



Ekuhlengeni Psychiatric Hospital

June 2011

Volume 5

What is Mental Illness?

In order to understand the term 'Mental Illness', we first need to appreciate the concept of 'Mental Health' or 'Mental Wellbeing'.

'Mental Health' or 'Mental Wellbeing' is a state of emotional, psychological and social adjustment in the absence of distress. The individual is able to use cognitive and emotional capabilities, function normally in society and meet ordinary demands of everyday life.

Mental Illness: is a disruption in an individual's thought processes, feelings, moods and ability to relate to other people and to work effectively. The individual is therefore distressed and dysfunctional.

The common terms that have been used in society are **'stress, burnout and nervous breakdown'**. These may actually refer to psychiatric disorders like **adjustment disorder, bereavement, depression, anxiety disorder, bipolar mood disorder, schizophrenia or dementia**.

Mental illness could affect anyone in society and is **not bound by age, gender, race, religion or socio-economic status**. For this reason, all members of society should make sure that they do not stigmatize or discriminate against those with mental illness but should rather attempt to understand and assist these individuals.

Institutes such as **Ekuhlengeni Psychiatric Hospital** provide the following services:

- Provide care, treatment and rehabilitation to the mentally ill and to those with intellectual disabilities
- Provide care, treatment and rehabilitation where no alternative more appropriate community placement is available
- Provide services in line with the policy of psychosocial rehabilitation
- **Psychosocial rehabilitation** is aimed to help mental health care users to develop their social, emotional and intellectual skills to live and work in the community
- The ultimate aim is that users graduate to a point of being self sufficient and that suitable alternatives be found for them to be **reintegrated into the community**.

Remember that individuals with mental illness sometimes cannot articulate their needs and society needs to be mindful of their responsibility to **uphold the rights of the mentally ill** individuals. South Africa has amended their mental health act in line with international standards and the focus is on rights of the mentally ill. This is further discussed in the Mental Health Care Act No 17 of 2002 (www.acts.co.za).

REMEMBER: 'You can also become a voice for the voiceless'

Dr Zeenat Kader
Principal Psychiatrist/Medical Manager
EPH



Ringling Out Hope For
Mental Illness

Easter Celebration

Our Easter Celebration was sponsored by Firm Foundation Community Church (Phoenix). Each Mental Health Care User (approx 800) received 2 Hot Cross Buns, 2 Easter Eggs and a packet of Chips.

Pastor R. D. Ellappa and Pastor Dube preached at the event. This event was attended by staff and users. A very big thank you to Firm Foundation Community Church for the sponsorship of this event and for the ongoing support that they provide us with throughout the year.

A special thank you to Pastor. Rufus Ellappa, Joshua Ellappa, Rodrick Naidoo and the rest of the team that assisted during the event. We would also like to thank the Occupational Therapy Assistants for the hard work that they put in preparing the users for the event.

*Nereena Ramith
Chief Occupational Therapist*



Above: MHCU praying during the Easter Celebration



Above left and right : MHCUs form various sections during this special event.



Above: Pastor Rufus Ellappa and Bongi Makhanya (OT assistant)



Above: Bongi Makhanya (OT assistant) leading the MHCUs choir.

Sport at Umzimkhulu

The Ekuhlangeni Psychiatric Hospital Sport Committee organized an outing to Umzimkhulu Psychiatric Hospital during the month of March.

EPH staff and Mental Health Care Users (MHCUs) departed at 7h20 and arrived at Umzimkhulu hospital full of excitement and team spirit at 11h00.

Other institutions that also participated in the sport events were St. Patrick and Rietvlei Hospitals.

The scores are as followed:

Netball

MHCUs EPH (0) - Rietvlei (4)

Staff EPH (4) - Umzimkhulu (7)

Soccer

MHCUs EPH (2) - Umzimkhulu (2)

Staff EPH (4) - Umzimkhulu (2)

Staff EPH (0) - St. Patrick (0)

On their return the team spirit amongst staff and MHCUs were very high. This was really a successful event and definitely assisted in the prevention of institutionalization and boredom. Team members are practicing hard to ensure future improvement.

The EPH Sport Committee would like to thank the support from management and all other departments that contributed to the success of this outing. They are looking forward to future events.

*Owen Hlatshwayo
Occupational Therapy assistant*



Above: Section 4 MHCUs soccer team and EPH staff members



Above: Section 3 soccer team and EPH staff members



Above: Section 1 netball team members

Wheelchair Workshop

The physiotherapy department has undertaken a new project with the mental health care users at our institution that will enable them with skills to repair and maintain wheelchairs in the hospital.

Thokomala Mobility Services had kindly agreed to assist our mental health care users with a practical demonstration on repairs and maintenance of wheelchairs. Thokomala Mobility Services is a wheelchair supplier in KZN.

The presentation was attended by the staff and the mental health care users. The purpose of the presentation was to transfer skills to our mental health care users that would enable them to repair and maintain wheelchairs in the hospital.

It was a very interactive session with AB De Jager (presenter from Thokomala Mobility Services) and the patients. They were taught how to assemble and disassemble a wheelchair and

taught how to do quality checks. A selected few mental health care users have been chosen to participate in the new project "Keep Rolling".

They will be working closely with the physiotherapist and Thokomala for assistance in the project. The presentation was a huge success and hopefully the "Keep Rolling" project will be carried over successfully.

A good time was had by all and new things were learnt, thanks to the Thokomala guys.

Marilyn Hooblau
Senior Physiotherapist



Above: Mr AB De Jager from Thokomala Mobility Services



Right: EPH staff attending the presentation



Left: Practical demonstration by Thokomala staff to the MHCUs



Above & left: MHCUs participating in the "Keep Rolling" project

Veggie Tunnel Update



Above: Volunteers assisting in re-planting of seedlings

Above: New spinach seedlings

The Veggie Tunnel required rejuvenation and SANZAF was kind enough to step in once again and assist with this. The veggie tunnel is now up and running with no problems.

A very big thank you, once again, to SANZAF especially to Imtiaz Jetham who is always willing to assist and provide us with support.



*Jerusha Ellappa
Snr Occupational Therapist*

Left and right below: MHCUs who are assisting the OT Department with the maintenance of the veggie tunnel



Letter from a user leaving our institution....

I arrived at EPH on the 3rd of August 2003. I met people from different walks of life here.

I am happy that I came to EPH because if I did not come here, I could have been dead of alcohol consumption. I did make alcohol my god. When I used to consume alcohol, I was a totally different person. I abused alcohol and smoked pot. EPH has helped me to think back, and to realize where I went wrong in life. Now that I saw my mistakes, I can make the right decisions in the future.

There is nothing wrong with EPH. They are kind, caring, loving people that work here. I have learnt a lot in EPH, found hidden talents that I did not know I have. EPH has made me stronger. It also gave me more confidence in myself and it helped me to know myself better. EPH also taught me to understand people better. EPH taught me to walk tall.

I do have goals set for myself when I leave EPH, but I am not going to write them down. I always tried to see the good in the people that worked here. I do not want to write down all the hates or anything negative.

I just want to highlight different areas at EPH:

Admin : Each time I walked into the admin building I could feel the peace. Keep the good work that you are doing going. Thank you for taking good care of me. I salute all of you that work in admin.

Prof Lasich, Doctors & social workers: Whenever I walked into their building I felt that you are people that care. Thank you for taking good care of me. I salute you.

Pharmacy: Keep up the good work that you are doing. I salute you.

Control Office: When I walked into the control office I could feel respect. I salute you. Keep on doing the good work.

Barbara: I also could feel the joy in your office. Keep up the good work. I salute you.

Veronica, Shamla and Pauli: Whenever I walked in your building I could feel the kindness. Keep up the good work. I salute you.

Stores: Sabera has taught me a lot in bulk stores. She taught me to work under pressure. I am worried about her, because there is so much work and responsibilities in stores. I hope she has more help soon. Keep up the good work. I salute you.

Occupational therapists and OT assistants: When I walked

Into the OT office I could feel the love. Nereena and Jerusha taught me a lot. They taught me to look on the bright side of life. They taught me life skills and made me realize my potential. Thank you to all the OT assistants for your good work and for taking good care of me. Keep up the good work. I salute you.

Maintenance: Thank you for your good service. Keep up the good work. I salute you.

Laundry: Thank you for keeping our clothes and bedding clean. Keep up the good work. I salute you.

Kitchen: Thank you for feeding me and also make sure that I had food. Keep up the good work. I salute you.

All the wards & Nursing rehab: Thank you for taking care of us. Keep up the good work.

Other users: Respect the staff. They are there to look after you, not to abuse you. I pray that you can all be with your families.

I know that I was in good hands that respected me. Hands that loved and cared for me. Thank you EPH.

I will miss all of you. I hope that I can come and visit.

Justin Davids

Introduction to section 4

Section 4 is a pre-discharged, psychiatric ward for adult males. The ward capacity is for 50 Mental Health Care Users (MHCUs) and there are currently 3 vacancies. MHCUs in this ward has various diagnosis which include: schizophrenia, Substance abuse disorders, mental retardation, epilepsy, Bipolar disorder and dementia.

Nursing staff from section 4 work hands on with management and various multi-disciplinary team members to meet the MHCUs' needs.

MHCUs are currently attending different Occupational Therapy programmes. The physiotherapy department provide exercise programmes and rehabilitation programmes

aim to improve functional independence. The social work department integrate MHCUs with their families and the community

The compliance of the MHCUs to be able to remain as a high functioning MHCUs and who are in a pre-discharge ward depends on:

- Skilled nursing personnel & colleagues from other departments
- Good nurse-to-MHCU relationship
- Well equipped unit with the resources to render quality nursing and medical care
- Conducive environment that bring home remembrance (homely environment)
- Well occupancy of the MHCUs

- Good interpersonal relations between the staff members
- Giving attention to the mental, social, physical and spiritual aspects of our MHCUs.

Section 4 philosophy is: believing in harmony, respect and recognition of colleagues from different departments as main structures. This philosophy makes it possible to achieve and maintain the needs of the MHCUs.

*Sr Maureen Salukuzana
Operational Manager*



Front row: c/o E. Njilo, OM M.Salukuzana & c/o M. Manyoni

Back row: ENA M. Shawe & SENA T. Mlambo

New staff members:

We would like to extend our warmest
welcome to.....



Above: Mrs. Gloria Cele
(HR manager) from North-
dale Hospital



Above: Mrs. Marilyn Hooblal
(Snr Physiotherapist) from
Clairwood Hospital



Above: Sr. CN Mbotha (PN)
from Wentworth Hospital

Announcements:

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

☆ Sr. P.F. Ncala (OM) who resigned in March 2011. Thank you for your dedication and hard work.

Congratulations on the following promotions:

- ☆ To Enrolled Nurses: Winnie Mnguni, Mildred Dube, Sylvia Mbotho and Samkelo Xulu
- ☆ To professional Nurse: Nonkululeko Mkhize
- ☆ Thulisile Khwela has recently passed her exam as EN



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