



R.K.KHAN KRONIC (le)

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JULY/AUGUST 2009



40th ANNIVERSARY FUN RUN/WALK



An historical Fun Run took place on Sunday, 21 June. Historical in a sense that it was the first such event for R.K.Khan in celebration of 40 years, and a special day for all fathers.

The Chatsworth Athletic Club, Rising Sun, Chatsworth Centre Management, and Old Mutual played a major role in supporting the event, including local business. Among staff were community members, supporters from senior citizens groups, social groups and hospitals. Patients from our Cardiac Rehabilitation Club proved their fitness on the day, by completing the race. Cheers to our clinical staff for their excellent care.

The free health tent set up by Old Mutual had queues of participants waiting to monitor their blood sugar and cholesterol and advice issued by trained professionals. T-shirts, special commemorative medals, prizes and refreshments were plentiful. Participants enjoyed the run and the day and have requested that this become an annual event for the hospital.

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40th ANNIVERSARY DINNER & DANCE EVENING AMBIANCE, GOOD MUSIC DANCING & COMPANY



TASTE
BAND
MEMBERS



HAVING
FUN



COMPETITION
WINNERS



JUST ENJOYING THE EVENING



LINE DANCING



A BEVY OF
BEAUTIFUL LADIES



TB CAMPAIGN

A TB Blitz was held during the 16 to 19 March 2009 to create and

re- enforce TB awareness amongst health workers and the community.

5 schools in the surrounding area were visited by a team of 11 staff members.

The aim was to identify possible TB suspects, screen and rapidly diagnose as well as treat TB cases thereby reducing the incidence of TB/MDR TB/XDR.

FUNNIES

Wife: Doctor, my husband thinks he's a horse. **Psychiatrist:** He is just probably a little stressed out and needs some rest. **Wife:** But he kicks chairs and eats grass and do not even sleep in the bed. **Psychiatrist:** Well, in that case, it looks like he may need a lot of help, but it may cost quite a lot of money for prolonged treatment. **Wife:** Oh you don't have to worry about the money part. Last Sunday, my husband won the horserace!

Patient: Doctor, I have a serious memory problem. I can't remember anything! **Doctor:** So, since when did you have this problem? **Patient:** What problem? **Doctor:** Did you take those pills I gave you to improve your memory? **Patient:** What pills?

A doctor has come to see one of his patients in a hospital. The patient has had major surgery to both of his hands. "Doctor," says the man excitedly and dramatically holds up his heavily bandaged hands. "Will I be able to play the piano when these bandages come off?" "I don't see why not," replies the doctor. "That's funny," says the man. "I wasn't able to play it before."

Need help treating your HIV patients or using antiretroviral?

The toll-free national HIV health care worker hotline provides information on telephonic, faxed or e-mailed queries relating to:

- ◆ HIV Testing
- ◆ Post exposure prophylaxis: health care workers and sexual assault victims
- ◆ Management of HIV in pregnancy, and prevention of mother-to-child-transmission
- ◆ Antiretroviral Therapy
 - When to initiate
 - Treatment selection
 - Recommendations for laboratory and clinical monitoring
 - How to interpret and respond to laboratory results
 - Management of adverse events
- ◆ Drug interactions
- ◆ Treatment of prophylaxis of opportunistic infections
- ◆ Drug availability
- ◆ Adherence support

The hotline 0800 212506 operates from Mondays to Fridays 08.30 am to 4.30pm. E-mail: pha-mic@utc.ac.za

Strange but true

Please don't mistaken this for a television series, this is definitely A DAY IN THE LIFE OF PR at R.K. Khan Hospital.

In the recent week I was approached by a heavily pregnant female with a very strange request.

She was asked to get a letter from the doctor to confirm her "gender". When pushed for an explanation she stated that she was sent by an official from the Department of Home Affairs as her identity document reflected that she was a male.

It took me a few seconds to digest this.

The CEO was thoroughly amused but the CMO did not see the funny side.

To my amazement, he instructed the lady to go back to Home Affairs and seek the services of the District Surgeon to sort out the dilemma that they had created.

NEVER LIE TO YOUR BOSS

BOSS said to an employee " Do you believe in life after death?"

EMPLOYEE " Certainly not! There is no proof of it", he replied.

BOSS " Well, there is now. After you left early yesterday to go to your uncle's funeral, He came here looking for you.!"



KWAZULU NATAL PREMIERS SPORTS AWARD: 2008



Siphamandla Gumbi is the recipient of the KZN Sportsman of the Year Award for Disabled Athletes.

He is an inspiration to other young people and has proved that there are no limits to what can be achieved.

Congratulations and hopes for bigger and better dreams!

Child Protection Week

The commemoration of Child Protection Week during 25 May – 2 June 2009 at POPD and ward P5 gave rise to the social work department conducting the paediatric raffle fundraiser. An amount of R275-00 was raised. These funds will be utilized to purchase non perishable nutritional items to give to our paediatric patients that are stricken with poverty and their associated malnourished conditions. We would like to extend a heartfelt thanks to all the staff that participated in this initiative. Thank you for showing that you care. We look forward to the encouraging support of the staff on future related events.

Congratulations to our winner – Shirleen from the OT department who won the Futronic Digital MP3 Player [MU332].

Submission By Cassandra Moodley (Social Work Department)



Innovative Project by Occupational Therapy Department

Beadwork Project

Occupational Therapy is the use of purposeful activity with individuals who are limited by physical injury or illness, psychological dysfunction, developmental or learning disabilities, social problems or the aging process. The overall purpose is to maximize functional independence, prevent disability and maintain health. The practice encompasses evaluation, treatment and consultation.

