



R . K . K H A N K R O N I C (L E)

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DECEMBER 2010

PROFESSORS IN THE HOUSE

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SPECIAL POINTS OF INTEREST:

- Briefly highlight your point of interest here.
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Professor Naresh Ranjith is a very experienced clinician based at the R K Khan Hospital, where he heads the Coronary Care Unit. His academic career dates back to his undergraduate days when he first studied science and obtained his B.Sc degree with majors in microbiology and physiology at the University of Durban Westville in 1976. He then pursued a career in medicine and completed his MBChB degree at the University of Natal Medical School in 1981. In 1984 he joined the registrar training program in medicine. Since then his growth as a teacher/researcher has been a steady advancement towards becoming an accomplished researcher in clinical medicine and cardiology.



PROFESSOR NASH

RANJITH

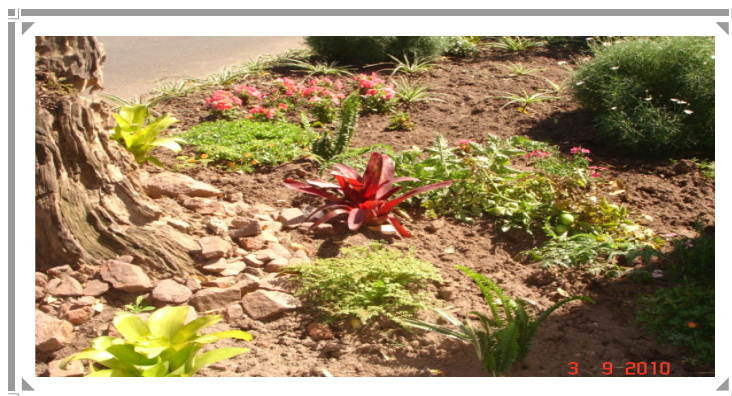
He has headed the Coronary Care Unit at the R K Khan Hospital since 1994 and he completed the MD degree on genetic aspects of coronary heart disease in young individuals in 2005. This was the first study to show a link between multiple gene-gene associations and the increased risk of premature

myocardial infarction and has resulted in the publication of numerous papers in peer reviewed journals and invitations to present several papers and do collaborative work both nationally and internationally.

Professor Ranjith has done pioneering work on cardiac biomarkers in this country, which has culminated in these tests (Troponin T and NT-proBNP) being widely adopted for use in clinical medicine. In 2006, he was awarded his fellowship by the European Society of Cardiology.

We congratulate Professor Ranjith on his appointment .

SPRING GARDEN



Thank you to the members of the Sai Organization for your contribution and the Casualty Staff for maintaining the garden, which is now in full bloom.

HEALTH AND SAFETY OFFICER



SENIOR SECURITY OFFICER

MR.S.S.M.MSOMI was appointed as the Actg. Health and Safety Officer since September 2010

Scientists at NASA have developed a gun built specifically to launch dead chickens at the windshields of airliners, military jets and the space shuttle, all traveling at maximum velocity.

The idea is to simulate the frequent incidents of collisions with airborne fowl to test the strength of the windshields. British safety engineers heard about the gun and were eager to test it on the windshields of their new high speed trains. Arrangements were made, but when the gun fired, the engineers stood shocked as the chicken hurled out of the barrel, crashed into the shatterproof windshield and smashed it to smithereens, crashed through the console control, snapped the engineer's backrest in two and embedded itself in the back wall of the cabin.

Horrified, the safety engineers sent NASA the disastrous results of the experiment, along with the designs of the windshield, and begged the US scientists for suggestions. NASA's response was just one sentence:

"Defrost the chicken"



OUTPATIENT STAFF CELEBRATING EASTERN FRIDAY

WATCH YOUR E-MAIL MANNERS

Since e-mail is part of the virtual world of communication, many people communicate in their e-mail messages the same way they do in virtual chat rooms or by SMS with much less formality and sometimes to aggressively. There are actually rules for email engagement.

This definitive guide should help you use email more effectively, and show you how you can get the most out of email.

A list of email pet peeves include: Use of SMS text speak such as LOL and BTW, mass distribution emails to multiple recipients, the use of CAPITAL letters and no entry in the subject line.

Create the right impression and banish the BTWs. People usually react to email within seconds. Research shows that text speak can be very annoying and indicates foolishness and laziness. It won't impress!

Don't offend. Using capitals is the email equivalent of SHOUTING and it is extremely rude.

Include a subject line. You've got three seconds to grab attention when an email appears and by not including a subject in the email, the chances of it being read are greatly reduced. Use the subject line for the purpose it was intended.

Cont....pg. 3



FROM PAGE 2 WATCH YOU EMAIL MANNERS

Don't use CC and BCC unnecessarily. Mass distribution is a bugbear, so exercise constraint when it comes to copying people in. If the email is important to other people, simply forward to them at the end. Likewise use the BCC button wisely, again forward emails separately rather than 'hiding' other recipients.

