

40 YEARS ANNIVERSARY CELEBRATIONS 2009

The hospital sees 40 years of existence in July 2009. We look forward to celebrating this achievement with various activities in 2009, leading up to July.

As a contribution to this event the PR Department would like to put together a compilation of stories, written by staff themselves, based on their personal experiences. Our aim is to have a book published, which can only happen, with your co-operation.

This is also an opportunity for budding sketch artist to assist with the design of the book cover.

Interested staff and ex-staff members are welcome to contact the PR Department for your contributions.



Editors Message

I was pondering about my message for this issue, when my computer flashed incoming mail. The message was quite simple, " Life may not be the party that we hoped for, but while we are here we should dance."

While we spend the major part of our lives at work, we also have time for leisure and pleasure. We are very much aware of stress, rising costs, and crime. This seems to dominate our conversations, but do we give up on life? The answer to this should be a resounding NO!

The Public Relations and EAP Department is continually trying to come up with ideas to make your time at work more enjoyable, albeit there are zero finances for events and activities. Example are the Wellness day held in June, the Fun Run in August and the recent treat by Nedbank which included the services of the Mangwanani Spa.

Survey forms will be sent out shortly for self assessment, annual lunch and the approaching 40 year celebrations. Be party to the movement for positive change by using these opportunities to voice your opinion, your ideas and suggestions. We need your participation as it takes two to tango. Don't be part of the crowd that stands back in criticism, make a valuable contribution to matters that effect you.

Kamla Chetty



HEALTH
KwaZulu-Natal

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PHENOMINAL WOMEN



A good women is proud
Respects herself and others
Is aware of who she is
Neither seeks definition from the person she is with, nor does she expect them to read her mind
Quite capable of articulating her needs
Hopeful
Strong enough to make her own dreams come true
Knows love, therefore she gives love
Recognizes that her love has great value and must be reciprocated
Has a dash of inspiration and a dabble of endurance
Inspires others to reach the potential GOD gave them
Knows her past, understands her present and forges towards her future
GOD knows that with GOD the world is her playground but without GOD she will just be played with
Does not live in fear of the future because of her

ANNUAL GOOD ATTENDANCE AND HRD TRAINING

A formal ceremony was held in June 2008 to acknowledge staff for their contribution to services. A staggering 304 certificates were awarded to staff for good attendance and other developmental training courses.

24 certificates were handed out for Change Management, 60 for Isi Zulu, 20 for Supervisors , 40 for Computer Courses, 5 for Performance Management, 18 Diversity Management and 15 for Security Training.

Staff are saluted for their efforts, despite the trying times in which we are operating.

THIRD QUARTER AUGUST 2008

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" Beginning today I will take life one day at a time. Discouragement will not be allowed to taint my positive self-image, my desire to succeed or my capacity to love."

Penny Jacqueline White

Sexuality Lifestyle Awareness Programme for Teens SLAP-T



REGISTRATION



CAPTURED AUDIENCE



UKZN PULSE STUDENTS



LEARNER PARTICIPATION



CELEBRITY COMPERE IN ACTION

The SLAP-T programme was held on the 24th July 2008 at the Chatsworth Youth Centre from 10am -13.00pm. We received an incredible attendance of 300 learners and educators from 37 schools, which comprised of secondary and primary schools from Chatsworth and surrounding areas. The programme was compered by our celebrity playwright Rakesh Gopi who also performed an insert from one of his recent plays. This captured the attention of the entire audience. The SLAP-T included a presentation from UKZN – PULSE Medical Students [Teenage Pregnancies, HIV/Aids, STI's, Treatment and Management], a talk on family planning and contraception from the R.K.Khan Primary Health Care Clinic: Sr. Sharmla Naidoo and a presentation from Dr. Harry Ramnarian [medical consultant from IALCH] which covered T.O.P. The programme also included mini workshops, report back panel discussion as well as an evaluation.

There was also representation from our service providers, Chatsworth Child Welfare, Department of Social Welfare - Chatsworth District Office, CADPPA, Aspen Pharmacies, Sanlam and R.K.Khan, VCT who held information/awareness stalls and provided our delegates with valuable educative resources.

The active participation and detailed concerns of our learners reinforced the urgency of more information and awareness initiatives of this magnitude that is still required in our schools and community. This was also consistently evident in the evaluation forms completed by the learners. The purpose of SLAP-T was to empower learners and educators with tools to return to their schools and set up a sustainable programme so as to improve the social climate of our communities and in doing so, positively impact the current and future generation of our youth. We also were privileged with an improvisation from our local actress

and educator 'Saras' from the locally produced movie, Broken Promises, which also portrayed the message to our learners on making healthy sexuality lifestyle choices.

TEAM work is vital as **T**ogether **E**veryone **A**chieves **M**ore. The success of this event is indeed attributed to our partners, Department of health-R.K.Khan, Chatsworth Youth Centre and UKZN PULSE Medical Students, sponsors, and the encouraging response from the schools.

We hope that through this community outreach programme, more of us would 'Think Positive and stay Negative' [PULSE]

*Submitted by
Snr. Social Worker
Cassandra Moodley.*



PANEL OF EXPERTS IN DISCUSSION



LEARNERS ENGAGING IN GROUP WORK AND DISCUSSIONS



Honors- Bachelor of Arts in Health Studies



Cecelia Elaine Elms

A very in-depth qualification, requiring 5 course works, over a period of five years. Including a dissertation of limited scope which involved extensive research. This achievement was done in private time and required much self discipline and determination.

Congratulations, well done!

Victory

A failure makes a move to step forward,
It begins a life with ambitious victory,
A success brings endless happiness,
A failure brings memorized sadness.

Failure after success is unmemorable,
But success after failure is memorable,
Life is a mixture of success and failure,
It comes and moves like clouds in the sky.

A life with good effort fades the failure,
Failure falls like a dried leaves of a tree,
A metal of gold results after one melts it,
Likewise, one achieves success by their effort.

A brave aim closes the doors of failure,
As it opens the golden doors of success,
Failure is step to light a candle in darkness,
To result as the light of evermore success.

By Dr. M. Swaroopa Rani
M.A., PhD

WOMEN IN ACTION FUN RUN

On 9/08/08, the Flora Chatsworth Athletics Club hosted a Fun Run to commemorate Women's Day. R.K. Khan Hospital. Public Relations and the EAP Departments used this event to combine team building with the Women's day celebrations.



excitement and enthusiasm of the hundreds of ladies was amazing. The route was manageable and many children accompanied their mums on the 5km race.

Each lady was allocated a t-shirt and a goodie bag consisting of various products, on completion of the race. The organizers arranged exciting activities and entertainment at the stadium.

The enthusiasm of staff is still at its peak as many of those that participated would like to make this a regular activity with their colleagues.

It was a worthy effort canvassing, advertising and motivating the women.

Approximately 75 staff registered for the race. Majority of the staff entered the 5km and a few adventurous ladies decided to try out the 10km.

The weather was excellent for the run and the

The 75 participants would like to challenge their colleagues for next years entry.

*Submitted by Mrs. Sadashini Govender
EA Practitioner*

COMMUNITY COMMITMENT

The staff of R.K.Khan Hospital participated in a health promotion programme at the ABH Fair on the 30 July to the 1 August 2008

- ◆ Blood pressure monitoring
- ◆ Eye screening and education
- ◆ Education on HIV/AIDS and TB Management
- ◆ Education on diabetes and hypertension

Staff were kept busy by the pensioners and learners waiting in long queues. Many referrals were made to the PHC Clinics.

We believe that we can make a difference by education. Thank you to all staff who participated on the programme.

*Submitted by HRD Coordinator
Sr. S. Shunmugam*