



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

Fort Napier Psychiatric Hospital
P.O Box 370
1 Devonshire Road, Pietermaritzburg, 3200
E-mail: trevor. dlamini@kznhealth.gov.za
Editorial Team : Trevor Dlamini ,Helen Wilkes ,
Anne Kramers-Olen , Miyash Rampersadh

Fort Napier Newsletter December 2015 Edition

The C.E.O's Message



**Mrs. N.T Nxaba
(Chief Executive Officer)**

I would like to take this opportunity to thank all staff members for their hard work and dedication in providing quality service delivery to our MHC users. This year we were able to improve in National Core Standard Results. We also celebrated Quality Day and Long Service Awards. We were able to celebrate a number of events which was aimed in benefiting the rehabilitation of our MHC users.

We are now gearing up for 2016, in hoping that we will be able to achieve more from our set targets.

The festive season has started, I would like to wish all staff members a Merry Christmas and A Happy New Year. May you take your time to reflect on this year and look forward to the following year. To staff who will be travelling may you travel safely. I wish everyone the best for 2016, enjoy your holidays.

This time of year brings to mind those in life that are most important. It reminds us to focus on all of the good things around us. Wishing warm greetings for you and your family during this holiday.



Sports Day Event

On 16 July 2015, Fort Napier Hospital held a sports day where staff and Mental Health Care users participated in various sporting activities. On the day there were activities such as 100m races, egg and spoon races, aerobics class and a tug of war competition. Mental Health Care User and staff had a chance to compete and enjoy the day while keeping their bodies fit.

Departments and wards also had a chance to fundraise for MHCU's year end parties. It was a fun filled event where staff and Mental Health Care users had a chance to interact on a social level.

The Sports Day Co-ordinator would like to thank everyone who participated in their event. We further thank Mrs S Kraai and Ms A Gaga who sponsored their comrades marathon medals to our winners

Below are pictures of the event:



Pic : 1 Mrs. N.T. Nxaba facilitating the opening of the event



Pic : 2 Mrs. T.N Ngcobo delivered speech on the importance of sport as a means of rehabilitating patients



100 meter race female staff race



Aerobic class



100 meter race female patients race



The Winner of the female patients race



100 meter race male patients race



The Winner of the male patients race



Management and staff enjoyed the event



Ms. Apiwe Gaga and Mrs. S. Kraai gave medals to the winners

SOCIAL WORK DEPARTMENT RAISED AWARENESS ON MENTAL HEALTH

Fort Napier Multidisciplinary Team members raised awareness on services offered at Fort Napier Hospital, as well as mental health related illnesses in the community of Trustfieds.

This was done under the stewardship of Mr. S Mthethwa and his nursing team. As well as Mr. SA Mthembu and his team of Social Workers including Mrs. Sihle Kraai, the students of University of UKZN in partnership with PMD Mental Health.

Activities

Miss L Masuku a Social Worker from Mental Health, opened the event attended by mental health care users, their guardians and the general public. She introduced the representatives from the Department of Health.

Thereafter a presentation was delivered by Mr S Mthethwa who highlighted the Forensic services offered at Fort Napier Hospital. His talk addressed the following:

- Admission and discharge procedures
- The role of stake holders in the admission and discharge procedures including the Department of Correctional Services and the South African Police Service.
- He also emphasized the roles of the family and community in supporting Mental Health Care User's on discharge for successful re-integration into the community.

Mr S Mthembu also presented a talk on different types of mental illnesses and the symptoms including

- Mood disorders
- Anxiety disorders
- Bipolar mood disorders and substance abuse disorders

The Community was then given a chance to ask questions about the presentation and other mental health related problems. The event was closed by Miss Lungile Masuku who emphasized the importance of joint ventures between Mental Health and the Department of Health in addressing mental health related problems in future.



