

Ekuhlengeni Psychiatric Hospital Newsletter

MESSAGE FROM THE MEDICAL MANAGER

So much has happened since the launch of the **FIRST** newsletter from the desk of Ekuhlengeni Psychiatric Hospital (EPH) in **July 2009**. Exciting activities have taken place over the past few months both for Mental Health Care Users (MHCUs) and for Mental Health Care Practitioners (MHCP's).

This issue highlights some **new ventures** for EPH:

✘ In August 2009, the first **EPH Female Staff Wellness Programme** to commemorate Woman's Day, by the Events Planning Team

✘ A **treat to all our female MHCUs** by a local school

✘ The opening of a **Staff Wellness Centre**, with staff morale and satisfaction the focus

✘ The **Introduction of Staff** in Section 1. The next few issues will introduce staff from Section 1 to Section 5, Paediatric Section and the Clinic

✘ Focus by the Physiotherapy Department on **Back Awareness Week**

Other events at EPH that took place annually but did not get the recognition it deserved as EPH only published the first newsletter in 2009:

✘ The Annual MHCUs **Sports Day**

✘ The annual MHCUs **Dance Party**

Both these were hosted by the OT department.

The next few pages will highlight the efforts, commitment and dedication of the **Health and Supplementary Health Team** to ensure that the MHCUs are given the best chance at Rehabilitation. These staff worked tirelessly together with the rest of the team at EPH, like nursing staff and administrative staff to ensure that the team spirit at EPH is fostered.

The **Woman's Day Programme** was an exceptional success especially because all staff got together, had a day of fun and laughter and at the same time had the opportunity to pamper themselves so as to ensure their physical and psychological wellbeing. Through fundraising efforts of the Health and Supplementary Health Staff; special gifts, makeup makeovers, foot spas and back and neck massages, were given to all staff. This effort was made to validate all staff members and remind them of the valued positions they hold at EPH.

Thank You and Well Done to all staff who contributed to the success of this programme.

"The fragrance of flowers spreads only in the direction of the wind. But the goodness of a person spreads in all directions."

The community involvement is so critical to the wellbeing of our users and is always encouraged and appreciated. The teachers and students of Al Falaah college visited the institute and brought gifts to the female MHCUs as part of a Woman's Day treat. This was a step in the right direction in educating family and society to recognize mental ill health and to facilitate the reintegration of our MHCUs into society. **'Thank You' to the Al Falaah College management** for facilitating this project and adopting our institute for future learner projects.

One of the aims of the team at EPH is to improve **awareness of mental illness** amongst mental health care users, their families and the community and to attempt to **de-stigmatize mental illness** in society. To this end some outreach programmes have been embarked upon by the psychiatrists in the institute, Prof Lasich and Dr Zeenat Kader.

Since change begins at home, presentations were done by both psychiatrists on a variety of topics during July for Mental Illness Awareness Month.

Prof Lasich presented the following topics:

✘ **Schizophrenia** on 14/07/09

✘ **Mental Retardation** on 16/07/09

Dr Kader presented the following topics:

✘ **Mental Health Care Act of 2002** on 09/07/09. Staff recommitted to the act and workshopped its relevance to our facility.

✘ **Head Injury, Neuropsychiatric Manifestations** on 23/07/09

All staff were also educated at the **Mental Illness Awareness Day** held on 28/07/09 at EPH.

The ultimate aim of the team at EPH is to **facilitate the psychosocial rehabilitation** for chronic care users so that more users can function independently and more users could be discharged into the community once the appropriate facilities are made available in the community

Remember: **'If you can believe it, the mind can achieve it'**.

