



**health**

Department:  
Health  
PROVINCE OF KWAZULU-NATAL



# THE HEARTBEAT

JULY—SEPTEMBER 2019

## WELCOMING CHANGE

The hospital has been through some trying times over this 2nd quarter of 2019/2020 as it has had its fair share of negative media publicity. Following the media out-breaks, a task team was assigned to the hospital by the Provincial Office to perform a diagnostic analysis of the state of the hospital and to then formulate a turn around strategy to mitigate future negative incidences from tarnishing the image of the hospital and the KZN Department of Health . This change saw the hospital welcoming Mrs CNN Mkhwanazi who would take up the responsibility of steering this ship out of troubled water as the CEO of RK Khan Hospital. Mrs Mkhwanazi commenced her responsibility in July and was thankful for the opportunity to lead the staff of RK Khan Hospital whilst deliver on quality care for all the patients that rely on the services offered at RK Khan Hospital.



Mrs CNN Mkhwanazi — CEO



The task team delegated to RK Khan Hospital lead by Ms T Ngcobo



## ENT TONSILLECTOMY DRIVE

Dr Sigonya—Head Clinical Unit of ENT, being perturbed by the ever growing waiting list for ENT patients saw the need to think out the box and find another way to get into our theatres which are always inundated with emergencies, caesarian sections or other theatre cases. Her boldness resulted in a date being identified over the weekend when the theatres were the least busy and allowing her team to come in and get as many cases done as possible. The challenge however, would be the availability of theatre staff to buy into this idea and to agree to do these cases on a weekend and on a voluntary basis. Little did she know that the humanitarian spirit was alive in theatre as well and soon the ball starting rolling for the first of its kind ENT Tonsillectomy Drive that took place on Saturday 31 August.

Dr Sigonya says she was amazed at the willingness of every person who took part in this initiative. The team included 2 anaethetists, 2 surgoens, theatre staff, OM in charge of theatre and a general orderly who cleaned the theatres after each case.

Despite giving of their time, staff also ensured that the comfort of the patients was taken into consideration, by placing a TV in theatre with cartoons playing whilst patients waited for their turn, meals were served to the mums and patients and each child walked away with a goody bag full of treats.

A total of 19 cases of tonsillectomies, and release of tongue ties were done for patients between the ages of 9 months and 15 years old and the day culminated to a close at 18:15.

Mrs CNN Mkhwanazi, hospital CEO said “this is much appreciated by the Management. My sincere gratitude to the whole team that participated in this Drive. Together, we can achieve more.



## RENOVATIONS TO WARD M1

RK Khan Hospital was honoured to be identified by the Queensburgh Islamic Society to receive an offer to “Adopt A Ward” by the Society. The organization felt the need to play a supportive role towards the hospital that would not only benefit the patients, but also the staff of RK Khan Hospital. The maternity ward was identified and painting work commenced thereafter, giving the ward a fresh new look. Upgrades to the curtains and linen also formed part of the project to bring “new life” into the place where many mothers come to deliver their unborn babies.

The Islamic Society states that this project would not have been a success had it not been for the generosity of businessmen who gave generously to the Society to ensure that the work continues uninterrupted and completed timeously to allow for patients to enjoy their new space.

To date this is the largest outreach programme that Society has undertaken.

The commitment and dedication from the nursing staff and maintenance team at RK Khan together with the team from the Society leading the project, renovations were completed in record time, leaving surplus cash for the procuring of foam mattresses for the incubators in the nursery section of the ward.

# PROMOTION!

Congratulations to our newly promoted Human Resources Manager - Mr. Roger Munsami.

Mr. Munsami commenced service in the KZN Department of Health as an Administration Clerk (OPD) on 15Th April 1985.

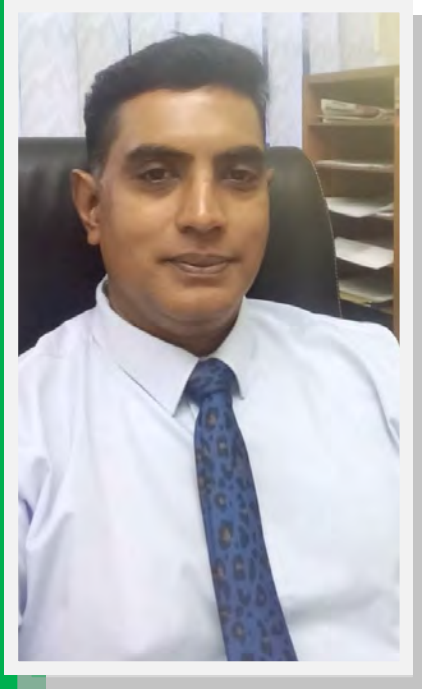
He worked in Stanger hospital for 8 years as an Assistant Director: Human Resources and thereafter transferred to RK Khan Hospital in 2012.

