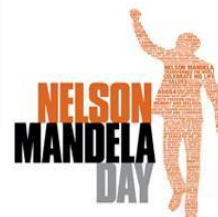


E K U H L E N G E N I P S Y C H I A T R I C H O S P I T A L

2010 IN PERSPECTIVE.....



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Local Participants:

- Chief Executive Officer—Mr. D.A. Hattingh & his team
- Medical Manager—Dr. Kader & her team
- Nursing Service Manager—Mrs. N. C. Zondi & her team
- Members of the community & Faculty Staff Members

CELEBRATING NELSON MANDELA DAY

To commemorate Mandela day and in order to be part of the 67 minutes of community outreach, the following programmes were held at Ekuhlengeni Psychiatric Hospital:

👏 Painting of the clinic

👏 Gardening project: a combined initiative of nursing rehabilitation and the agricultural department

👏 Veggie tunnel project: replanting of seedlings—a combined projects of Occupational Therapy department, an NGO (SANZAF) and Regent Business School (a private higher education organization)

👏 The beanie project: handing out of beanies to the Mental Health Care Users (MHCUs)—a combined project of the medical team at EPH and Community Womans organizations.

👏 First & second quarter Birthday Celebration of MHCUs



Left: Mr. T.W Mchunu, Dr. S. Dhlomo & the agricultural department participating in the Gardening Project



Right: Mr. D Hattingh (CEO of EPH) assisting with the painting of the clinic



Left: Dr. Z Kader and Mr. T.W Mchunu handing out beanies to the MHCUs



Right: Dr. S Dhlomo, Mr. T.W. Mchunu & Dr. Z Kader helping with the Veggie tunnel project



Left: First and second Quarter Birthday Celebration for MHCUs

NELSON MANDELA DAY CONTINUES.....

Visitors to the institute on the Mandela Day Celebration includes the following:

- 👏 Acting Premier of KZN and MEC for Transport, Police & Community Liaison, Mr. T.W. Mchunu
- 👏 MEC of Health, KZN, Dr. S Dhlomo
- 👏 Ethekwini Metro Council Deputy Mayor, Mr. Loggie Naidoo
- 👏 Ward 93 Councilor, Mr. M.D. Msomi & his team

- 👏 Department of Transport Director General, Mr. Hlabisa & his team
- 👏 Ethekwini Health District Manager Ms. S. Shezi & her team
- 👏 Ethekwini Health District Deputy Manager Mr. S. Yose
- 👏 Director of SANZAF, Mr Intiaz Suleman
- 👏 Staff from Regent Business School
- 👏 Womans cultural group representative, Razia Haffejee

👏 Family members of staff at EPH

On behalf of all the Mental Health Care Users we would like to extend our sincere appreciation to all those who dedicated their time on this Mandela Day for the plight of the mentally ill. It was a function to remember in the life of our facility.

Thank you.....



Above: MHCUs enjoying refreshments and receiving gifts at their birthday celebration



Above: Gardening equipment was donated to assist with the gardening project



Above: Dr. S. Dhlomo & Mr. T.W. Mchunu visiting different sections to assist with the beanie project



Above: Nursing rehabilitation & agricultural department involved in the gardening project



Above: Mr T.W. Mchunu handing out beanies to MHCUs



Above: DOH staff joining the Gardening initiative



Above: Dr. S. Dhlomo (MEC for Health) addresses staff and MHCUs at birthday celebration



Above: Mr. T.W. Mchunu (MEC for Transport, Police & Community Liaison) at birthday celebration

BEANIE PROJECT



Above: Section 1



Above: Section 2

The medical team, in collaboration with a few concerned community organizations, initiated a project to provide Mental Health Care Users (MHCUs) with beanies.

Old and frail MHCUs tend to suffer the most in cold winter months.

Funds were raised by community NGO's and by the medical team to supply beanies and refreshments to all 785 MHCUs.

We would like to thank all those who generously donated in cash and toward this project.



Above: Getting ready to give out the beanies.