Watch this space for future exciting ventures in Psycho-Social Rehabilitation. at EPH. **Thank You**



Medical Manager/
Principal Psychiatrist
Dr. Zeenat Kader

STAFF WELLNESS PROGRAMME WOMEN'S DAY: 7TH AUGUST 2009



Exhibition Table : Honey Jewelry



Noklunga Mthiyane (Social Worker) giving a make-up makeover to Rosalina Nyaba (EPH driver)



Mahen Kannigan from My Sight Optometrist doing eye test screening



Certificates and gifts were handed out to all Female Health and Supplementary Health Staff by the Medical Manager. Goodness Malinga (OTA) and Dr. Zeenat Kader

On the 7th August 2009, the Events Planning Committee (spearheaded by the Social Work Department) arranged a fun filled female staff wellness programme to celebrate Women's Day.

Approximately 90 staff members attended this function. The women were treated to motivational talks and lucky draws which consisted of massages, facial makeovers as well as gift packs.

The programme was thoroughly enjoyed by all who attended. Our heartfelt thanks goes out to all our sponsors and everyone that worked tirelessly to put this event together.



EN Bongekile Khanyile Testing blood pressure and glucose. Left to right: Bongki Makhanya (OTA) & Octavia Mthembu (PTA)



All staff received special gift packs at the door. Left to right: ENA Mildred Dube and PN Mavis Sithole



Motivational Speaker: Londiwe Mchunu



Staff were being treated with massages from Aromatherapists



Motivational Speaker: Tshidiso Sentane



Prizes given out during the lucky draws

SPECIAL TREATS FOR ALL OUR FEMALE MENTAL HEALTH CARE USERS

In commemoration of Women's Day we also focused on our female MHCUs in section 1 and in the clinic.

On the 7th August 2009 the *Al Falaah College of Durban* generously donated some gift packs to all our female MHCUs. Students handed out these to the MHCUs. Dr. Zeenat Kader and Dr. Naseema Paruk took all the students and teachers to meet the staff and MHCUs in section 1 and the clinic.

This kind gesture was greatly appreciated by all MHCUs.

MHCUs were also treated with chocolates which were donated by *Nestlé*. This really made them feel special and this day would not have been made as special without their generous sponsorship.

The happy faces were a reflection of their sincere appreciation.

*NOURISHING AND NURTURING
PROTECTING AND PAMPERING
COMFORTING AND CARESSING
LOVING AND LAVISHING
GIVING AND GUDING*

SHE IS A WOMEN A WONDER, A TREASURE



Students from *Al Falaah College* handing out refreshments and interacting with female MHCUs



SPN NN Madinana from section 1 receiving the donated chocolates from the Events Planning Committee Members



Nursing Staff from Section 1 with teachers and students from *Al Falaah College*



The Dietician (*Pauli Roodt*) handing out treats to the female MHCUs



Dr. Naseema Paruk (MD), and Dr. Zeenat Kader (Medical Manager) introducing teachers and students to staff and MHCUs



MC: Sifiso Buthelezi

SPORTS DAY 2009

During the month of July, the Occupational Therapy Department hosted a Sports Day for all Mental Health Care users at the facility.

to be made of all the sponsors who assisted us with everything from confectionary items for users to the sound system. Without their generous contributions the event would not have been such a success.



100m Female Staff Race



Three-Legged Race

All 800 MHCUs and staff were divided into sports teams: SHARKS, EAGLES and LIONS. Everyone dressed in their team colours. The event included many races, such as 100m sprints, relays, geriatric race and 100m staff race. Novelty races included a bun-eating race as well as a coke-drinking race.

The sponsors include: Firm Foundation Community Church (Rodrick and Ryan), Topline Bakery (Tracy), Nithia Govender, Crossroads International (Mahendra Singh) and Pal Screen Printers (Zaheera and Pancho)



Lions: Best team Spirit Award

" The day was a success and was thoroughly enjoyed by all who attended"

The day was a success and was thoroughly enjoyed by all who attended. The event would not have been possible without the hard work and dedication of all staff members at the facility. It was truly a Multi-disciplinary Team Effort.

We look forward to next year's sports day!



Male 100m Sprint

The Occupational Therapy Department of the University of KwazuluNatal also assisted by sending the entire third year class to assist with the days proceedings. The students were excellent with their designated tasks.