Social Worker Students



The Community of Trustified which came in their numbers



Mr. S. Mthembu conducting a presentation



Mr., S Mthethwa conducting a presentation

WOMANS DAY CELEBRATION

Every year on 9th August we celebrate Women's Day, a public holiday that pays homage to the women of our nations; - the mothers, the wives, the sisters and the daughters who fought tirelessly against the tyranny of the apartheid government. In Fort Napier Hospital, Ward One staff organized an event for our female ward. It was a very colorful event which Mental Health Care Users enjoyed with their family members as they were invited to be a part of the celebration.

Mental Health Care Users and staff were treated like queens on their special day. On the day, there was a free hand and head massage, which was enjoyed by everyone who participated in the event. The Occupational Therapy Department had an opportunity to showcase craft work made by the MHC users. Family members of Mental Health Care Users enjoyed the day as they had a chance to interact with other family members. Management would like to thank the ward one Operational Manager Mrs. R Naidoo and staff for their innovative way of celebrating Woman's day.



Management enjoying Woman's Day



From Left to Right: Ms K Talbot, Dr. Gasa, Mrs. Kraai



Staff and MHC user performing a Zulu Dance



MHC user delivering a speech

The Event in Pictures



Staff and MHC users were treated like Queens with hand massages.



Standing is Mr. L. Govender delivering a speech



OT Department had a mini stall to show case their work



Zulu Dance by a staff members



Head Massage

WELLNESS DAY CELEBRATION

Fort Napier Wellness Clinic organized a Wellness Day on 03 September 2015. There was a number of activities on the day such as Yoga classes, Aerobic classes, Eye testing, and BP testing. Staff members were also afforded a chance to file their tax returns since SARS visited our institution on the day. There were stalls from different companies including Old Mutual, Capitec Bank, Sanlam and Planet health.

Staff members were fascinated by the performances of Zulu Dancer's by the young scholars of St Nichols Primary school. The day served as an opportunity for staff members to interact on a social level.

The organizing team would like to extend their special thanks to all role players who made the day a great success.



Mr. M Gasa Human Resource Manager



Mr. N. Magudulela -EAP practitioner thanked the organizers of the event.



Old Mutual reps were part of the event



Eye testing was done free of charge



Aerobics class



BP testing



Yoga Class



Capitec Bank was part of the event



Zulu Dance



Zulu Dance

OCTOBER IS BREAST CANCER AWARENESS



On the 29 October 2015, the PR department produced pink ribbons in order to raise awareness about breast cancer. The awareness campaign started early in the morning where staff members were given pink ribbons. On the day, staff members were encouraged to wear pink clothing showing their support for breast cancer awareness. Posters and pamphlets were distributed and placed in strategic areas around on the hospital in order for staff to read more about breast cancer.

Presenting yourself early for treatment may result in optimal treatment outcomes. Men were encouraged to dedicate themselves to this campaign because men can also develop breast cancer and other cancers such as prostate cancer.

Breast Cancer awareness is an annual campaign to increase awareness of the disease. While most people are aware of the disease we still have a long way to go and need everyone's help in spreading the word about the disease. The PR department visited the wards and departments to raise awareness, and took pictures with staff members wearing their pink ribbons. It is hoped this kind of a campaign will inspire and support family and friends who are affected by the disease.

It is important to note that women can test themselves by checking for these signs and symptoms:





Ward 1 staff with their pamphlets and ribbon for breast cancer awareness



Ward 10 B Staff posing with their ribbons on Breast Cancer Awareness day



Ward 6 staff was part of the event.



Ward 15 was part of the campaign



Ward 10B was part of the campaign



Ward 8 staff members



Ward 9 A staff with FET college PR in -serve students who contributed on the campaign

Open Day

On 05 November 2015, Fort Napier Hospital hosted an Open Day at 9C Hall. The main objective of the event was to assist in building and maintaining good relationships with our external stakeholders. Management saw a need to invite different stakeholders in order to find common ground on challenges which we face. The day was an opportune time for all stakeholders to engage in discussing on how we can improve our services and understand each other better.