Take your time. Because of the instant nature of emails it is tempting to deal with them immediately, but rushing an email can lead to errors. Deal with them promptly but don't reply in haste and always check what you have written before you hit send.

Don't overuse 'importance'. Before you even consider using a red exclamation mark, ask yourself if this is really important? Only use when necessary.

Save the kisses. Over familiarity towards your boss or work colleagues is poor etiquette, keep the love and kisses for very good friends.

Don't email when angry. If you receive a harsh email, read it through, then close it and walk away. Consider your response

carefully. Don't fight fire with fire.

Choose a sensible email address. Avoid using a frivolous email address, such as mad-dog@yahoo.co.za; it's an insight into your personality.

Don't hide behind email. Don't write something on email that you wouldn't say in person. Emails have longevity and it can come back to haunt you!

BEAT supplement, (August/September 2010), Daily News



Hole In The Fence

A guy is walking past a big wooden fence at the insane asylum and he hears all the residents inside chanting, "Thirteen! Thirteen! Thirteen!"

Quite curious about this, he finds a hole in the fence, and looks in. Someone inside pokes him in the eye. Then everyone inside the asylum starts chanting, "Fourteen! Fourteen! Fourteen!"

RADIOGRAPHY MANAGER

Qualified as a diagnostic radiographer with Diploma in Radiography (Diagnostic) from Technikon Natal in December 1993 and was a student radiographer at KEHVIII from 1991-1993. Also in 1998 completed Bachelor of Technology Degree in Radiography Diagnostic from Technikon Natal. In 2002, completed his diploma in Technology from National Institute of Technology.

In January 1994, worked as a junior radiographer at Emmaus Hospital at Winterton Transferred to King Edward VIII Hospital in 1995 and worked there till March 1996.

In March-July 2006 joined the team

of the Phelophepa Health Care Train as the resident radiographer providing radiographic services while aboard to the rural Eastern and Western Cape.

In November 1996 joined the R K Khan X-ray department until January 2007. Thereafter he joined the x-ray department at IALCH until October 2007 after which he was promoted to

Assistant Manager at R K Khan X-ray department.



MR SELVAN PILLAY

Promoted to Radiography Manager 01 September 2010.

Medication For Life

A distraught patient phoned her doctor's office. Was it true, the woman wanted to know, that the medication the doctor had prescribed was for the rest of her life? She was told that it was. There was a moment of silence before the woman continued, "I'm wondering, then, just how serious my condition is. This

"When I told my doctor that I couldn't afford an operation, he offered to touch up my X rays."
-- Henny Youngman

ICU FUNNIES

In a hospital's Intensive Care Unit, patients always died in the same bed, on Sunday morning, at about 11:00 a.m., regardless of their medical condition. This puzzled the doctors and some even thought it had something to do with the supernatural. No one could solve the mystery as to why the deaths occurred around 11:00 a.m. Sunday. So a worldwide team of experts was assembled to investigate the cause of the incidents.

The next Sunday morning, a few minutes before 11:00 a.m., all of the doctors and nurses nervously waited outside the ward to see for themselves what the terrible phenomenon was all about. Some were holding wooden crosses, prayer books, and other holy objects to ward off the evil spirits. Just when the clock struck 11:00, the part-time

Sunday sweeper, entered the ward and unplugged the life support system so he could use the vacuum cleaner.



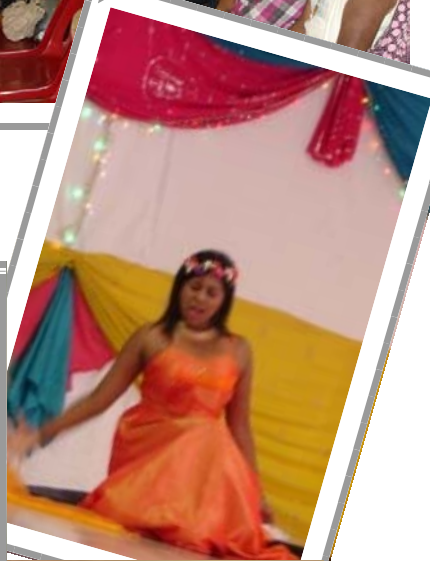
A man walks into a psychiatrist's office wearing only underwear made of Saran Wrap. The psychiatrist says, "Well, I can clearly see you're nuts."

HERITAGE AND CULTURAL DIVERSITY

Staff participated in the event as one big R K Khan family, with enthusiasm and pride. They clapped, stomped their feet, whistled and cheered each other on.

The event was a huge success due to the efforts of many people. The Health Promotion Team, our sponsors, Dr David Reddy (Turning Point Ministries) & the Chairman of the Board (Rev. Cyril Pillay), Pastor Dixon of Newtown, Verulam for the displays.