Special mention needs



Sharks: Best Overall Team Award



Eagles: Tug-of-War Team



Eagles: Best Behaved Team Award

OT DEPARTMENT: DANCE PARTY



Mental Health Care users enjoying this special event



Ballroom Dancing Event



Bongi Makhanya (OT assistant) leading users in Traditional Zulu dancing

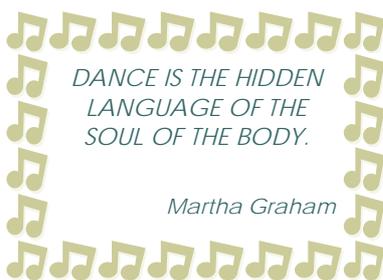
As part of the rehabilitation process the Occupational Therapy Department holds a "Special Event" every month in an attempt to bring the 'Outside World' to our users.

For the month of August a Dance party was held for users who attend the OT programme. The event included different styles of dancing all performed by the users who were trained by the Occupational Therapy Assistants. This event, too, was enjoyed by all who attended and performed.

These events provide contact with the outside world, create awareness of the historical events and health issues, and provides an opportunity for users to enjoy themselves through meaning activities.



OT Student leading MHCUs in the Macarena



 DANCE IS THE HIDDEN LANGUAGE OF THE SOUL OF THE BODY.

Martha Graham



Word of Thanks by Nerena Kuppasamy (Chief OT) and Ntombi Nyebevu (OT assistant)



Mental Health Care Users performing a Traditional Indian Dance

INTRODUCING OUR FEMALE WARD

It's time to meet all the staff from section 1. Each of the sections will be introduced in the newsletters that will follow.



SPN N.N. Madinana in charge of section 1

Section 1 is one of the largest wards and also the only female ward here at Ekuhlengeni Psychiatric Hospital.

There are currently 170 female Mental Health Care Users in section 1. The ward is divided into 4 dormitories according to the users level of functioning. Dormitory 1 is for the high functioning users and dormitory 4 consists mainly of low functioning users.

The diagnosis of the MHCUs varies. These could include schizophrenia, mental retardation, bipolar disorder, substance induced psychosis and dementia.

Dr. Naseema Paruk is the consulting doctor for the female section and Prof. A.J Lasich is the psychiatrist who attends to users psychiatric needs.

The MHCUs are involved in a variety of ward programmes. Sr. Madinana and her nursing staff are involved in the management and execution of these ward programmes.

Our Nursing rehabilitation team also forms an integral part of the treatment and rehabilitation of our users.

Forty-three female MHCUs go to the Occupational Therapy (OT) department on a daily basis.

OT programmes utilized are promotive, preventative, maintenance and rehabilitation programmes aimed at improving functional independence and constructive use of leisure time to decrease institutionalization.

Approximately 20 female MHCUs are also involved in a ward exercise programme. The physiotherapists and physiotherapy assistants visit section 1 on a weekly basis to ensure the users get enough exercise and participate in sport activities.

The section 1 staff aim to maintain a high standard of medical and nursing care to all MHCUs.



Front row from left to right: EN N.R. Chamane; EN Z.C. Mbutho; SPN N.N. Madinana, PN M.T. Sithole and EN N.K. Zondo

Middle row from left to right: ENA M.B. Masinga; ENA L.T. Sithole, CO D. Khwela; ENA L. Dlamini and ENA P. Thwala

Back row from left to right: ENA E.V. Cele; ENA N.P. Zwane; ENA N.C. Hadebe; ENA S.N. Dube; ENA A. Khumalo; ENA S. Mbothwe and CO B. Njilo

OPENING OF STAFF WELLNESS CENTRE



Hospital CEO (Mr. D.A Hattingh) officially opened the centre

An official opening was held to celebrate the opening of the Staff Wellness Centre on the 21st August 2009. Mr. D.A Hattingh (Hospital CEO) officially opened the Staff Wellness Centre for the Occupational Health Department.

Firstly, a great appreciation goes to Ekuhlengeni Psychiatric Hospital Management as a collective, who decided to spare this building to ensure that the staff's well-being is indeed cared for. This sentiment was echoed by Organized Labour.



NSM (Matron N.Z. Zondi) at the opening of the Wellness Centre



Dr. Zeenat Kader (Medical Manager) explained the procedures to be followed when using the Staff Wellness Center

A National DOH message on H1N1 Pandemic and preventative measures was also given by the acting PRO (Mthembeni Memela). This highlighted the importance of all healthcare facilities keeping themselves updated.

The opening was very successful with a good attendance from EPH staff.

We celebrate Ekuhlengeni Psychiatric Hospital as a Caring Facility!



Acting PRO (Mthembeni Memela) explained the swine flu pandemic and safety measurement to be taken against it



Vibrant music rendered by EPH Mass Choir and psychiatric student nurses



EPH staff members attending the official opening

BACK AWARENESS WEEK

“Good staff wellness equals great staff morale”

Physiotherapy Department has been involved in numerous activities at EPH recently.....

September recognizes “Back Awareness Week” which focuses on back care and 2002 – 2011 has been classified as the “Bone and Joint Decade”.

The incidence of mechanical backache has increased considerably in the last decade. This is mainly caused by poor posture, poor ergonomics and incorrect biomechanics. Sustained postures (e.g. prolonged sitting), repetitive and torsional movements and overweight individuals increase degeneration of the spine hence creating stress to the muscles, joints and adjacent soft

tissue of the neck and lower back.

Research has shown that a high incidence of mechanical backache occurs at the workplace. We, the physiotherapy department have therefore undertaken the responsibility of minimizing those statistics at our institute.

How? A well-balanced diet, regular cardiovascular exercise and resistance training coupled with stretches 3-4 times a week for duration of 45 minutes will significantly reduce the incidence of mechanical back pain and prevent such recurrences. Please contact the physiotherapy department for a structured exercise program to

suit your particular needs and body type.

Good staff wellness equals great staff morale. We will be continuing with the staff wellness programme twice a week to promote healthier living and prevent musculoskeletal dysfunction.

Join us so that we can “fight” against back pain together.

There are things I cannot do

There are things you cannot do

Together, we can do great things”

- Mother Theresa



Physiotherapy assistants Conference Ngidi (left) and Octavia Mthembu (right) demonstrating stretching exercises



Nursing staff participating in practical demonstration



Chief Physiotherapist (Avilarsh Lukhan), Community Service Physiotherapist (Fiona Alston) and assistants giving in-service training in section 1



Nursing staff practicing to pick up objects without putting strain on their back

AWARD FOR OUTSTANDING SERVICE



Prof. A.J Lasich with an award for outstanding service to child and adolescent psychiatry in South Africa

Prof. A.J. Lasich who is a registered child psychiatrist attended the South Africa Association for Child and Adolescent Psychiatry and Allied Professions Congress held in July 2009 in Bloemfontein. He was presented with an **award for outstanding service to child and adolescent psychiatry in South Africa**.

Prof Lasich started the first child psychiatric outpatient service, in KZN at King Edward VIII Hospital in 1978. Many candidates specializing in psychiatry received training in child psychiatry at King Edward VIII Hospital.

Currently Prof. Lasich runs a child psychiatric outpatient service at King George V Hospital where he acts as a supervisor for trainees.

He is an examiner in Child psychiatry for the College of Psychiatrists of South Africa and is a member of the college subcommittee of child and adolescent psychiatry.

We are really privileged to have an individual of this caliber and with such a wealth of knowledge as a staff member at Ekuhlangeni Psychiatric hospital.

ANNOUNCEMENTS

Our deepest condolences go to the families and loved ones of.....

Theodora Dlamini (SENA), Naledi Shabalala (c/o), Mirriam Gcwensa (SENA), Zinto Malinga (ENA) and Bongani Ngidi (OTA) who were called to rest

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