



Ekuhlengeni Psychiatric Hospital Newsletter

Issue 1

July 2009

Special points of interest:

- * Introduction of all the Supplementary Health Departments
- * Message from our new Medical Manager
- * Our dedicated doctors
- * Meet our other staff

Inside this issue:

Physiotherapy: your road to wellness starts here	4
Message from the Medical Manager	2
Our dedicated doctors	5



From the desk of the CEO

It gives me great pleasure to release this as the first issue of our newsletter.

Ekuhlengeni is a 1100 bedded long term chronic psychiatric facility situated in Amanzimtoti. It was established in 1975 under the leadership of Lifecare Special Health Services who were contracted to the KZN Department of Health to care for these health care users. This contract expired in November 1995 and Lifecare continued on a month to month basis until finally on the 1st of August 2006 the facility was taken over by the KZN Department of Health.

A long struggle has been undertaken with a shortage of Human resources. Currently we do not have a Corporate Structure. However besides the few Clinical Nursing posts which have been filled, we acquired the services of the following staffing: A medical manager, a Chief Physiotherapist, a Chief Occupational Therapist and an Assistant Social Work Manager

Besides a virtually nonexistent Corporate Structure, all other departments



Hospital CEO: Deon Hattingh

are now fully functional with a Head of Department from each of these. Since the inception of all these HOD's, the business has started changing for the better and programs and policies are being put into place to enhance the lives of firstly all the health care users and secondly our staff.

I would like to thank all the employees (who joined us from Lifecare) for their commitment in helping us to function under the difficult circumstances since 1 August 2006. Many thanks to Wentworth Hospital for their support in mothering us as well as to Jenny Labuschagne (Finance & Systems Manager seconded from Wentworth Hospital) for her time and dedication to our facility.

To all the new incumbents: Welcome to Ekuhlengeni. Together we will stand and deliver a Hospital Service which the KZN Department of Health will be proud of.

So yes... watch this space from Ekuhlengeni Psychiatric Hospital in the future and you will witness us growing from strength to strength to become the NO.1 psychiatric facility in KZN.

Until next time I bid you fare well with this thought:
"What you vividly imagine, ardently desire, sincerely believe in and enthusiastically act upon, shall inevitably come to pass"

What do our users say.....

Have you ever thought of how it is to be a patient here at Ekuhlengeni? For the most part of my time here, I have been working in the tuck shop, chaired patient committee meetings and have been staying in Section 4.

My roll as Patient Representative is to see that the best interests are taken to heart in any matter arising and after discussion with my peers to see what it is they want. As such I represent the patients in internal as well as external affairs, i.e. any outside authority.

The tuck shop work has provided me with a sense of purpose, provided a pleasant break with an extra meal and some extra money. It has allowed me to interact with staff and patients alike. I have seen what happens in the entire hospital through my involvement there.

There is a lot of routine to adhere to, but there remains ample time for patients to socialize amongst each other. The meals are nourishing enough. O.T. events are looked forward to by all and different levels of functioning patients are well catered for.

Ekuhlengeni, for the most part have a carefree attitude, which reminds me of the scripture:

"In Him we live, move and have our being and he is not far from any one of us." (Acts 17: 27; 28)

May the good hand of God's favour rest upon those who care for us and may there be a good continuance of patients/ staff relationships and care.

With kind regards from the Patient Representative

Message from the Medical Manager



Principal Psychiatrist/Medical Manager:

Dr Zeenat Kader

Ekuhlengeni is a chronic psychiatric hospital with 804 beds currently occupied by mental health care users. The health and supplementary health component consists of medical care, pharmacy, social work department, occupational therapy department, physiotherapy department and the dietician.

This component has recently acquired many new staff, including myself and hence the team is now complete and ready to embark upon many new and exciting ventures. Recently launched programmes include the launch of the communication and the events planning (including mental health out-

reach) committees, the initiation of patients and staff wellness projects and the development of a psychosocial rehabilitation team.

A very positive and inspiring outcome of the communication committees is this newsletter. The team at Ekuhlengeni Psychiatric Hospital decided that we needed to let the community and our colleagues know about us and our efforts to deliver excellent service to our mental health care users and hence the launch of our first issue. A very big thank you goes out to the two staff members that are steering this initiative, the dietician and the hospitals acting PRO.

