



Ekuhlengeni Psychiatric Hospital

Newsletter

Volume 6

Mental Illness Awareness and Promotion of Mental Health

Mental Illness awareness

- ★ Promote **early diagnosis and treatment** of mental illnesses
- ★ **Eradicate stigma and discrimination**
- ★ Ensure that people have **access to affordable** mental health care
- ★ Seek out treatment for their conditions

Dare to Care



Ringing Out Hope
For Mental Health

Mental Illness is a 'Global Priority', but work needs to be initiated at a 'Local Level'

There is no health without Mental Health.

Mental Healthy Lifestyles

- ★ Is critical for promotion of good mental health.
- ★ Includes the reduction of stress in daily living
- ★ Education and avoidance of alcohol and drugs
- ★ Positive family interactions and enhancing the family unit
- ★ Focus on children and adolescents
- ★ Education and Prevention campaigns in HIV and AIDS
- ★ **Mental wellness days** should be promoted in workplaces and schools

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The 10th of October is a recognized World Mental Health day according to the Health Calendar. To commemorate this special day EPH Social Work department made a mark in the KwaMakhutha community high school and the KwaMakhutha Clinic by providing awareness on mental health in general and mental health illnesses. The programme covered 367 grade 10 learners at KwaMakhutha Com-

prehensive High School on the 12 Oct 2011. The main focus was on substance abuse as it is one of the causes of mental illnesses especially amongst the youth.

The clinic programme was run on the 14th Oct 2011 at KwaMakhutha clinic. Our focus was on mental illnesses, treatment compliance, support and destigmatisation of the affected people. The programme reached out to two hundred and fifty community

members in three separate groups. The first group reached out to patients with psychiatric disorders and Tuberculosis. The second group for mothers attending the antenatal clinic and the general clinic. The third programme targeted the Antiretroviral clinic. The entire outreach programme proved to be a huge success and beneficial to the community.

Women's Day 2011

Ekuhlengeni Psychiatric hospital held their women's day function on the 25th July 2011. The event was once again organized by the Events Planning committee which is spearheaded by the social work department. The function was a resounding success and was enjoyed by all who attended. We would like to place on record our sincere thanks to all our sponsors and to everyone that contributed to the success of this event.



Above: Motivational Speaker (Khanyi Shangase) and MC (Bongi Makanya) during the event



Above: Staff members receiving their prizes from the lucky draw



Above: EPH female staff members enjoying this special event

Sports Day 2011

The Hospital's annual Sports Day was held on the 06 July 2011. This event involved all staff and users at the facility, as each individual was put into a team for the day and had to dress in their team colours.

The University of Kwazulu-Natal Occupational Therapy Department was also involved as students from the third and fourth year classes assisted with the event.

The Occupational Therapy Department would like to thank all individuals who contributed to the event for their efforts and support!

The event was a success!



Above: Eagles



Above: Lions



Above: Sharks



Above: Female MHCUs participating



Above: Staff enjoying this special event



Above: MHCUs participating in 3-legged race



Above: OT students assisting with the handing out of refreshments to all MHCUs

Physiotherapy: Back Week



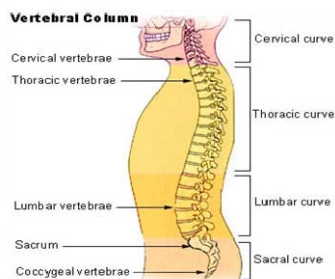
Above & Below: Marilyn Hooblaul (Snr Physiotherapist) presenting the Back Week session



“More than just back care – From prevention to function”

The physiotherapy department commemorated back week this year by providing an informative and interactive session for all staff at our institution. Staff were informed that prevention is better than cure. The importance of taking care of your back today can prevent pain and complications in the future.

Mechanical back ache is very common in the work place and small adjustments can be made to avoid this problem. Proper lifting techniques coupled with good posture can prevent back ache. By just remembering to exercise correctly, proper rest, less stress, good posture and proper lifting techniques you too can prevent back ache. By remembering these few tips you can



Above: Nokulunga Mthiyane (Snr Social Worker) & Khanyi Shezi (Pharmacy assistant)



Above & Below: Posters and training material



Above: Medical and Nursing staff attending the presentation



Heritage Day 2011



Above: Nerena Ramith (Chief OT) & a MHCU welcoming everyone present

The Occupational Therapy Department hosted a Heritage Day Celebration on 23 September 2011.

The users performed traditional songs and dances and were treated to a traditional meal thereafter.

The event celebrated our unity in Diversity as a Rainbow Nation.



Above: OT MHCUs performing a traditional song and dance item



Above: MHCUs enjoying the special celebration



Above & left: Staff Members attending the celebration in their traditional clothing



National Nutrition Week

Adequate nutritional intake during infancy and early childhood is important for the normal growth and development of young children as well as enabling them to reach their full potential.

The window of opportunity for improving nutrition is small; lasting only from pre-pregnancy through the first two years of the infant's life. Studies have shown that the first two years of life is the peak age for growth faltering, developing of deficiencies of certain micronutrients, and for contracting common childhood illnesses such as diarrhoea. Therefore, this year, National Nutrition week (10 – 14 October) focused on this window period.

The dietician presented a short lecture to medical & nursing staff to emphasize this important message to the multi-disciplinary team.

The overall message and supporting messages did include the following information:

- ➔ From six months of age your baby needs breast milk and solid foods; to promote health, support growth and enhance development. This is called complementary feeding.
- ➔ After six months introduce new foods to your baby ever few days
- ➔ At six months start with 2 meals a day, with regular breastfeeding. Increase to 5 small meals (including snacks) a day, with continued breastfeeding by 10 months. Continue with these regular small meals and breastfeeding until your baby is two years old
- ➔ Wash your hands with soap and water before feeding your baby.



Above: Staff attending the lecture during nutrition week



Left: Pauli Roodt (Dietician) presenting during nutrition week

Outing to the Beach for OT MHCUs

On 20 October 2011 the OT Department, took 60 users, who attend the OT programme, to the local beach. The users who were chosen to attend had to meet certain criteria of performance within the OT Programme. This event was one of the most anticipated events of the year as users seldom have contact with the “outside world”. Activities included volleyball, netball and soccer and the day ended with a braai.

Other departments that assisted with this event included nursing, physiotherapy, and dietetics departments



Above: MHCUs getting ready to leave for their outing



Above: Male MHCUs relaxing in the pool



Above: Female MHCUs and OT staff



Above: MHCUs enjoying the beach



Above: EPH Staff who assisted during this event



Above: MHCUs & EPH staff ended the day with a braai



Introduction to sec 5

Section 5 is a 3 unit section which receives MHCUs with different acute and chronic ailments from all the wards. They offer a closely monitored type of nursing care compared to the larger sections.

Section 5 consists of the following three units:

- The sub-acute observation clinic which accommodates both males and females. The male unit has 17 beds and the female unit 15 beds. Users who require close observation are monitored in this unit and examples include: uncontrolled diabetes mellitus, uncontrolled hypertension, severe flu or gastrointestinal disorders. Post surgery users, who have been discharged from general hospitals, users with bandages/plasters and other users who have been discharged from general hospitals will be

observed until they are ready to transfer back to their original mother wards.

- The TB unit which has 24 beds. It only accommodates male users. They are admitted to this ward from the time of onset of the disease and they get their TB treatment on a daily basis and will only be discharged after completion of treatment. Users are normally kept for a period of 6 – 9 months.
- The male, frail unit which also has 24 beds. These users require undivided and constant nursing care and supervision. Most of these users are physically compromised and require assistance with their daily activities of living. The old age users require tender loving care.

Dr. Rampersad visits our unit daily

for monitoring of users medical needs and provision thereof and Prof. Lasich attends to their psychiatric needs. Sr. Mbele (Operational Manager) and her dedicated nursing staff do their best to execute the daily ward programmes.

Some TB users are involved in the Occupational Therapy programmes and they are allowed to attend, once they are in the non-infections state. The physiotherapist and physiotherapy assistants visit the unit on a daily basis to execute a ward exercise programme and also attend to the users with mobility device requirements. The dietician visits the ward at least once or twice a week to assess and attends to the users with dietary insufficiencies and provides them with nutrition support. The social workers and nursing staff ensures that users have family contact and the families are always informed about any changes in the users' conditions.

Our motto: Success demands motivation and dedication!!



Front row from left: L.R Mbele (OM), X.P Dlamini (ENA), F.B Mlingo (c/o), T.P. Mathe (ENA)

Back row from left: ZY Mbonambi (EN), TM Ngcobo (c/o), SP Mgobhozi (EN), N.R Pillay (c/o), SP Mvune (EN), SS Nxumalo (ENA)

New Staff Members

We would like to give a warm welcome to the following new staff members.....



Zinhle Makhanya (Principal HRO)



Sithembiso Ntuli (HRO)



Hlengiwe Somsam (Chief HRO)



Valerie Marais (Principal SCMO)



Fezile Maphumulo (SCMO)



SC Nene (Snr HRP Staff Relations)

New staff in Nursing

Department:

- N Khoza (EN)
- PN Duxe (EN)
- CK Zondi (PN)
- WD Mpanza (PN)
- SP Mvune (EN)
- MNB Zitha (PN)
- AM Mkhize (EN)
- YZ Mbonambi (EN)
- SE Mbhele (EN)
- S Dlamini (ENA)
- LM Ngcobo (EN)
- T Zungu (EN)
- BI Masondo (EN)



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