

February 2014

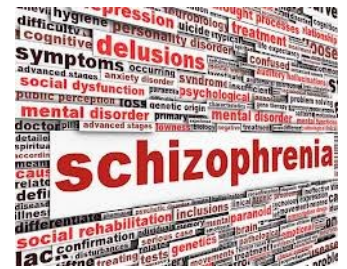


health

Department:
Health
PROVINCE OF KWAZULU-NATAL

Ekuhlengeni Psychiatric Hospital

Understanding Schizophrenia



What is schizophrenia?

- Schizophrenia is a serious but treatable brain disease. The person with this illness finds it hard to tell the difference between what's real and what's not real.
- People with schizophrenia can have trouble thinking logically.
- Their emotional responses to people and events may seem odd.
- They may behave in a strange way when they're around other people or in public.
- Schizophrenia is not split personality or the result of bad parenting.
- It's not a character flaw or a moral weakness.
- People with schizophrenia have a chronic disease just like diabetes or Alzheimer's.

How does someone know if he has schizophrenia?

- Unfortunately, many people are diagnosed with schizophrenia only after they have had a "psychotic episode," a serious event where the person has trouble distinguishing between what is real and what is not.
- Psychosis can come on suddenly or can develop very gradually.
- Symptoms of psychosis can vary from person to person and may change over time. The individual may hear voices or see things that are not present (hallucinations).
- During a psychotic episode, the person may believe that he is being threatened or is in danger (delusions).

Who gets schizophrenia?

- 1 in 100 people will develop schizophrenia during his lifetime.
- Schizophrenia affects people in every cultural, race and economic group.
- It most often strikes a person during their late teens or early 20s.
- Schizophrenia is a brain disease, and it's hard to predict who will develop it. But scientists are getting close to finding a gene (or genes) for schizophrenia.

Can it be treated?

Yes. Schizophrenia is treatable.

"Early intervention" programs, which target people in the beginning stages of the illness, can lead to a better treatment outcome. So it's important to get help early.

- Medication is the foundation of treatment.
- Fortunately, many of the newer drugs have few side effects. This means people with schizophrenia can have a much better quality of life than they would have a few years ago.
- Doctors work closely with patients to find the right drug and just the right amount for each person..
- People recovering from schizophrenia often benefit from the services of a psychiatrist and / or a therapist (occupational therapist or psychologist)
- People with schizophrenia also need support in their community, like safe and affordable housing and social and training programs. They will probably need help to understand their illness.
- Family members of people with schizophrenia also need support, education, and counselling. They are an important part of the person's treatment and overall plan toward recovery.

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Understanding schizophrenia.....

What are the symptoms of schizophrenia?

- Schizophrenia can take years to develop. During that time a person may experience any of these symptoms:
- feel depressed
- feel anxious, upset, or panicky
- have difficulty thinking and concentrating
- show little or no emotion
- be confused about what's real _and what's imaginary
- feel threatened, suspicious, or believe that people are "out to get me"
- avoid contact with other people
- hear voices or sounds that aren't there
- see people or things that aren't there
- use words that don't make sense
- suddenly be obsessed with something, such as religion
- be angry with or scared of loved ones, for no reason
- have difficulty doing things at work or school

Is there a cure for schizophrenia?

- There's no cure right now, but effective medications can help relieve the symptoms and play a critical role in managing the disease.
- Researchers are learning more and more about schizophrenia and what causes it. This work is leading to earlier intervention, new treatments, and new ways to identify people with schizophrenia before the disease does a lot of harm

What's it like to live with schizophrenia?

- Schizophrenia can affect a person's ability to earn an income, find housing, and be part of the community.
- The earlier someone gets treatment, the better life will be.
- Stereotypes and myths about schizophrenia can cause stigma, making people with the disease feel ashamed or embarrassed.
- When the public better understands the disease, they'll be much more compassionate.
- Most people with schizophrenia live at home with their family members.
- This can cause a lot of stress, so it's important that family members have support, too.
- Even though there's a lot of hope for people with schizophrenia, it's still a terrible disease that can have serious consequences. About 40% of people with schizophrenia will try to commit suicide.

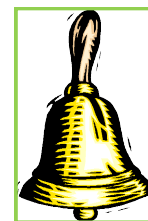
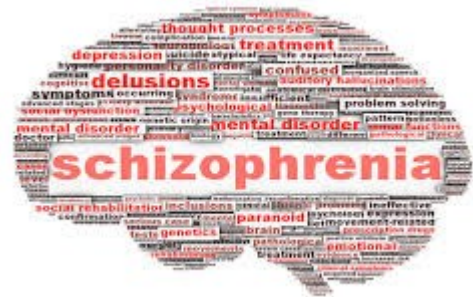
What can we do in our institute:

- We must attempt to understand the illness ourselves
- Provide family support and education
- Promote public awareness and understanding
- Advocate for better legislation and services for people with schizophrenia
- Promote research into the causes, treatment and cure of schizophrenia

Where can you go for help if you think your family member has schizophrenia?

- Go to your local clinic or hospital or your local doctor.
- You will require a referral for psychiatric care
- **Phrenaid** is a support group for schizophrenia sufferers and caregivers of schizophrenic patients.

www.phrenaid.co.za



Ringin Out Hope For Mental Health

World Mental Health Day

On the 9th October 2013, the Social Work Department at Ekuhlengeni Psychiatric Hospital organized a function of music and dance for all the users' in order to commemorate World Mental Health Day.

Mrs. Chinniah the acting CEO welcomed everyone and enlightened staff and users on the purpose of the day. The SAPS band treated our users to different genres of music which they enjoyed thoroughly. We also had enthralling dance items that were performed by the Champions dance group which concluded a programme enjoyed by users and staff alike.



The users were also treated to cool drinks, donuts as well as lunch. The social work department 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.



Above (from left): Mrs. Reddy (finance Manager), Mrs. Chinniah (Acting CEO), Mrs. Bhengu (FIO) and Mrs. Zaca (Social Worker)



Above: Performers from the Champions dance group



Above: SAPS band



Above: Capitol Outsourcing Group Sponsors

Update on the refurbishments....

The Catering department will be refurbished during Feb 2014, and should be completed by middle March 2014.

The outsourcing of the Laundry department has not yet been finalized due to non-availability of funds.

The refurbishment project has slowed down due to insufficient funds and we are awaiting on news whether funds are being made available or not. Section 3, a male MHCU ward, will be completed by middle February 2014, with the new sewerage station to be completed by the end of February 2014.



Above: Section 2 MHCUs enjoying their renovated ward outside



Above: Section 3, Dorm 1 after refurbishments



Above: Renovations being done outside Section 3



Section 2 garden project



Section 2 is one of our largest wards and the users there is mostly low functioning males. Several projects have been implemented in order to improve and uplift their self esteem. Gardening is one of our main projects. Since our institution is still under renovations are reconstruction, there is a big need to improve the gardens and to develop and grow new seedlings and plants.

The garden project is being managed by Mr. Gillbert Gumedé. A big thanks to the hospital management and OT department for their ongoing support and the support they have shown to all the section 2 users.



Above: and below: Mr. Gilbert Gumedé and section 2 MHCUs busy with Gardening



Physiotherapy department: Keep it rolling project



As of August 2013 the physiotherapy department commenced the wheelchair repair project. There was an urgent need for the repair and the restoration of majority of the wheelchairs in the institution. Two of our MHCUs were trained to repair wheelchairs under the supervision of Chief Physiotherapist, Marilyn Hooblau. The wheelchair company, Thokomala provided us with assistance with regards to information on repairing wheelchairs. The wheelchair parts were speedily procured and the project was underway. We have successfully repaired 20 wheelchairs. This will be an ongoing project of the physiotherapy department as this project has been a cost saving project for the institution.



Above: MHCUs busy repairing wheelchairs



Above: Wheelchairs before repairs



Above: Wheelchairs looks brand new after repairs



Retirement: Prof. Lasich

We wish that Prof did not have to leave and that we were not bidding farewell to him. But unfortunately for staff as well as the users at EPH all good things must come to an end.

Having Professor Lasich at Ekuhlengi Psychiatric Hospital for the past 13 years has been an absolute pleasure. It has also been one of our best experiences being at EHP. He has not only helped some of us develop in a professional capacity but on a personal level as well.

Over the 13 years he has displayed nothing but total dedication and a genuine sense of caring to our users. The manner in which he carried out his responsibilities to our users has spoken volumes because he was more a man of action than words. With regards to relations with staff members he was always objective, had a non-judgmental attitude, respected all professionals, had an ability to listen and see the other person's point of view, showed a sense of caring as well as humility that is not often portrayed by persons of his stature.

There will never be another Prof. Lasich or Prof as we have all grown so accustomed to referring to him. His leaving is one of the greatest losses that EPH has had in its history. He definitely leaves a void in the hospital that is going to be almost impossible to fill.

From all of us we wish Prof. Lasich good health, happiness and success in all his future endeavours.

Ekuhlengi Staff



Above: Receiving a gift from nursing department



Left: Dancing with social worker (Ntokozo Zaca)



From left: Dr. Rampersad, Matron Nyuswa, Prof. Lasich and Dr. Paruk

A warm welcome to the following new staff members:

- * BA Buthelezi (OM)
- * NM Roskrug (OM)
- * NE Ngidi (Support officer)
- * PP Mthembu (Health & Safety Officer)
- * Dr. N Maharaj (Medical Officer)



We would like to congratulate the following staff members.....

- ◆ Samke Mkhize (EAP) on the arrival of her baby boy
- ◆ Dumi Zwane (HR) on the arrival of her baby boy

We would also like to extend our best wishes to the following staff members who retired in 2013....

- ◆ Prof. Lasich (Psychiatrist)
- ◆ TM Dyasi (ENA)
- ◆ NS Nqhome (ENA)
- ◆ NA Nkhomo (ENA)



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