In July 2019 Mr Munsami was appointed as the Human Resources Manager of RK Khan Hospital

He believes that hard work and respect will reward you.

Mr Munsami holds a BCOM Honors Degree in HR Management and owes his success to the Lord Jesus.

He also thanks his Wife Krishnee, daughter Lynn and son Louie for all their support and prayer.



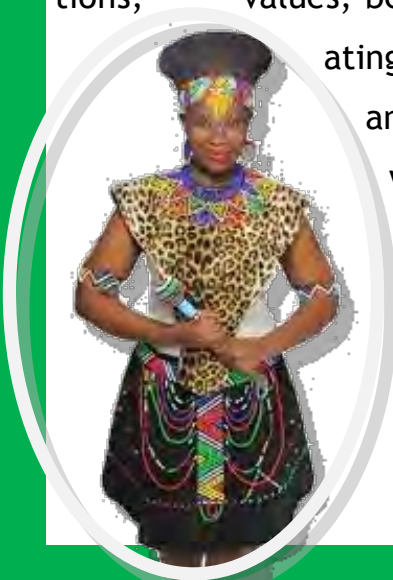
## DIVERSITY TRAINING WORKSHOP

We at R.K. Khan are privileged to be working in a culturally diverse environment where people from different backgrounds can come together to work as one. Cultural diversity is a form of appreciating the differences in individuals. The differences are based on gender, age, sex, ethnicity and sexual orientation.

We therefore invited staff to a short training on the different types of cultures, traditions, values, beliefs and practices. This sharing of information was aimed at creating a more harmonious work environment and to help us recognize and respect beliefs that are not necessarily our own. Our goal was to create an environment where we could interact with others and build bridges to trust, respect and understand other cultures and as a result improve work relationships.

and to help us recognize and respect beliefs that are not necessarily our own. Our goal was to create an environment where we could interact with others

and build bridges to trust, respect and understand other cultures and as a result improve work relationships.





## EMPOWER PARENTS, ENABLE BREASTFEEDING

Breastfeeding week which took place on 1 – 7 August has become a regular event in the hospital's events calendar. This year's celebration was under the theme: "Empower parents, enable breastfeeding"

The programme commenced with a prayer by Pastor Pentiah from Tea for Africa – a nonprofit organization that has partnered with the hospital for over 14 years in serving tea to patients in the pharmacy area. They also sponsored refreshments for the patients at the breastfeeding awareness.

The generosity of our other sponsors made certain that every expectant mom walked away with an item for her baby.

Our sponsors include Irene Whitlock & Janet Ministries who sponsored the event with baby hats, booties, toiletries, OM Gounden together with Sai Centre and Booties and Beanies KZN also sponsored the event with blankets, beanies and booties, Bio-Oil SA for their ongoing support and sponsorship of Bio-Oil hamper filled with Bio-Oil products. Our PRO shared baby bags and diapers that were left over after Mandela Day.

Shoptite sponsored the event with juice & muffins, and Unicopy sponsored the posters which displayed the theme for 2019. RK Khan Kitchen supplied the event with fruit for the mum.

Babs Moodley kept the audience entertained with her candid jokes throughout the programme as she called up speakers to give useful information to the expectant mothers.

Speakers included Sr Ghirdhari - MBFI Coordinator, Priya Bhola – RK Khan Dietician, Sr R Munsami – EMTCT, Sr N Khan from Family Planning, Thabsile from Breath Health Foundation and N Salim interpreted the proceedings.

Rebeca Cele the general orderly from M3 entertained the audience with a traditional dance

Guest speaker, Charlene Marshall and student nurse from UKZN, EE Miran both shared their personal experiences regarding breastfeeding, highlighting how breastmilk contributed to the growth, development and recovery of their babies. Both these mums were recipient of donor milk from the hospital's Human Milk Bank.

ANC Clinic and the team thank Matron Pather for the support and every individual who contributed to the success of this year's programme.

All female staff who are breastfeeding are encouraged to make use of the Room in M3 dedicated for all categories of female staff to express milk for their babies.

## RK KHAN COMMUNITY CORNER - HAPPY HEARTS CLUB

The Happy Hearts Cardiac Rehabilitation Club, based at RK Khan Hospital was the brain-child of Professor Nash Ranjith, who was the Head of the Coronary Unit at the hospital in 1991. The club was formed as a rehabilitation institution for all patients recovering from some sort of heart illness after being treated at the hospital. The club started with only 4 members in 1991 and has since grown in leaps and bounds with a total of 197 registered members in 2019. Almost all the members were handpicked by Professor Ranjith to benefit from the programme based on the severity of their illness. Professor Ranjith personally supervised and guided the members through a programme of intensive exercises which had been specifically designed to suit the needs of the club members in so far as their age and health conditions were concerned. Club members range from 60–87 years old and each member actively participates in the full programme at every session.

