu & Sr Naidoo



Reciting of the Nurses Pledge



Mrs Masengemi & Sr Ndlovu were speakers at Nurses Day.

The hospital is blessed to have many organizations that have shown so much generosity towards our hospital and give tirelessly of their time and money in making our hospital a better place for our patients. Management of the hospital is grateful for the on-going partnerships that we have formed with our beloved friends.



Ps Pentiah from Tea For Africa and his team have served tea and sandwiches to our patients for over 12 years in the hospital.



Prevailing Women who revamped our Ward P5 into a colour and comfortable place for staff and patients



LV Bakery has supplied our TCC with a year's supply of Comfort Packs for victims of rape & abuse.



East Coast Radio's annual Toy Story has been a regular charity event for number of years. Our young patient always enjoy this surprise visit!



FBI Foundation with finalist for Miss India SA, Stephanie Ephraim spend time & shared goodies with children in the Paediatric Ward.



FBI Foundation with finalist for Miss India SA, Stephanie Ephraim spend time & shared goodies with children in the Paediatric Ward.

# World Aids Day 2017

World AIDS Day is commemorated each year on the 1st of December and is an opportunity for every community to unite in the fight against HIV, show support for people living with HIV and remember those who have died.

The theme this year is, 'It is my right to know my status; Prevention is my responsibility' and the slogan, 'Let Our Actions Count!'.

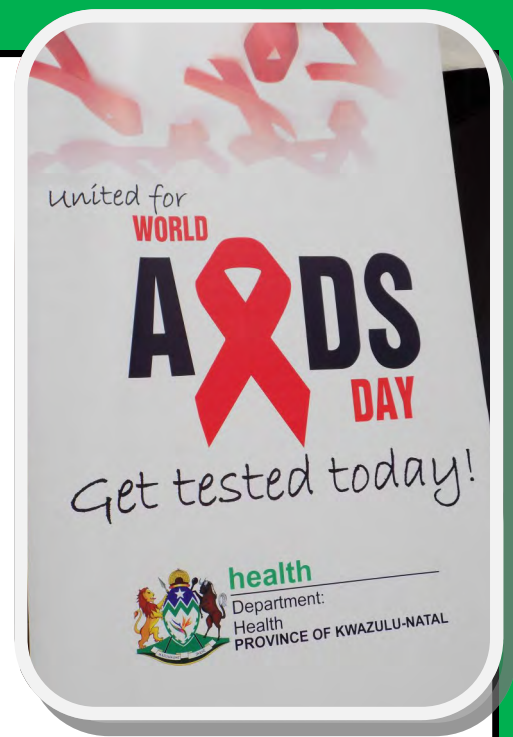
This year in commemoration of World AIDS Day, RK Khan Hospital partnered with businesses in the Shallcross area and brought various health services to the doorsteps of the community of 1104 to ensure that the message about HIV is heard by all.

Business owners with factories in the Shallcross area namely, Labora and Novita Shoes, The Ridge Shopping Mall, Buziwe Security Service, Vino Storage and Sasol Garage up committed time and money to ensure the success of the event held at a vacant plot in Shallcross.

This day saw about 250 patients from the 1104 area taking the advantage of the free health services on offer on the day and getting tested for HIV. Services available included GM testing, dental health by Dr Mervin Pillay, eye testing by Chatsworth Optometry, Male Medical Circumcision bookings by JPS, breast health, pap smear - offered by the MATCH team and HIV Testing Services. Thuthuzela Care Centre, MBFHI, MRC, Clicks and Department of Social Development were also present in support of the proceedings of the day as well as to assist with any queries.

World AIDS Day is an opportunity for all of us to remind ourselves that HIV is still a reality and that it is incumbent on all of us to continue fighting prejudice, stigma and discrimination.

An event of this nature could not have been possible without the people behind the scenes who work hard to make sure that everything comes together as well as it did. On behalf of the organizing committee, we convey our sincere thanks and appreciation of all stake holders who played a role in ensuring that the day was a success.



The community of Bottlebrush eager to receive the free services on offer for the day.



Staff of RK Khan TCC spreading awareness on how to report abuse of women and children.



Community members waiting their turn

# RETIREMENTS

WHEN YOU STOP LIVING AT WORK  
AND START WORKING AT LIVING —  
RETIREMENT.



We bid farewell to our friends and fellow colleagues who have retired. We thank them for the years and valuable contributions that they made to our hospital in their years spent in service to the Department of Health. We wish them good health as they begin a new chapter in their lives.

MR K. MOODLEY	DRIVER	31.5.2017
MR P. GOVENDER	DRIVER	31.5.2017
MR R.P. PILLAY	PRINCIPAL SECURITY OFFICER	31.5.2017
D.A . RANKIN	FOOD SERVICE SUP	30.6.2017
K. SEWPERSAD	OPERATIONAL MANAGER	30.6.2017
L. MATHAPERSAD	OPERATIONAL MANAGER	30.6.2017
M. BENNIE	REGISTRY CLERK	30.6.2017
P. NAICKER	ASST. MAN. FINANCE	30.6.2017
C. JOSEPH	X-RAY CLERK	30.6.2017
M. GOVENDER	GENERAL ORDERLY	30.6.2017
A.D. MUDALY	OPERATIONAL MANAGER	30.6.2017
R.D. RAMDHANI	GENERAL ORDERLY	31.10.2017

## IN LOVING MEMORY OF THOSE DEAR TO US WHO PASSED ON



*Mr Stoffel Cilliers was employed as an Artisan Electrician at Wentworth Hospital. He thereafter joined R.K. Khan Hospital on a promotion on 01 October 1997 as an Artisan Foreman-in-charge of the Maintenance Staff. In 2006, due to his keen interest in computers, Stoffel was delegated IT duties where he voluntarily assisted the R.K. Khan Staff with IT queries.*

*Stoffel had a contagious and bubbly spirit which won many hearts. He certainly touched many lives at R.K. Khan Hospital and would often go out of his way to help others. In his words, "a boer maak a plan".*

*Stoffel was a devoted father. His pride and joy was his family.*

**MAY HIS SOUL REST IN PEACE**

**02 February 1962 - 05 November 2017**

## Vision

To see RK Khan Hospital as a leading health care establishment  
in KwaZulu Natal

## Mission

To deliver a comprehensive (curative and health promotion) service of a high  
standard to our patients with compassion and empathy in the most cost effective  
manner

## Core Value

Trust built on truth, integrity, professionalism, team work, positive and caring  
attitude, communication, transparency and consultation, commitment to perfor-  
mance, courage to learn and embrace change and innovation.

*“At the end of our lives, we will not be judged by how many degrees we have, how  
much money we’ve made or how many great things we’ve accomplished. We will be  
judged by; I was hungry and you fed me, I was naked and you clothed me, I was  
homeless and you took me in.”*

## CONTACT US

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FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE