

July 2013



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Ekuhlengeni Psychiatric Hospital

FROM THE DESK OF THE CEO

Greetings from Ekuhlengeni Psychiatric Hospital; this institution has a bed capacity of 1100 patients. Presently our bed capacity is 720pts. This is due to the much needed renovations that are taking place.

All team members must be highly committed to and completely responsible for making the effort succeed

Mrs. Chinniah, Acting CEO

My task is to build a team that is committed to the psycho-social rehabilitation of patients. Patients admitted to our institution are given an environment that restores them to a degree of functionality and they then get integrated back to their communities.

Team building cannot occur if the formal leader demonstrates indifference or cynicism toward the effort.



Ringin Out Hope For Mental Health



“Awareness campaigns are important to eradicate the stigma that is associated with mental illness...”



MENTAL HEALTH AWARENESS WALK

The month of July has been dedicated to mental illness on the health calendar. Stigma is amongst the many challenges faced by mental health care users all over the world. Awareness campaigns are important to eradicate the stigma that is associated with mental illness and will contribute to mental health users being part of the community in all aspects of their lives. The EAP and Social Work Departments at Ekuhlengeni Psychi-

atric Hospital co-ordinated a Mental Health awareness walk on the 19th July 2013. The aim of the walk was to create awareness around the rights of mental health users as well as the services provided by the hospital. The walk involved the participation of Senior Management members, staff, and users as well Mrs Melani Charles from the Provincial Mental Health Directorate in Kwa-Zulu Natal. Special thanks to Mrs Samke

Mkhize (EAP) for all her efforts in ensuring that the event was a resounding success.

*Vanessa Reddhi, Social Work
Department*

Below: Staff & Mental Health Care Users participating in the Mental Health Awareness Walk



MENTAL ILLNESS AWARENESS MONTH

Understanding mental illness

In South Africa an entire month is dedicated to Mental Illness Awareness. July is Mental Illness awareness month and this year the theme adopted is 'Making Mental Health a South African priority'.

- About 1 in 5 South Africans suffer from a mental illness/ disorder severe enough to affect their lives significantly
- Roughly 25% of all general practitioners' consultations are due to a psychiatric condition rather than general medical conditions
- Nearly 20% of high school students think about fatally harming themselves each year
- Thousands of South Africans would rather die than admit that they suffer from some sort of mental illness

One of the greatest obstacles to preventing mental illness, and improving services and treatment is **IGNORANCE**.

Mental illness can take many forms, just as physical illnesses do. However, mental illness is still feared, misunderstood and misrepresented by many people. This fear and stigma that has been associated with mental illness can be addressed with a sharing of knowledge about the conditions and embracing the mentally ill as a valuable part of society.

What is mental illness??

- * Clinically significant behavioral problems
- * Associated with distress (painful symptoms)
- * Causes disability (impairment in functioning)
- * A biological illness that responds to treatment

Some clarity on mental illness!!

- * It has nothing to do with intelligence
- * It can happen to anyone - any gender, race or religion
- * It is chronic but not contagious
- * Mentally ill people are not all dangerous
- * Mental illness is difficult to diagnose and to treat
- * There ARE treatments for all mental illnesses
- * Mental illnesses can be treated but not cured

What mental illness is NOT!!

- * It is not a weakness of character
- * It is not due to witchcraft



*“ One of the greatest obstacles to preventing mental illness, and improving services and treatment is **IGNORANCE.**”*





*“Every day
should be a
quality enhancing
day at EPH.....”*



NEWS FROM THE SYSTEMS COMPONENT.....

As we know, “JULY” is “MENTAL ILLNESS AWARENESS” Month. So little is being done for our Mental Healthcare Users. They do not have a voice to voice their opinion, needs or concerns. WE are their voice...

So at Ekuhlengeni Psychiatric Hospital we have once again embarked on a campaign to voice concerns and needs of our MHCUs to make their lives more pleasant and acceptable at EPH. This in fact is their “Home” away from “home”, after all.

In our Maintenance Department we go out of our way to ensure a defective free and safe environment. We are currently undergoing a R 40 million refurbishment project to ensure a clean, safe and homely environment for our MHCUs.

In the Catering Department we have begun a process of procuring new equipment such as Cooking Pots, Convection ovens, Food Trolleys, etc., including also new Ceramic Dinner plates, Side plates, Soup/Dessert bowls and Mugs.

In our laundry Department we are busy with an SCM process to out-source the washing, ironing & folding of our linen, so as to ensure that our MHCUs are dressed clean, neat & tidy. They also ensure that our bedding is being ironed and folded.

Every day should be a quality enhancing day at EPH ensuring our MHCUs are treated humanely and with dignity.

If it was your family member residing here, would you not want the same for them?

Deon Hattingh, Systems Manager



MHCUs wards before (left) and after (right) renovations.

NURSING REPORT FROM THE NSM

The nursing component pledges the commitment to the achievement of optimal health care for mental health care users in our institution in keeping with National core standards (NCS) and other relevant prescripts

Achievements

We managed to recruit and appoint three Assistant nursing managers with effect from June 2013:

- Mr C.G Shezi
- Mrs T.P Nhleko
- Mr. R. M. Mazinyo

At present we are in the process of filling critical posts:

1. Clinical programmes coordinator (Quality Assurance Manager)
2. Clinical programmes coordinator (Infection Prevention Control)



To improve quality of life the nursing component jointly participated with other team members in the following activities

Good-Friday- Prayer service for staff and mental health care users

Mothers' day was celebrated for our female mental health care users

Mental health care month (July)

- We participated in the walk for staff and mental health care users
- Our staff and mental health care users participated in sports-Gala which was hosted at Umgeni Hospital
- Participated with other team members and mental health care users in a birthday prayer for Doctor

Nelson Mandela



Above: Ms. TZ Nyuswa (NSM)

WELCOMING OUR 3 ASSISTANT NURSING MANAGERS!



Right: Ms. T Nhleko



Below: Mrs. G. Shezi



Above: Mr. RM Mazinyo





PHYSICALLY FIT, MENTALLY FIT

- The chronically mentally ill are not only susceptible to metabolic syndromes which can lead to inactivity but the side-effects of medication can lead to a lifestyle that is sedentary in nature.
- This coupled with institutionalization, where all Mental Health Care Users (MHCUs) are subjected to rigid daily routines to ensure all basic needs are met, results in loss of autonomy, feelings of inadequacy, decrease in motivation and most seriously breeds dependency and complacency.

Research and studies have shown that there exists a positive relationship between physical activity and mental health in people with mental illness (1). There exists various models and hypotheses explaining the benefits of exercise, but the two most applicable to our chronic setting will be discussed.

Self-esteem and physical activity

- Sonstroem's(1978) psychological model for physical activity assumes that involvement in physical activity increases the physical ability, which positively influences one's self estimation and consequently leads to higher levels of self-esteem(1).
- This is evidence by many of our male MHCUs who often refuse to attend structured rehabilitation programmes. A soccer league initiative by one of the Occupational Therapy Assistants and the nursing component has resulted in many of the users being actively involved in the soccer matches.
- These MHCUs display improved self-esteem as evidence by their eagerness to participate in the matches on a daily basis(despite the possibility of losing) and improved motivation as evidence by the fact they do not have to be reminded or encouraged to attend the practice matches.

Positive reinforcement, encouragement and praise also facilitate improvement in self-esteem and motivation to participate.

The Distraction hypothesis

- This hypothesis was originally conceptualised by Bahrke & Morgan(1978) which concluded that exercise can serve as a useful distraction or 'time out' from stressful stimuli and feelings which can lead to improved psychological wellness.
- Therefore, by focusing on sporting activities or physical activities (gardening) MHCUs will not be focusing on an anxiety- provoking/ stress-causing life circumstance.
- This is evidenced by our MHCUs who are significantly lower functioning and require total nursing care who are engaged in physical activity (singing and dancing, basic stretching exercises and adapted games such as Netball). They display mood elevation after being involved in physical activity.



PHYSICALLY FIT, MENTALLY FIT CONT....

- In an attempt to break the inactivity cycle and engage MHCUs more actively in their rehabilitation process, the Occupational Therapy and Physiotherapy Departments at Ekuhlengeni Psychiatric Hospital have developed an activity programme which engages them in early morning physical activities.
- In the development of the activity programme it was noted that exercise activities would not be suitable for our entire user population. We therefore included other physical activities such as gardening and song and dance to ensure our services reached a larger number of MHCUs.
- The nursing component has also been instrumental in this process to ensure that there is continuity of activities and assist with the day to day running of the programme.
- However, in a setting like ours where routine dominates daily living, any deviation, is not always welcome. Therefore encouragement and the use of a 'by the way approach' ensures that the MHCUs engage in physical activities whether it is actively or passively (initially).
- The programme has seen an increase in the number of MHCUs initially attending (215) to (276) out of a population of 710.

The programme will continue to target users by giving them the autonomy to choose a physical activity thereby breaking the inactivity cycle while trying to address some of the symptoms of institutionalisation.

References:

<http://www.aptrcpsych.org> (Amanda Daley)

Nerena Ramith (Chief Occupational Therapist), Marilyn Hooblal (Chief Physiotherapist)



Above: MHCUs playing baseball as part of the ward exercise programme



NELSON MANDELA DAY 2013

Nelson Mandela Day not only celebrates Nelson Mandela's life, but its also a global call to action for people to recognize their ability to have a positive effect on others around them. On the 18th July the staff and MHCUs at EPH celebrated Nelson Mandela's 95th birthday with gratitude.

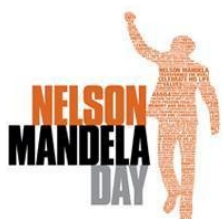
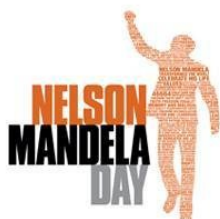
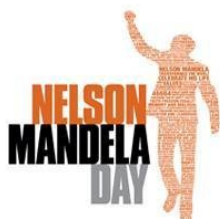
" We can change the world and make it a better place. It is in your hands to make a difference." - Nelson Mandela



Left: MHCUs participating in Nelson Mandela Day



Right: Mrs. Chinniah (acting CEO) and Ms. Nyuswa (NSM)



MESSAGE FROM HUMAN RESOURCE MANAGEMENT

When I joined EPH, there was just one staff member handling various components of HR. The bed status was 1100 and the staff compliment was 162. Looking at the number of Mental Health Care Users within the institution, the staff were insufficient to cater for all the need of the users. Therefore it was my responsibility to ensure that there was sufficient staff in all the various departments, guided by the institutional structure. At the present moment the staff compliment is 329.

Although the staff and their HR related issues are our priority we as HR also believe in the following:

- * We have to accept and support people with mental illness
- * We have to treat them with the respect as you would treat any other person.
- * We have to protect the right and dignity of the mentally ill.

Ms Gloria Cele, HR Manager



Above: Ms Gloria Cele, Human Resource Manager



MESSAGE FROM THE FINANCE MANAGER



“ the financial department will continue to strategically guide the institution towards maintaining a clean budget and financial audit”

As the 2013/2014 financial year continues to unfold, the financial department of EPH has been running like a young gazelle in order to meet the needs of the institution and that of our cherished Mental Health Care Users (MHCUs). Most of the time we win, sometimes we are faced with challenges, and a few times we are misunderstood. This is quite understandable in the ever constrained budgetary framework and cost containing measures of the DOH.

Looking back on the journey so far, enormous achievements have been made in the face of the challenges that faced the institution. This winter, our users were nicely clothed as a result of timeously procurement processes; our monthly returns and submissions to district and head office are submitted timeously, our journals and irregular expenditure are minimized compared to previous years; more and transparent information provided to cash flow committee in order to inform decision making etc.

We are currently capacitating the institution on better assets management while also training all financial committees towards better and efficient performance financial outputs. We hope that the financial department will continue to strategically guide the institution towards maintaining a clean budget and financial audit.

My special thanks and appreciation goes to the rest of the financial team of the institution including SCM, Assets management, and Expenditure and Budget Control, who have continued to work in the face of the severe staff shortage and communication challenges; to the management team for their support and to the rest of the staff for their understanding.

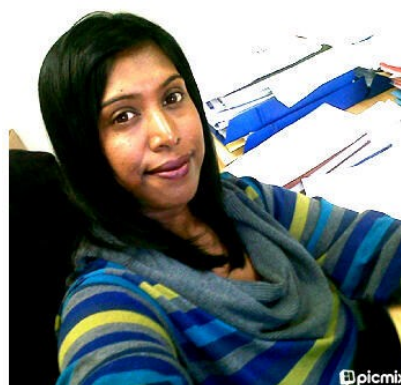
Please remember that the prudent Management of the resources of the institution is a collective responsibility of all staff, not just the responsibility of the financial department or the financial manager. We therefore indulge your support in our cost containing measures, cost effective management framework of scarce resources and protection of our existing assets. Ultimately, we hope to impact positively on patient care.

Thanking you for your Support.

Jane Reddy, Finance Manager



Below: Ms Jane Reddy, Finance Manager



A FOOD GUIDE TO HEALTHY EATING

Healthy nutrition forms an important and integral part of a healthy life. At EPH we ensure optimal nutrition to all our MHCUs by promoting and implementing curative and preventative nutrition services. The following "Food Guide to Healthy Eating" are implemented in our institution and these general guidelines can be used by anyone who wants to follow a healthy, balanced diet.

- ✓ Enjoy a variety of foods
- ✓ Make starchy food part of most meals
- ✓ Fish, chicken, lean meat or eggs could be eaten daily
- ✓ Have milk, maas or yogurt every day
- ✓ Eat dry beans, split peas, lentils and soya regularly
- ✓ Use fat sparingly: choose vegetable oils rather than hard fats
- ✓ Use salt and food high in salt sparingly
- ✓ Use sugar and food and drinks high in sugar sparingly
- ✓ Drink lots of clean safe water
- ✓ Be active

Pauli Roodt, Chief Dietician



PROVINCIAL SPORTS GALA

A provincial sports gala for psychiatric hospitals were held on 24th July 2013. The participating facilities included: Ekuhlengeni Psychiatric Hospital, Fort Napier Hospital, Madadeni Hospital, Townhill Hospital, Umngeni Hospital and Umzimkhulu Hospital.

The following trophies were handed out:

- ◇ Over-all winner 1st Price: Ekuhlengeni Psychiatric Hospital
- ◇ Second over-all runner's up: Townhill Hospital
- ◇ Soccer Champions' Trophy: Umzimkhulu Hospital

On behalf of the Mental Health Care Users from all 6 mental health care facilities and the ever-committed Provincial sports Gala Committee members we would like to humble ourselves and extend our sincere thank for the sharing spirit; exciting joy and the success of the MHCUs annual event. A special thanks to:

- ◇ Ex—officio Co-opted partners include Howick Chamber of Commerce
- ◇ Old Mutual
- ◇ PSA
- ◇ Facility Management of the participants



Above: MHCUs, EPH management and staff with the 1st price trophy.



Above: MHCUs and OTAs at the sports gala held at Umgeni Hospital sports grounds



Above: EPH Management and Provincial Sports Gala Committee Members

A WARM WELCOME TO THE FOLLOWING NEW STAFF MEMBERS.....

- SP Dladla (ENA)
- KG Gwane (ENA)
- NG Gwala (ENA)
- ADL Dlamini (ENA)
- T Maqetuka (ENA)
- SM Mseleku (ENA)
- PL Sabelo (ENA)
- PP Mkhize (ENA)
- NP Ggiba (ENA)
- SG Shelembe (ENA)
- SE Khumalo (ENA)
- KZ Ngcobo (ENA)
- NM Khumalo (ENA)
- NM Khumalo (ENA)
- BE Mkhize (ENA)
- FZ Mthethwa (ENA)
- SM Nsebeshe (ENA)
- NH Dlomo (ENA)
- PB Twayibo (ENA)
- WM Mazibuko (ENA)
- NP Nxumalo (ENA)
- VS Nqulung (ENA)
- PN Mthembu (ENA)
- MW Langa (ENA)
- BC Nyadi (ENA)
- ZD Ngcobo (ENA)
- FZ Makhanya (Prof nurse)
- SR Zondi (Snr Supply Management officer)
- TC Bhengu (HRO practitioner)
- CG Shezi (Assistant Manager Nursing)
- NO Dlamini (Social Worker)



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