



# THE HEARTBEAT



# NEWS

JULY - SEPTEMBER 2022

“At the heart of healthcare”

## BREASTFEEDING AWARENESS



Staff at Antenatal Clinic demonstrating for expectant mothers how to properly breastfeed .



Staff demonstrating how to safely strap baby in the front to encourage bonding between mother and baby.

RK Khan Hospital Antenatal Clinic joined the global community to commemorate World Breastfeeding Week (WBW) to highlight the benefits that breastfeeding can bring to the health and welfare of babies, to maternal health, focusing on good nutrition. Expectant mothers were treated to a fun and informative morning by a

multidisciplinary team. They shared tips on how mums who need to return to work after delivery, can express their breastmilk in order to provide their growing babies, for at least the first six months of life. RKKH team of experts also explained about the human milk bank initiative that is being run at the hospital, where mothers can donate breast milk .

The milk bank pasteurizes the donated milk which is used to feed premature babies who cannot yet digest milk formulas.

RK Khan Hospital promotes exclusive breastfeeding as it provides a sustainable source of food for infants, to protect them against most common childhood illnesses.



# FIGHT LIKE A PREMMIE!



*“Being the parent of a preemie means you’re extra special; after all God doesn’t just pick anybody to witness a miracle”*  
- Unknown

RKKH Neonatal ICU is privileged to witness the miracle of life taking place everyday. Mothers who come in having lost all hope of survival of their newborn babies are discharged home with a healthy “bundle of joy”!

According to the World Health Organization, throughout the world, one in ten babies is born prematurely. RK Khan NICU has worked tirelessly to give each premature baby delivered in the facility a fighting chance. One success story is that of Ms Londiwe Dhlomo who has nothing but praises for the efforts of the team of RKKH NICU for saving the life of her baby girl. Londiwe’s baby was born at 26 weeks, weighing 685g. Londiwe named her baby “Ntandoyenkosi” (meaning, the Lord’s will) one of the smallest surviving preemies that has been treated in the RKKH NICU and has survived!” The dedication from the whole team in NICU ensured that Londiwe was discharged 60 days later with a healthy baby who weighed 1.8kg! Londiwe stated, “I had suffered two previous miscarriages already and I was so scared my baby wouldn’t survive but the doctors and nurses at RK Khan Hospital were amazing.



Londiwe with her beautiful baby at their check-up in POPD. Baby Ntandoyenkosi was weighing a healthy 2.2kg!

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# BEYOND THE CALL OF DUTY

Sister Gonum Govender, a midwife at RKKH Maternity Unit had just arrived home from work from a busy day when she was called into action. She was alerted by neighbours that a young lady was in labour on the street. She immediately responded without hesitation and arrived at the scene on Florence Nightingale Drive to a young lady who was about to deliver on the side of the road. Neighbours who had arrived first at the scene brought surgical gloves, towels, a blanket for the baby, and a sheet to cover the mother. With a team effort by the community and Sister Govender, a baby girl was delivered at 18:30 on 25 May, weighing in at 2.1kg.

In an interview with the Public Relations Officer, Sister Govender had this to say: “ I do not feel like a hero as I did what any nurse would have done. My main concern was the mother and baby who were out in the cold, but it was the community who took decisive action to bring this baby girl safely into the world” .

OM Anitha Gounden commend her, describing her as a dedicated, hardworking midwife adding that the hospital will suffer a sad loss as Sister Govender will soon be retiring.

RK Khan Hospital is truly blessed to have staff of her c a l i b r e .



Sister G Govender: a modern day Florence Nightingale



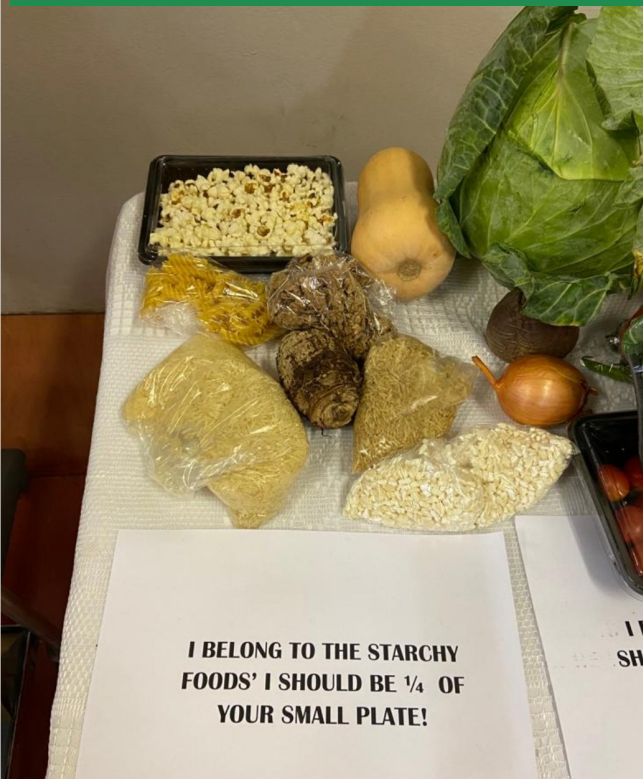
# NUTRITION WEEK



Occupational Health Clinic took part in raising awareness about the importance of healthy nutrition.



Dietetics Department led the way on sharing information on the importance of correct nutrition.



Display in OPD on the 5 Food Groups.



Poster display with information to help patients in making healthy food choices.



# WOMENS' DAY PHOTO GALLERY



Ladies from all departments came out in numbers to celebrate Women's Day



CEO giving guest Speaker Vanessa Briglal a token of appreciation



Salome shared a motivation on the qualities of what makes a woman.



The theme of the day was "floral" as we welcomed Spring.





The Women's Forum who put together the wonderful event in celebration of women.



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# HERITAGE DAY PHOTO GALLERY



Student Interns looking good in their traditional Zulu & Swati attire.



Informatics team joined in the festivities of Cultural Day



Pharmacy celebrated the day with song, dance and a fashion show of beautiful Indian wear.



Assets Dept. shared a delicious meal together to celebrate the day.



Systems Component with CEO also came out to share in the festivities of the day



Senior Management team and Systems Component shared a buffet of traditional cuisine

# Compliments Corner

Ngithanda ukubonga impatho nothando lama nesi nodokotela base Ward O4 . Ngyaqala ukulala esbhedlela ngakho nganginovalo lokuthi kuzobanjani kodwa ngithole ukuthi hayazimisela abasebenzi kuleli wodi bonke ngisho abasebusuku. Abakhathala ukubizwa ama-patients, Shine RK Khan shine!

*I always hear negative stories about RK Khan Hospital but what I witnessed for myself proved them all wrong! Ward E1 staff deserve higher positions: The nurses treated me with so much love & respect, not forgetting the cleaner who does her job with a smile - I appreciate you all!*

*K Naicker*

Thank you to the staff of ward M3 both nurses and doctors for treating me well and being kind & compassionate. May God bless you guys. I will send some goodies next time I come!

F Bhawandin

Uyancomeka umsebenzi wase OPD. Bayaphusha shame!

N Mabhida

I'm 70 years old. What a relief when I got my medication in just 15 minutes! Keep up the good work pharmacy.

P Hemraj

**WOW!**



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