The physiotherapy department also deserves recognition and gratitude for their efforts in developing patient and staff wellness programmes. Through their excellent efforts, a full wellness programme is offered to all mental health care users in the wards. In addition, a staff wellness programme maintains the mental and physical wellbeing of staff members and in turns creates an enabling environment for the care of the users.

Psychosocial rehabilitation is an integral part of a chronic facility such as Ekuhlengeni Psychiatric Hospital. Psychosocial rehabilitation is a programme aimed to

help mental health care users to develop the social, emotional and intellectual skills to live and work in the community with the least possible professional support and as productively and independently as possible. The ultimate aim is that users graduate to a point of being self sufficient and that suitable alternatives are found for them to be reintegrated into the community.

The staff at Ekuhlengeni Psychiatric hospital have therefore joined hands to work together to reassess all mental health care users in order to identify as many users as can benefit from intensive psychosocial rehabilitation pro-

grammes and to develop other ongoing ward programmes for the lower functioning users as well. To this end, I would like to thank the Occupational Therapy Department and the nursing staff for their excellent input and collaborative efforts in seeing this project to its fruition.

I would also like to take this opportunity to thank all staff members in health, supplementary health and nursing staff for the support and cooperation that I have received since I started work at Ekuhlengeni Psychiatric hospital and for their active involvement in all new ventures that we have embarked upon.

I would also like to encourage all staff to continue in their efforts to work towards developing service excellence and quality care for our mental health care users. Remember " **A journey of a thousand miles begins with the first step**"

Thank you



Dare to care .

*Ringing out
hope for mental
illness*

Occupational Therapy: Making a difference

The Occupational Therapy Department includes a staff of 4 Occupational Therapists, i.e. Two chief OTs Nereena Ramith and Anothile Zama, a Senior OT Jerusha Ellappa and a Community Service OT Aneshree Govender. The OT department also includes 5 OT assistants namely; Maureen Mapena, Bongki Makhanya, Bongani Ngidi, Goodness Malinga and Zakithi Ngema.

Occupational Therapists and OT auxiliary staff in a chronic psychiatric facility are involved in psycho social rehabilitation of medical health care users (MHCU's). OT programmes utilized are promotive, preventative, maintenance and rehabilitation programmes aimed at improving functional independence and constructive use of leisure time to decrease institutionalization.

The OT department consists of 3 OT treatment areas namely; Medium level, High level(pre- discharge) and Vocational skills training (VST). Each area is run by the OT assistants; Medium level (Bongki and Maureen), High level (Bongani and Goodness) and VST (Zakithi) and are supervised by the OTs. Users are grouped in each area according to their level of functioning and if they meet the criteria of the area. The MHCUs are of different diagnosis including schizophrenia, mental retardation, Bipolar disorder, substance induced Psychosis, Dementia, etc. the OT programme includes activities such as: Self- care, reality orientation, exercise, community survival skills, social skills training, leisure (games, sport, outings, gardening, etc), work (Vocational Skills Training).

OT also runs major special events such as Valentines Day, Easter Celebration, Beach Outing, that have taken place thus far. Special events to look forward to are the Sport's Day, Heritage Day, Diwali, Talent Contest and Christmas party. These programmes aim to decrease the negative effects of institutionalization.

The OT department also supervises OT students from UKZN from second to fourth year.

In the future the OT department aims to strive to develop more income generating projects that are incentive based for users such as woodwork, shoemaking and leatherwork workshops and contract work.



" rehabilitation programmes aimed at improving functional independence"



Front row, from left to right: Bongki Makhanya (OT assistant), Nereena Ramith (Chief OT) and Jerusha Ellappa (Senior OT)

Back row, from left to right: Goodness Malinga (OT assistant), Maureen Mapena (OT assistant), Zakithi Ngema (OT assistant), Bongani Ngidi (OT Assistant) and Anothile Zama (Chief OT)

Pharmacy

The pharmacy staff include: a chief pharmacist (Devan Moodley), a locum pharmacist (Gavin Humphrey) and 2 pharmacist assistants (Slindile Ntshangase & Khanyisile Shezi).

The role of the pharmacists and pharmacist assistance at Ekuhlangeni Psychiatric Hospital are:

- * Dispensing chronic and acute scripts
- * Supplying dry goods such as hand disinfectants to the various wards

- * Liaising with other health care professionals about medication changes and updates
- * Taking an active role in ensuring patient well-being is not compromised with regards to medicine and supply thereof.



From left to right: Slindile Ntshangase (pharmacist assistant), Devan Moodley (chief pharmacist) and Gavin Humphrey (locum pharmacist)

Physiotherapy: Your road to wellness



Physiotherapy is a branch of medicine that incorporates physical means to rehabilitate the individual to their highest/optimal functional level. These physical means include: manual therapy, exercise therapy, chest therapy, electrotherapy, hydrotherapy and neurotherapy.

The physiotherapy team consists of Avilarsh Lukhan (chief physiotherapist), Fiona Alston (community service physiotherapist), Octavia Mthembu and Conference Ngidi (physiotherapy assistances).

Our team strives to provide a holistic patient care that is of a superior standard and above all

patient orientated in a culturally diverse society.

Although we have limited resources, it is through our enthusiasm and passion for quality patient care that drives us to strive for both mental health care users and staff wellness. We have thus developed effective patient ward exercise programs to reach the maximum amount of patients in this hospital. We have also implemented a staff wellness/exercise program to promote healthier lifestyles, well being and a better working environment.

We are not all destined to do everything but we are all meant to do something



*Front row from left to right: Fiona Alston (Community Service Physiotherapist), Octavia Mthembu (Physiotherapy assistant)
Back row from left to right: Conference Ngidi (Physiotherapy assistant) and Avilarsh Lukhan (Chief Physiotherapist)*

" The department strives to continually provide an optimal level of service delivery"

Social Work Department

The social work department is currently staffed with: An assistant Social Work Manager (Mrs Vanessa Reddhi) and 2 Senior Social Workers (Ms Noklunga Mthiyane and Ms Nontokoza Zaca).

The social workers play an integral role both in the multi-disciplinary team as well as in the re-integration of mental health service users into the care of their families and the community, working closely with relevant stakeholders.

The department has successfully placed mental health service users at half-way houses and residential homes. Relatives of service users who have been at the institution for long periods of time have also been traced resulting in family reunions.

The department strives to continually provide an optimal level of service delivery.



From left to right: Nontokoza Zaca (Senior Social Worker), Vanessa Reddhi (Assistant Social Work Manager) and Noklunga Mthiyane (Senior Social Worker)

A Dietician with a mission

Living a healthy lifestyle is everyone's dream, but making it reality is easier said than done. My name is Pauli Roodt and I have joined Ekuhlengi as chief dietician in March

2009. As a dietician my aim for Ekuhlengi Psychiatric Hospital is to ensure optimal nutrition to all our mental health care users by promoting and implementing curative and preventative nutrition services.

As a dietician I am interested in many areas of dietetics, although I have a particular passion for HIV/ARV nutrition. My aim is also to learn more about psychiatry and nutrition related care for users with psychiatric disorders or mental disabilities. I believe that proper nutrition

intervention is very important in the overall management of our users here.

I would like to congratulate and thank all the staff at Ekuhlengi Psychiatric Hospital for being very welcoming and supportive. I would also like to thank the staff of Capitol Caterers in particular for all the support and assistance. I know the year ahead is filled with lots of challenges, but I am looking forward in working together as part of the rehabilitation and foodservice team.

From left to right: Richard Nyendu (Catering Manager), Lorraine Momoti (Project Manager), Pauli Roodt (Chief Dietician) and Professor Sibiya (Area Manager)



Our Dedicated Doctors

Our medical staff consists of Prof. Angelo Lasich, Dr. Naseema Paruk and Dr. Jaijall Ramparsad and a principal psychiatrist Dr. Zeenat Kader.