The aims of therapy are to help clients cope with their daily roles and tasks at home, at work and at play, improve their ability to perform in living and working environments, to improve their basic motor functions and reasoning abilities, but also to compensate for permanent loss of function and - have independent, productive and satisfying lives.

The beadwork project provided patients of all ages with varying conditions to engage in jewellery making activities that gave them rewarding, purposeful end products which were of a marketable nature. For those patients who are unemployed or receiving a grant it gave them an opportunity to learn skills that could be used to start up a home industry to produce an income or supplement their current income.

From a therapeutic perspective the beadwork project enhanced patients' fine motor skills, creative, cognitive and psychosocial skills. This choice of activity was geared towards preventing malfunction, maintaining and improving existing function and quality of life while it was versatile enough to be adapted and graded to the level of functioning of various patients.

The project with its activities were welcomed by the ward patients as it gave them an opportunity to be creative and constructively use their time while in hospital. The paediatric patients from ward P5 thoroughly enjoyed the activities and produced innovative end products.



CRAFTED PRODUCTS ON SALE....WISELY MARKETING ON VALENTINES DAY!



ABBET...GOOD ATTENDANCE.... 20 & 30yrs LONG SERVICE AWARDS & DEVELOPMENTAL COURSES



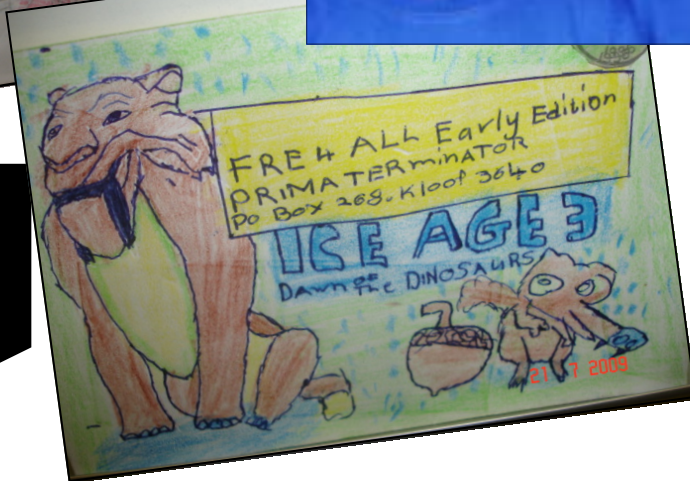
WOMENS DAY TREAT FOR STAFF

- ◆ BROW THREADING
- ◆ WOOLIES REFRESHMENT
- ◆ FOOT SPA
- ◆ FACIALS
- ◆ HIRSCH COOKING DEMO





A CHALLENGE FROM OUR BUDDING ARTIST, CAN YOU DO BETTER, SUBMIT YOUR DRAWING FOR THE NEXT ISSUE!



**LWANDILE
&
LUYANDA**

Literal interpretation “ Baby Friendly Doctors ”



Caught on a cell phone camera, paediatric doctors bathing baby ? Who definitely seems to be enjoying his bath time. Baby ? Is our long term patient, lavished and spoiled by all staff.



BEATING THE



DRUMS 4 CHANGE



The first half of the year has been eventful, interesting and challenging. Starting from the elections, strikes, recession, death of a pop idol, the celebration of the birth of a great man and our former leader, Nelson Mandela.

How did you spend your 67 minutes? Did you heed the call to volunteer your time and services to help others that are less fortunate than yourself?

Mr. Mandela's call is simple, your service to humanity. The Department of Health is currently embarked on the project to revitalize Batho Pele. Public servants are under the misconception that Batho Pele is an additional duty. It is simply about human values, "your human values." If you possess good sound values your attitude and actions will speak for them selves.

Being able to parrot the eleven principles of Batho Pele, may guarantee you a place on the shortlist at an interview, putting this into practice seems to be the problem. Lets us all treat others with respect and dignity if we want the same afforded to us. Do you have any ideas or suggestions to move the campaign forward?

Kamla Chetty

Editor



Write, e-mail or drop us a line for the publication ! We wish to create a platform to air your views, your opinion on any subject to get dialogue started.

THE EDITOR

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Copies of Newsletter also available from PR office

AWESOME WOMAN!

Just because no one has been fortunate enough to realize what a gold mine you are, doesn't mean you shine any less.

Just because no *one* has been smart enough to figure out that you can't be topped, doesn't stop you from being the best.

Just because no one has made this race worthwhile, doesn't give you permission to stop running.

Just because no one has realized how much of a woman you are, doesn't mean they can affect your femininity.

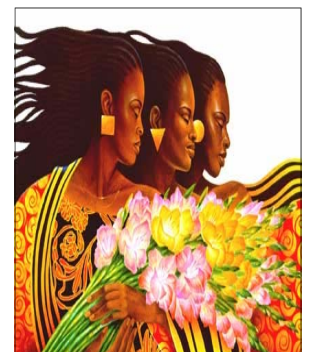
Just because no one has shown up who can love you on your level, doesn't mean you have to sink to theirs.

Just because you deserve the very best there is, doesn't mean that life is always fair.

Just because God is still preparing your king, doesn't mean that you're not already a queen.

Just because your situation doesn't seem to be progressing right now, doesn't mean you need to change a thing.

Keep shining, Keep running, Keep hoping, Keep praying, Keep being exactly what you are already:....



WISHING ALL WOMEN " A HAPPY WOMENS DAY"

Submission by Mrs. Asothee Govender