Above: Handing out of beanies and refreshments to the MHCUs



Right: Community Womans Organization representatives



Above: Community Womans Organization representatives and staff from our medical team with section 4 MHCUs



VEGGIE TUNNEL

As part of the psycho-social rehabilitation programme for MHCUs, the medical team and OT department partnered with a NGO (South African National Zakaat Fund -SANZAF) to provide a sustainable form of income for the MHCUs.

In January 2010, SANZAF donated a vegetable tunnel to EPH. They brought in volunteers from the Engineering Faculty at the University of Witwatersrand (WITS) to build this tunnel on our premises. A combined effort by the volunteer students and the OT staff at EPH resulted in the building of the "veggie tunnel" within a few hours.

The veggie tunnel is aimed at setting up a sustainable source of income and empowering those MHCUs who are unable to find employment.

The Veggie tunnel is a structure made from a steel frame and net which is designed to look like a green house. Inside the tunnel, 250 bags of sand are placed in three rows. Three spinach seedlings are planted in each bag. The seedlings need to be watered with a mixture of

fertilizers twice a day. Within a period of four to five weeks the seedling are ready for harvesting. The seedlings initially planted can be harvested for four months after.

We have a group of dedicated users who water the plants twice daily and our senior Occupational Therapist, Mrs Jerusha Naidoo, is in charge of the project .

We would like to thank SANZAF for their ongoing support in this project. In August 2010, a new batch of seedlings needed to be planted and SANZAF came to the rescue once again. This time volunteers from Regent Business School assisted our OT department to replant the seedlings.

We would like to extend our heartfelt gratitude to SANZAF, for their kind assistance and patience with helping us with the venture!



Above: Students helping with the setting up of the veggie tunnel



Above: Students from WITS University involved in the setting up of the tunnel and the planting of the spinach

VEGGIE TUNNEL CONTINUE.....



Above: Zakithi Ngema (OT assistant) watering the spinach crops



Above: Anothile Zama (Chief OT) supervising MHCUs who was assisting with the planting process.



Above: MHCUs working in the veggie tunnel



Above: Spinach crops



Above: Jerusha Ellapha (Senior OT) with the MHCUs who are currently responsible for caring for the spinach crops.



EASTER CELEBRATION



As part of the rehabilitation process the Occupational Therapy Department hosts "Special Events" on a monthly basis for the Mental Health Care Users. During the month of April the Occupational Therapy Department hosted an Easter Celebration.

The event included the following items:

↳ A prayer done by one of the Mental Health Care Users.

↳ The users were also given an opportunity to present a speech, to all present, highlighting the significance of Easter.

↳ The users also displayed their talent with a variety of music and dance items.

↳ A pastor preached a short message about Easter

The users were also treated to Easter Eggs which were kindly sponsored by Cross Roads International.

The event was a success and was enjoyed by all who performed and 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: Firm Foundation Community Church and Cross Roads International (Mahendra Singh).

CURTAIN PROJECT



Thanks to the kind donation of material from SANZAF (South African National Zakaat Fund) and hooks and curtain tape from Exotic curtains and Bassas, we were able to provide some of the wards with curtains.

This was also made possible with the kind assistance of Xolani Shezi and his team of dedicated laundry staff.

Special mention needs to be made of Purity Gudazi and Veronica Njeje who worked tirelessly in sewing the curtains.

Once again, thank you to all those dedicated staff and generous donors for making this project reach fruition.

"Once again, thank you to all those dedicated staff and generous donors...."



Above: Veronica Njeje



Above: Laundry staff



Above: Purity Gudazi

INTRODUCTION TO SECTION 3

Section 3 is one of the largest male wards in Ekuhlengeni Psychiatric Hospital (EPH). It is divided into four large dormitories.

Dormitory 1 is for higher functioning Mental Health Care Users (MHCUs), dormitory 2 is for low functioning and physically ill MHCUs. Dormitory 2 also functions as an admissions ward. Dormitory 3 consists of semi-high functioning MHCUs and dormitory 4 is for the very low functioning MHCUs.

The bed capacity is 315, but currently there are only 240 MHCUs occupying the ward. (Dorm 1 = 59, Dorm 2 = 51, Dorm 3 = 61 and Dorm 4 = 61).

The diagnosis of the MHCUs varies from schizophrenia,

mental retardation, dementia, epilepsy and substance induced psychosis. Dr. Ramparsard is the consulting medical doctor who is relieved by Dr. Paruk. Prof. Lasich is the psychiatrist and Dr. Kader is the principal psychiatrist/medical manager.

MHCUs are currently attending different Occupational Therapy programmes, which consist of medium level, high level and vocational skills training. The physiotherapy department provides exercise programmes and rehabilitation programmes aim to improve functional independence. The social work department integrates MHCUs with their families and the community.

The nursing staff members in section 3 are as follows: 1 Op-

erational Manager, 1 Senior Professional Nurse, 2 Professional Nurses, 12 Enrolled Nurses, 22 Enrolled Nursing Assistants, 6 clinical orderlies and 10 cleaners from Mediguard Cleaning Company.

Our vision is: To be the role model and preferred section in the facility.

Section 3 has outstanding management and clinical expertise and staff strive to work towards excellent care for MHCUs.

*Our vision is:
"To be the role model and preferred section in the facility"*



Above: Operational Manager for Section 3
Sr. P.F. Ncala

SECTION 3 CONTINUES.....

We are proud to announce that section 3 have received the following awards:

- ↳ Selected as the best ward in the whole hospital 2009 with its team work. Working hand in hand for the good of their MHCUs
- ↳ Award for maintaining a healthy environment: infection control
- ↳ Best fund raisers
- ↳ Award for rendering the best quality of work
- ↳ Best EN for 2009: EN N.V. Kalala
- ↳ Best ENA for 2009: ENA N. Duma,

who has recently upgraded to EN

- ↳ Eight staff members has upgraded themselves to the next nursing level and 2 members are still in process of doing that. This team had vision to take nursing and nursing care to a high level.

This is all due to the motivation from OM R.F. Ncala, SPN Z.Cele & PN T. Mshengu



Front row from left: C/O F. Myende, ENA M. Ntuli, EN N.V. Kalala, O/M P.F. Ncala, ENA T. Mkhize, & ENA N. Gcaba

Second row from left: ENA A. Ngcobo, EN N.J. Baloyi, EN N.Duma, EN T. Ngubane, EN B. Mbatha & ENA N.Blose

Back row from left: SPN Z.Cele, C/O M. Msweu, ENA N. Ndlovu, EN S. Mgobhozi, ENA D. Ndabezitha, EN S. Mthabela, ENA M. Myesa, EN M. Nyuswa, ENA L. Mdunge, ENA M. Dyasi & PN T. Mshengu

“WOMEN ARE SPECIAL”



Above: Certificates and gifts were handed out to all Female staff by the Medical Manager. Krishni Pillay (Admin) and Dr. Zeenat Kader

In commemoration of National Women's Day on 09/08/10, the medical team at EPH held a morning workshop that addressed 'Stress and Women'.

This was presented by Dr Zeenat Kader and proved to be enlightening; at the same time it was light hearted and allowed participants to destress.

Female staff were also presented with gift bags as a token of appreciation for their commitment and dedication to their work.



Above from left: Nadia Bux (Admin), Sabera Sayed (Supply Chain Officer) & Noklunga Mthiyane (Senior Social Worker)



Above from left: Ntombi Nyebevu (OT assistant), Conference Ngidi (Physio assistant), Octavia Mthembu (Physio assistant) & Zakithi Ngema (OT assistant)



Above : Dr. Zeenat Kader presenting "Stress & Women"



From front to back:
Nerena Kuppasamy (Chief OT), Khanyisile Shezi (Pharmacy assistant) & Slindile Ntshangase (Pharmacy assistant)



The strength of women comes from the fact that psychology cannot explain them. Men can be analyzed, women..... merely adored

Oscar Wilde, *The Ideal Husband*

ANNOUNCEMENTS:



We would like to congratulate the following staff members on the arrival of their babies:

- ☆ Pauli Roodt (Chief Dietician) had a baby girl on 05/04/2010
- ☆ Vanessa Reddhi (Assistant Manager for Social Work) had a baby boy on 15/05/2010
- ☆ Joyful Zungu (C/O) had a baby girl on 06/07/2010

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

- ☆ Sr. Z. Arnold (PN) for her retirement on 30/11/2010. Thank you for your dedication and hard work.

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