Amongst our guests were our sister hospitals and clinics who were invited to gain more information about Fort Napier Hospital services. Mrs. H. Wilkes, Pharmacy Manager opened the event with inspirational words and welcomed all guests present. She was briefly followed by Mr. S.A Mthembu, Social Work Manager who shared with our guest's the purpose of the day. Mrs. L Mkize (DM Hospital Services) was our guest speaker for the day. In her speech, she outlined her role in the department, she also spoke about challenges the department has to overcome going forward in ensuring we provide the best quality of service.

Dr Malinga a Medical Officer employed at Fort Napier Hospital delivered a presentation which covered the act and legislations that governs mental health care in South Africa. After her presentation she allowed the audience to ask questions about her presentation. Departments showcased their work and how they continue to assist in ensuring that MHC's get the best service delivery.



Mr. S. Mthembu was the program director.



Mrs. N.T Nxaba Hospital C.E.O



Attendees of the event



O T Department staff posing in their stall



Mrs. Mkhize (DM Special Services) was the guest speaker of the event



Psychology department information of



Attendees at the event

QUALITY DAY AND LONG SERVICE AWARDS

Quality Day aims to raise awareness about the importance of quality performance of professional responsibilities and services across departments. In celebrating Quality and Long Service Awards, Fort Napier Hospital events organizing team held a Quality Day on 19th November 2015. Departments were awarded for their sterling work and their contributions in ensuring our MHC user receive the best service delivery. Awards were based in terms of National Core Standards and Infection Prevention Control assessments. These assessments help our departments to strengthen systems and innovations our staff put forward in order to improve service delivery . Our Guest Speaker for the day was Mrs. K. Khumalo from Umgungundlovu Health District, who serves the department as IPC Manager. In her speech, she congratulated all departments that won prizes and encouraged other departments to put more effort in order to win next year.

There were number of speeches delivered by the Hospital Board chairperson, Mr. M. Msimang who shared with the audience their future plans for the Hospital. We were also joined by our ward councilor Mr. G McArthur who was pleased to be part of our celebrations and promised our guests and management his continuous support.



**Sr. S Reddy IPC
Co-ordinator**



**Mrs. K.. Khumalo our
guest speaker**



**Mr G. McArthur
Ward Councilor**

Pictures of quality day celebration



Sr V. Govindsamy, Matron Nolte, Matron Jugmohan



Mrs. N. Nxaba giving a certificate to Mrs. Z. Nxumalo



The Hospital Choir



Ward 6 received one of the certificates



FNH Hospital Board



Mrs. Shangase received a certificate



Hospital Choir doing their Dance



Our guests for the day

WORLD AIDS DAY COMMEMORATION

**WORLD
AIDS
DAY**

World Aids Day was the first ever Global Health Day and was initiated in 1988. This year's theme was: "TOWARDS AN HIV FREE GENERATION" in commemorating World Aids Day, Fort Napier Hospital staff held an event on 3rd December 2015. More than 35 million people globally have died from the virus, making it the most destructive pandemic in history. On the day, attendees of the event were emotionally moved by a

speech from Mrs. N. Dladla who has worked with people infected and affected by HIV/ AIDS for more than thirty years. She urged everyone attending to love people with HIV and not discriminate against people affected infected by the disease. She said "I urge everyone attending to love people affected by the disease and remind them to take their tablets"

On the day we also had speeches which related to 16 Days of Activism Against Violence to Women and Children by Sr Mabea and Mrs. N Ngcobo.



Mrs. V Hlope talking to attendees



Mrs. N . Dladla giving a speech

PICTURES OF THE EVENT !!!



Attendees of the event



Mrs. N. Dladla with Mrs. V. Hlope



Mrs N. Ngcobo giving a speech



Attendees of the event



Mr. S Mthembu was one of the program directors



Mrs. N. Dladla receiving a gift from Dr N. Raymond