Members enjoy and look forward to the exercise sessions which are conducted for an hour every Monday and Friday morning at the gym located in the Physio department of the hospital. The club has a variety of exercise machines that have been purchased by the club through donations, sponsorships and fundraising initiatives by the members.

When Professor Ranjith retired from the hospital, he ensured that he had trained some of the club members to be able to continue with the programme well into the future and these members are instrumental in helping and guiding new members to become accustomed to the exercise routine. The lessons imparted to the club members have ensured that they continue to live healthy social lifestyles in addition to the rehabilitation programme and are the envy of many other senior citizens groups!

The club is a unique institution as it is the only club of its kind that offers rehabilitation of individuals with various heart conditions. Regular talks by healthcare professionals help club members to enhance the programme and the elected executive committee work hard to ensure the smooth and efficient running of all their programmes.



# 67 MINUTES FOR MANDELA

Mandela Day is a global call to action that celebrates the idea that each individual has the power to transform the world, the ability to make an impact. The Mandela Day campaign message is: "Nelson Mandela has fought for social justice for 67 years. By devoting 67 minutes of their time - one minute for every year of Mandela's public service - people can make a small gesture of solidarity with humanity and a step towards a global movement for good .

This year various companies celebrated their 67 minutes for Mandela by visiting the paediatric to spread love and good cheer to children who are in hospital whilst other chose to celebrate the day with expectant mums in our maternity wards .



Team from Sizabantu Centre distributed blankets in Ward P5.



Boxer Store brought goodies and cake to Ward P5



Siemens SA visited ward M1 & 2 and gave each mum a baby bag filled with useful items for mum and baby

In loving memory of Ms Beauty Maphumulo  
D3 Ward Clerk



*1 May 1975—20 August 2019*

**Beauty passed away on 20 August 2019 after a short illness. She had been employed at RK Khan Hospital for 14 years at her time of death. She will be sorely missed by friends, family and colleagues.**

**May her soul Rest In Peace**



# COMPLIMENTS CORNER



I would like to go on record and say that the nurses in ward E2 are dedicated and hardworking. They are pleasant and very helpful. From the time I was admitted they were always checking on me and assured me that I will get better. During the evening's I've seen how hard the night staff work while short staffed, they made sure every patient got their medication on time.

I truly believe I would not have recovered had it not been for the wonderful nurses and dedicated doctors.

JULY 2019

Compliment to X-Ray department and Casualty for showing so much care to us as patients, although the waiting time in casualty was too long.

1 September

I would like to place on record my sincere thanks to the nursing staff ward M3 .

My mum was under their care for the past 2 weeks .

She was well taken care off by the nursing staff .

A special thank you to Sister Naidoo and the ward sisters for their support to the patient .

The nursing staff are doing an amazing job .

22 August

My brother admitted at R.K.Khan hospital at E3 Ward from Thursday 29/08/2019. We have visited him as a family a couple of times and treatment we've received from the staff is by far BETTER than what we've told by the newspapers.

This makes one wonder whether the journalists out there are doing justice to many dedicated and committed staff that are there at hospitals for long hours. Almost all the nursing staff were of help and very kind to us and many other families whose loved ones are there at the hospital.

Please don't be discouraged on the good work that you are doing to try and save human lives as medical practitioners.

3 SEPTEMBER 2019

I must say that I was very impressed with Dr PARSOO treatment of my mum.

His professional dedication and commitment did not go un noticed. From all the years that I have inter-acted with the Doctors at R K Khan's, Dr PARSOO, was a breath of fresh air. Not only with my mum.

I sat there and watched how he interacted with all the patients irrespective of race or gender.

He took time to listen to the patient complaints and the concern and attention that he gave the patients was outstanding.

So I would like to place on record the great work that Dr PARSOO is doing and I pray that God gives him the strength to continue.

I have found Mr Yash Maharaj from Card Office department extremely out of the ordinary in his job. His performance and time wise in assisting me was above the rest. Should there be a star, give it to him! He is super in what he does

July 2019

# PICTURE GALLERY



DEAF AWARENESS PROGRAMME RAISING AWARENESS ABOUT THE PLIGHT OF THE DEAF.



Dedication and a heart for patients was the order of the day at the ENT Tonsil Drive

# ACKNOWLEDGEMENTS



**MS MBALI MTHALANE**  
WRITER



**MRS CNN MKHWANAZI**  
EDITOR



**MR MENZI XABA**  
PHOTOGRAPHER

*The Public Relations Department  
would like to thank every department who contributed  
with stories and pictures towards this newsletter.*

## CONTACT DETAILS

**Postal Address: Private Bag X004, Chatsworth, 4030**

**Physical Address: 336 R. K. Khan Circle, Croftdene,  
Chatsworth, 4030**

**Tel.: 031-459 6000 Fax. 031-4011247**

**Email: [mbali.mthalane@kznhealth.gov.za](mailto:mbali.mthalane@kznhealth.gov.za)**



**health**

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

*FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE*