



Department of Health Ekuhlengi Psychiatric Hospital

Issue 3

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LET'S FOCUS ON QUALITY:

In keeping with the **vision of Ekuhlengi Psychiatric Hospital**, this newsletter highlights the Mental Health Care User (MHCU) and all the activities that were held to improve the quality of life of the MHCU and to include their families and the community.

VISION OF EPH

To deliver quality medical and nursing care to all our MHCUs including care and support to their relatives and the community

Our priority is the **psychosocial rehabilitation** of the MHCU. One of the key components crucial to the psychosocial rehabilitation process is the FAMILY and the COMMUNITY. Some of the aims that we have been working towards include:

- ◆ **Increase awareness** of mental illness amongst MHCU, families and the community
- ◆ **Encourage communication** between staff at the hospital, families and the community
- ◆ Reaching out to the **family** of MHCUs
- ◆ **Education** campaigns to the families and the community
- ◆ Encouraging families to get involved in activities at the hospital and in taking MHCUs out on passouts or for short breaks away from hospital
- ◆ Providing a backup service in case of relapse, to return to the hospital directly
- ◆ Multi-Disciplinary Team approach, involving integrated care from medical nursing and supplementary health personnel

These measures would therefore:

- ◆ Allow for re-integration into the community and promote a sense of normality to the MHCU
- ◆ Promotes positive and meaningful family interactions and gives a sense of belonging to the community

Every practitioner in Mental Health Care needs to take note of the following:

- ◆ Mental Illness is a **"Global Priority"**, but we need to start at a **"Local Level"**
- ◆ We need a **commitment** to improve Mental Health Care by Government
- ◆ Involvement of MHC Practitioners must be coupled with **advocacy groups** (MHCP and families)
- ◆ We all need to work together to promote **reintegration** of MHCU into the community
- ◆ We need to promote the **de-stigmatisation** of mental illness

Dr. Zeenat Kader (Principal Psychiatrist)

We are here to support Families of MHCUs

Information or psycho-education
Medical and Nursing Support
Social worker assessments
Occupational Therapy
Physiotherapy
Pharmacy
Dietician



HEALTH
KwaZulu-Natal

Inside this issue:

Open Day	2
Heritage Day	3
OT Talent Show	4
Diwali Celebration	5
Introduction to Section 2	6
Nutrition Week & Year End Celebration	7
Special treats for all our MHCUs	8



The ultimate aim should be:

Promote the De-stigmatization of Mental Illness

Work together & break all the boundaries

OPEN DAY: 10 OCTOBER 2009

In these trying financial times it is a challenge to organize an event of any nature. In spite of all the obstacles that were encountered, the events planning committee at Ekuhlengeni Psychiatric Hospital surpassed all expectations by ensure the open day function held on the 10th October 2009 to commemorate World Mental Health Day, was an unquestionable success. The open day targeted families of the mental health service users. The aim of the day was for families to gain insight into the services received by their loved ones at the hospital, to build relationships with the caregivers as well as an opportunity for families to spend time with their relatives.

The programme kicked off with Dr. Kader, the Medical Manager extending a warm welcome to all the visitors as well as explaining the purpose of the day. This was followed by an introduction of the guest speaker by Matron Zondi, the Nursing Services Manager. The guest speaker for the day was MEC Willies Mchunu. Mr. Mchunu shares a special relationship with the hospital as his brother is a service user here. It was a privilege and an honor to have him grace our function. His keynote address focused on the responsibilities of family towards their mentally ill relatives. Prof. A.J Lasich addressed the guests on the reasons MHCUs are admitted to long-term care and the benefits thereof.

The guests were treated to musical items which showcased the talent of our users. The programme ended with the visitors going on a tour of the hospital, followed by lunch.

The events planning committee would like to place on record our sincere thanks to everyone who assisted in making this event a success. Our heartfelt gratitude goes out to all our Sponsors for their contributions to this function.

"His keynote address focused on the responsibilities of family towards their mentally ill relative."



MEC: Willies Mchunu was the guest speaker



Medical Manager: Dr. Zeenat Kader extending a warm welcome



Bongi Makhanya (OT assistant) and OT MHCUs performing a song and dance item to all the visitors who attended this event



EPH Staff Choir. From left: Gilbert Gumedede, Nontokoza Zaca, Noklunga Noklunga Mthiyane and Martin Mthabela



Prof. A.J. Lasich addressing the guest and relatives



Sr. P.F Ncala thanking the MEC Willies Mchunu



EPH Staff members with MEC Willies Mchunu and his wife

HERITAGE DAY

During the month of September our country celebrates Heritage Day. Therefore as part of the Reality Orientation Rehabilitation Programme, the Occupational Therapy Department hosted a Heritage Day Celebration for the Mental Health Care Users that attend the OT programme.

Both staff members and users were encouraged to dress in their cultural attire. All religions and languages were represented in the opening prayer. The programme also included multi - cultural and multi - lingual items of dance and song. These were done by the users and guest dancers from a local high school.

The users were also given an opportunity to present a speech, to all present, highlighting the significance of Heritage Day. The users were also treated to a traditional meal. The event was a huge success and was enjoyed by all who attended.

Special mention needs to be made of all the sponsors who assisted us to ensure that the day was a success. The sponsors include: Dr.Goordeen, Firm Foundation Community Church and Cross Roads International (Mahendra Singh). We look forward to the next Heritage Day!



MC: Avilarsh Lukhan (Chief Physiotherapist)



Nereena Ramith (Chief OT) and Bongi Makhanya (OT assistant) in cultural attire



Occupational Therapy Choir singing traditional Zulu songs



Zakithi Ngema (OT assistant) and MHCUs from VST performing a dance item



MHCUs and staff members attended this successful event



Left: Bongi Makhanya (OT assistant) playing traditional drums

Right: Pauli Roodt (Chief Dietician) opening with Afrikaans prayer



" The users were also treated to a traditional meal. The event was a huge success and was enjoyed by all who attended"



OT TALENT SHOW



Judges from left to right: Sabera Sayed (Supply Chain Officer), Jenny Labuschagne (Finance Manager), Bongwiwe Bhengu (Facility Information Officer) and Nontokozo Zaca (Senior Social Worker)

During the month of November the Occupational Therapy Department hosted a Talent Contest for the users that attend the OT programme.

This event allows for Mental Health Care Users to show off their talent in a variety of items of their choice. The programme included: Group Dance items, Group Songs, Solo Dance items, Solo Singing, Free style (e.g. Poetry, Jokes, Story Telling or even Playing a Musical Instrument) and even an Art Competition.

Users were judged according to creativity, performance, costumes and effort. Prizes were then awarded to the users that participated, for their efforts.

This event was also a success and was definitely enjoyed by all the participants as well as all those who attended.



MHCUs receiving their prizes from the OT assistants and Senior Social Worker



MHCU playing a musical instrument



OT assistant (Bongi Makhanya) leading the MHCUs in a group dance item



OT assistant (Zakithi Ngema) leading the MHCUS in a group song item



Winning picture in the Art Competition

DIWALI CELEBRATION



Left: OT assistant (Maureen Mapena) with some MHCUs attending the Diwali Celebration

“... a prayer done in an Indian language, Indian dance done by both users and pupils from a nearby high school.”



Left: MHCU giving a special speech to celebrate Diwali



Above: Veronica Pillay (HR Officer) and Nadia Bux (Secretary to CEO) dancing with some MHCUs

For the month of October a Diwali Celebration was held for the Mental Health Care Users that Attend the OT Programme.



Above: Aneshree Govender (Community Service OT) opening with a prayer in an Indian language

The event included the following items: A prayer done in an Indian language, Indian dance done by both the users and pupils from a nearby high school (Bollywood Angels) and the serving of a traditional snack to all the OT users.



Above: Nereena Ramith (Chief OT) serving a Traditional snack to all the OT users

The users were also dressed in Indian Traditional attire. This event was enjoyed by all who performed and attended.

Right: Jerusha Ellapha (Senior OT) welcomed everyone present



Above: OT assistants (Bongi Makanya & Maureen Mapena) leading MHCUs in a traditional Indian dance



Performance by the Bollywood Angels from a local school

INTRODUCING SECTION 2



**Operational Manager in Section 2:
Mr. Lulama Xakuvana**

- ✎ 58 MHCUs in dormitory 1
- ✎ 69 MHCUs in dormitory 2
- ✎ 47 MHCUs in dormitory 3 and
- ✎ 53 MHCUs in dormitory 4.

The number of staff members working in section 2 is as follows: 1 operational manager, 1 senior professional nurse, 2 professional nurses, 6 enrolled nurses, 27 nursing auxiliary, 5 clinical orderlies and 9 cleaners from the cleaning company.

The diagnosis of the MHCUs varies. Some are diagnosed as schizophrenia, mental retardation, dementia, epilepsy, substance induced psychosis, bipolar disorder and dementia. Dr. Rampasard and Dr. Paruk are the consulting doctors and Prof. Lasich is the psychiatrist attend to all MHCUs.

MHCUs are involved in a variety of ward programmes and other programmes from other multi-disciplinary teams like the i.e. social workers, occupational therapists and physiotherapists.

The rehabilitation department is also playing a big role in the ward activities. Nursing staff are very much involved in the management and execution of these ward programmes. 33

MHCUs are attending Occupational Therapy in different levels of functioning (high level, medium level and vocational skills training). The Occupational Therapy ward programmes helps in promoting independency and utilization of individual skills.

Most of the MHCUs are also involved in exercise programmes with the physiotherapy staff. Television, radios and DVD are used to promote orientation and for effective leisure time. Chemotherapy, grooming and psychotherapy are done by the nursing staff and our multi-disciplinary team members on a daily basis.

Spiritual aspects our the MHCUs is also maintained by have church services every Sunday. These services are organized by rehabilitation and nursing department.

Section 2 staff aim to maintain a high standard of medical care, nursing care and rehabilitation. Section 2 staff also aim to be the best care providers for all MHCUs with psychiatric or medical needs in totality.

We go by the saying: " **You will never walk alone**"

Section 2 is one of the largest wards in EPH. It is a ward for low functioning adult males and is divided into four big dormitories.

Dormitory 1 mainly consists of higher functioning section 2 MHCUs. Dormitory 2 consists of MHCUs who do not require total nursing care and who are physically weak. Dormitory 3 mainly have restless and psychotic MHCUs and dormitory 4 are for the geriatrics or MHCUs who are helpless and have physical abnormalities or disabilities.

Currently there are 230 MHCUs in section 2, but the bed capacity is 310 beds.



Section 2

Front row from left to right: ENA B Dlamini; PN EN Melane; ENA E Ngundze; EN A Zuma; c/o B. Khuzwayo & c/o NE Nzama

Back row from left to right: ENA E Dwala; ENA X Xulu; EN LN Ngcema, SPN SN Gumede; SEN A Nkomo; c/o T Mzulwiini; ENA N Ngidi; ENA M Shawe & EN B Mbhele

NATIONAL NUTRITION WEEK

Breakfast is the most important meal of the day. What we eat for breakfast not only will determine our energy levels during the course of the day, but will also affect our concentration and mood. Hundreds of people do not eat breakfast on a daily basis due to a busy morning schedule or very poor food choices are being made when it comes to breakfast food and cereals. People should never underestimate the importance of a healthy balanced breakfast.

The topic for nutrition week this year was "Breaking the fast: the importance of breakfast". In-service training sessions for nursing staff members

was held in each section to explain the importance of breakfast. Examples and information leaflets on how a healthy breakfast should look were also given by the dietician.



All together 55 nursing staff members did attend the lectures and everyone enjoyed it thoroughly and was really interested in improving not only their own, but also the eating habits of their children and other family members.



From left: PN NE Melane, ENA Bawinile Dlamini, ENA Catherine Ngundze, ENA Maureen Njapha and Pauli Roodt (Chief Dietician)

OT DEPARTMENT: YEAR END CELEBRATION

During the month of December the Occupational Therapy Department hosted a Year End Celebration Braai for the Mental Health Care Users that attend the Occupational Therapy programme. It was a very exciting event for the users.

At this occasion the MHCUs enjoyed casual music, dancing, a braai and this took place outside in a picnic – like setting. They also received gifts from the OT Staff according to their wish list.

This was done as an incentive for their hard work and dedication within the department. They were also spoiled with snack packs and dessert.

It was a wonderful, successful event that definitely put a smile on the MHCUs faces.



Left: OT staff dishing out food to all the OT MHCUs

Right: EPH staff members preparing the meat



Left: OT MHCUs opening their gifts from OT staff



Right: MHCUs enjoying the day and special gifts



It was a wonderful, successful event that definitely put a smile on the MHCUs faces



The best way to cheer yourself up is to try to cheer somebody else up

- Mark Twain -

SPECIAL TREATS FOR THE MHCUs

Kindness is compassion in action, a principal that benefits the giver as much as it does the recipient.

During December EPH have received some generous donations in order to give some refreshments to all our MHCUs.

Staff members of EPH and their children handed out these to the MHCUs. This kind gesture was greatly appreciated by all MHCUs.



EPH staff members and their children visiting MHCUs in section 1



Staff members who assisted during this special day



Children of EPH staff members handing out gift packs to all MHCUs

Announcements:

We would like to congratulate the following staff members

- * Nerena Ramith (Chief OT) on the arrival of her baby girl
- * Mr. Deon Hattingh (Hospital CEO) on the arrival of his second grandson

Our deepest condolences go to

- * The family and loved ones of Makhosazana Zungu (Clinical Orderly) who was called to rest on the 15/02/2010
- * Matron Nomusa Zondi and family (NSM) who's father was called to rest on the 4/3/2010

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