The role of the department is to attend to the medical and psychiatric care of mental care users in a long term facility. The main aims are to manage medical illnesses, reduce morbidity and prevent relapses in psychiatric disorders. Our supplementary goals are to achieve a satisfactory level of psychosocial functioning of patients by collaboration with the multi-professional team as part of the rehabilitation program.

Achievement of the department have included the deduction of patient incidents (e.g. acting out behaviors) to an acceptable level, satisfactory control of epileptic seizures and maintaining a standard of medical care

that compares favorably with other hospitals.

Other achievements have been the carrying out of a survey of diabetes amongst schizophrenic sufferers, the results of which were published in the African Journal of Psychiatry in 2007 and a paper on the study of admission to Ekuhlangeni was presented by Prof Lasich at a conference on Advances in Psychosocial Rehabilitation in August 2002 at Port Elizabeth.

Future plans include maintaining a universally accepted stan-

dard of medical care, participation in the psychosocial rehabilitation program, conduction further research into the metabolic profile of schizophrenics and obtaining recognition as a teaching hospital for the training of post graduate students.



From left to right: Dr. Jaijall Ramparsad (MD), Prof. Angelo Lasich (Psychiatrist), Dr. Naseema Paruk (MD) and Dr. Zeenat Kader (Principal Psychiatrist)



" Future plans include maintaining a universally accepted standard of medical care..."

Nursing Services



*Nursing Service Manager:
Matron N.C Zondi*



Operational Managers:

Front row from left: M. Salukazana (Staff Development Coordinator); T.P Nhleko (Section 5 & Clinic) & P.F Ncala (Section 3)

Back row from left: R.M. Mazinyo (Infection Prevention and Control); L. Xakuvana (Section 2) & B.E. Mazibuko (Section 4 & Peadiatrics)

Community Service Staff for 2009

Aneshree Govender and Fiona Alston are both doing their one year community service here Ekuhlangeni Psychiatric Hospital. As part of community service they attend to 8 different clinics, twice a week, in the surrounding areas. While this is rewarding to provide much needed healthcare to the areas; it is also very challenging, as the facilities are very poor for rehabilitation.

Fiona Alston is a Physiotherapist, who is from Cape Town and studied at University of Cape Town. She has moved

to Durban to complete her community service and hopes to work in a hospital with both ward and out patient facilities next year. She has thoroughly enjoyed the year so far at Ekuhlangeni Psychiatric Hospital and values the friendships that she has made during this time.

Aneshree Govender is an Occupational Therapist, who is from Durban and studied at University of KwaZulu Natal. She has enjoyed working at Ekuhlangeni Psychiatric Hospital and hopes to stay on in the OT depart-

ment next year. She has also learnt a lot from the therapists in the OT department and values their friendship.

They will be sad to leave both staff and patients, who have made their community service very enjoyable.

From left: Fiona Alston (Community Service Physiotherapist) & Aneshree Govender (Community Service OT)



Meet our other staff members!



ADMINISTRATION:

From left to right: Shamla Samuel (BAS officer & assistant to Medical Manager), Sabera Sayed (Supply Chain Officer), Nadia Bux (Secretary to CEO) and Veronica Pillay (HR Officer)

Left: FINANCE AND SYSTEMS MANAGER:
Jenny Labuschagne

Right: FACILITY INFORMATION OFFICER
Bongwiwe Bhengu

Left: ACTING PUBLIC RELATIONS OFFICER
Mthembeni Memela

Right: ARTISTAN SUPERINTENDENT
Graeme Foley

Announcements:

We would like to congratulate the following staff members

- * Anothile Zama (Chief OT) on the arrival of her baby girl
- * Khanyisile Shezi (Pharmacy Assistant) on the arrival of her baby boy



We would also like to extend our best wishes to the following staff member...

- * TE Mabaso (ENA) for her early retirement on 30/7/2009. Thank you for your dedication and hard work.

Our contact details:

Ekhulengeni Psychiatric Hospital

PO Box 3

Umbogitiwini

4129

Tel: (031) 905 7500

Fax: (031) 905 3415

www.kznhealth.gov.za



Email: pauli.roodt@kznhealth.gov.za

Special Thanks to our coeditor and acting PRO
Mthembeni Memela