Bringing some fun and excitement were various community org. the Kharwastan Senior Citizens Group, Divine Life Members, Mrs. Jowahir, talented young dancers, Miss.T Reddy and Miss. Naidoo.



ECR TOY STORY



A four year old little boy

.....was at the doctor's office with his mother in the waiting room when he spotted a pregnant lady on the other side of the room. Having nothing better to do, he walks over to her and inquisitively asks "Why is your stomach so big?"

She replied, "I'm having a baby." With big eyes, he replied, "Is the baby in your stomach?" She said, "He sure is." Then the little boy, with a puzzled look on his face, asked yet another question, "Is it a good baby?" She said, "Oh, yes. It's a real good baby." At this point the woman is thinking the little boy is incredibly cute and looks forward to what he has to say next... And, much to her surprise, with an even more surprised and shocked looks than before, he asks... "Then why did you eat him?"





R.K.KHAN QUALITY DAY/OPEN DAY

R.K.Khan Quality Day/Open Day was held on 16th November 2010. Staff show cased their best practices in form of Displays, Posters or Quality Improvement Projects. Total of 36 exhibits were displayed.

It was well attended by staff from other Hospitals/clinics including Quality Assurance Managers.

Representations from Quality Assurance Department Mrs. N. Ngcobo, District Quality Assurance and Infection Control Co-ordinator and Mr. Shawe, Senior Technical Advisor from QA Dept ,Head Office

Awards and Certificates were given for Best Displays, Posters and QIP Projects.

General orderlies were presented with trophies for compliancy to cleaning audits in the wards

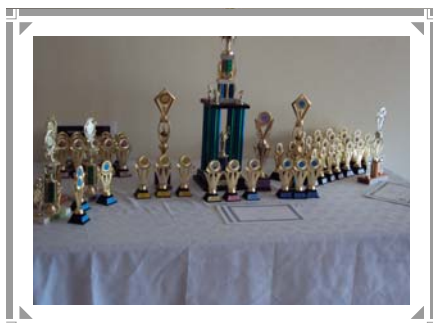
Voluntary workers were awarded trophies and certificates for their dedication and assistance to the Hospital throughout the year

All departments and wards that displayed exhibits or projects were awarded certificates for their contributions towards the Quality/Open Day.

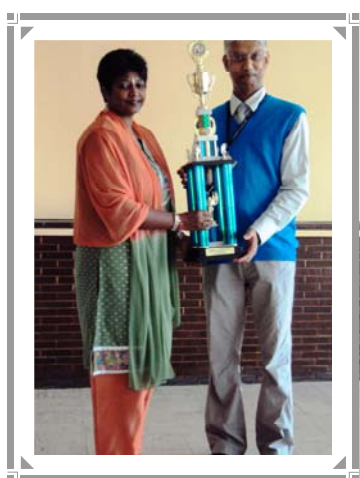
GENERAL ORDERLIES AWARDED FOR IMPROVED CLEANING IN THE INPATIENT AREAS



VOLUNTEERS APPRECIATED, AWARDED CERTIFICATES AND TROPHIES



TROPHIES KINDLY SPONSORED BY CAPITEC BANK



AWARDED TO MISS.T NAIDOO " OUTSTANDING INDIVIDUAL FOR PERSONALITY AND PERFORMANCE"



BEST DISPLAY, SOCIAL WORK DEPARTMENT FOR POVERTY ALLEVIATION

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R.K.KHAN HOSPITAL
PRIVATE BAG X004
CHATSWORTH
4030
Phone: 031-
4596000
Fax: 031-4011247
E-mail: kamla.chetty@kznhealth.gov.za



LEAD SA is promoting safe driving. You could keep safe by switching on your car lights whether it is night or day. Don't look at this as participation in a promotion but rather the safety of family, yourself and other road users.

A recent study proved that certain colors of vehicles weren't easily visible and it had nothing to do with impaired vision.

It is not yet the festive season and there are a startling number of accidents, some of them can be avoided by you keeping safe.

I thought that I had seen it all. Lo and behold I was observing an unsteady driver on the N2 South on my way to work this morning, as I passed him he was trying to drink a steaming cup of something, which he was blowing into. I considered hooting at him, but then again this may have startled him and he could have ended up in the ditch or in the parking lot of Toyota.

I have seen women put on makeup while driving and men shaving (battery powered shaver) off course. Worst of all is the dreaded cell- phone. Why not start a campaign by educating our own families.

PLAN while others are playing.

STUDY while others are sleeping.

DECIDE while others are delaying.

PREPARE while others are daydreaming.

BEGIN while others are procrastinating.

WORK while others are wishing.

SAVE while others are wasting.

LISTEN while others are talking.

SMILE while others are frowning.

COMMEND while others are criticizing.

PERSIST while others are quitting.

To all Staff a Safe & Joyous Holiday, looking forward to seeing a refreshed you in 2011!

Kamla Chetty
Editor



"Hello... I'm calling to check your pacemaker."